

## Pilates Week

February 9, 2019

Your week begins...

Welcome to a most enjoyable and life-changing vacation, one filled with many accomplishments as well as blissful rest and retreat.

**Stay flexible**...in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

**Seek a balance** when considering the many options for movement, nutrition, relaxation, entertainment and learning. Generally speaking, try to follow a vigorous, challenging class (i.e. Circuit Training) with something more restorative (i.e. Yoga or a spa treatment).

**Keep in mind** a few guidelines for the week:

- We are a "digital noise-free environment". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Bldg.
- A few classes require signing up in advance on forms posted in the Main Lounge
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- Classes and activities begin on time and last 45 minutes unless noted otherwise.
- The Main Lounge is open 24/7 and is a hub for socializing and checking the bulletin boards. Coffee and tea are always available, as are new friends to talk with, daily newspapers, and a guitar and piano. Games are in the cabinets.

## SATURDAY | February 9

- 6:15  **Mountain Hike: Pilgrim** Challenging 3.5 Miles Main Lounge
- 6:45  **Woodlands Hike** 2 Miles Main Lounge
- 9:00  **Stretch** Pinetree
- 10:00  **Sculpt & Strengthen:** All Levels Olmeca  
 **Meditation** 30 mins Milagro
- 11:00  **Yoga: All Levels** Montaña
- 12:30 – 3:00 **Fitness Concierge** Dining Hall  
A fitness specialist is available to answer all questions
- 2:00  **Woodlands Hike** 2 Miles Main Lounge
- 3:00  **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca  
 **Stretch** Pinetree
- 3:45  **Set Your Ranch Intention, Tips for a Magical Week** Return and First Time Guests welcome, Library Lounge
- 4:00  **Open Weight Room** Staffed Azteca
- 4:30  **Ranch Tour** (30 mins) First Time Guests encouraged Starts in Main Lounge
- 5:00  **First Time Guest Ranch Orientation** Tolteca  
 **Returning Guest Update** Olmeca
- 6:45  **Meet the Presenters** Dining Hall
- 7:30  **Movie: Coco** Library Lounge
- 8:00  **The Writing Life, with Merissa Gerson** Olmeca  
(Write the Body for BIOS TITLE)

### MEAL HOURS

#### SATURDAY

Breakfast 7:00 am to 9:00 am  
Lunch 11:30 am to 3:30 pm  
Dinner 5:30 pm to 7:30 pm

#### SUNDAY THROUGH FRIDAY

Breakfast 7:30 am to 9:00 am  
Lunch 12:00 pm to 1:30 pm  
Dinner 5:30 pm to 7:30 pm

### AVAILABLE FACILITIES

#### WHEN NO CLASS IS IN SESSION

**Milagro - Meditation Room**  
6:00 am to 9:00 pm

**Activity Pool - Lap Swim**  
7:00 am to 6:00 pm

**Azteca Gym - Weight Room**  
7:00 am to 12:00 pm & 2:00 pm to 4:00 pm

#### UNSTAFFED PICK UP GAMES

**Pickleball** 9 am Su,T,Th,S

**Sand Volleyball** 4 pm Su - F

## SUNDAY | February 10

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:15  **Mountain Hike: Pilgrim** Challenging 3.5 Miles (Su) Main Lounge
- 6:30  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 8:15  **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00  **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree  
 **Introduction to Circuit Training** (Su) Azteca  
 **Meditation** (Su-F) Milagro  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts  
 **Ranch Reset 2019: Mini Fasts, with Dr. Michael Finkelstein** Library Lounge
- 10:00  **Bosu® Cardio Strength** (Su,T,Th) Olmeca  
 **Dance: Intro. to Salsa** (Su) Kuchumaa  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
 **TRX Fundamentals** (Su,Th) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00  **Gyrokinesis®** (Su-W) Pinetree  
 **Ranch Soaked: Sampler** 60 mins (Su) Kuchumaa  
 **Stretch** (Su,T,Th) Arroyo  
 **The Wave** (Su,M,T,Th,F) Activity Pool  
 **TRX Circuit: Level 2** (Su,W) Tolteca  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00  **Gyrotonic Tower Demo** 30 mins (Su,T) Pilates Studio  
 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00  **Master Your Metabolism, with DeRahn Johnson** Olmeca  
 **WATSU® WaterDance® Demonstration** (S) South Pool  
 **What is Craniosacral Therapy and Energy Medicine?** with Michael Brightwood Library Lounge
- 2:00  **Cardio Drum Dance** (Su,T) Kuchumaa  
 **Deep Water Training** (Su,T,Th) Activity Pool  
 **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Postural Therapy** (Su,Th) Tolteca
- 3:00  **Baja Barre** (Su,F) Olmeca  
 **Cardio Equipment HIIT** 30 mins (Su) Azteca  
 **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (Su-W) Oaktree  
 **Tai Chi** (Su,W) Montaña
- 4:00  **Inner Journey: Guided Meditation** (Su,T,W) Oaktree  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca
- 5:00  **Writing Workshop: Dispelling Doubt - How to Return to Writing Daily, with Merissa Gerson** Oaktree
- 7:30  **Movie: Crazy Rich Asians** Library Lounge
- 8:00  **Threshold Moments Matter, with Molly Davis and Kristine Van Raden** Oaktree  
(New info under Bios)

## MONDAY | February 11

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:15  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30  **Introduction to Obstacle Course** 60 mins (M) Meet outside of Kuchumaa Gym
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00  **Bird Walk** (M) Gazebo  
 **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Milagro  
 **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M,F) Tolteca  
 **Stretch** (Su-F) Montaña  
 **Detox and Cleansing for Vibrant Health, with Dr. Michael Finkelstein** Library Lounge
- 10:00  **Circuit Training** (M-F) Azteca  
 **Dance: Move, Groove & Funk!** (M) Kuchumaa  
 **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W,F) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Gyrokinesis®** (Su-W) Pinetree  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Release & Mobilize** please wear socks (M,W,F) Arroyo  
 **The Wave** (Su,M,T,Th,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 1:00  **Digestive Wellness, with Vicky Newman, MS, RDN** Olmeca  
 **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Sign up/ Fee/ Meet at Admin.Bldg. for transportation to Kajkab, across the street.  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson** Library Lounge
- 2:00  **Balance & Coordination** (M,F) Olmeca  
 **Dance: Zumba** (M) Kuchumaa  
 **Functional Mobility** (M) Tolteca  
 **Swim Condition** (M,W) Activity Pool  
 **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
 **Watercolor, with Jennifer Brandt** 90 mins Sign up Art Studio  
 **Threshold Moments Matter: At the Trailhead, with Molly Davis and Kristine Van Raden** Tolteca
- 3:00  **Bosu® Core** (M,W) Olmeca  
 **Gentle Bounce** 30 mins (M,Th) Kuchumaa  
 **Kettlebells All Levels** 30 mins (M,F) Tolteca  
 **Sand Volleyball** (M,F) Sand Volleyball Court  
 **Sound Healing** (Su-W) Oaktree  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00  **The Fine Art of Meditation** (M) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Writing Workshop: Creating Order out of Chaos, with Merissa Gerson** Oaktree
- 4:30  **Fiesta at the Bazar!! All invited! Sangria and guacamole.** 4:30 to 5:30 pm Bazar del Sol
- 7:00  **Design Your Own Jewelry, with Alejandro** 1.5 hrs Sign up Art Studio  
 **Gentle Yoga & Rejuvenation by Candlelight** (M) Montaña
- 7:30  **Movie: RBG** Library Lounge
- 8:00  **Food and Mood, with Vicky Newman, MS, RDN** Olmeca

## TUESDAY | February 12

\* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option to return via van and/or visit the Professors Park (T-F) Main Lounge
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00  **Sunrise Yoga** (T) Montaña
- 9:00  **Cardio Boxing** (T) Kuchumaa  
 **Circuit Training** (M-F) Azteca  
 **Meditation** (Su-F) Milagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00  **Bosu® Cardio Strength** (Su,T,Th) Olmeca  
 **Circuit Training** (M-F) Azteca  
 **Dance: Hot Latin Cardio** (T) Kuchumaa  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00  **Gyrokinesis®** (Su-W) Pinetree  
 **Ranch Ropes** 30 mins (T,Th) Olmeca  
 **Stretch** (Su,T,Th) Arroyo  
 **The Bounce** 30 mins (T,F) Kuchumaa  
 **The Wave** (Su,M,T,Th,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00  **Gyrotonic Tower Demo** 30 mins (Su,T) Pilates Studio
- 1:00  **Boosting Bone Health – Prevent Injury and Speed Healing, with Vicky Newman, MS, RDN** Olmeca  
 **12 Step Program – Guests conduct** Maya Lounge  
 **Energy Medicine, with Jonelle Rutkauskas** Tolteca
- 2:00  **Cardio Drum Dance** (Su,T) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water Training** (Su,T,Th) Activity Pool  
 **Pilates Twenty / 20** (T,F) Pilates Studio  
 **Threshold Moments Matter: The Three by Five Card, with Molly Davis and Kristine Van Raden** Tolteca
- 3:00  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (Su-W) Oaktree  
 **Stability Ball All Levels** 30 mins (T) Olmeca  
 **World Drumming** (T) Kuchumaa  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00  **Silks & Strings: restorative movement with live music** please wear socks and sleeves (T) Kuchumaa **SIGN UP -ARELY**  
 **Inner Journey: Guided Meditation** (Su,T,W) Oaktree  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Jill Nussinow.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 5:00  **Writing Workshop: Follow What You Love, with Merissa Gerson** Oaktree
- 7:30  **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00  **An Evening with Deborah Szekely, co-founder of Rancho Puerta, for an informal question and answer session. Hosted by Barry Shingle, Program Director** Tolteca

## WEDNESDAY | February 13

\* Indicates classes with limited equipment. Please arrive early to ensure a space.

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Option to stay and work in the Garden with Salvador (T-F) Main Lounge
- 6:15**  **Mountain Hike: Raven** Advanced Option of 4.5 or 3.5 Miles (W) Main Lounge
- 6:30**  **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45**  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00**  **Circuit Training** (M-F) Azteca  
 **Feldenkrais** (W,Th,F) Arroyo  
 **Meditation** (Su-F) Milagro  
 **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Dance: Zumba** (W) Kuchumaa  
 **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Landscape Garden Walk** (W) Gazebo  
 **Sculpt & Strengthen: Level 1** (M,W,F) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai  
 **Gyrokinesis®** (Su-W) Pinetree  
 **Ranch Soaked: Barre** 60 mins (Su) Olmeca  
 **Release & Mobilize** please wear socks (M,W,F) Arroyo  
 **TRX Circuit: Level 2** (Su,W) Tolteca  
 **H2O Bootcamp** (W) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 1:00**  **Dark Chocolate, Red Wine & Heart Healthy Eating, with Vicky Newman, MS, RDN** Olmeca  
 **Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood** Arroyo
- 2:00**  **Dance: Cardio Hip Hop: Body Rock** (W) Kuchumaa  
 **Feldenkrais** (W,Th) Arroyo  
 **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Swim Condition** (M,W) Activity Pool  
 **Woodlands Hike** 2 Miles (W) Main Lounge  
 **Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio  
 **Threshold Moments Matter: The Terroir of our (wine drinking) Habits, with Molly Davis and Kristine Van Raden** Tolteca
- 3:00**  **Bosu® Core** (M,W) Olmeca  
 **Sound Healing** (Su-W) Oaktree  
 **Tai Chi** (Su,W) Montaña  
 **TRX Recovery** (W) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Aerial Silks - Low** please wear socks and sleeves (W,Th) Kuchumaa  
 **Inner Journey: Guided Meditation** (Su,T,W) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Jill Nussinow.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Design Your Own Jewelry, with Alejandro** 90 mins Sign up Art Studio
- 5:00**  **"Sips and Strings" Relax before dinner while Aloysia and Monique serenade you on violin and viola** Bazar del Sol
- 7:30**  **Movie: First Man** Library Lounge
- 8:00**  **Bingo with Barry!** Tolteca

## THURSDAY | February 14

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05**  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T-F) Main Lounge
- 6:10**  **Mountain Hike: 8 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Main Lounge
- 6:15**  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30**  **Obstacle Course** 60 mins (Th) Meet outside of Kuchumaa Gym
- 6:45**  **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00**  **Circuit Training** (M-F) Azteca  
 **Feldenkrais** (W,Th,F) Arroyo  
 **Meditation** (Su-F) Milagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts  
 **Yoga Sculpt: Level 2** (Th) Olmeca
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Bosu® Cardio Strength** (Su,T,Th) Olmeca  
 **Dance: Striptease** (Th) Kuchumaa  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts  
 **TRX Fundamentals** (Su,Th) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Soaked: Cardio Kickboxing** 60 mins (Th) Kuchumaa  
 **Ranch Ropes** 30 mins (T,Th) Olmeca  
 **Stretch** (Su,T,Th) Arroyo  
 **The Wave** (Su,M,T,Th,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña  
 **Yarn Painting Workshop, Session 1, with Tim Hinchliff** Sign up (\$40 one-time art kit fee) Can come to one or both sessions, upstairs balcony of Dining Room
- 12:00**  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30**  **Yarn Painting Demo** Dining Hall
- 1:00**  **Your Gut, Your Health: Probiotics and Beyond, with Jill Nussinow, RD** Olmeca  
 **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Sign up/ Fee/ Meet at Admin.Bldg. for transportation to Kajkab, across the street.  
 **A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching** Library Lounge  
 **Yarn Painting Workshop, Session 2, with Tim Hinchliff** Sign up (\$40 one-time art kit fee) Can come to one or both sessions, upstairs balcony of Dining Room
- 2:00**  **Circuit Training** (T,Th) Azteca  
 **Deep Water Training** (Su,T,Th) Activity Pool  
 **Feldenkrais** (W,Th) Arroyo  
 **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
 **Postural Therapy** (Su,Th) Tolteca  
 **Landscape Painting Demonstration, with Jennifer Brandt.** Art materials available. 90 mins Mercado
- 3:00**  **Booty Blast** 30 mins (Th) Olmeca  
 **Gentle Bounce** 30 mins (M,Th) Kuchumaa  
 **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Aerial Silks - Low** please wear socks and sleeves (W,Th) Kuchumaa  
 **Roll and Release** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Jill Nussinow.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Art Exhibition with Tim Hinchliff, Jennifer Brandt and Ignacio Castañeda** (4:00 to 5:30 pm) Bazar del Sol
- 6:15**  **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:30**  **Movie: Goodbye Christopher Robin** Library Lounge
- 8:00**  **Valentine's Day Concert. Dances and Romances: A program of romantic bonbons with harp, violin and viola with Elena Mashkovetseva, Monique Mead and Alysia Friedman** Oaktree

## FRIDAY | February 15

! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Sign up (T-F) Main Lounge
- 6:15**  **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30**  **Trail Run** Challenging 3-5 miles Lowlands (F) Main Lounge
- 6:45**  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00**  **Circuit Training** (M-F) Azteca  
 **Feldenkrais** (W,Th,F) Arroyo  
 **Meditation** (Su-F) Milagro  
 **Pickleball: All Levels** (F) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M.F) Tolteca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop Flash Back!** (F) Kuchumaa  
 **Deep Water Training** (F) Activity Pool  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W,F) Olmeca  
 **TRX: Cardio: Level 2** (F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Release & Mobilize** please wear socks (M,W,F) Arroyo  
 **The Bounce** 30 mins (T,F) Kuchumaa  
 **The Wave** (Su,M,T,Th,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 11:30**  **Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff** Meet at Dining Room entrance
- 1:00**  **How to Live Your Ranch Experience at Home,** Library Lounge  
 **Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee) Main Lounge  
 **The Generational Gap in Fitness, with Fred Hoffman** Olmeca
- 2:00**  **Balance & Coordination** (M,F) Olmeca  
 **Mountain Hike: Alex's Oak** 2 Miles (F) Main Lounge  
 **Pilates Twenty / 20** (T,F) Pilates Studio
- 3:00**  **Baja Barre** (Su,F) Olmeca  
 **Kettlebells All Levels** 30 mins (T,F) Tolteca  
 **Sand Volleyball** (M,F) Sand Volleyball Court  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Chant** (F) Milagro  
 **Stretch & Relax** (M,W,F) Montaña
- 5:00**  **Mexico: Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
- 5:30**  **Dine 'n' Dance** Dining Hall  
 7:00 pm **Music with the Rancho La Puerta Fiesta Band!**  
 7:50 pm **Dance, Dance, Dance with Alma Latina!**
- 7:30**  **Movie: Marvel's Black Panther** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.