

Pilates Week Trail Running Week

April 13, 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 | April 13

- 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
- 11:00** ☐ **Yoga: All Levels** Montaña
- 11:45 – 1:45** **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00** ☐ **Sound Healing** Oaktree
☐ **Woodlands Hike** 2 Miles Main Lounge
- 3:00** ☐ **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
☐ **Stretch** Pinetree
- 4:00** ☐ **Open Weight Room** Staffed Azteca
- 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: Mary Poppins Returns** Library Lounge
- 8:00** ☐ **The Giants of 20th Century Mexican Art: Rivera, Orozco, Siqueiros, and Kahlo, with Diane Arkin** 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 | April 14

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

- 6:10** ☐ **Trail Run: Pilgrim** Challenging 3.5 Miles (Su) Main Lounge
- 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
☐ **Bird Walk, with Phil Pryde** (Su,T,Th) Gazebo
- 6:45** ☐ **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 8:15** ☐ **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00** ☐ **Feldenkrais** (Su,M,T) Oaktree
☐ **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
☐ **Introduction to Circuit Training** (Su) Azteca
☐ **Sculpt & Strengthen: Level 2** (Su,W) Olmeca
☐ **Stretch** (Su-F) Montaña
☐ **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00** ☐ **Dance: Introduction 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
☐ **Trail Running Clinic: Run Form** (Su) Meet outside of Kuchumaa Gym
- *☐ **TRX Fundamentals** (Su,Th) Tolteca
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** ☐ **Gyrokinesis™** (Su-F) Pinetree
☐ **Stretch** (Su,T,Th) Oaktree
☐ **The Wave** (Su-,F) Activity Pool
☐ **TRX Circuit: Level 2** (Su,W) Tolteca
☐ **Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
- 12:00** ☐ **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00** ☐ **What is Craniosacral Therapy and Energy Medicine?** with Michael Brightwood Library Lounge
☐ **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
☐ **Feldenkrais** (Su,M,T) Oaktree
*☐ **Pilates Reformer: Level 2** (Su,W) Pilates Studio
☐ **Inner Fitness: Love or Fear- The Big Shift!--It's Your Choice!** with Emily Boorstein, Life Coach Arroyo
- 3:00** ☐ **Cardio Equipment HIIT** 30 mins (Su) Azteca
*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
☐ **Sound Healing** (Su,W,F) Oaktree
☐ **Stability Ball** 30 mins (Su) Olmeca
- 4:00** ☐ **Inner Journey: Guided Meditation** (Su,M,Th) Oaktree
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Roll and Release** please wear socks (Su,T,Th) Tolteca
☐ **The Birds of Rancho La Puerta, with Phil Pryde** Arroyo
- 5:00** ☐ **Vincent Van Gogh: Dispelling the Myths, with Diane Arkin** Olmeca
- 7:30** ☐ **Movie: A Star is Born** Library Lounge
- 8:00** ☐ **Screen/Life Balance and How to Break up with Your Phone, with Catherine Price** Olmeca

MONDAY | April 15

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

- 6:10** ☐ **Trail Run: Professor's** Challenging 3.3 Miles (M) Main Lounge
- 6:15** ☐ **Mountain Hike: Professor's & enjoy Beethoven at the Summit!** Challenging 3.3 Miles (M,Th) 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,W,F) Gazebo (with Phil Pryde,
☐ **Circuit Training** (M-F) Azteca
☐ **Feldenkrais** (Su,M,T) Oaktree
*☐ **Pickleball: Beginners** (M,W) 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: Body Rock** (M) Kuchumaa
*☐ **Pickleball: Intermediate** (M,W) Pickleball Courts
☐ **Pilates Mat: Level 2** (Su-F) Pinetree
☐ **Sculpt & Strengthen: Level 2** (M,W,F) Olmeca
☐ **Trail Running Clinic: Uphill Drills** (M) Meet outside of Kuchumaa Gym
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** *☐ **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
☐ **Gyrokinesis™** (Su-F) Pinetree
☐ **Introduction to Obstacle Course** 60 mins (M) Meet outside of Kuchumaa Gym
☐ **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,M,T,Th,F) Montaña
- 1:00** ☐ **Happy Food, Happy Mood: How to Fight Fatigue, Anxiety, Stress and Depression through Diet, with Lindsay Sherry, Clinical Nutritionist, Health Coach** 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) Olmeca
☐ **Dance: Zumba!** (M) Kuchumaa
☐ **Feldenkrais** (Su,M,T) Oaktree
☐ **H2O Bootcamp** (M,W) Activity Pool
*☐ **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
☐ **Watercolor, with Jennifer Brandt** 90 mins Sign up Art Studio
☐ **Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Emily Boorstein, Life Coach** Arroyo
- 3:00** ☐ **Core Challenge** 30 mins (M,F) Olmeca
☐ **Functional Mobility** (M) Tolteca
*☐ **Gentle Bounce** 30 mins (M,Th) Kuchumaa
☐ **Sleep Well: Siesta Time** (M) Oaktree
☐ **Español /Spanish 101** Progressive (M- F) Library
☐ **Birding by Ear, with Phil Pryde** Gazebo
- 4:00** *☐ **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa
☐ **Inner Journey: Guided Meditation** (Su,M,Th) Oaktree
☐ **Stretch & Relax** (M,W,F) Montaña
☐ **Energy Medicine, with Jonelle Rutkauskas** Tolteca
☐ **Workshop: How to Break up with Your Phone, with Catherine Price** Olmeca
- 5:00** ☐ **Fiesta at the Bazar!! All invited! Sangria and guacamole.** Live 5:00 to 6:00 pm Bazar del Sol
- 6:45** ☐ **Evening Labyrinth** (M) Labyrinth
- 7:00** ☐ **Design Your Own Jewelry, with Alejandro** 1.5 hrs Sign up Art Studio
- 7:30** ☐ **Movie: RBG** Library Lounge
- 8:00** ☐ **Photography Program** Melba Levick Olmeca

TUESDAY | April 16

* 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
- 6:10** ☐ **Trail Run: Coyote** Advanced 5.5 or 4 Miles (T) 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 (W) Main Lounge
☐ **Bird Walk, with Phil Pryde** (Su,T,Th) Gazebo
- 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
☐ **Feldenkrais** (Su,M,T) Oaktree
☐ **Meditation** (T,F) Millagro
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
☐ **Stretch** (Su-F) Montaña
☐ **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00** ☐ **Dance: Athletic Nia** (T) Kuchumaa
☐ **Circuit Training** (M-F) 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
☐ **Trail Running Clinic: Downhill Drills** (T) Meet outside of Kuchumaa Gym
- *☐ **TRX Plus** (T) Tolteca
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** ☐ **Cardio Muscle Blast** (T) Azteca
☐ **Gyrokinesis™** (Su-F) Pinetree
☐ **Ranch Ropes** 30 mins (T,F) Olmeca
☐ **Stretch** (Su,T,Th) Oaktree
☐ **The Wave** (Su-,F) Activity Pool
☐ **Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
- 1:00** ☐ **Heal Your Gut, Transform Your Health, with Lindsay Sherry, Clinical Nutritionist, Health Coach** Olmeca
☐ **12 Step Program – Guests conduct** Maya Lounge
- 2:00** ☐ **Circuit Training** (T,Th) Azteca
☐ **Dance: Move, Groove & Funk!** (T) Kuchumaa
*☐ **Deep Water Training** (Su,T,Th) Activity Pool
☐ **Feldenkrais** (Su,M,T) Oaktree
*☐ **Pilates Twenty / 20** (T) Pilates Studio
☐ **Inner Fitness: Emotional Fluency – Permission to Feel, with Emily Boorstein, Life Coach** Arroyo
- 3:00** ☐ **Baja Barre** (T,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
☐ **Bird Migration: Marvels, Myths and Mysteries, with Phil Pryde** Arroyo
- 4:00** *☐ **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) 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 AJ.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
☐ **Golden Hour Photo Walk, with Melba Levick** Gazebo
- 5:00** ☐
- 7:30** ☐ **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00** ☐ **Impressionism: Art & Music, with Diane Arkin, lecturer, Monique Mead, violin, and Nahre Sol, piano** Oaktree

WEDNESDAY | April 17

* 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
 Trail Run: Organic Garden Breakfast Hike 4 miles, Sign up 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,W,F) Gazebo
 Circuit Training (M-F) Azteca
* **Pickleball: Beginners** (Su,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: Hot Latin Cardio! (W) Kuchumaa
* **Pickleball: Intermediate** (M,W) Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Landscape Garden Walk (W) Gazebo
 Sculpt & Strengthen: Level 2 (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-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
 Kundalini Yoga 75 mins (W) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00 **Rewire – How to Change When Change is Hard: The Secret to Breaking Bad Habits and Conquering Self-Destructive Behavior, with Lindsay Sherry, Clinical Nutritionist, Health Coach** Olmeca
- 2:00 **Bosu Balance** (W) Olmeca
* **Cardio Drum Dance** (Su,W) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
 Inner Fitness: Powerful You – Ownership and Responsibility, with Emily Boorstein Arroyo
- 3:00 **Booty Blast** 30 mins (W) Olmeca
 Sound Healing (Su,W,F) Oaktree
 TRX Flexibility (W,F) Tolteca
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa
 Kundalini Meditation (W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef AJ. 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
 Golden Hour Photo Walk, with Melba Levick Gazebo
- 5:00 **Spanish Surrealism: The Magic of Miro and the Dilemma of Dali, with Diane Arkin** Olmeca
- 6:45 **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:30 **Movie: Marvel's Black Panther** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca

THURSDAY | April 18

! 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: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Main Lounge
 Trail Run: Professor's Challenging 3.3 Miles (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
 Bird Walk, with Phil Pryde (Su,T,Th) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00 **BOSU® Fit** (T,Th) Olmeca
 Circuit Training (M-F) Azteca
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
- 10:00 **Dance: Striptease** (Th) Kuchumaa
 Circuit Training (M-F) 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
 Trail Running Clinic: Mastering the Ups and Downs (Th) Meet outside of Kuchumaa Gym
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis™** (Su-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,M,T,Th,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 (Th) Activity Pool
- 12:30 **Yarn Painting Demo** Dining Hall
- 1:00 **The Secret to Being Healthy in an Unhealthy World with Lindsay Sherry, Clinical Nutritionist, Health Coach** 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: Broadway (Th) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Emily Boorstein Arroyo
- 3:00 **Baja Barre** (T,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
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (M,T,W,Th) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,Th) Oaktree
 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 AJ. 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
- 6:15 **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:30 **Movie: First Man** Library Lounge
- 8:00 **Concert: Monique Mead, violin, and Nahre Sol, piano, present Romantic Chopin, Epic Beethoven, Brainy Bach and Flashy Fiddling** Oaktree

FRIDAY | April 19

! 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
- 6:10 **Trail Run: Coyote** Advanced 5.5 or 4 Miles (F) Main Lounge
- 6:15 **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30 **Intention Meditation Walk** 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** (M,W,F) Gazebo
 Circuit Training (M-F) Azteca
 Meditation (T,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
 Dance: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
* **Deep Water Training** (F) Activity Pool
 Pilates Mat: Level 2 (Su-F) Pinetree
 Sculpt & Strengthen: Level 2 (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
 Gyrokinesis™ (Su-F) Pinetree
 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,M,T,Th,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
 Unseen Cuba, with John Rosenmiller Olmeca
- 2:00 **How to Live Your Ranch Experience at Home** Library Lounge
 Dance: Step Aerobics! (F) Kuchumaa
 Water Polo on the Noodle (F) Activity Pool
 Mexico, Past and Present, with José Guadalupe Flores, Ph.D. Tolteca OK april 19
- 3:00 **Chant** (F) Milagro
 Core Challenge 30 mins (M,F) Olmeca
 TRX Flexibility (W,F) Tolteca
 Sound Healing (Su,W,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 **Kundalini Meditation** (W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Enjoying Modern Art, with Diane Arkin Olmeca
- 5:00 **Concert with Peter Yarrow** 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.