



## SATURDAYS AT THE RANCH

January 19, 2019

- 7:30a**      **Bus leaves San Diego Visitor Center on East Mission Bay**  
Rancho La Puerta granola will be provided.
- 9:00a**      **Fresh Breakfast Snack Buffet, Welcome Tour and Health Center Introduction**  
Spa lockers provided
- 10:00a to 12:00p**      **Open Weight Room – Azteca Gym and/or Open Lap Swim - Activity Pool**  
Come enjoy our weight room at your own pace. Work out on HOIST fitness equipment plus treadmills, bikes, free weights, elliptical and more, or enjoy our activity pool
- 10:15a**      **Core Workout – Olmeca (30 min)**  
Target and strengthen your mid-section muscles  
**Meditation – Milagro (30 min)**  
Unravel the mystery of meditation during a gentle and comfortable practice
- 11:00a**      **Baja Barre – Olmeca (45 min)**  
Focus on lengthening and toning your body while enjoying the fun, intensity, and technique of a traditional ballet barre class with movements and musical influences from south of the border. All levels are welcome, and no dance experience is required.  
**Yoga: All Levels - Montaña (45 min)**  
This classic practice is designed to revitalize the body physically, mentally and spiritually.
- 12:00p**      **Labyrinth – Labyrinth (30 min)**  
A powerful walking ritual to open you consciousness. A healing and transformative experience!  
**Skin Care Demo – Villas Health Center (45 min)**  
Renew and reveal your skin's inner radiance and natural beauty with La Puerta Core Essentials™
- 11:30a – 3:00p**      **Mediterranean Buffet Lunch – Dining Hall**  
Please note any allergies and other food concerns to the Maître D'
- 1:30p**      **Mountain Hike: Alex's Oak – Main Lounge (45 - 60 min)**  
A 2-mile hike climbing about 350 feet in elevation to Alex's Oak before looping back down.
- 2:00p**      **Stretch Pinetree (45 min)**  
End your visit with a full body head to toe stretch.
- 3:00p**      **Bus departs PROMPTLY for La Cocina Que Canta – Front Administration Building**  
Bring all belongings, including everything from your locker
- 3:30p**      **Farm Tour and Cooking Demonstration**  
Enjoy the food from the cooking demonstration in an appetizer buffet
- 6:30p**      **Depart for San Diego**
- 8:00p**      **Anticipated Arrival in San Diego**