

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

WEDNESDAY

- * Indicates classes with limited equipment. Please arrive early to ensure a space.
- 6:05 **Organic Garden Breakfast Hike** 4 Miles, (T-F) Main Lounge
 - 6:10 **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
 - * **Pickleball: Beginners** (M,W) Pickleball Courts
 - Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
 - 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
 - H2O Bootcamp** (M,W) Activity Pool
 - * **Pickleball: Intermediate** (M,W) Pickleball Courts
 - Pilates Mat: Level 2** (Su,T,W,Th) Pinetree
 - Landscape Garden Walk** (W) Gazebo
 - Yoga Fundamentals: All Levels** (Su-F) Montaña ña
 - 11:00 **Athletic Action: Level 2** (W) Tolteca
 - * **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai
 - Gyrokinesis@ 75 mins** (Su-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 (Su,W) Pilates Studio -
 - 1:00 **Inner Fitness: Create Your Best Life, with Linda Carroll** Oaktree
 - Art Project: Georgia O'Keeffe Flowers, 1 hour, with Lena Rivkin** Art Studio
 - 2:00 **Bosu Balance** (W) Olmeca
 - Dance: Hula Hoop!** (W) Kuchumaa
 - * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 - Water Yoga** (M,W) Activity Pool
 - Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio
 - Inner Fitness: Create Your Best Life, with Linda Carroll** Arroyo
 - 3:00 **Core Challenge** 30 mins (Su,W) Olmeca
 - * **Gentle Bounce** 30 mins (M,W) Kuchumaa
 - TRX Flexibility** (W,F) Tolteca
 - 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 (T,W,Th) Kuchumaa
 - Inner Journey: Guided Meditation** (Su,M,W) Oaktree
 - Stretch & Relax** (M,W,F) Montaña
 - Hands-on Cooking Class at La Cocina Que Canta with Chef Raghavan Iyer.** 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
 - 6:45 **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
 - 7:15 **Movie: Marvel's Black Panther** Library Lounge
 - 8:00 **Life is Too Important to be Taken Seriously - Finding Happiness Within, with Dea Rivera, LMFT** Oaktree

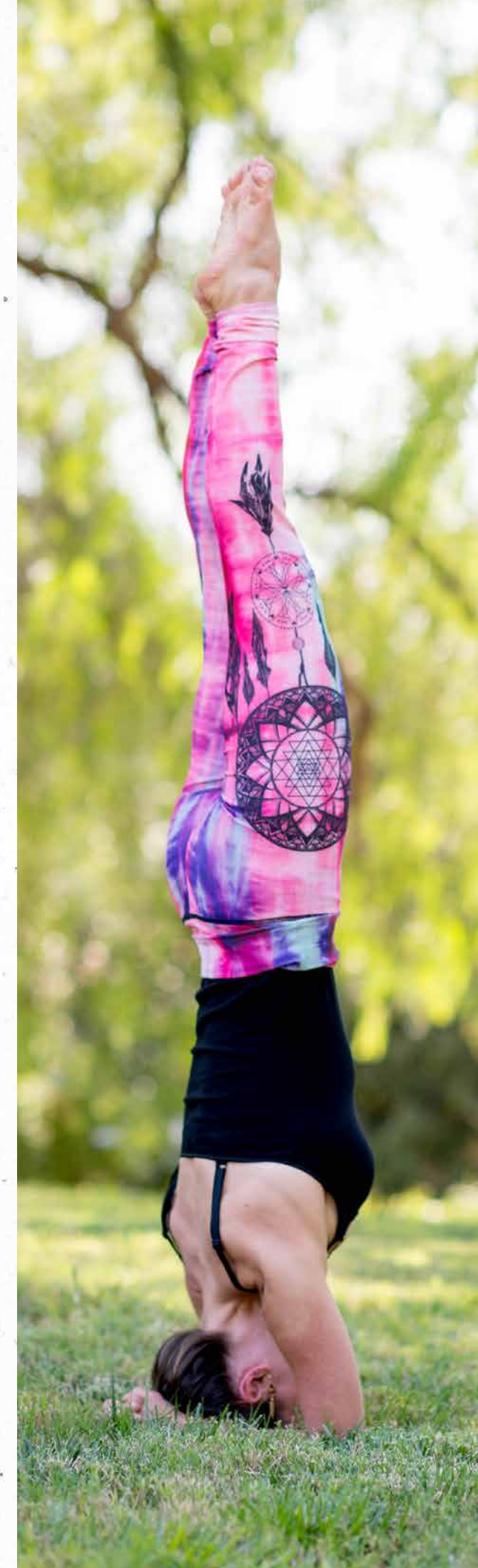
THURSDAY

- ! 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
 - 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
 - 9:00 **BOSU@ Fit** (T,Th) Olmeca
 - * **Circuit Training** (M-F) Azteca
 - Meditation** (Su,Th) Milagro
 - 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 * **Circuit Training** (M-F) Azteca
 - Pilates Mat: Level 2** (Su,T,W,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@ 75 mins** (Su-F) Pinetree
 - Nature Walk** 60-75 mins (M,Th) Gazebo
 - RLP Heat: Yoga Sculpt: Level 2** 60 mins (Th) Olmeca
 - 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
 - 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
 - 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 Szekeley. 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,Th) Activity Pool
 - * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 - 3:00 * **Bogafit: Level 2** (T,Th) Central Pool
 - Kettlebells: All Levels** (M,Th) Tolteca
 - * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 - Ranch Barre** (Th) Olmeca
 - 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 (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 Raghavan Iyer.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 - 4:30 **Art Exhibition & Hors d'oeuvres, with Tim Hinchliff** (4:30 to 6:00 pm) Bazar del Sol
 - 6:15 **Silent Dinner** Sign up (Th) Flores Lounge
 - 7:15 **Movie: First Man** Library Lounge
 - 8:00 **More Soul, Funk and Blues with King Taylor Project** Oaktree

FRIDAY

- ! 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 **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
 - 6:30 **Mountain Meditation Hike** 2 Miles (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
 - * **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 Arc Barrel: Level 2** (M,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@ 75 mins** (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
 - Ranch Ropes Plus** 30 mins (F) Olmeca
 - RLP Heat: Cardio Kickboxing: Level 2** 60 mins (F) Kuchumaa
 - 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 * **Pilates Twenty / 20** (T,F) Pilates Studio
 - Postural Therapy** (F) Tolteca
 - Water Polo on the Noodle** (F) Activity Pool
 - 3:00 **Booty Blast** 30 mins (F) Olmeca
 - Sound Healing** (Su,M,T,Th,F) Oaktree
 - TRX Flexibility** (W,F) Tolteca
 - Español /Spanish 101** Progressive (M- F) Library
 - 4:00 **Chant** (F) Milagro
 - Stretch & Relax** (M,W,F) Montaña
 - 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.



YOUR WEEKLY SCHEDULE OF
FITNESS CLASSES & ACTIVITIES

SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

SAMPLE Week – 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

- 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 Oaktree
- 11:00 **RLP Heat: Barre** 60mins Olmeca
- Yoga: All Levels** Pinetree
- 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: A Star is Born** Library Lounge
- 8:00 **Inner Fitness: The BIG SHIFT - Mindfulness and Relationships**, with Linda Carroll Oaktree

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

* 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) 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,Th) Milagro
- 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: Intro. to Salsa** (Su) Kuchumaa
- * **Introduction to Circuit Training** (Su) Azteca
- Pilates Mat: Level 2** (Su,T,W,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®** 75 mins (Su-F) Pinetree
- RLP Heat: Yoga Sculpt: Level 2** 60 mins (Su) Kuchumaa
- 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 **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00 **What is Craniosacral Therapy and Energy Medicine?** with Michael Brightwood Library Lounge
- Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood** Oaktree
- WATSU® WaterDance® Demonstration** (S) South Pool
- 2:00 * **Cardio Drum Dance** (Su,T) Kuchumaa
- * **Deep Water Training** (Su,T,Th) Activity Pool
- Feldenkrais** (Su,M,T) Oaktree
- * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- Inner Fitness: 5 Basic Skills in Communication (PAUSE), with Linda Carroll** Arroyo
- 3:00 **Cardio Equipment HIIT** 30 mins (Su) Azteca
- Core Challenge** 30 mins (Su,W) Olmeca
- Functional Mobility** (Su) Tolteca
- * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
- Sound Healing** (Su,M,T,Th,F) Oaktree
- The Path to Self-Love and Self-Compassion, Session 1, with Dea Rivera, LMFT** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W) Oaktree
- Restorative Yoga** (Su,T,Th) Montaña
- Roll and Release** please wear socks (Su,T,Th) Tolteca
- Art Project: Creative Expansions, 2 hours, with Lena Rivkin** Art Studio
- 5:00 **Ayurveda: Balance, The key to health, with Carla Levy, CAS** Arroyo
- Writing Workshop - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris** Library Lounge
- 7:15 **Movie: Mary Poppins Returns** Library Lounge
- 8:00 **Soul, Funk and Blues with King Taylor Project** Oaktree

MONDAY

* 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
- Introduction to Obstacle Course** 60 mins (M) Meet outside of Kuchumaa Gym
- 6:30 **Dove Meditation Hike** Moderate 1.2 miles (M) Main Lounge
- 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,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
- H2O Bootcamp** (M,W) Activity Pool
- * **Pickleball: Intermediate** (M,W) Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,F) 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®** 75 mins (Su-F) Pinetree
- Nature Walk** 60-75 mins (M,Th) Gazebo
- 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 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.
- 2:00 **Balance & Coordination** (M) Olmeca
- Dance: Hot Latin Cardio** (M) Kuchumaa
- Feldenkrais** (Su,M,T) Oaktree
- * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
- Water Yoga** (M,W) Activity Pool
- Inner Fitness: Neuroplasticity and the Five Essential Keys to Emotional Fitness, with Linda Carroll** Arroyo
- 3:00 * **Gentle Bounce** 30 mins (M,W) Kuchumaa
- Kettlebells: All Levels** (M,Th) Tolteca
- Stability Ball** 30 mins (M) Olmeca
- Sound Healing** (Su,M,T,Th,F) Oaktree
- Español /Spanish 101** Progressive (M-F) Library
- The Path to Self-Love and Self-Compassion, Session 2, with Dea Rivera, LMFT** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Art Project: Henri Matisse Collages, 1 hour, with Lena Rivkin** Art Studio
- Writing Workshop - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris** Library Lounge
- 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

* 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 **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: Move, Groove & Funk!** (T) Kuchumaa
- Pilates Mat: Level 2** (Su,T,W,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®** 75 mins (Su-F) Pinetree
- * **The Bounce** 30 mins (T,Th) Kuchumaa
- Ranch Ropes** 30 mins (T) Olmeca
- 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
- 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 * **Cardio Drum Dance** (Su,T) Kuchumaa
- Circuit Training** (T,Th) Azteca
- * **Deep Water Training** (Su,T,Th) Activity Pool
- Feldenkrais** (Su,M,T) Oaktree
- * **Pilates Twenty / 20** (T,F) Pilates Studio
- Inner Fitness: Powerful You, with Linda Carroll** Arroyo
- 3:00 * **Bogafit: Level 2** (T,Th) Central Pool
- * **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
- The Path to Self-Love and Self-Compassion, Session 3, with Dea Rivera, LMFT** Library Lounge
- 4:00 * **Aerial Silks - Low** please wear socks and sleeves (T,W,Th) Kuchumaa
- 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 Raghavan Iyer.** 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
- Writing Workshop - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris** Library Lounge
- 5:30 **Mexican Fiesta** Dining Hall Indoors/Outdoors 5:30 – 6:30 Mariachis /6:30 to 7:30 Ranch Band
- 7:15 **Documentary: RBG** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca