

Hydro-Fit Water Week

May 25, 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 | May 25

- 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
- 11:30 – 1:45 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00 ☐ **Shallow Water Workout** Activity Pool
☐ **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
- 7:15 ☐ **Movie: Mary Poppins Returns** Library Lounge
- 8:00 ☐ **Healthy Pleasures: Why Everything that Feels Good is Not Bad, with David Sobel, MD, MPH** 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 | May 26

* 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
- 7:30 ☐ **Fitness Concierge** 30 mins (Su) Villas Pool
- 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
☐ **Meditation** (Su,T,W,F) Milagro
☐ **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
☐ **Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist** Library Lounge
- 10:00 ☐ **Dance: Introduction to Salsa** (Su) Kuchumaa
☐ **H2O Boot Camp** (Su,T,Th) Activity Pool
*☐ **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 ☐ **RLP Heat: Cardio Muscle Blast: Level 2** 60 mins (Su) Azteca
☐ **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 outside Arroyo
☐ **TRX Circuit: Level 2** (Su) Tolteca
☐ **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00 ☐ **Swim Stroke Clinic** 30 mins (Su,T) Activity Pool
- 1:00 ☐ **What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood** Library Lounge
☐ **Posture, Balance and Flexibility: The Feldenkrais Method - Demo and Talk, with Donna Wood** Oaktree
☐ **WATSU® WaterDance® Demonstration** (S) South Pool
- 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
☐ **Postural Therapy** (Su,F) Tolteca
☐ **The Creative Habit, with Irene Borger** Arroyo
- 3:00 ☐ **Cardio Equipment HIIT** 30 mins (Su) Azteca
*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
☐ **Sound Healing** (Su,M,T,Th,F) Oaktree
☐ **Tai Chi** (Su,W) Montaña
- 4:00 *☐ **Aerial Silks - Low** please wear socks and sleeves (Su,M,T,W,Th) Kuchumaa
☐ **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 ☐ **Health Behavior Change Made Simpler: Benefits of Success and Confidence, with David Sobel, MD, MPH** Olmeca
- 7:15 ☐ **Movie: A Star is Born** Library Lounge
- 8:00 ☐ **Ritual Stories: Collecting Our Pleasures across the Five Senses, with Mi'Jan Celie** Olmeca

MONDAY | May 27

* 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 ☐ **Dove Meditation Hike** Moderate 1.2 miles (M) Main Lounge
☐ **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) 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,M,W,F) Pinetree
☐ **Sculpt & Strengthen: Level 1** (M,F) Olmeca
☐ **Water Jogging** (M,F) Activity Pool
☐ **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
☐ **Ranch Ropes** 30 mins (M) Olmeca
☐ **Release & Mobilize** please wear socks (M,W,F) Oaktree
☐ **The Wave** (Su,-F) Activity Pool
☐ **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00 ☐ **Juice it up! 30 min demo with Alejandra and Yazmín** Juice Bar
- 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.
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekeley. Q& A with Rob Larson** Library Lounge
☐ **Drawing, with Jennifer Brandt** 90 mins Sign up Art Studio
- 2:00 ☐ **Balance & Coordination** (M) Olmeca
☐ **Dance: Zumba!** (M) Kuchumaa
☐ **Feldenkrais** (Su,M,T) Oaktree
☐ **Functional Mobility** (M) Tolteca
☐ **Water Yoga** (M,W) Activity Pool
*☐ **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
☐ **Writing Workshop Session 1, with Irene Borger** Arroyo
- 3:00 ☐ **Core and More on the Foam Roller** (M,W) Tolteca
*☐ **Gentle Bounce** 30 mins (M,W) Kuchumaa
☐ **Sound Healing** (Su,M,T,Th,F) Oaktree
☐ **Stability Ball** 30 mins (M) Olmeca
☐ **Español /Spanish 101** Progressive (M- F) Library
☐ **Watercolor, with Jennifer Brandt** 90 mins Sign up Art Studio
- 4:00 *☐ **Aerial Silks - Low** please wear socks and sleeves (Su,M,T,W,Th) Kuchumaa
☐ **Inner Journey: Guided Meditation** (Su,M,Th) Oaktree
☐ **Stretch & Relax** (M,W,F) Montaña
☐ **Ritual Stories: Contextualize pleasurable rituals, with Mi'Jan Celie** Arroyo
- 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
- 7:15 ☐ **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00 ☐ **Piano Recital: Classical Smackdown, with Frederic Chiu** Oaktree

TUESDAY | May 28

* 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
- 6:45 ☐ **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** (Su,T,W,F) Milagro
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
☐ **Stretch** (Su-F) Montaña
☐ **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00 *☐ **Circuit Training** (M-F) Azteca
☐ **Dance: Hot Latin Cardio!** (T) Kuchumaa
☐ **H2O Boot Camp** (Su,T,Th) Activity Pool
☐ **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 ☐ **Gyrokinesis®** (T-F) Pinetree
☐ **RLP Heat: Yoga Sculpt: Level 2** 60 mins (T) Olmeca
*☐ **The Bounce** 30 mins (T,Th) Kuchumaa
☐ **Stretch** (Su,T,Th) Oaktree
☐ **The Wave** (Su,-F) Activity Pool
☐ **Yoga: Level 2** 75 mins (Su-F) Montaña
☐ **Energy Medicine, with Jonelle Rutkauskas** Library Lounge
- 12:00 ☐ **Swim Stroke Clinic** 30 mins (Su,T) Activity Pool
- 1:00 ☐ **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Olmeca
☐ **A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching** Library Lounge
☐ **12 Step Program – Guests conduct** Maya Lounge
- 2:00 ☐ **Circuit Training** (T,Th) Azteca
☐ **Dance: Swing!** (T) Kuchumaa
*☐ **Deep Water Training** (Su,T,Th) Activity Pool
☐ **Feldenkrais** (Su,M,T) Oaktree
*☐ **Pilates Twenty / 20** (T,F) Pilates Studio
☐ **Collage, with Jennifer Brandt** 90 mins Sign up Art Studio
☐ **Writing Workshop Session 2, with Irene Borger** Arroyo
- 3:00 ☐ **Baja Barre** (T,Th) Olmeca
☐ **Kettlebells: All Levels** (T,Th) Tolteca
*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
☐ **Sound Healing** (Su,M,T,Th,F) Oaktree
*☐ **World Drumming** (T) Kuchumaa
☐ **Español /Spanish 101** Progressive (M- F) Library
- 4:00 *☐ **Aerial Silks - Low** please wear socks and sleeves (Su,M,T,W) 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 Deborah Schneider.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
☐ **Ritual Stories: Reconstruct details of our experiences, with Mi'Jan Celie** Arroyo
- 5:00 ☐ **Stage Fright: A Practitioner's Perspective, with Frederic Chiu** Oaktree
- 7:15 ☐ **Movie: RBG** Library Lounge
- 8:00 ☐ **Bingo with Barry!** Olmeca

WEDNESDAY | May 29

* 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
 Meditation (Su,T,W,F) Milagro
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00 **Bosu Strength: Level 1** (W) Olmeca
 * **Circuit Training** (M-F) Azteca
 Dance: Zumba! (W) Kuchumaa
 * **Pickleball: Intermediate** (M,W) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Landscape Garden Walk (W) Gazebo
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Athletic Action: Level 2** (W) Tolteca
 * **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai
 Gyrokinesis@ (T-F) Pinetree
 Release & Mobilize please wear socks (M,W,F) Oaktree
 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 **Quest for Immortality, with Joe Weiss, MD** Olmeca
- 2:00 **Bosu Balance** (W) Olmeca
 * **Cardio Drum Dance** (Su,W) Kuchumaa
 Water Yoga (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
 Writing Workshop Session 3, with Irene Borger Arroyo
- 3:00 **Booty Blast** 30 mins (W) Olmeca
 Core and More on the Foam Roller (M,W) Tolteca
 * **Gentle Bounce** 30 mins (M,W) Kuchumaa
 Tai Chi (Su,W) Montaña
 Water Polo on the Noodle (W) Activity Pool
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (Su,M,T,W,Th) Kuchumaa
 Chant (W,F) Milagro
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Deborah Schneider. Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
 Ritual Stories: Reflect on the meaning these poignant experiences holds, with Mi'Jan Celie Arroyo
- 5:00 **Resilience: Beethoven's Symphony VII, with Frederic Chiu** Oaktree
- 6:45 **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15 **Movie: Marvel's Black Panther** Library Lounge
- 8:00 **Stress: Avoid, Cope or Embrace? with David Sobel, MD, MPH** Olmeca

THURSDAY | May 30

! 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 **Intention Meditation Walk** 75 mins (Th) Main Lounge
 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
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
 Dance: Striptease (Th) Kuchumaa
- 10:00 * **Circuit Training** (M-F) Azteca
 H2O Boot Camp (Su,T,Th) Activity Pool
 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@** (T-F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
 * **The Bounce** 30 mins (T,Th) Kuchumaa
 The Wave (Su-,F) Activity Pool
 Yoga: Level 2 75 mins (Su-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
- 12:30 **Yarn Painting Demo** Dining Hall
- 1:00 **Rx Healthy Sex: Is Sex Good Medicine? with David Sobel, MD** Olmeca
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 Soft Mosaic Workshop, learn the style of art works featured in dining hall, Session 2, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall upstairs balcony
- 2:00 * **Circuit Training** (T,Th) Azteca
 Dance: Cardio Hip Hop: Flashback 90's (Th) Kuchumaa
 * **Deep Water Training** (Su,T,Th) Activity Pool
 * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
- 3:00 **Baja Barre** (T,Th) Olmeca
 Kettlebells: All Levels (M,Th) Tolteca
 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su,M,T,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (Su,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 Deborah Schneider. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30 **Art Exhibition with Jennifer Brandt 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)
- 7:15 **Movie: First Man** Library Lounge
- 8:00 **Piano Recital: Prokofiev's Romeo and Juliet, with Frederic Chiu, piano** Oaktree

FRIDAY | May 31

! 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
 Meditation (Su,T,W,F) Milagro
 * **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: Disco (F) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 TRX Cardio: Level 2 (F) Tolteca
 Water Jogging (M,F) Activity Pool
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis@ (T-F) Pinetree
 Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
 Ranch Ropes Plus 30 mins (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 **How to Live Your Ranch Experience at Home** Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
- 2:00 **Aqua Ease** (F) Activity Pool
 * **Pilates Twenty / 20** (T,F) Pilates Studio
 Postural Therapy (Su,F) Tolteca
- 3:00 **Core Challenge** 30 mins (F) Olmeca
 Sound Healing (Su,M,T,Th,F) Oaktree
 TRX Flexibility (F) Tolteca
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 **Chant** (W,F) Milagro
 Stretch & Relax (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!**
- 7:15 **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.