

Fit & Free Week

March 23, 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 23

- 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 **Circuit Training** Azteca.
 Meditation 30 mins Milagro
- 10:15 **Core Challenge** 30 mins Olmeca.
 Meditation 30 mins Milagro
- 11:00 **Ranch Soaked: Sampler: Level 2** 60 mins Olmeca
 Yoga: All Levels Montaña
- 11:45 – 1:45 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 1:30 **Woodlands Hike** 2 Miles Main Lounge
- 2:00 **Sound Healing** Oaktree
- 3:00 **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
 Stretch Pinetree
- 4:00 **Open Weight Room** Staffed Azteca
 Set Your Ranch Intention, Tips for a Magical Week Return and First Time Guests welcome, Library Lounge
- 5:00 **Ranch Tour** (30 mins) First Time Guests encouraged Starts in Main Lounge
 Returning Guest Update Olmeca
- 5:30 **First Time Guest Ranch Orientation** Tolteca
- 6:45 **Meet the Presenters** Dining Hall
- 7:30 **Movie: Coco** Library Lounge
- 8:00 **Beginning iPhoneography and Smartphone Photography, with Yoni Mayeri** Olmeca

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 | March 24

* 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 **Fit & Free** (Su,M,W,F) Oaktree
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Introduction to Circuit Training (Su) Azteca
* **Pickleball: Beginners** (Su,Th) Pickleball Courts
 Running Clinic (Su) Meet outside of Kuchumaa Gym
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00 **Dance: Intro. to Salsa** (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
* **Pickleball: Intermediate** (Su) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Ranch Soaked: Barre: Level 2** 60 mins (Su) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su-,F) Activity Pool
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet at the Quote Board
 TRX Circuit: Level 2 (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00 **WATSU® WaterDance® Demonstration** (S) South Pool
 Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood Oaktree
 Mastering Your Metabolism, with DeRahn Johnson Olmeca
- 2:00 * **Cardio Drum Dance** (Su,W) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Fit & Free (Su,T,Th) Oaktree
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- 3:00 **Amplitude4Life - Lecture** (Su) Olmeca
 Cardio Equipment HIIT 30 mins (Su) Azteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su,M,W,Th,F) Oaktree
 Using Apps to Make Great Images with the iPhone/Smartphone, with Yoni Mayeri Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
- 5:00 **A Whole New World Revealed, with Joel Kimmel** Oaktree
- 7:30 **Movie: A Star is Born** Library Lounge
- 8:00 **Water: More or Less – An Overview, with Rita Sudman** Olmeca

MONDAY | March 25

* 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,F) Gazebo
 Chant (M) Milagro
 Circuit Training (M-F) Azteca
 Fit & Free (Su,M,W,F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk (M) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Tennis Clinic: Level 2 (M,T,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Nature Walk 60-75 mins (M,Th) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
* **The Bounce** 30 mins (M,Th) Kuchumaa
 The Wave (Su-,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **The Great Microbiome: Impacts on Health When out of Balance, with Norma Flood, MS, RD, Olmeca**
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
- 2:00 **Balance & Coordination** (M,W) Olmeca
 Dance: Zumba (M) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Sleep Well: Siesta Time (M) Oaktree
 Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio
 Life Stories: Memories of Love, Action and Thought – Writing Workshop with Elayne Cliff Arroyo
- 3:00 **Core Challenge** 30 mins (M) Olmeca
 Functional Mobility (M) Tolteca
* **Gentle Bounce** 30 mins (M,Th) Kuchumaa
 Sound Healing (Su,M,W,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
 Advanced Apps for Image Making with the iPhone/Smartphone with Yoni Mayeri Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Energy Medicine, with Jonelle Rutkauskas Tolteca
 Drinking water: Tap versus bottled water, with Rita Sudman Olmeca
- 5:00 **Fiesta at the Bazar! All invited! Sangria and guacamole.** 5:00 to 6:00 pm Bazar del Sol
- 7:00 **Design Your Own Jewelry, with Alejandro** 1.5 hrs Sign up Art Studio
- 7:30 **Movie: RBG** Library Lounge
- 8:00 **Concert: Songs and Stories in Pursuit of Folk Music, with Jaeger & Reid** Oaktree

TUESDAY | March 26

* 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
- 6:30 **Dove Meditation Hike** Moderate 1.2 miles (T) Main Lounge
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00 **Sunrise Yoga** (T) Montaña
- 9:00 **BOSU® Fit** (T,Th) Olmeca
 Cardio Boxing (T) Kuchumaa
 Circuit Training (M-F) Azteca
 Meditation (T,W,F) Millagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Hot Latin Cardio (T) Kuchumaa
 Pilates Arc Barrel: Level 2 (T,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,W) Tennis Courts
* **TRX Plus** (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cardio Muscle Blast** (T) Azteca
 Ranch Ropes 30 mins (T,F) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su-,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota! , with Norma Flood, MS, RD, Olmeca**
 12 Step Program – Guests conduct Maya Lounge
- 2:00 **Circuit Training** (T,Th) Azteca
 Dance: Country Cardio (T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Fit & Free (Su,T,Th) Oaktree
* **Pilates Twenty / 20** (T also F at 11a) Pilates Studio
 Life Stories: Memories of Love, Action and Thought – Writing Workshop with Elayne Cliff Arroyo
- 3:00 **Amplitude4Life** (Th) Olmeca
 Kettlebells All Levels 30 mins (T,Th) Tolteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
* **World Drumming** (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
 Top Ten Tips for iPhoneography, with Yoni Mayeri Library Lounge
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (T,W,Th,F) Kuchumaa
 The Fine Art of Meditation (T) 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 Kathleen Flinn. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Water in Food and Products: Your Water Footprint, with Rita Sudman Olmeca
- 5:00 **Becoming the Author of your life!, with Joel Kimmel** Oaktree
- 7:30 **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00 **An Evening with Deborah Szekely, co-founder of Rancho La Puerta, for an informal question and answer session. Hosted by Barry Shingle, Program Director** Oaktree

WEDNESDAY | March 27

* 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
 Fit & Free (Su,M,W,F) Oaktree
 Meditation (T,W,F) Millagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock (W) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Landscape Garden Walk (W) Gazebo
 Tennis Clinic: Level 2 (M,T,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 * **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai
 Gyrokinesis™ (W,Th,F) Pinetree
 Ranch Soaked: Yoga Sculpt: Level 2 60 mins (W) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 TRX Circuit: Level 2 (Su,W) Tolteca
 The Wave (Su,-F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (W) Pilates Studio
- 1:00 **The Brain-Gut Connection: A New Understanding of Mental Health, with Norma Flood, MS, RD** Olmeca
- 2:00 **Balance & Coordination** (M,W) Olmeca
 * **Cardio Drum Dance** (Su,W) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
 * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Woodlands Hike 2 Miles (W) Main Lounge
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
 Life Stories: Memories of Love, Action and Thought – Writing Workshop with Elayne Cliff Arroyo
- 3:00 **Stability Ball** 30 mins (W) Olmeca
 TRX Flexibility (W) Tolteca
 Sound Healing (Su,M,W,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (Su,M,W,F) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kathleen Flinn. Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
 Design Your Own Jewelry, with Alejandro 90 mins Sign up Art Studio
 The Human Right to Water, with Rita Sudman Olmeca
- 5:00 **Our Bodies Lead in the Dance of Life, with Joel Kimmel** Oaktree
- 6:00 **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. Meet at Admin.Bldg
- 7:30 **Movie: Marvel's Black Panther** Library Lounge
- 8:00 **The Writing Life: An Evening with Author Elayne Cliff** Oaktree

THURSDAY | March 28

! 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 **BOSU® Fit** (T,Th) Olmeca
 Circuit Training (M-F) Azteca
 * **Pickleball: Beginners** (Su,Th) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Chair Stiptease (Th) Kuchumaa
 Pilates Arc Barrel: Level 2 (T,Th) Pinetree
 * **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 * **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis™** (W,Th,F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
 * **The Bounce** 30 mins (M,Th) Kuchumaa
 The Wave (Su,-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 **Epigenetics: Your DNA Isn't Your Destiny!** , with Norma Flood, MS, RD Olmeca
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 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
 Dance: Disco Fever! (Th) Kuchumaa
 * **Deep Water Training** (Su,T,Th) Activity Pool
 Fit & Free (Su,T,Th) Oaktree
 * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Life Stories: Memories of Love, Action and Thought – Writing Workshop with Elayne Cliff Arroyo
- 3:00 **Baja Barre** (Th) Olmeca
 Kettlebells All Levels 30 mins (T,Th) Tolteca
 * **Gentle Bounce** 30 mins (M,Th) Kuchumaa
 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su,M,W,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (T,W,Th,F) Kuchumaa
 Intention Meditation Walk 75 mins (Th) Main Lounge
 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 Kathleen Flinn. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30 **Art Exhibition with Jennifer Brandt, Ignacio Castañeda and Tim Hinchliff** (4:30 to 6:00 pm) Bazar del Sol
- 5:00 **Transcending "The Swirl", with Joel Kimmel** Oaktree
- 6:00 **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. Meet at Admin.Bldg
- 7:30 **Movie: First Man** Library Lounge
- 8:00 **Concert: The Music that Informed our Lives; Our Parents and Other Important Figures" with Jaeger & Reid** Oaktree

FRIDAY | March 29

! 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 **Bird Walk** (M,F) Gazebo
 Circuit Training (M-F) Azteca
 Fit & Free (Su,M,W,F) Oaktree
 Meditation (T,W,F) Millagro
 * **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
 * **Deep Water Training** (F) Activity Pool
 Dance: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 * **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
 Gyrokinesis™ (W,Th,F) Pinetree
 * **Pilates Twenty / 20** (F) Pilates Studio
 Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
 Ranch Ropes 30 mins (T,F) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Wave (Su,-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 **Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee) Main Lounge
 The Importance of Intermittent Fasting & Detoxification, with Michael B. Finkelstein, M.D. Arroyo
- 2:00 **How to Live Your Ranch Experience at Home,** Library Lounge
 Mountain Hike: Alex's Oak 2 Miles (F) Main Lounge
 Dance: Step Aerobics (F) Tolteca
- 3:00 **Booty Blast** 30 mins (Th) Olmeca
 Sound Healing (Su,M,W,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (Su,M,W,F) Kuchumaa
 Chant (F) Millagro
 Stretch & Relax (M,W,F) Montaña
 Mexico, Past and Present, with José Guadalupe Flores, Ph.D. Tolteca OK29march
- 5:00 **"The Shift" Being your own best coach, with Joel Kimmel** Oaktree
- 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 **Documentary: Flight of the Butterflies** Library Lounge

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