

Dance Specialty; Meditation; Tai Chi & QiGong Week

June 22, 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 22

- 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 **Emotional Intelligence, with Rick Aberman, 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 23

* 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-F) Oaktree
* **Pickleball: Beginners** (Su,Th) Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist Library Lounge
- 10:00 **Dance Specilaty** (Su,M,W,F also 2p T,Th) Kuchumaa
* **Introduction to Circuit Training** (Su) Azteca
* **Pickleball: Intermediate** (Su) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (Su-F) Pinetree
 Running Clinic (Su) Meet outside of Kuchumaa Gym
 Stretch (Su,T,Th) Arroyo
 Tai Chi 90 mins (Su-F) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 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 **Nutrition Tamara Duker Freuman, MS, RD, CDN** 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 (Su,F) Tolteca
 Qigong (Su-F) Oaktree
- 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
- 4:00 **Labyrinth** (Su) Labyrinth
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
 Negotiation through Life at Home and in the Workplace. Be Happier, More Engaged, and Productive with Enlightened Negotiaton, with Mehrad Nazari, Ph.D. Olmeca
- 5:00 **Empathy, with Rick Aberman, Ph.D.** Olmeca
- 7:15 **Movie: A Star is Born** Library Lounge
- 8:00 **Seven Years in Tanzania: Adventure of Mind-Body-Spirit in Africa, with Tanya Pergola, Ph.D.** Olmeca

MONDAY | June 24

* 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) Arroyo
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00 **Aqua Strength & Tone** (M,W) Activity Pool
* **Circuit Training** (M-F) Azteca
 Dance Specilaty (Su,M,W,F also 2p T,Th) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Tennis Clinic: Level 2 (M,T,W) Tennis Courts
 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
 RLP Heat: Cardio Muscle Blast (M) Azteca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Tai Chi 90 mins (Su-F) Oaktree
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00 **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00 **Nutrition Tamara Duker Freuman, MS, RD, CDN** Olmeca
 "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing 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) Arroyo
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Qigong (Su-F) Oaktree
 Swim Conditioning (M,W) Activity Pool
 Living Your Days with a Sweet Rhythm, with Tanya Pergola, Ph.D. Olmeca
- 3:00 **Functional Mobility** (M) Tolteca
* **Gentle Bounce** 30 mins (M,W) Kuchumaa
 Sand Volleyball (M) Sand Volleyball Court
 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** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Negotiation through Life at Home and in the Workplace. Be Happier, More Engaged, and Productive with Enlightened Negotiaton, PART II, with Mehrad Nazari, 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 | June 25

* 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
 Meditation (Su-F) Oaktree
 Feldenkrais (Su,M,T) Arroyo
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00 * **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock! (T) Kuchumaa
 Pilates Arc Barrel: Level 2 (T,F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,W) Tennis Courts
* **TRX Plus** (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (Su-F) Pinetree
* **The Bounce** 30 mins (T,Th) Kuchumaa
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Arroyo
 Tai Chi 90 mins (Su-F) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
 Energy Medicine, with Jonelle Rutkauskas Library Lounge OK 25
- 12:00 **Swim Stroke Clinic** 30 mins (Su,T) Activity Pool
- 1:00 **Nutrition Tamara Duker Freuman, MS, RD, CDN** 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 Specilaty (T,Th also 10a Su,M,W,F) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Arroyo
* **Pilates Twenty / 20** (T,F) Pilates Studio
 Qigong (Su-F) Oaktree
 Collage, with Jennifer Brandt 90 mins Sign up Art Studio
 Staying Fresh, Clear and Clean, with Tanya Pergola, Ph.D. Olmeca
- 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
* **World Drumming** (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (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 Kristine Kidd. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Negotiation through Life at Home and in the Workplace. Be Happier, More Engaged, and Productive with Enlightened Negotiaton, PART III, with Mehrad Nazari, Ph.D. Olmeca
 Design Your Own Jewelry, with Alejandro 60mins Sign up Art Studio
- 5:00 **Why We Do What We Do, with Rick Aberman, Ph.D.** Olmeca
- 7:15 **Documentary: RBG** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca

WEDNESDAY | June 26

* 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
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Meditation (Su-F) Oaktree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00** **Aqua Strength & Tone** (M,W) Activity Pool
 Bosu Strength: Level 1 (W) Olmeca
* **Circuit Training** (M-F) Azteca
 Dance Specilaty (Su,M,W,F also 2p T,Th) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
 Landscape Garden Walk (W) Gazebo
 Tennis Clinic: Level 2 (M,T,W) Tennis Courts
 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) Arroyo
 Tai Chi 90 mins (Su-F) Oaktree
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00** **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00** **Nutrition Tamara Duker Freuman, MS, RD, CDN** Olmeca
- 2:00** **Bosu Balance** (W) Olmeca
* **Cardio Drum Dance** (Su,W) Kuchumaa
 Swim Conditioning (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
 Maasai Meditation: A Safari in Consciousness, with Tanya Pergola, Ph.D. Olmeca
- 3:00** **Baja Barre** (W,F) Olmeca
* **Gentle Bounce** 30 mins (M,W) Kuchumaa
* **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) Kuchumaa
 Inner Journey: Guided Meditation (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kristine Kidd 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** **W**
- 6:45** **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15** **Movie: Marvel's Black Panther** Library Lounge
- 8:00** **Concert: Hold the Sky, with Karl Anthony** Oaktree

THURSDAY | June 27

! 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
 Meditation (Su-F) Oaktree
* **Pickleball: Beginners** (Su,Th) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00** * **Circuit Training** (M-F) Azteca
 Dance: Stripetease (Th) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
* **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
 RLP Heat: Yoga Sculpt 60 mins (Th) Olmeca
 Stretch (Su,T,Th) Arroyo
 Tai Chi 90 mins (Su-F) 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** **"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 Specilaty (T,Th also 10a Su,M,W,F) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Qigong (Su-F) Oaktree
 Open Art Studio, with Jennifer Brandt 90 mins Art 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 (Su,T,Th,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** * **Aerial Silks - Low** please wear socks and sleeves (T,W,Th) Kuchumaa
 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 Kristine Kidd. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30** **Art Exhibition with Victor Castañeda** (4:30 to 6:00 pm) Mercado
- 6:15** **Silent Dinner** Sign up (Th) Los Olivos (via Dining Hall balcony)
- 7:15** **Movie: First Man** Library Lounge
- 8:00** **What is Quality Chocolate? Chloé Doutré-Roussel** Olmeca

FRIDAY | June 28

! 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-F) Oaktree
* **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 Specilaty (Su,M,W,F also 2p T,Th) Kuchumaa
* **Deep Water Training** (F) Activity Pool
 Pilates Arc Barrel: Level 2 (T,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® (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) Arroyo
 Ranch Ropes Plus 30 mins (F) Olmeca
 Tai Chi 90 mins (Su-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
 Qigong (Su-F) Oaktree
 Water Polo on the Noodle (F) Activity Pool
- 3:00** **Baja Barre** (W,F) Olmeca
 Sound Healing (Su,T,Th,F) Oaktree
 TRX Flexibility (W,F) Tolteca
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00** **Mexico, Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca ok 28
- 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.