

## Fusion: Buddha Barre Week

June 8, 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 8

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 ☐ 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 ☐ Exercise is Medicine, with Robert Sallis, MD 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 | June 9

\* 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 ☐ Chant (Su also W,F 4p) Milagro  
☐ 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  
☐ 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  
☐ Fusion: Buddha Barre: All Levels (Su,M,W,F) Olmeca  
\* ☐ Introduction to Circuit Training (Su) Azteca  
☐ Pilates Mat: Level 2 (Su,T,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  
☐ RLP Heat: Cardio Muscle Blast: Level 2 60 mins (Su) Azteca  
☐ Stretch (Su,T,Th) Oaktree  
☐ The Wave (Su,T,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: Level 2 75 mins (Su-F) Montaña

12:00 ☐ Gyrotonic Tower Demo 30 mins (Su,W) Pilates Studio  
☐ 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,W,Th) Activity Pool  
☐ Feldenkrais (Su,M,T) 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,F) Olmeca  
\* ☐ Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio  
☐ Sound Healing (Su-F) Oaktree  
☐ Tai Chi (Su) 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

5:00 ☐ Living Your Great Story! with Leza Danly, Life Coach Arroyo

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

8:00 ☐ Piano Concert, with Keisuke Nakagoshi Oaktree

## MONDAY | June 10

\* 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  
☐ Meditation (M,W,F) Milagro  
\* ☐ 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 ☐ Aqua Strength & Tone (M,W) Activity Pool  
☐ Fusion: Buddha Barre: All Levels (Su,M,W,F) Olmeca  
\* ☐ Circuit Training (M-F) Azteca  
☐ Dance: Move, Groove & Funk! (M) Kuchumaa  
\* ☐ Pickleball: Intermediate (M,W) Pickleball Courts  
☐ Pilates Arc Barrel: Level 2 (M,Th) Pinetree  
☐ Yoga Fundamentals: All Levels (Su-F) Montaña

11:00 \* ☐ Cycle 30: All Levels 30 mins (M,F) Pai Pai  
☐ Gyrokinesis® (Su-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: Level 2 75 mins (Su-F) Montaña  
☐ Energy Medicine, with Jonelle Rutkauskas Library Lounge

12:00 ☐ Juice it up! 30 min demo with Alejandra and Yazmin Juice Bar

1:00 ☐ Exercise and a Healthy Brain: What is the Connection? with Robert Sallis, MD Olmeca  
☐ "Bean-to-Bar" Chocolate class – a delicious experience (M,Th) 90 mins /Register at ext. 625/ Fee/ Departs from Admin.Bldg.  
☐ 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  
\* ☐ Pilates Cadillac Fundamentals (M,Th) Pilates Studio  
☐ Swim Conditioning (M) Activity Pool  
☐ Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Leza Danly, Life Coach Arroyo

3:00 ☐ Functional Mobility (M) Tolteca  
☐ Labyrinth (M) Labyrinth  
☐ Sand Volleyball (M,Th) Sand Volleyball Court  
☐ Sound Healing (Su-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  
☐ Design Your Own Jewelry, with Alejandro 60mins Sign up Art Studio

5:00 ☐ Fiesta at the Bazar!! All invited! Sangria and guacamole. 5:00 to 6:00 pm Bazar del Sol

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 11

\* 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  
☐ 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: Cardio Hip Hop: Body Rock! (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,Th) Tennis Courts  
\* ☐ TRX Plus (T) Tolteca  
☐ Yoga Fundamentals: All Levels (Su-F) Montaña

11:00 ☐ Gyrokinesis® (Su-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: Level 2 75 mins (Su-F) Montaña

12:00 ☐ Swim Stroke Clinic 30 mins (Su,T) Activity Pool

1:00 ☐ Fatness Vs. Fitness: What's More Important to Your Health? with Robert Sallis, 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: Hot Latin Cardio! (T) Kuchumaa  
\* ☐ Deep Water Training (Su,T,W,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  
☐ Inner Fitness: Emotional Fluency – Permission to Feel, with Leza Danly, Life Coach Arroyo

3:00 ☐ Fusion: Buddha Barre: All Levels (T,Th) Olmeca  
☐ Kettlebells: All Levels (T,Th) Tolteca  
\* ☐ Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio  
☐ Sound Healing (Su-F) Oaktree  
\* ☐ World Drumming (T) Kuchumaa  
☐ Español /Spanish 101 Progressive (M- F) Library

4:00 \* ☐ Aerial Silks - Low please wear socks and sleeves (T,W,Th also 3pm F) 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 Kirsten West. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.

5:00 ☐ Vision Intelligence: Balance and Coordination, Session 1, with Dana Dean, O.D. Arroyo

7:15 ☐ Documentary: RBG Library Lounge

8:00 ☐ Bingo with Barry! Olmeca

## WEDNESDAY | June 12

\* 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** (M,W,F) Milagro  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Aqua Strength & Tone** (M,W) Activity Pool  
 \*  **Circuit Training** (M-F) Azteca  
 **Dance: Zumba!** (W) Kuchumaa  
 **Fusion: Buddha Barre: All Levels** (Su,M,W,F) Olmeca  
 \*  **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su,T,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®** (Su-F) Pinetree  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00**  **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00**  **Managing Chronic Pain; What Are the Best Non-Drug Options?** with Robert Sallis, MD Olmeca
- 2:00**  **Bosu Balance** (W) Olmeca  
 \*  **Cardio Drum Dance** (Su,W) Kuchumaa  
 \*  **Deep Water Training** (Su,T,W,Th) 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 Leza Danly Arroyo**
- 3:00**  **Booty Blast** 30 mins (W) Olmeca  
 **Sound Healing** (Su-F) Oaktree  
 \*  **Yoga Workshop: Rope Wall - Level 2** (W) Montaña  
 **TRX Flexibility** (W,F) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (T,W,Th also 3pm F) Kuchumaa  
 **Chant** (W,F also 9a Su) Milagro  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Kirsten West.** Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.  
 **Design Your Own Jewelry, with Alejandro** 60mins Sign up Art Studio
- 5:00**  **Vision Intelligence: Balance and Coordination, Session 2, with Dana Dean, O.D. Arroyo**
- 6:45**  **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15**  **Movie: Marvel's Black Panther** Library Lounge
- 8:00**  **Anxiety Away, with Victoria Maizes, MD** Olmeca

## THURSDAY | June 13

! 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  
 \*  **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  
 **Mexican Silver Jewelry Trunk Show (9 am to 6 pm )** Mercado
- 10:00**  **Dance: Striptease** (Th) Kuchumaa  
 \*  **Circuit Training** (M-F) Azteca  
 **Pilates Arc Barrel: Level 2** (M,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) Oaktree  
 \*  **The Bounce** 30 mins (T,Th) Kuchumaa  
 **The Wave** (Su,T,Th,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**  **Nourishing Your Health by Living Green, with Victoria Maizes, MD** Olmeca  
 **"Bean-to-Bar" Chocolate class – a delicious experience** (M,Th) 90 mins /Register at ext. 625/ Fee/ Departs 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  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson** Library Lounge
- 2:00** \*  **Circuit Training** (T,Th) Azteca  
 **Dance: Cardio Hip Hop: Body Rock** (Th) Kuchumaa  
 \*  **Deep Water Training** (Su,T,W,Th) Activity Pool  
 \*  **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
 **Open Art Studio, with Jennifer Brandt** 90 mins Art Studio  
 **Inner Fitness: Create Your Best Life/ Leza Danly Arroyo**
- 3:00**  **Fusion: Buddha Barre: All Levels** (T,Th) Olmeca  
 **Kettlebells: All Levels** (M,Th) Tolteca  
 \*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sand Volleyball** (M,Th) Sand Volleyball Court  
 **Sound Healing** (Su-F) Oaktree  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (T,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 Kirsten West.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Vision Intelligence: Balance and Coordination, Session 1 (repeat session), with Dana Dean, O.D. Arroyo**
- 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: 100 Meters (Spanish/ English subtitles)** Library Lounge
- 8:00**  **Concert with Keisuke Nakagoshi, piano, Martha Aarons, flute and Lev Polyakin, violin** Oaktree

## FRIDAY | June 14

! 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** (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  
 **Mexican Silver Jewelry Trunk Show (9 am to 6 pm )** Mercado
- 10:00** \*  **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 \*  **Deep Water Training** (F) Activity Pool  
 **Fusion: Buddha Barre: All Levels** (Su,M,W,F) Olmeca  
 **Pilates Mat: Level 2** (Su,T,W,F) Pinetree  
 **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 Plus** 30 mins (F) Olmeca  
 **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** 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  
 **Vibrantly Healthy Women, with Victoria Maizes, MD** Olmeca
- 3:00** \*  **Aerial Silks - Low** please wear socks and sleeves (F also 4p T,W,Th) Kuchumaa  
 **Core Challenge** 30 mins (Su,F) Olmeca  
 **Sound Healing** (Su-F) Oaktree  
 **TRX Flexibility** (W,F) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Chant** (W,F) Milagro  
 **Stretch & Relax** (M,W,F) Montaña  
 **Vision Intelligence: Balance and Coordination, Session 2 (repeat session), with Dana Dean, O.D. Arroyo**
- 5:00**  **Mexico, Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
- 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.