

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE



YOUR WEEKLY SCHEDULE OF
FITNESS CLASSES & ACTIVITIES

WEDNESDAY

* Star Symbols indicate classes with limited equipment.
Please arrive early to ensure a space.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up 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
 Meditation (Su,W,F) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt and Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
- 10:00 **Circuit Training (M-F)** Azteca
 H2O Bootcamp (M,W) Activity Pool
 Landscape Garden Walk (W) Gazebo
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
 The PEP Factor (Su,M,W,F) Olmecca
 Yoga Fundamentals: All levels (Su-F) Montaña
- 11:00 **Gyrokinesis® (M-F)** Pinetree
 Cycle 30: Rhythm Ride: All Levels 30 mins (W) Pai Pai
 Release & Mobilize please wear socks (M,W,F) Oaktree
 TRX Circuit: Level 2 (M,W) Tolteca
 Aqua Strength and Tone (M,W) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **Is Your Bedroom Toxic? Easy Ways to Get a Restful Night Sleep, with Beth Greer** Olmecca
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
 The Fate Maker Experience, with David Wicker Oaktree
- 2:00 **Bosu Balance (W)** Olmecca
 Dance: Move, Groove & Funk! (W) Kuchumaa
 Swim Conditioning (M,W) Activity Pool
 Pilates Reformer: Level 2 (Su,W) Pilates Studio
 Postural therapy (W,Th) Tolteca
 Inner Fitness: Powerful You / Emily Boorstein Arroyo
- 3:00 **Baja Barre (M,W)** Olmecca
 Kettlebells All Levels 30 mins (M,W) Tolteca
 Sand Volleyball (Su-F) Sand Volleyball Court
 Sound Healing (Su-F) Oaktree
 World Drumming (W) Kuchumaa
 Español /Spanish 101 Progressive (M - F) Library
- 4:00 **Aerial Silks - Low** please wear socks (M,T,W,Th also F at 3p) Kuchumaa
 Inner Journey: Guided Meditation (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Restorative Yoga (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Meredith Deeds. Register at ext 625, Fee, 3.5 hrs. Meet at Admin.Bldg. PROMPT departure at 4:00pm; approx. return 7:30pm
 Learn Self-Hypnotic Techniques for Well-Being, with Bee Epstein-Shepherd, Ph.D. Arroyo
- 5:00 **The Map Is Not the Territory: Enhancing the sense of place in our writing, with Bob Deans** Library Lounge
- 7:30 **Movie: Wonder** Library Lounge
- 8:00 **Bingo with Barry** Tolteca

THURSDAY

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

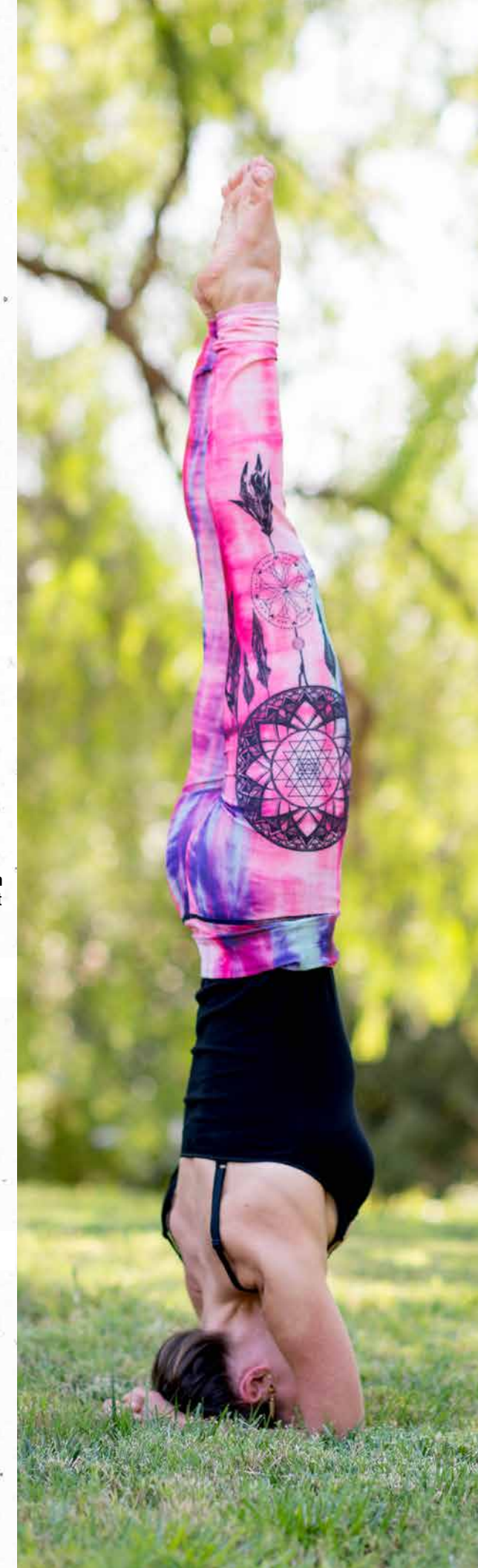
- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: return via van and/or visit the Professors Park (T-F) Main Lounge
- 6:10 **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Main Lounge
- 6:15 **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30 **Dove Meditation Hike** Moderate 1.2 miles (T,Th) Main Lounge
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
 Obstacle Course 60 mins. (M,Th) Meet outside of Kuchumaa Gym
- 9:00 **Circuit Training (M-F)** Azteca
 Chant (M,Th) Milagro
 Feldenkrais (M,T,Th) Oaktree
 Pickleball (M,Th,F) Pickleball Court
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Yoga Sculpt: Level 2 (T,Th) Olmecca
- 10:00 **Bosu® Fit (T,Th)** Olmecca
 Circuit Training (M-F) Azteca
 Dance: Striptease! (Th) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 TRX Fundamentals (T,Th) Tolteca
 Yoga Fundamentals: All levels (Su-F) Montaña
- 11:00 **Gyrokinesis® (M-F)** Pinetree
 Nature Walk 60-75 mins (T,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
 The Bounce 30 mins (Su,Th) Kuchumaa
 The Wave (Su,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 **Life-Saving Foods, with Beth Greer** Olmecca
 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
 Open Art Studio, with Jennifer Brandt 2 hrs Art Studio
- 2:00 **Cardio Drum Dance (Su,Th)** Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water Training (Su,T,Th also F at 10a) Activity Pool
 Feldenkrais (M,T,Th) Oaktree
 Pilates Twenty / 20 (T,Th) Pilates Studio
 Postural therapy (W,Th) Tolteca
 Inner Fitness: Create Your Best Life/ Emily Boorstein Arroyo
- 3:00 **Functional Mobility (Th)** Tolteca
 Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
 Gentle Bounce (T,Th) Kuchumaa
 Sand Volleyball (Su-F) Sand Volleyball Court
 Sound Healing (Su-F) Oaktree
 The PEP Factor (T,Th) Olmecca
 Español /Spanish 101 Progressive (M-F) Library
- 4:00 **Aerial Silks - Low** please wear socks (M,T,W,Th also F at 3p) Kuchumaa
 Inner Journey: Guided Meditation (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Roll and Release Please wear socks (Su,T,Th) Tolteca
 Stretch and Relax (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Meredith Deeds. Register at ext 625, Fee, 3.5 hrs. Meet at Admin.Bldg. Departure at 4:00pm; approx. return 7:30pm
 Painting and Sculpture Exhibition showing works by our resident artists Jennifer, Nacho & Tim (4:00 to 6:00 pm) Bazar del Sol
- 5:00 **Writing a Personal Identity, with Bob Deans** Library Lounge
- 6:15 **Silent Dinner** Sign-up (Th) Los Olivos (via Dining Hall balcony)
- 7:30 **Movie: Murder on the Orient Express** Library Lounge
- 8:00 **Concert with Karen Follingstad, piano, Martha Aarons, flute,**

FRIDAY

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- 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 Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30 **Trail Run** Challenging 3-5 miles (T,F) Main Lounge
 Intention Meditation Walk 1 mile 75 mins (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 (T,F)** Gazebo
 Circuit Training (M-F) Azteca
 Meditation (Su,W,F) Milagro
 Pickleball (M,Th,F) Pickleball Court
 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: Flashback 90's! (F) Kuchumaa
 Deep Water Training (F) Activity Pool
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 The PEP Factor (Su,M,W,F) Olmecca
 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® (M-F) Pinetree
 Ranch History Walk: Explore the roots of the Ranch and its rich 75 year history, with Rob Larson Gazebo
 Ranch Ropes 30 mins (T,F) Olmecca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Wave (Su,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** celebrating 30 years of his art at Rancho La Puerta Meet at Dining Room entrance
- 1:00 **Taking the Ranch Home (F)** Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
 Master Your Metabolism, with DeRahn Johnson Olmecca
- 2:00 **Balance & Coordination (Su,F)** Olmecca
 Dance: Step Aerobics! (F) Kuchumaa
 Pilates Cadillac Fundamentals (M.F) Pilates Studio
 Tai Chi (F also T at 3p) Montaña
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely, followed by Q& A with Rob Larson Library Lounge
- 3:00 **Aerial Silks - Low** please wear socks (F also M,T,W,T at 4p) Kuchumaa
 Core Challenge 30 mins (F) Olmecca
 Sleep Well: Siesta Time (F) Arroyo
 Sand Volleyball (Su-F) Sand Volleyball Court
 Sound Healing (Su-F) Oaktree
 Español /Spanish 101 Progressive (M - F) Library
- 4:00 **Inner Journey: Guided Meditation (Su-F)** Oaktree
 Restorative Yoga (M,W,F) Montaña
- 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: Battle of the Sexes** Library Lounge

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



SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

Sample Week

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

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Main Lounge
- 6:45 **Woodlands Hike** 2 Miles Main Lounge
- 9:00 **Stretch** Pinetree
- 10:00 **Circuit Training** Azteca
- 10:15 **Core Challenge** 30 mins Olmeca
 Meditation 30 mins Milagro
- 11:00 **Baja Barre** Olmeca
 Yoga: All Levels Montaña
- 12:00 **Labyrinth** 30 min Labyrinth
- 12:30 - 3:00 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00 **Dance: LaBlast** Kuchumaa
 Shallow Water Workout Activity Pool
- 3:00 **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
 Stretch Pinetree
- 4:00 **Set Your Ranch Intention, Tips for a Magical Week** Return and First Time Guests welcome, Library Lounge
 Open Weight Room staffed Azteca
- 5:00 **Ranch Tour** (30 mins) First Timers encouraged Starts in Main Lounge
 Returning Guest Update Olmeca
- 5:30 **First Time Guest Ranch Orientation** Tolteca
- 6:45 **Meet the Presenters** Dining Hal
- 7:30 **Movie: The Greatest Showman** Library Lounge
- 8:00 **An Introduction to the Positive Power of Hypnosis, with Bee Epstein-Shepherd, Ph.D.** Tolteca

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,Sa
Sand Volleyball 4 pm Sunday - Friday

SUNDAY

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- 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 and Villas Pool
- 9:00 **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
 Introduction to Circuit Training (Su) Azteca
 Meditation (Su,W,F) Milagro
 Running Clinic (Su) Meet outside of Kuchumaa Gym
 Sculpt and Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
- 10:00 **Introduction to Circuit Training** (Su) Azteca
 Dance: Nia! (Su) Kuchumaa
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
 The PEP Factor (Su,M,W,F) Olmeca
 Yoga Fundamentals: All levels (Su-F) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 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
 What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood Library Lounge
- 2:00 **Balance & Coordination** (Su,F) Olmeca
* **Cardio Drum Dance** (Su,Th) Kuchumaa
* **Deep Water Training** (Su,T,Th also F at 10a) Activity Pool
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- 3:00 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sand Volleyball (Su-F) Sand Volleyball Court
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su) Olmeca
- 4:00 **Inner Journey: Guided Meditation** (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Roll and Release please wear socks (Su,T,Th) Tolteca
 Stretch and Relax (Su,T,Th) Montaña
- 5:00 **Hypnosis to Control Weight for Better Health, with Bee Epstein-Shepherd, Ph.D.** Arroyo
- 7:30 **Movie: Wonder Woman** Library Lounge
- 8:00 **Inner Fitness: Love or Fear--It's Your Choice!** with Emily Boorstein, Life Coach Oaktree

MONDAY

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Please arrive early to ensure a space.

- 6:15 **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:45 **Obstacle Course** 60 mins, (M,Th) Meet outside of Kuchumaa Gym
 Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 7:00 **Sunrise Yoga** (M) Montaña
- 9:00 **Circuit Training** (M-F) Azteca
 Chant (M,Th) Milagro
 Feldenkrais (M,T,Th) Oaktree
* **Pickleball** (M,Th,F) Pickleball Court
 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: Hot Latin Fusion! (M) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
 Pilates Arc Barrel: Level 2 (M,Th) Pinetree
 The PEP Factor (Su,M,W,F) Olmeca
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (M) Meet at the Quote Board
 Yoga Fundamentals: All levels (Su-F) Montaña
- 11:00 * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® (M-F) Pinetree
 Release & Mobilize please wear socks (M,W,F) Oaktree
 TRX Circuit: Level 2 (M,W) Tolteca
* **The Bounce** 30 mins (M,Th) Kuchumaa
 Aqua Strength and Tone (M,W) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (M) Pilates Studio
- 1:00 **Inner Fitness: Healthy Inner Dialogue - Discover Your Joyous Adult, with Emily Boorstein, Life Coach** Oaktree
- 2:00 **Feldenkrais** (M,T,Th) Oaktree
 Dance: Cardio Hip Hop: Body Rock! (M) Kuchumaa
 Swim Conditioning (M,W) Activity Pool
* **Pilates Cadillac Fundamentals** (M,F) Pilates Studio
- 2:30 **Design Your Own Jewelry, with Jennifer Brandt Sign up** Art Studio
- 3:00 **Baja Barre** (M,W) Olmeca
 Kettlebells All Levels 30 mins (M,W) Tolteca
 Sand Volleyball (Su-F) Sand Volleyball Court
 Sound Healing (Su-F) Oaktree
 Español /Spanish 101 Progressive (M - F) Library
- 4:00 * **Aerial Silks - Low** please wear socks (M,T,W,Th also F at 3p) Kuchumaa
 Inner Journey: Guided Meditation (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Restorative Yoga (M,W,F) Montaña
- 5:00 **Fiesta at the Bazar!! All invited! Sangria and guacamole.** Bazar del Sol
- 7:30 **Design Your Own Jewelry, with Jennifer Brandt** 1.5 hrs Sign up Art Studio
 Movie: Victoria and Abdul Library Lounge
- 8:00 **Discover Simple Lifestyle Changes That Can Help You Feel Less Stress and Get Better Sleep, with Beth Greer** Olmeca

TUESDAY

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Please 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,Th) Main Lounge
 Trail Run Challenging 3-5 miles (T,F) Main Lounge
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00 **Bird Walk** (T,F) Gazebo
 Circuit Training (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
 Yoga Sculpt: Level 2 (T,Th) Olmeca
- 10:00 **Bosu® Fit** (T,Th) Olmeca
 Circuit Training (M-F) Azteca
 Dance: Intro to Salsa! (T) Kuchumaa
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
* **TRX Fundamentals**, (T,Th) Tolteca
 Yoga Fundamentals: All levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (M-F) Pinetree
 Nature Walk 60-75 mins (T,Th) Gazebo
 Ranch Ropes 30 mins (T,F) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **What the Hell Are We Eating? The Truth behind Food Labels, with Beth Greer** Olmeca
 Energy Medicine, with Jonelle Rutkauskas Tolteca
 12 Step Meeting Maya Lounge
 Mexican Folk Art & Sculpture Walk/ Jennifer Brandt Art Studio
- 2:00 **Circuit Training** (T,Th) Azteca
* **Deep Water Training** (Su,T,Th also F at 10a) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
 Healthy Lower Back Secrets (T) Tolteca
* **Pilates Twenty / 20** (T,Th) Pilates Studio
 Inner Fitness: Emotional Fluency - Permission to Feel, with Emily Boorstein, Life Coach Arroyo
- 2:30 **Watercolor!** with Jennifer Brandt 1.5 hrs Sign up Art Studio
- 3:00 * **Gentle Bounce** (T,Th) Kuchumaa
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sand Volleyball (Su-F) Sand Volleyball Court
 Sound Healing (Su-F) Oaktree
 Tai Chi (T also F at 2p) Montaña
 The PEP Factor (T,Th) Olmeca
 Español /Spanish 101 Progressive (M - F) Library
- 4:00 * **Aerial Silks - Low** please wear socks (M,T,W,Th also F at 3p) Kuchumaa
 Inner Journey: Guided Meditation (Su-F) Oaktree
 Open Weight Room Staffed (Su-Th) Azteca
 Roll and Release please wear socks (Su,T,Th) Tolteca
 Stretch and Relax (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Meredith Deeds. Register at ext 625/ Fee/ 3.5 hrs. Meet at Admin.Bldg. PROMPT departure at 4:00pm; approx. return 7:30pm
- 5:00 **Hypnosis for Less Stress and Sleep/ Bee Epstein-Shepherd, Ph.D.** Arroyo
- 6:45 **Evening Hike: Alex's Oak** 2 Miles (T) Main Lounge
- 7:30 **Design Your Own Jewelry/ Jennifer Brandt** 1.5 hrs Sign up/ArtStudio
 Movie: Loving Vincent Library Lounge
- 8:00 **The World We Create: A Vision of Hope and Possibility, with Bob Deans** Olmeca