

## HalfHourPower Week (ready to send TA 6/17) /ready to send VL 6/18

### June 29, 2019 DRAFT

#### 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 29

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 ☐ Dealing with Procrastinators: How to get someone (even yourself) to get started, get motivated and get things done, with Neil Fiore, Ph.D. 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 30

\* 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) Arroyo  
☐ Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree

\*☐ Introduction to Circuit Training (Su) Azteca

☐ Meditation (Su,T,Th) Milagro

☐ Sculpt & Strengthen: Level 2 (Su,W) Olmeca

☐ Stretch (Su-F) Oaktree

☐ 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: Intro. to Salsa(Su) Kuchumaa  
☐ HalfHourPower 30 mins (Su,T,Th,F also 3p M,W) Tolteca

\*☐ Introduction to Circuit Training (Su) Azteca

☐ Pilates Mat: Level 2 (Su,T,W) Pinetree

\*☐ Ranch Cycling: All Levels (Su,T,Th) Pai Pai

☐ Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts

☐ Yoga Fundamentals: All Levels (Su-F) Montaña

11:00 ☐ HalfHourPower: Advanced 30 mins (Su,T,Th) Tolteca  
☐ Gyrokinesis® (Su-F) Pinetree

☐ Running Clinic (Su) Meet outside of Kuchumaa Gym

☐ Stretch (Su,T,Th) Oaktree

☐ The Wave (SuT,Th,F) Activity Pool

☐ Yoga: Level 2 75 mins (Su-Th) Montaña

12:00 ☐ Gyrotonic Tower Demo 30 mins (Su,W) Pilates Studio  
☐ Swim Stroke Clinic 30 mins (Su) Activity Pool

1:00 ☐ Food for Thought, with Joe Weiss, MD Olmeca  
☐ Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Arroyo

☐ 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) Arroyo

\*☐ Pilates Reformer: Level 2 (Su,W) Pilates Studio

☐ Postural Therapy: The foundation- feet, legs, and pelvis (Su) Tolteca

☐ Inner Journey: The BIG SHIFT: Mindfulness and Relationships, with Linda Carroll Arroyo

3:00 ☐ Cardio Equipment HIIT 30 mins (Su) Azteca  
☐ Core Challenge 30 mins (Su,T) Olmeca

\*☐ Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio

☐ Sound Healing (Su,T,Th,F) Oaktree

\*☐ TRX Fundamentals (Su also M at 11a) Tolteca

4:00 ☐ Labyrinth (Su) Labyrinth  
☐ Restorative Yoga (Su,T) Montaña  
☐ Roll and Release please wear socks (Su,T,Th) Tolteca  
☐ Set Effective Goals: The 4 essential steps, with Neil Fiore, Ph.D. Olmeca

5:00 ☐ Mexico, Past and Present, with José Guadalupe Flores, Ph.D. Tolteca ok 30

8:00 ☐ Concert with Lorenzo Marasso Oaktree

## MONDAY | July 1

\* 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

\*☐ Pickleball: Beginners (M,W) Pickleball Courts

☐ Pilates Mat: Fundamentals Progressive (M-F) Pinetree

☐ Pump It: Level 2 (M.F) Tolteca

☐ Stretch (Su-F) Oaktree

10:00 \*☐ Circuit Training (M-F) Azteca

☐ Dance: Zumba! (M) Kuchumaa

\*☐ Pickleball: Intermediate (M,W) Pickleball Courts

☐ Pilates Arc Barrel: Level 2 (M,Th) Pinetree

☐ Sculpt & Strengthen: Level 1 (M) Olmeca

☐ Yoga Fundamentals: All Levels (Su-F) Montaña

11:00 ☐ Aqua Strength & Tone (M,W) Activity Pool

\*☐ 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) Oaktree

\*☐ TRX Fundamentals (M also 3p Su) Tolteca

☐ Yoga: Level 2 75 mins (Su-Th) Montaña

☐ Energy Medicine, with Jonelle Rutkauskas Library Lounge OK 1st

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

1:00 ☐ Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD Olmeca

☐ "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.

☐ Drawing, with Catherine Rodgers 90 mins Sign up Art Studio

☐ Finding the Actor in You, with Sheldon Larry Oaktree

2:00 ☐ Dance: Move, Groove & Funk (M) Kuchumaa

☐ Feldenkrais (Su,M,T) Arroyo

☐ Functional Mobility (M) Tolteca

☐ H2O Boot Camp (M,W) Activity Pool

\*☐ Pilates Cadillac Fundamentals (M,Th) Pilates Studio

☐ Inner Journey: The BIG SHIFT: 5 Basic Skills in Communication (PAUSE), with Linda Carroll Arroyo

3:00 \*☐ Gentle Bounce 30 mins (M,W) Kuchumaa  
☐ HalfHourPower 30 mins (M,W, also 10a Su,T,Th,F) Tolteca

☐ Sand Volleyball (M) Sand Volleyball Court

☐ Stability Ball 30 mins (M) Olmeca

☐ Español /Spanish 101 Progressive (M- F) Library

☐ Watercolor, with Catherine Rodgers 90 mins Sign up Art Studio

4:00 ☐ Inner Journey: Guided Meditation (M,W) Oaktree  
☐ Stretch & Relax (M,W) Montaña  
☐ Shift from Worry to Wonder: Making the Impossible Possible, with Neil Fiore, Ph.D. Olmeca

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 | July 2

\* 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-Th) 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 (T) Main Lounge

6:45 ☐ Woodlands Hike 2 Miles (Su,T,Th) Main Lounge

9:00 ☐ BOSU® Fit (T,Th) Olmeca

☐ Cardio Boxing (T) Kuchumaa

\*☐ Circuit Training (M-F) Azteca

☐ Meditation (Su,T,Th) Milagro

☐ Feldenkrais (Su,M,T) Arroyo

☐ Pilates Mat: Fundamentals Progressive (M-F) Pinetree

☐ Stretch (Su-F) Oaktree

☐ Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts

10:00 \*☐ Circuit Training (M-F) Azteca  
☐ Dance: Hot Latin Cardio! (T) Kuchumaa  
☐ HalfHourPower 30 mins (Su,T,Th,F also 3p M,W) Tolteca

☐ Pilates Mat: Level 2 (Su,T,W) Pinetree

\*☐ Ranch Cycling: All Levels (Su,T,Th) Pai Pai

☐ Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts

☐ Yoga Fundamentals: All Levels (Su-F) Montaña

11:00 ☐ HalfHourPower: Advanced 30 mins (Su,T,Th) Tolteca  
☐ Gyrokinesis® (Su-F) Pinetree

\*☐ The Bounce 30 mins (T,Th) Kuchumaa

☐ Ranch Ropes 30 mins (T) Olmeca

☐ Stretch (Su,T,Th) Oaktree

☐ The Wave (Su,T,Th,F) Activity Pool

☐ Yoga: Level 2 75 mins (Su-Th) Montaña

1:00 ☐ Quest for Immortality, 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: Cardio Hip Hop: Body Rock (T) Kuchumaa

\*☐ Deep Water Training (Su,T,Th) Activity Pool

☐ Feldenkrais (Su,M,T) Arroyo

\*☐ Pilates Twenty / 20 (T,F) Pilates Studio

☐ Collage, with Catherine Rodgers 90 mins Sign up Art Studio

☐ Inner Journey: The BIG SHIFT: Neuroplasticity and the Five Essential Keys to Emotional Fitness, with Linda Carroll Arroyo

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 (Su,T,Th,F) Oaktree

☐ Water Yoga (T) Activity Pool

\*☐ World Drumming (T) Kuchumaa

☐ Español /Spanish 101 Progressive (M- F) Library

4:00 \*☐ Aerial Silks - Low please wear socks and sleeves (T,W,Th,F) Kuchumaa

☐ The Fine Art of Meditation (T) Oaktree

☐ Restorative Yoga (Su,T) Montaña

☐ Roll and Release please wear socks (Su,T,Th) Tolteca

☐ Hands-on Cooking Class at La Cocina Que Canta with Chef Barbara Pool Fenzl. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.

☐ Design Your Own Jewelry, with Alejandro 60mins Sign up Art Studio

5:00 ☐ Stop Stress and Anxiety – shut off harmful stress hormones in seconds, with Neil Fiore, Ph.D. Olmeca

7:15 ☐ Documentary: RBG Library Lounge

8:00 ☐ Bingo with Barry! Olmeca

## WEDNESDAY | July 3

\* Indicates classes with limited equipment. Please arrive early to ensure a space.

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, Sign up (T-Th) Main Lounge
- 6:15**  **Mountain Hike: Raven** Advanced Option of 4.5 or 3.5 Miles (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  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 \*  **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Oaktree
- 10:00**  **Bosu Strength: Level 1** (W) Olmeca  
 \*  **Circuit Training** (M-F) Azteca  
 **Dance: Let's Dance - Recent Hits** (W) Kuchumaa  
 \*  **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su,T,W) Pinetree  
 **Landscape Garden Walk** (W) Gazebo  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Athletic Action: Level 2** (W) Oaktree  
 **Aqua Strength & Tone** (M,W) Activity Pool  
 \*  **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai  
 **Gyrokinesis®** (Su-F) Pinetree  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Yoga: Level 2** 75 mins (Su-Th) Montaña
- 12:00**  **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00**  **From Precision to Predictive: Genetic Revolution to Healthcare and Beyond, with Jamie Metzl, Ph.D., J.D.** Olmeca
- 2:00**  **Bosu Balance** (W) Olmeca  
 \*  **Cardio Drum Dance** (Su,W) Kuchumaa  
 **H2O Boot Camp** (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 Journey: Powerful You, with Linda Carroll Arroyo**
- 3:00**  **Baja Barre** (W,F) Olmeca  
 \*  **Gentle Bounce** 30 mins (M,W) Kuchumaa  
 **HalfHourPower** 30 mins (M,W, also 10a Su,T,Th,F) Tolteca  
 \*  **Yoga Workshop: Rope Wall: Level 2** (W) Montaña  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (T,W,Th,F) Kuchumaa  
 **Inner Journey: Guided Meditation** (M,W) Oaktree  
 **Stretch & Relax** (M,W) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Barbara Pool Fenzl.** 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**  **Flying Daggers: Making Movies in China, with Sheldon Larry** Olmeca
- 6:45**  **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15**  **Movie: Marvel's Black Panther** Library Lounge
- 8:00**  **Concert with Ana Cervantes** Oaktree

## THURSDAY | July 4

! 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-Th) 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  
 **Meditation** (Su,T,Th) Milagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Oaktree  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00** \*  **Circuit Training** (M-F) Azteca  
 **Dance: Stripetease** (Th) Kuchumaa  
 **HalfHourPower** 30 mins (Su,T,Th,F also 3p M,W) Tolteca  
 **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  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **HalfHourPower: Advanced** 30 mins (Su,T,Th) Tolteca  
 **Gyrokinesis®** (Su-F) Pinetree  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Ropes Plus** 30 mins (Th) Olmeca  
 **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-Th) 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**  **Beyond the Blue Zones: What the Revolutionary Science of Human Life Extension Means for You, with Jamie Metzl, Ph.D., J.D.** 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  
 **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: Let's Dance 80's Fun** (Th) Kuchumaa  
 \*  **Deep Water Training** (Su,T,Th) Activity Pool  
 \*  **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
 **Open Art Studio, with Catherine Rodgers** 90 mins Art Studio  
 **Inner Journey: The BIG SHIFT: Create Your Best Life , with Linda Carroll Arroyo**
- 3:00**  **Booty Blast** 30 mins (Th) Olmeca  
 **Kettlebells: All Levels** (M,Th) Tolteca  
 \*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (SuT,Th,F) Oaktree  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (T,W,Th,F) Kuchumaa  
 **Roll and Release** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Th) Oaktree  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Barbara Pool Fenzl.** 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
- 5:30**  **4<sup>th</sup> of July Outdoor Buffet Dinner featuring live music with Rancho La Puerta Fiesta Band!** Activity Pool
- 6:15**  **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:15**  **Movie: First Man** Library Lounge
- 8:00**  **Concert with Ana Cervantes and Lorenzo Marasso** Oaktree

## FRIDAY | July 5

! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 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  
 \*  **Pickleball: All Levels** (F) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (M.F) Tolteca  
 **Stretch** (Su-F) Oaktree
- 10:00** \*  **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 \*  **Deep Water Training** (F) Activity Pool  
 **HalfHourPower** 30 mins (Su,T,Th,F also 3p M,W) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Pinetree - Location change for Friday
- 11:00** \*  **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **TRX Cardio: Level 2** (F) Tolteca  
 **Gyrokinesis®** (Su-F) Pinetree  
 **Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson** Gazebo  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **RLP Heat: Yoga Sculpt: Level 2** 60 mins (F) Olmeca  
 **The Wave** (Su,T,Th,F) Activity Pool
- 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: Spine, Shoulders, Neck and Head** (F) Tolteca  
 **Water Polo on the Noodle** (F) Activity Pool
- 3:00**  **Baja Barre** (W,F) Olmeca  
 **Sound Healing** (Su,T,Th,F) Oaktree  
 **TRX Flexibility** (F) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \*  **Aerial Silks - Low** please wear socks and sleeves (T,W,Th,F) Kuchumaa  
 **Stretch & Relax** (F) Oaktree  
 **What You Need to Know about Asia in 45 Minutes and One Slide, with Jamie Metzl, Ph.D., J.D.** Olmeca
- 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.