

Nia Week  
Reach™ Center Floor Workout Week

March 16, 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 | March 16

6:15	<input type="checkbox"/>	<b>Mountain Hike: Pilgrim</b> Challenging 3.5 Miles Main Lounge
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles Main Lounge
9:00	<input type="checkbox"/>	<b>Stretch</b> Pinetree
10:00	<input type="checkbox"/>	<b>Circuit Training</b> Azteca.
	<input type="checkbox"/>	<b>Meditation</b> 30 mins Milagro
11:00	<input type="checkbox"/>	<b>Yoga: All Levels</b> Montaña
11:45 – 1:45		<b>Fitness Concierge</b> Dining Hall A fitness specialist is available to answer all questions
1:30	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles Main Lounge
3:00	<input type="checkbox"/>	<b>Navigator: Balancing your Ranch Schedule</b> (60 mins) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> Pinetree
4:00	<input type="checkbox"/>	<b>Open Weight Room</b> Staffed Azteca
	<input type="checkbox"/>	<b>Set Your Ranch Intention, Tips for a Magical Week</b> Return and First Time Guests welcome, Library Lounge
5:00	<input type="checkbox"/>	<b>Ranch Tour</b> (30 mins) First Time Guests encouraged Starts in Main Lounge
	<input type="checkbox"/>	<b>Returning Guest Update</b> Olmeca
5:30	<input type="checkbox"/>	<b>First Time Guest Ranch Orientation</b> Tolteca
6:45	<input type="checkbox"/>	<b>Meet the Presenters</b> Dining Hall
7:30	<input type="checkbox"/>	<b>Movie: Coco</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Clear Your Energy: An Introduction to Energetic Balance &amp; The Chakras</b> , with Marci Baron Oaktree

MEAL HOURS	
<b>SATURDAY</b>	
Breakfast	7:00 am to 9:00 am
Lunch	11:30 am to 3:30 pm
Dinner	5:30 pm to 7:30 pm
<b>SUNDAY THROUGH FRIDAY</b>	
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	
<b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm	
<b>Activity Pool - Lap Swim</b> 7:00 am to 6:00 pm	
<b>Azteca Gym - Weight Room</b> 7:00 am to 12:00 pm & 2:00 pm to 4:00 pm	
<b>UNSTAFFED PICK UP GAMES</b>	
<b>Pickleball</b> 9 am Su,T,Th,S	
<b>Sand Volleyball</b> 4 pm Su - F	

SUNDAY | March 17

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

6:15	<input type="checkbox"/>	<b>Mountain Hike: Pilgrim</b> Challenging 3.5 Miles (Su) Main Lounge
6:30	<input type="checkbox"/>	<b>Mountain Hike: Alex's Oak</b> 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
8:15	<input type="checkbox"/>	<b>Fitness Concierge</b> 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Arroyo
	<input type="checkbox"/>	<b>Introduction to Pilates Mat: Fundamentals</b> Progressive (Su) Pinetree
	<input type="checkbox"/>	<b>Introduction to Circuit Training</b> (Su) Azteca
	<input type="checkbox"/>	<b>Running Clinic</b> (Su) Meet outside of Kuchumaa Gym
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 2</b> (Su,W) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (Su,T,Th) Tennis Courts
10:00	<input type="checkbox"/>	<b>Dance: Intro. to Salsa</b> (Su) Kuchumaa
	<input type="checkbox"/>	<b>Introduction to Circuit Training</b> (Su) Azteca
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	* <input type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (Su,T,Th) Pai Pai
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (Su,T,Th) Tennis Courts
	* <input type="checkbox"/>	<b>TRX Fundamentals</b> (Su,Th) Tolteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input type="checkbox"/>	<b>Nia</b> (Su,T,Th) Kuchumaa
	<input type="checkbox"/>	<b>Ranch Soaked: Barre: Level 2</b> 60 mins (Su) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su,-F) Activity Pool
	<input type="checkbox"/>	<b>The Whys and Hows of Pole Use for Hiking</b> Bring your hiking poles (Su) Meet at the Quote Board
	<input type="checkbox"/>	<b>TRX Circuit: Level 2</b> (Su,W) Tolteca
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	<b>Swim Stroke Clinic</b> 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	<b>WATSU® WaterDance® Demonstration</b> (S) South Pool
	<input type="checkbox"/>	<b>Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood</b> Oaktree
	<input type="checkbox"/>	<b>What is Craniosacral Therapy and Energy Medicine?</b> with Michael Brightwood Library Lounge
	<input type="checkbox"/>	<b>Mastering Your Metabolism, with DeRahn Johnson</b> Olmeca
2:00	* <input type="checkbox"/>	<b>Cardio Drum Dance</b> (Su,W) Kuchumaa
	* <input type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	* <input type="checkbox"/>	<b>Pilates Reformer: Level 2</b> (Su,W) Pilates Studio
	<input type="checkbox"/>	<b>Postural Therapy</b> (Su,F) Tolteca
	<input type="checkbox"/>	<b>Amplitude4Life - Lecture</b> (Su) Olmeca
3:00	<input type="checkbox"/>	<b>Nia 5 Stages</b> (Su-F) Arroyo
	* <input type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Reach™ Center Floor Workout</b> (Su,T,Th) Olmeca
	<input type="checkbox"/>	<b>Sound Healing</b> (Su,M,Th,F) Oaktree
4:00	* <input type="checkbox"/>	<b>Aerial Silks - Low</b> please wear socks and sleeves (Su,M,W,F) Kuchumaa
	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Roll and Release</b> please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	<b>Healing the Root Chakra, with Marci Baron</b> Arroyo
5:00	<input type="checkbox"/>	<b>Mexico, Past and Present, with José Guadalupe Flores, Ph.D.</b> Arroyo
7:30	<input type="checkbox"/>	<b>Movie: A Star is Born</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Photography Past, Present and Future, with Evan Trine</b> Olmeca

MONDAY | March 18

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

6:15	<input type="checkbox"/>	<b>Mountain Hike: Professor's</b> Challenging 3.3 Miles (M,Th) Main Lounge
6:30	<input type="checkbox"/>	<b>Introduction to Obstacle Course</b> 60 mins (M) Meet outside of Kuchumaa Gym
6:45	<input type="checkbox"/>	<b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	<b>Bird Walk</b> (M,F) Gazebo
	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Arroyo
	<input type="checkbox"/>	<b>Meditation</b> (M,W,F) Millagro
	* <input type="checkbox"/>	<b>Pickleball: Beginners</b> (M,W) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Pump It: Level 2</b> (M.F) Tolteca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
10:00	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Nia</b> (M,W,F) Kuchumaa
	* <input type="checkbox"/>	<b>Pickleball: Intermediate</b> (M,W) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	<input type="checkbox"/>	<b>Reach™ Center Floor Workout</b> (M,W,F) Olmeca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	* <input type="checkbox"/>	<b>Cycle 30: All Levels</b> 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	<b>Nature Walk</b> 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	<b>Release &amp; Mobilize</b> please wear socks (M,W,F) Oaktree
	* <input type="checkbox"/>	<b>The Bounce</b> 30 mins (M,F) Kuchumaa
	<input type="checkbox"/>	<b>The Wave</b> (Su,-F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	<b>Diet Until You Die, or Not, with Dominique Adair, MS, RD, CLS</b> Olmeca
	<input type="checkbox"/>	<b>"Bean-to-Bar" Chocolate class – a delicious experience.</b> 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
2:00	<input type="checkbox"/>	<b>Balance &amp; Coordination</b> (M) Olmeca
	<input type="checkbox"/>	<b>Dance: Zumba</b> (M) Kuchumaa
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input type="checkbox"/>	<b>H2O Bootcamp</b> (M,W) Activity Pool
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (M,W) Tennis Courts
	* <input type="checkbox"/>	<b>Pilates Cadillac Fundamentals</b> (M,Th) Pilates Studio
	<input type="checkbox"/>	<b>Watercolor, with Jennifer Brandt</b> 90 mins Sign up Art Studio
	<input type="checkbox"/>	<b>Healing the Sacral Chakra, with Marci Baron</b> Arroyo
3:00	<input type="checkbox"/>	<b>Core Challnege</b> 30 mins (M) Olmeca
	<input type="checkbox"/>	<b>Functional Mobility</b> (M) Tolteca
	<input type="checkbox"/>	<b>Nia 5 Stages</b> (Su-F) Arroyo
	<input type="checkbox"/>	<b>Sound Healing</b> (Su,M,Th,F) Oaktree
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (M,W) Tennis Courts
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	* <input type="checkbox"/>	<b>Aerial Silks - Low</b> please wear socks and sleeves (Su,M,W,F) Kuchumaa
	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M) Oaktree
	<input type="checkbox"/>	<b>Stretch &amp; Relax</b> (M,W,F) Montaña
	<input type="checkbox"/>	<b>Photography for Everyone! Session 1, with Evan Trine</b> Arroyo
5:00	<input type="checkbox"/>	<b>Fiesta at the Bazar!! All invited! Sangria and guacamole.</b> 5:00 to 6:00 pm Bazar del Sol
7:00	<input type="checkbox"/>	<b>Design Your Own Jewelry, with Alejandro</b> 1.5 hrs Sign up Art Studio
7:30	<input type="checkbox"/>	<b>Movie: RBG</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Acoustic Folk Concert, with Amber Rubarth</b> Oaktree

TUESDAY | March 19

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

6:05	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> Moderate 4 Miles, Sign up, Option to return via van and/or visit the Professors Park (T-F) Main Lounge
6:15	<input type="checkbox"/>	<b>Mountain Hike: Coyote</b> Advanced 5.5 or 4 Miles (T,F) Main Lounge
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
7:00	<input type="checkbox"/>	<b>Sunrise Yoga</b> (T) Montaña
9:00	<input type="checkbox"/>	<b>BOSU® Fit</b> (T,Th) Olmeca
	<input type="checkbox"/>	<b>Cardio Boxing</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Arroyo
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (Su,T,Th) Tennis Courts
10:00	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Move,Groove &amp; Funk</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Arc Barrel: Level 2</b> (T,Th) Pinetree
	* <input type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (Su,T,Th) Pai Pai
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (Su,T,Th) Tennis Courts
	* <input type="checkbox"/>	<b>TRX Plus</b> (T) Tolteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input type="checkbox"/>	<b>Nia</b> (Su,T,Th) Kuchumaa
	<input type="checkbox"/>	<b>Ranch Ropes</b> 30 mins (T,F) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su,-F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	<b>Saying no to the Big Three, with Dominique Adair, MS, RD, CLS</b> Olmeca
	<input type="checkbox"/>	<b>12 Step Program – Guests conduct</b> Maya Lounge
	<input type="checkbox"/>	<b>Energy Medicine, with Jonelle Rutkauskas</b> Tolteca
2:00	<input type="checkbox"/>	<b>Circuit Training</b> (T,Th) Azteca
	<input type="checkbox"/>	<b>Amplitude4Life</b> (T,Th) Olmeca
	<input type="checkbox"/>	<b>Dance: Cardio Hip Hop: Body Rock</b> (T) Kuchumaa
	* <input type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	* <input type="checkbox"/>	<b>Pilates Twenty / 20</b> (T also F at 11a) Pilates Studio
	<input type="checkbox"/>	<b>Healing the Solar Plexus Sacra, with Marci Baron</b> Arroyo
3:00	<input type="checkbox"/>	<b>Kettlebells</b> All Levels 30 mins (T,Th) Tolteca
	* <input type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Nia 5 Stages</b> (Su-F) Arroyo
	<input type="checkbox"/>	<b>Reach™ Center Floor Workout</b> (Su,T,Th) Olmeca
	* <input type="checkbox"/>	<b>World Drumming</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input type="checkbox"/>	<b>The Fine Art of Meditation</b> (T) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Roll and Release</b> please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chef Meredith Deeds.</b> Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	<b>Photography for Everyone! Session 2, with Evan Trine</b> Arroyo
5:00	<input type="checkbox"/>	<b>Current Research of Drugs for Alzheimer's and Parkinson's, with Dr. Stanley Prusiner</b> Olmeca
7:30	<input type="checkbox"/>	<b>Movie: Won't You Be My Neighbor?</b> Library Lounge
8:00	<input type="checkbox"/>	<b>An Evening with Deborah Szekely, co-founder of Rancho La Puerta, for an informal question and answer session. Hosted by Barry Shingle, Program Director</b> Oaktree

WEDNESDAY | March 20

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

6:05	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> 4 Miles, Option to stay and work in the Garden with Salvador (T-F) Main Lounge
6:15	<input type="checkbox"/>	<b>Mountain Hike: Raven</b> Advanced Option of 4.5 or 3.5 Miles (W) Main Lounge
6:30	<input type="checkbox"/>	<b>Mountain Hike: Alex’s Oak</b> 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	<b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
*	<input type="checkbox"/>	<b>Meditation</b> (M,W,F) Millagro
	<input type="checkbox"/>	<b>Pickleball: Beginners</b> (M,W) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 2</b> (Su,W) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
10:00	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Nia</b> (M,W,F) Kuchumaa
*	<input type="checkbox"/>	<b>Pickleball: Intermediate</b> (M,W) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	<input type="checkbox"/>	<b>Landscape Garden Walk</b> (W) Gazebo
	<input type="checkbox"/>	<b>Reach™ Center Floor Workout</b> (M,W,F) Olmeca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	* <input type="checkbox"/>	<b>Cycle 30: Rhythm Ride - All Levels</b> 30 mins (W) Pai Pai
	<input type="checkbox"/>	<b>Ranch Soaked: Yoga Sculpt: Level 2</b> 60 mins (W) Olmeca
	<input type="checkbox"/>	<b>Release &amp; Mobilize</b> please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	<b>TRX Circuit: Level 2</b> (Su,W) Toltteca
	<input type="checkbox"/>	<b>The Wave</b> (Su-,F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	<b>Personalized Nutrition: Is the Future Here?, with Dominique Adair, MS, RD, CLS</b> Olmeca
2:00	<input type="checkbox"/>	<b>BOSU® Balance</b> (W) Olmeca
*	* <input type="checkbox"/>	<b>Cardio Drum Dance</b> (Su,W) Kuchumaa
	<input type="checkbox"/>	<b>H2O Bootcamp</b> (M,W) Activity Pool
*	<input type="checkbox"/>	<b>Pilates Reformer: Level 2</b> (Su,W) Pilates Studio
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (M,W) Tennis Courts
	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (W) Main Lounge
	<input type="checkbox"/>	<b>Sculpting Class, with José Ignacio Castañeda</b> (Sign up, 1.5 hrs) Art Studio
	<input type="checkbox"/>	<b>Healing the Heart Chakra, with Marci Baron Arroyo</b>
3:00	<input type="checkbox"/>	<b>Gyrotonic Tower Demo</b> 30 mins (W)Pilates Studio
	<input type="checkbox"/>	<b>Nia 5 Stages</b> (Su-F) Arroyo
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (M,W) Tennis Courts
	<input type="checkbox"/>	<b>TRX Flexibility</b> (W) Toltteca
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	* <input type="checkbox"/>	<b>Aerial Silks - Low</b> please wear socks and sleeves (Su,M,W,F) Kuchumaa
	<input type="checkbox"/>	<b>Stretch &amp; Relax</b> (M,W,F) Montaña
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chef Meredith Deeds.</b> Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
	<input type="checkbox"/>	<b>Design Your Own Jewelry, with Alejandro</b> 90 mins Sign up Art Studio
	<input type="checkbox"/>	<b>Photography for Everyone! Session 3, with Evan Trine</b> Arroyo
5:00	<input type="checkbox"/>	<b>Workshop: Access Your Deeper Self through Song, with Amber Rubarth Arroyo/Oaktree</b>
7:30	<input type="checkbox"/>	<b>Movie: Marvel’s Black Panther</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Bingo with Barry!</b> Olmeca

THURSDAY | March 21

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T-F) Main Lounge
6:10	<input type="checkbox"/>	<b>Mountain Hike: 8 Mile Breakfast</b> Advanced with prerequisites, Sign Up (Th) Main Lounge
6:15	<input type="checkbox"/>	<b>Mountain Hike: Professor’s</b> Challenging 3.3 Miles (M,Th) Main Lounge
6:30	<input type="checkbox"/>	<b>Obstacle Course</b> 60 mins (Th) Meet outside of Kuchumaa Gym
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
9:00	<input type="checkbox"/>	<b>BOSU® Fit</b> (T,Th) Olmeca
	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (Su,T,Th) Tennis Courts
	<input type="checkbox"/>	<b>Taking Your Best Photos, with Evan Trine</b> Gazebo
10:00	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Stiptease</b> (Th) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Arc Barrel: Level 2</b> (T,Th) Pinetree
*	* <input type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (Su,T,Th) Pai Pai
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (Su,T,Th) Tennis Courts
*	* <input type="checkbox"/>	<b>TRX Fundamentals</b> (Su,Th) Toltteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input type="checkbox"/>	<b>Nature Walk</b> 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	<b>Nia</b> (Su,T,Th) Kuchumaa
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su-,F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su-F) Montaña
	<input type="checkbox"/>	<b>Yarn Painting Workshop, Session 1, with Tim Hinchliff</b> Sign up (\$40 one-time art kit fee) Can come to one or both sessions, upstairs balcony of Dining Room
12:00	<input type="checkbox"/>	<b>Swim Stroke Clinic</b> 30 mins (Su,Th) Activity Pool
12:30	<input type="checkbox"/>	<b>Yarn Painting Demo</b> Dining Hall
1:00	<input type="checkbox"/>	<b>Fact or Fiction? Come enjoy this up-to-the-minute lecture of mythologies around nutrition, with Dominique Adair, MS, RD, CLS</b> Olmeca
	<input type="checkbox"/>	<b>“Bean-to-Bar” Chocolate class – a delicious experience.</b> 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	<b>Yarn Painting Workshop, Session 2, with Tim Hinchliff</b> Sign up (\$40 one-time art kit fee) Can come to one or both sessions, upstairs balcony of Dining Room
2:00	<input type="checkbox"/>	<b>Amplitude4Life</b> (T,Th) Olmeca
	<input type="checkbox"/>	<b>Circuit Training</b> (T,Th) Azteca
	<input type="checkbox"/>	<b>Dance: Cardio Hip Hop: Flash Back!</b> (Th) Kuchumaa
*	* <input type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	<b>Pilates Cadillac Fundamentals</b> (M,Th) Pilates Studio
	<input type="checkbox"/>	<b>Healing the Throat Chakra, with Marci Baron Arroyo</b>
3:00	<input type="checkbox"/>	<b>Kettlebells</b> All Levels 30 mins (T,Th) Toltteca
	<input type="checkbox"/>	<b>Nia 5 Stages</b> (Su-F) Arroyo
*	* <input type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Reach™ Center Floor Workout</b> (Su,T,Th) Olmeca
	<input type="checkbox"/>	<b>Sound Healing</b> (Su,M,Th,F) Oaktree
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input type="checkbox"/>	<b>Chant</b> (Th,F) Milagro
*	* <input type="checkbox"/>	<b>Gentle Bounce</b> 30 mins (Th) Kuchumaa
	<input type="checkbox"/>	<b>Roll and Release</b> Please wear socks (Su,T,Th) Toltteca
	<input type="checkbox"/>	<b>Restorative Yoga</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chef Meredith Deeds.</b> Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	<b>Art Exhibition with Tim Hinchliff - Hors d’oeuvres will be served. All invited!</b> (4:00 to 6:00 pm) Patio outside Mercado
6:00	<input type="checkbox"/>	<b>Live the Bocuse d’Or Culinary Experience – 8 course menu with wine pairings. Please sign up /Fee/ Amores Restaurant, 10 minutes from the Ranch. Prompt departure 6 pm; back at the Ranch at 9 pm.</b> Meet at Admin.Bldg
6:15	<input type="checkbox"/>	<b>Silent Dinner</b> Sign up (Th) Flores Lounge
7:30	<input type="checkbox"/>	<b>Movie: First Man</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Acoustic Folk Concert, with Amber Rubarth</b> Oaktree

FRIDAY | March 22

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

6:05	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> 4 Miles, Sign up (T-F) Main Lounge
6:15	<input type="checkbox"/>	<b>Mountain Hike: Coyote</b> Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
6:30	<input type="checkbox"/>	<b>Trail Run</b> Challenging 3-5 miles Lowlands (F) Main Lounge
6:45	<input type="checkbox"/>	<b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	<b>Bird Walk</b> (M,F) Gazebo
	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Meditation</b> (M,W,F) Millagro
*	* <input type="checkbox"/>	<b>Pickleball: All Levels</b> (F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Pump It: Level 2</b> (M.F) Toltteca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
10:00	<input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
*	* <input type="checkbox"/>	<b>Deep Water Training</b> (F) Activity Pool
	<input type="checkbox"/>	<b>Nia</b> (M,W,F) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	<input type="checkbox"/>	<b>Reach™ Center Floor Workout</b> (M,W,F) Olmeca
*	* <input type="checkbox"/>	<b>TRX: Cardio: Level 2</b> (F) Toltteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	* <input type="checkbox"/>	<b>Cycle 30: All Levels</b> 30 mins (M,F) Pai Pai
*	* <input type="checkbox"/>	<b>Pilates Twenty / 20</b> (F) Pilates Studio
	<input type="checkbox"/>	<b>Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson</b> Gazebo
	<input type="checkbox"/>	<b>Ranch Ropes</b> 30 mins (T,F) Olmeca
	<input type="checkbox"/>	<b>Release &amp; Mobilize</b> please wear socks (M,W,F) Oaktree
*	* <input type="checkbox"/>	<b>The Bounce</b> 30 mins (M,F) Kuchumaa
	<input type="checkbox"/>	<b>The Wave</b> (Su-,F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su-F) Montaña
11:30	<input type="checkbox"/>	<b>Magical Meanings and Stories of the Dining Room’s Art, with Tim Hinchliff</b> Meet at Dining Room entrance
1:00	<input type="checkbox"/>	<b>Make a Prayer Arrow, with Tim Hinchliff</b> Sign up (no fee) Main Lounge
2:00	<input type="checkbox"/>	<b>How to Live Your Ranch Experience at Home,</b> Library Lounge
	<input type="checkbox"/>	<b>Mountain Hike: Alex’s Oak</b> 2 Miles (F) Main Lounge
	<input type="checkbox"/>	<b>Postural Therapy</b> (Su,F) Toltteca
	<input type="checkbox"/>	<b>Healing the Third Eye and Crown Chakras, with Marci Baron Arroyo</b>
	<input type="checkbox"/>	<b>The Importance of Intermittent Fasting &amp; Detoxification, with Michael B. Finkelstein, M.D.</b> Olmeca
3:00	<input type="checkbox"/>	<b>Booty Blast</b> 30 mins (F) Olmeca
	<input type="checkbox"/>	<b>Nia 5 Stages</b> (Su-F) Arroyo
	<input type="checkbox"/>	<b>Sound Healing</b> (Su,M,Th,F) Oaktree
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	* <input type="checkbox"/>	<b>Aerial Silks - Low</b> please wear socks and sleeves (Su,M,W,F) Kuchumaa
	<input type="checkbox"/>	<b>Chant</b> (Th,F) Milagro
	<input type="checkbox"/>	<b>Stretch &amp; Relax</b> (M,W,F) Montaña
5:30	<input type="checkbox"/>	<b>Dine ’n’ Dance</b> Dining Hall 7:00 pm <b>Music with the Rancho La Puerta Fiesta Band!</b> 7:50 pm <b>Dance, Dance, Dance with Alma Latina!</b>
6:00	<input type="checkbox"/>	<b>Live the Bocuse d’Or Culinary Experience – 8 course menu with wine pairings. Please sign up /Fee/ Amores Restaurant, 10 minutes from the Ranch. Prompt departure 6 pm; back at the Ranch at 9 pm.</b> Meet at Admin.Bldg
7:30	<input type="checkbox"/>	<b>Documentary: Flight of the Butterflies</b> Library Lounge

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