

Tai Chi & Qigong Week

April 20, 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 20

- 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
☐ **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: Mary Poppins Returns** Library Lounge
- 8:00** ☐ **Qigong for Better Sleep, with Cari Shurman** Oaktree

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 21

* 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 & Villas Pool
- 9:00** ☐ **Feldenkrais** (Su,M,T) Arroyo
☐ **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
☐ **Introduction to Circuit Training** (Su) Azteca
☐ **Meditation** (Su,M,T,F) Millagro
☐ **Running Clinic** (Su) Meet outside of Kuchumaa Gym
☐ **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,M,W,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-F) Pinetree
☐ **Ranch Heat: Sampler: Level 2** 60 mins (Su) Olmeca
☐ **Stretch** (Su,T,Th) Arroyo
☐ **Tai Chi** (Su-F) 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,M,T,Th,F) Montaña
- 12:00** ☐ **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
☐ **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 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
☐ **Five Habits of The Healthy Cook, with Chef Kate Sherwood** Olmeca
- 2:00** *☐ **Cardio Drum Dance** (Su,W) Kuchumaa
*☐ **Deep Water Training** (Su,T,Th) Activity Pool
☐ **Feldenkrais** (Su,M,T) Arroyo
*☐ **Pilates Reformer: Level 2** (Su,W) Pilates Studio
☐ **QiGong** (Su-F) Oaktree
- 3:00** ☐ **Cardio Equipment HIIT** 30 mins (Su) Azteca
*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
☐ **Sound Healing** (Su,M,T,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
- 5:00** ☐ **Mexico, Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
☐ **Mastering Your Metabolism, with DeRahn Johnson** Olmeca
- 7:30** ☐ **Movie: A Star is Born** Library Lounge
- 8:00** ☐ **The Big Shift: Love or Fear—What does mindfulness have to do with relationships, with Linda Carroll, Life Coach** Oaktree

MONDAY | April 22

* 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
☐ **Circuit Training** (M-F) Azteca
☐ **Feldenkrais** (Su,M,T) Arroyo
☐ **Meditation** (Su,M,T,F) Millagro
*☐ **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,M,W,F) Pinetree
☐ **Sculpt & Strengthen: Level 2** (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-F) Pinetree
☐ **Nature Walk** 60-75 mins (M,Th) Gazebo
☐ **Release & Mobilize** please wear socks (M,W,F) Arroyo
☐ **Tai Chi** (Su-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** ☐ **Food for Thought, with Joe Weiss, MD** Olmeca
☐ **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
- 2:00** ☐ **Dance: Zumba!** (M) Kuchumaa
☐ **Feldenkrais** (Su,M,T) Arroyo
☐ **Functional Mobility** (M) Tolteca
☐ **H2O Bootcamp** (M,W) Activity Pool
*☐ **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
☐ **QiGong** (Su-F) Oaktree
☐ **Watercolor, with Jennifer Brandt** 90 mins Sign up Art Studio
☐ **A Healthy Inner Dialogue – Why inner communication is the first step to healthy outer communication, with Linda Carroll, Life Coach** Olmeca
- 3:00** ☐ **Core & More on the Foam Roller** (M,W) Tolteca
☐ **Core Challenge** 30 mins (M,F) Olmeca
*☐ **Gentle Bounce** 30 mins (M,W) Kuchumaa
☐ **Sound Healing** (Su,M,T,W,F) Oaktree
☐ **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
☐ **Stretch & Relax** (M,W,F) Montaña
- 5:00** ☐ **Fiesta at the Bazar!! All invited! Sangria and guacamole.** 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** ☐ **Concert Kate Hatmaker, violin, Pei-Chun Tsai, violin, Julie Smith Phillips, harp** Oaktree

TUESDAY | April 23

* 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 (W) 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
☐ **Feldenkrais** (Su,M,T) Arroyo
☐ **Meditation** (Su,M,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: Move, Groove & Funk** (T) Kuchumaa
☐ **Circuit Training** (M-F) Azteca
☐ **Pilates Arc Barrel: Level 2** (T,Th) Pinetree
*☐ **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
☐ **Tennis Clinic: Level 2** (Su,T,Th) Tennis Courts
*☐ **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
☐ **Tai Chi** (Su-F) Oaktree
☐ **Stretch** (Su,T,Th) Arroyo
☐ **The Wave** (Su,-F) Activity Pool
☐ **Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
☐ **Energy Medicine, with Jonelle Rutkauskas** Library Lounge
- 1:00** ☐ **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Olmeca
☐ **12 Step Program – Guests conduct** Maya Lounge
- 2:00** ☐ **Circuit Training** (T,Th) Azteca
☐ **Dance: Disco!** (T) Kuchumaa
*☐ **Deep Water Training** (Su,T,Th) Activity Pool
☐ **Feldenkrais** (Su,M,T) Arroyo
*☐ **Pilates Twenty / 20** (T) Pilates Studio
☐ **QiGong** (Su-F) Oaktree
☐ **Emotional Literacy– Neuroplasticity and the eight essential keys to emotional fitness, with Linda Carroll, Life Coach** Tolteca
- 3:00** ☐ **Baja Barre** (T,Th) Olmeca
☐ **Kettlebells All Levels** 30 mins (T,Th) Tolteca
*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
☐ **Sound Healing** (Su,M,T,W,F) Oaktree
*☐ **World Drumming** (T) Kuchumaa
☐ **Español /Spanish 101** Progressive (M- F) Library
- 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 Kate Sherwood.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 5:00** ☐ **The Art of Herbal Medicine, with Dawn Petter** Olmeca
- 7:30** ☐ **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00** ☐ **5 Things the West Gets Wrong about Young China, with Zak Dychtwald** Olmeca

WEDNESDAY | April 24

* 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
- * **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: Athletic Nia!** (W) Kuchumaa
- * **Pickleball: Intermediate** (M,W) Pickleball Courts
- Pilates Mat: Level 2** (Su,M,W,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 Heat: Yoga Sculpt: Level 2** 60 mins (W) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Arroyo
- Tai Chi** (Su-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 **Quest for Immortality, with Joe Weiss, MD** 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
- QiGong** (Su-F) Oaktree
- Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio
- Powerful You: Our Impact on others and three magic words (that are not "I love you"), with Linda Carroll, Life Coach** Tolteca
- 3:00 **Booty Blast** 30 mins (W) Olmeca
- Core & More on the Foam Roller** (M,W) Tolteca
- * **Gentle Bounce** 30 mins (M,W) Kuchumaa
- Sound Healing** (Su,M,T,W,F) Oaktree
- Español /Spanish 101** Progressive (M- F) Library
- Herbs and Foods for Spring Allergies, with Dawn Petter** Arroyo
- 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 Kate Sherwood.** 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
- 5:00 **The Chinese Innovator's Advantage: how a culture of rapid change is a challenge for Silicon Valley, with Zak Dychtwald** 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 25

! 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
- 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
- Chant** (Th) Millagro
- 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 Arc Barrel: Level 2** (T,Th) 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-F) Pinetree
- Nature Walk** 60-75 mins (M,Th) Gazebo
- Stretch** (Su,T,Th) Arroyo
- Tai Chi** (Su-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
- Soft Mosaic Workshop, learn the style of art works featured in dining hall, Session 1, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall upstairs balcony
- Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- Yarn Painting Demo** Dining Hall
- The Summer Herbal Apothecary, with Dawn Petter** Arroyo
- "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
- Soft Mosaic Workshop, learn the style of art works featured in dining hall, Session 1, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall upstairs balcony
- 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
- QiGong** (Su-F) Oaktree
- Create Your Best Life: What "wholehearted" really means in love and life, with Linda Carroll, Life Coach** Tolteca
- 3:00 **Baja Barre** (T,Th) Olmeca
- Ballet for Adults** (Th also F at 2p) Pinetree
- Kettlebells All Levels** 30 mins (T,Th) Tolteca
- * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
- Español /Spanish 101** Progressive (M- F) Library
- Non Fiction Publishing: From process to publishing, how to craft your non fiction book, with Zak Dychtwald** Arroyo
- 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 Kate Sherwood.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- Art Exhibition with Victor Hugo Castañeda and Antonio Ruiz - Hors d'oeuvres will be served. All invited!** (4:00 to 6:00 pm) Patio outside Mercado
- 6:15 **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:30 **Movie: First Man** Library Lounge
- 8:00 **Concert: Concert with Peter Yarrow** Oaktree

FRIDAY | April 26

! 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 **Intention Meditation Walk** 75 mins (F) Main Lounge
- 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
- Meditation** (Su,M,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: Swing** (F) Kuchumaa
- * **Deep Water Training** (F) Activity Pool
- Pilates Mat: Level 2** (Su,M,W,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) Arroyo
- Tai Chi** (Su-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 **Ballet for Adults** (F also Th at 3p) Pinetree
- QiGong** (Su-F) Oaktree
- Water Polo on the Noodle** (F) Activity Pool
- 3:00 **How to Live Your Ranch Experience at Home** Library Lounge
- Core Challenge** 30 mins (M,F) Olmeca
- TRX Flexibility** (F) Tolteca
- Sound Healing** (Su,M,T,W,F) Oaktree
- Español /Spanish 101** Progressive (M- F) Library
- 4:00 **Kundalini Meditation** (W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Herbal Stress Busters for City Living, with Dawn Petter** Arroyo
- 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.