

Pickleball, Running and Yoga Week

June 1, 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 | June 1

- 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.
- 10:15 **Core Challenge** 30 mins Olmeca
 Meditation 30 mins Milagro
- 11:00 **RLP Heat: Barre: 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 **Shallow Water Workout** Activity Pool
- 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
- 7:15 **Movie: Mary Poppins Returns** Library Lounge
- 8:00 **Game Night! with Diane Golden, Sarah Brandon & Jessica Brandon** 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,S
Sand Volleyball 4 pm Su - F

SUNDAY | June 2

* 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
- 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 **Chant** (Su also F 4p) Milagro
 Feldenkrais (Su,M) 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
 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
* **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
 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 * **Pickleball: Beginners** (Su also 9a M,W) Pickleball Courts
 RLP Heat: Cardio Muscle Blast: Level 2 60 mins (Su) Azteca
 Stretch (Su,T,Th) Oaktree
 The Wave (SuT, Th,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 Specialty: Level 1.5+ 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) Oaktree
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Postural Therapy (Su,F) Tolteca
- 3:00 **Cardio Equipment HIIT** 30 mins (Su) Azteca
 Core Challenge 30 mins (Su,T) Olmeca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Tai Chi (Su,W) Montaña
- 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
* **Mah Jongg, with Diane Golden 1.5 hours (SMTW)** Library Lounge

5:00 **Mexico, Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca

7:15 **Movie: A Star is Born** Library Lounge

8:00 **Skin Deep, A User's Manual: A Dermatologist's Approach to Problem Free Skin, with Daniel Sauder MD, FRCPC, FACP** Olmeca

MONDAY | June 3

* 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** 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
- 8:00 **Breakfast with the Nutritionist -- Grab your breakfast & meet with Linda Illingworth** Dining Room patio by fountain
- 9:00 **Bird Walk** (M F) Gazebo
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M) Oaktree
 Meditation (M,W,F) Milagro
* **Pickleball: Beginners** (M,W also Su 11a) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M.F) Tolteca
 Stretch (Su-F) Montaña
- 10:00 **Aqua Strength & Tone** (M,W) Activity Pool
* **Circuit Training** (M-F) Azteca
 Dance: Zumba! (M) Kuchumaa
* **Pickleball: Intermediate** (M,W) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Trail Running Clinic: Uphill Skills (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® (M-F) Pinetree
 H2O Boot Camp (M,W) Activity Pool
 Nature Walk 60-75 mins (M,Th) Gazebo
 Ranch Ropes 30 mins (M) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga Specialty: Level 1.5+ 75 mins (Su-F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (M,W) Pilates Studio
 Juice it up! 30 min demo with Alejandra and Yazmin Juice Bar
- 1:00 **Managing Stress with Nutrition, with Linda Illingworth, RDN, CSSD** 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 Szekely. Q& A with Rob Larson Library Lounge
 Drawing, with Jennifer Brandt 90 mins Sign up Art Studio
- 2:00 **Balance & Coordination** (M) Olmeca
 Dance: Cardio Hip Hop: Body Rock (M,Th) Kuchumaa
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Swim Conditioning (M,W) Activity Pool
- 3:00 **Functional Mobility** (M) Tolteca
* **Gentle Bounce** 30 mins (M,W) Kuchumaa
 Sound Healing (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 **Inner Journey: Guided Meditation** (Su,M,Th) Oaktree
 Stretch & Relax (M,W,F) Montaña
* **Mah Jongg, with Diane Golden 1.5 hours (SMTW)** Library Lounge
- 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 **An Evening with Deborah Szekely, co-founder of Rancho La Puerta, with an informal question and answer session. Hosted by Barry Shingle, Program Director** Oaktree

TUESDAY | June 4

* 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
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00 * **Pickleball: All Levels** (T,Th also 9a F) Pickleball Courts
 Sunrise Yoga (T) Montaña
- 9:00 **BOSU® Fit** (T,Th) Olmeca
 Cardio Boxing (T) Kuchumaa
* **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 * **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk! (T) Kuchumaa
 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
 Trail Running Clinic: Downhill Skills (T) Meet outside of Kuchumaa Gym
- * **TRX Plus** (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (M-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,T,Th,F) Activity Pool
 Yoga Specialty: Level 1.5+ 75 mins (Su-F) Montaña a
 Energy Medicine, with Jonelle Rutkauskas Library Lounge
- 12:00 **Swim Stroke Clinic** 30 mins (Su,T) Activity Pool
- 1:00 **Breaking up with Sugar, with Linda Illingworth, RDN, CSSD** 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: Zumba! (T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
* **Pilates Twenty / 20** (T,F) Pilates Studio
 Collage, with Jennifer Brandt 90 mins Sign up Art Studio
- 3:00 **Core Challenge** 30 mins (Su,T) Olmeca
 Kettlebells: All Levels (T,Th) Tolteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (M,T,Th,F) Oaktree
* **World Drumming** (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 **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 Susan Wilkinson. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
* **Mah Jongg, with Diane Golden 1.5 hours (SMTW)** Library Lounge
- 7:15 **Movie: RBG** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca

WEDNESDAY | June 5

* 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** * **Circuit Training** (M-F) Azteca
 * **Pickleball: Beginners** (Su,W) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Meditation (M,W,F) Milagro
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00** **Aqua Strength & Tone** (M,W) Activity Pool
 Bosu Strength: Level 1 (W) Olmeca
 * **Circuit Training** (M-F) Azteca
 Dance: Hot Latin Cardio! (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
 H2O Boot Camp (M,W) Activity Pool
 Gyrokinesis® (M-F) Pinetree
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga Specialty: Level 1.5+ 75 mins (Su-F) Montaña
- 12:00** **Gyrotonic Tower Demo** 30 mins (M,W) Pilates Studio
- 1:00** **A Guide to Facial Rejuvenation, with Daniel Sauder MD, FRPCP, FACP** Olmeca
- 2:00** **Bosu Balance** (W) Olmeca
 * **Cardio Drum Dance** (Su,W) Kuchumaa
 * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Swim Conditioning (M,W) Activity Pool
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
- 3:00** **Baja Barre** (W,F) Olmeca
 * **Gentle Bounce** 30 mins (M,W) Kuchumaa
 Tai Chi (Su,W) Montaña
 TRX Flexibility (W) Tolteca
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** * **Aerial Silks - Low** please wear socks and sleeves (W,Th also 3pm F) Kuchumaa
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Susan Wilkinson. Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
 * **Mah Jongg, with Diane Golden 1.5 hours (SMTW)** Library Lounge
- 6:45** **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15** **Movie: Marvel's Black Panther** Library Lounge
- 8:00** **Solo Guitar Concert, with Fred Benedetti** Oaktree

THURSDAY | June 6

! 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
- 6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00** * **Pickleball: All Levels** (T,Th also 9a F) Pickleball Courts
- 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 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
 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®** (M-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,T,Th,F) Activity Pool
 Yoga Specialty: Level 1.5+ 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** **"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: Body Rock (M,Th) Kuchumaa
 * **Deep Water Training** (Su,T,Th) Activity Pool
 * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
- 3:00** **Booty Blast** 30 mins (Th) Olmeca
 Kettlebells: All Levels (M,Th) Tolteca
 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (M,T,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** * **Aerial Silks - Low** please wear socks and sleeves (W,Th also 3pm F) 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 Susan Wilkinson. 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** **Concert with Fred Benedetti, guitar, Martha Aarons, flute & Lev Polyakin, violin** Oaktree

FRIDAY | June 7

! 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 (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 F) Gazebo
 * **Circuit Training** (M-F) Azteca
 Meditation (M,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: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
 * **Deep Water Training** (F) Activity Pool
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,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® (M-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,T,Th,F) Activity Pool
 Yoga Specialty: Level 1.5+ 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** * **Pilates Twenty / 20** (T,F) Pilates Studio
 Postural Therapy (Su,F) Tolteca
 Water Polo on the Noodle (F) Activity Pool
- 3:00** * **Aerial Silks - Low** please wear socks and sleeves (W,Th also 3pm F) Kuchumaa
 Baja Barre (W,F) Olmeca
 Sound Healing (M,T,Th,F) Oaktree
 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.