

Gyrokinesis® Week –
July 20, 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 July 20		
6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Challenging 3.5 Miles Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles Main Lounge
9:00	<input type="checkbox"/>	Stretch Pinetree
10:00	<input type="checkbox"/>	Circuit Training Azteca.
10:15	<input type="checkbox"/>	Core Challenge 30 mins Olmeca
	<input type="checkbox"/>	Meditation 30 mins Oaktree
11:00	<input type="checkbox"/>	RLP Heat: Barre 60 mins Olmeca
	<input type="checkbox"/>	Yoga: All Levels Pinetree
11:45 – 1:45		Fitness Concierge Dining Hall A fitness specialist is available to answer all questions
1:30	<input type="checkbox"/>	Shallow Water Workout Activity Pool
2:00	<input type="checkbox"/>	Sound Healing Oaktree
3:00	<input type="checkbox"/>	Navigator: Balancing your Ranch Schedule (60 mins) Olmeca
	<input type="checkbox"/>	Stretch Pinetree
4:00	<input type="checkbox"/>	Open Weight Room Staffed Azteca
	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week Return and First Time Guests welcome, Library Lounge
5:00	<input type="checkbox"/>	Ranch Tour (30 mins) First Time Guests encouraged Starts in Main Lounge
	<input type="checkbox"/>	Returning Guest Update Olmeca
5:30	<input type="checkbox"/>	First Time Guest Ranch Orientation Tolteca
6:45	<input type="checkbox"/>	Meet the Presenters Dining Hall
7:15	<input type="checkbox"/>	Movie: A Star is Born Library Lounge
8:00	<input type="checkbox"/>	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 July 21		
* Indicates classes with limited equipment. Arrive early to ensure a space.		
6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Challenging 3.5 Miles (Su) Main Lounge
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
7:30	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Villas Pool
8:15	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
	* <input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Meditation (Su,Th) Milagro
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
	<input type="checkbox"/>	Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist Library Lounge
10:00	<input type="checkbox"/>	Dance: Intro. to Salsa (Su) Kuchumaa
	* <input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
	* <input type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	RLP Heat: Yoga Sculpt: Level 2 60 mins (Su) Kuchumaa
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input type="checkbox"/>	The Wave (Su-F) Activity Pool
	<input type="checkbox"/>	The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
	<input type="checkbox"/>	TRX Circuit: Level 2 (Su) Tolteca
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su,W) Pilates Studio -
	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood Library Lounge
	<input type="checkbox"/>	Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree
	<input type="checkbox"/>	WATSU® WaterDance® Demonstration (S) South Pool
2:00	* <input type="checkbox"/>	Cardio Drum Dance (Su,T) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	* <input type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio
	<input type="checkbox"/>	Inner Fitness: 5 Basic Skills in Communication (PAUSE), with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	Cardio Equipment HIIT 30 mins (Su) Azteca
	<input type="checkbox"/>	Core Challenge 30 mins (Su,W) Olmeca
	<input type="checkbox"/>	Functional Mobility (Su) Tolteca
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree
	<input type="checkbox"/>	The Path to Self-Love and Self-Compassion, Session 1, with Dea Rivera, LMFT Library Lounge
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W) Oaktree
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Roll and Release please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Art Project: Creative Expansions, 2 hours, with Lena Rivkin Art Studio
5:00	<input type="checkbox"/>	Ayurveda: Balance, The key to health, with Carla Levy, CAS Arroyo
	<input type="checkbox"/>	Writing Workshop - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris Library Lounge
7:15	<input type="checkbox"/>	Movie: Mary Poppins Returns Library Lounge
8:00	<input type="checkbox"/>	Soul, Funk and Blues with King Taylor Project Oaktree

MONDAY July 22		
* Indicates classes with limited equipment. Arrive early to ensure a space		
6:15	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
	<input type="checkbox"/>	Introduction to Obstacle Course 60 mins (M) Meet outside of Kuchumaa Gym
6:30	<input type="checkbox"/>	Dove Meditation Hike Moderate 1.2 miles (M) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
8:00	<input type="checkbox"/>	Breakfast with the Nutritionist -- Grab your breakfast & meet with Linda Illingworth Dining Room patio by fountain
9:00	<input type="checkbox"/>	Bird Walk (M F) Gazebo
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	* <input type="checkbox"/>	Pickleball: Beginners (M,W) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pump It: Level 2 (M.F) Tolteca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Body Rock! (M) Kuchumaa
	<input type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool
	* <input type="checkbox"/>	Pickleball: Intermediate (M,W) Pickleball Courts
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (M,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,F) Olmeca
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,T,W) Tennis Courts
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Gyrokinesis® 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	The Wave (Su-F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	Juice it up! 30 min demo with Alejandra and Yazmin Juice Bar
1:00	<input type="checkbox"/>	Managing Stress with Nutrition, with Linda Illingworth, RDN, CSSD Olmeca
	<input type="checkbox"/>	“Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
2:00	<input type="checkbox"/>	Balance & Coordination (M) Olmeca
	<input type="checkbox"/>	Dance: Hot Latin Cardio (M) Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	* <input type="checkbox"/>	Pilates Cadillac Fundamentals (M,Th) Pilates Studio
	<input type="checkbox"/>	Water Yoga (M,W) Activity Pool
	<input type="checkbox"/>	Inner Fitness: Neuroplasticity and the Five Essential Keys to Emotional Fitness, with Linda Carroll Arroyo
3:00	* <input type="checkbox"/>	Gentle Bounce 30 mins (M,W) Kuchumaa
	<input type="checkbox"/>	Kettlebells: All Levels (M,Th) Tolteca
	<input type="checkbox"/>	Stability Ball 30 mins (M) Olmeca
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
	<input type="checkbox"/>	The Path to Self-Love and Self-Compassion, Session 2, with Dea Rivera, LMFT Library Lounge
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Art Project: Henri Matisse Collages, 1 hour, with Lena Rivkin Art Studio
	<input type="checkbox"/>	Writing Workshop - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris Library Lounge
5:00	<input type="checkbox"/>	Fiesta at the Bazar!! All invited! Sangria and guacamole. 5:00 to 6:00 pm Bazar del Sol
7:15	<input type="checkbox"/>	Movie: Won't You Be My Neighbor? Library Lounge
8:00	<input type="checkbox"/>	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 23		
* Indicates classes with limited equipment. Arrive early to ensure a space.		
6:05	<input type="checkbox"/>	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	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
7:00	<input type="checkbox"/>	Sunrise Yoga (T) Montaña
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	<input type="checkbox"/>	Cardio Boxing (T) Kuchumaa
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
10:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Move, Groove & Funk! (T) Kuchumaa
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
	* <input type="checkbox"/>	TRX Plus (T) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® 75 mins (Su-F) Pinetree
	* <input type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	Ranch Ropes 30 mins (T) Olmeca
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input type="checkbox"/>	The Wave (Su-F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Energy Medicine, with Jonelle Rutkauskas Library Lounge
1:00	<input type="checkbox"/>	Breaking up with Sugar, with Linda Illingworth, RDN, CSSD Olmeca
	<input type="checkbox"/>	A Casual Conversation about the Early Days at the Ranch, with Manuelita Ching Library Lounge
	<input type="checkbox"/>	12 Step Program – Guests conduct Maya Lounge
2:00	* <input type="checkbox"/>	Cardio Drum Dance (Su,T) Kuchumaa
	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	* <input type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio
	<input type="checkbox"/>	Inner Fitness: Powerful You, with Linda Carroll Arroyo
3:00	* <input type="checkbox"/>	Bogafit: Level 2 (T,Th) Central Pool
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree
	* <input type="checkbox"/>	World Drumming (T) Kuchumaa
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
	<input type="checkbox"/>	The Path to Self-Love and Self-Compassion, Session 3, with Dea Rivera, LMFT Library Lounge
4:00	* <input type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (T,WTh) Kuchumaa
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Roll and Release please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	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.
	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro 60mins Sign up Art Studio
	<input type="checkbox"/>	Writing Workshop - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, with Jennifer Harris Library Lounge
5:30	<input type="checkbox"/>	Mexican Fiesta Dining Hall Indoors/Outdoors 5:30 – 6:30 Mariachis /6:30 to 7:30 Ranch Band
7:15	<input type="checkbox"/>	Documentary: RBG Library Lounge
8:00	<input type="checkbox"/>	Bingo with Barry! Olmeca

WEDNESDAY | July 24

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

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, (T-F) Main Lounge
6:10	<input type="checkbox"/>	Mountain Hike: Raven Advanced Option of 4.5 or 3.5 Miles (W) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca
	<input checked="" type="checkbox"/>	Pickleball: Beginners (M,W) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Bosu Strength: Level 1 (W) Olmeca
	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Zumba! (W) Kuchumaa
	<input type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool
	<input checked="" type="checkbox"/>	Pickleball: Intermediate (M,W) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
	<input type="checkbox"/>	Landscape Garden Walk (W) Gazebo
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña ña
11:00	<input type="checkbox"/>	Athletic Action: Level 2 (W) Tolteca
	<input checked="" type="checkbox"/>	Cycle 30: Rhythm Ride - All Levels 30 mins (W) Pai Pai
	<input type="checkbox"/>	Gyrokinesis @ 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	The Wave (Su-F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su,W) Pilates Studio -
1:00	<input type="checkbox"/>	Inner Fitness: Create Your Best Life, with Linda Carroll Oaktree
	<input type="checkbox"/>	Art Project: Georgia O'Keeffe Flowers, 1 hour, with Lena Rivkin Art Studio
2:00	<input type="checkbox"/>	Bosu Balance (W) Olmeca
	<input type="checkbox"/>	Dance: Hula Hoop! (W) Kuchumaa
	<input checked="" type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio
	<input type="checkbox"/>	Water Yoga (M,W) Activity Pool
	<input type="checkbox"/>	Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
	<input type="checkbox"/>	Inner Fitness: Create Your Best Life, with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	Core Challenge 30 mins (Su,W) Olmeca
	<input checked="" type="checkbox"/>	Gentle Bounce 30 mins (M,W) Kuchumaa
	<input type="checkbox"/>	TRX Flexibility (W,F) Tolteca
	<input type="checkbox"/>	Water Polo on the Noodle (W) Activity Pool
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input checked="" type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (T,WTh) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	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.
	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro 90 mins Sign up Art Studio
6:45	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (W) Main Lounge
7:15	<input type="checkbox"/>	Movie: Marvel's Black Panther Library Lounge
8:00	<input type="checkbox"/>	Life is Too Important to be Taken Seriously – Finding Happiness Within, with Dea Rivera, LMFT Oaktree

THURSDAY | July 25

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T-F) Main Lounge
6:10	<input type="checkbox"/>	Mountain Hike: 7 Mile Breakfast Advanced with prerequisites, Sign Up (Th) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su,Th) Milagro
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
	<input type="checkbox"/>	Mexican Silver Jewelry Trunk Show (9 am to 6 pm) Mercado
10:00	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
	<input checked="" type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
	<input checked="" type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis @ 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	RLP Heat: Yoga Sculpt: Level 2 60 mins (Th) Olmeca
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input checked="" type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	The Wave (Su-F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
	<input type="checkbox"/>	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	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
12:30	<input type="checkbox"/>	Yarn Painting Demo Dining Hall
1:00	<input type="checkbox"/>	“Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	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
	<input type="checkbox"/>	Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson Library Lounge
2:00	<input checked="" type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Body Rock (Th) Kuchumaa
	<input checked="" type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	<input checked="" type="checkbox"/>	Pilates Cadillac Fundamentals (M,Th) Pilates Studio
3:00	<input checked="" type="checkbox"/>	Bogafit: Level 2 (T,Th) Central Pool
	<input type="checkbox"/>	Kettlebells: All Levels (M,Th) Tolteca
	<input checked="" type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Ranch Barre (Th) Olmeca
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input checked="" type="checkbox"/>	Aerial Silks - Low please wear socks and sleeves (T,W,Th) Kuchumaa
	<input type="checkbox"/>	Roll and Release Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	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	<input type="checkbox"/>	Art Exhibition & Hors d'oeuvres, with Tim Hinchliff (4:30 to 6:00 pm) Bazar del Sol
6:15	<input type="checkbox"/>	Silent Dinner Sign up (Th) Flores Lounge
7:15	<input type="checkbox"/>	Movie: First Man Library Lounge
8:00	<input type="checkbox"/>	More Soul, Funk and Blues with King Taylor Project Oaktree

FRIDAY | July 26

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

6:05	<input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, Sign up (T-F) Main Lounge
6:10	<input type="checkbox"/>	Mountain Hike: Coyote Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
6:30	<input type="checkbox"/>	Mountain Meditation Hike 2 Miles (F) Main Lounge
	<input type="checkbox"/>	Trail Run Challenging 3-5 miles Lowlands (F) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M F) Gazebo
	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca
	<input checked="" type="checkbox"/>	Pickleball: All Levels (F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pump It: Level 2 (M.F) Tolteca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
	<input checked="" type="checkbox"/>	Deep Water Training (F) Activity Pool
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (M,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,F) Olmeca
	<input type="checkbox"/>	TRX Cardio: Level 2 (F) Tolteca
	<input type="checkbox"/>	Water Jogging (M,F) Activity Pool
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input checked="" type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Gyrokinesis @ 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	Ranch Ropes Plus 30 mins (F) Olmeca
	<input type="checkbox"/>	RLP Heat: Cardio Kickboxing: Level 2 60 mins (F) Kuchumaa
	<input type="checkbox"/>	The Wave (Su-F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
11:30	<input type="checkbox"/>	Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff Meet at Dining Room entrance
1:00	<input type="checkbox"/>	How to Live Your Ranch Experience at Home Library Lounge
	<input type="checkbox"/>	Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
2:00	<input checked="" type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio
	<input type="checkbox"/>	Postural Therapy (F) Tolteca
	<input type="checkbox"/>	Water Polo on the Noodle (F) Activity Pool
3:00	<input type="checkbox"/>	Booty Blast 30 mins (F) Olmeca
	<input type="checkbox"/>	Sound Healing (Su,M,T,Th,F) Oaktree
	<input type="checkbox"/>	TRX Flexibility (W,F) Tolteca
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input type="checkbox"/>	Chant (F) Milagro
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Mexico, Past and Present, with José Guadalupe Flores, Ph.D. Tolteca
5:30	<input type="checkbox"/>	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	<input type="checkbox"/>	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.