

## Pilates Week August 17, 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 | August 17

- 6:10  **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: A Star is Born** Library Lounge
- 8:00  **Exploring the Magical Medicine of Exercise, with Jordan Metz, 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

## SUNDAY | August 18

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

- 6:10  **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) Arroyo  
 **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
- \* **Introduction to Circuit Training** (Su) Azteca  
 **Meditation** (Su,T,F) Milagro  
 **Pump It: Level 2** (Su,W) Tolteca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts  
 **The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su) Meet outside Arroyo
- 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-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,M,T,W) Pinetree  
 **Stretch** (Su,T,Th) Arroyo  
 **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) Pilates Studio  
 **Swim Stroke Clinic** 30 mins (Su,W) 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** Arroyo  
 **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) Arroyo  
\* **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Postural Therapy:** The foundation- feet, legs, and pelvis (Su) Tolteca  
 **Inner Fitness: Love or Fear- The Big Shift!-It's Your Choice!** with Jeff Jacobson, CPCC Oaktree
- 3:00  **Kettlebells: All Levels** (Su,T) Tolteca  
\* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Ranch Barre** (Su,F) Olmeca  
 **Tai Chi** (Su) Montaña
- 4:00  **Inner Journey: Guided Meditation** (Su,F) Milagro  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Roll and Release** please wear socks (Su,T,Th) Tolteca  
 **Painting and Collage, Session 1 of 3, with Susan Stevens** Art Studio
- 5:00  **Common Sports Injuries and the Easy Home Remedies to Fix Them, with Jordan Metz, MD** Olmeca
- 7:15  **Movie: Mary Poppins Returns** Library Lounge
- 8:00  **Creating Your Next Level of Personal Joy, with Lisa Nichols** Tolteca

## MONDAY | August 19

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

- 6:10  **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:15  **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
- 9:00  **Bird Walk** (M,F) Gazebo  
 **BOSU® Fit** (M) Olmeca  
\* **Circuit Training** (M,W,F) Azteca  
 **Feldenkrais** (Su,M,T) Arroyo  
\* **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña
- 10:00 \* **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Body Rock!** (M) Kuchumaa  
\* **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,F) Olmeca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00  **Aqua Strength & Tone** (M,W) Activity Pool  
\* **The Bounce** 30 mins (M also 3p Th) Kuchumaa  
\* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Gyrokinesis®** (Su,M,T,W) Pinetree  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Release & Mobilize** please wear socks (M,W,F) Arroyo  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00  **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00  **Food for Thought, with Joe Weiss, MD** 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,F) Olmeca  
 **Dance: Move,Groove & Funk** (M) Kuchumaa  
 **Feldenkrais** (Su,M,T) Arroyo  
 **H2O Bootcamp** (M) Activity Pool  
\* **Pilates Cadillac Fundamentals** (M) Pilates Studio  
 **Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Jeff Jacobson, CPCC** Oaktree
- 3:00  **Cardio Equipment HIIT** 30 mins (M) Azteca  
 **Chair Workout** (M) Olmeca  
 **Functional Mobility** (M) Tolteca  
 **Sound Healing** (M,Tu,W,Th) Arroyo  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00  **Kundalini Meditation: Increase Brain Power** (seated) (M) Milagro  
 **Stretch & Relax** (M,W,F) Montaña  
 **Painting and Collage, Session 1 of 3, with Susan Stevens** 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  **Unstuff Your Life! with Andrew Mellen** Olmeca

## TUESDAY | August 20

\* 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,W,Th,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  **Feldenkrais** (Su,M,T) Arroyo  
 **Meditation** (Su,T,F) Milagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (T,Th) Olmeca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (Su,T,Th) Tennis Courts
- 10:00 \* **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Level 2** (Su-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,M,T,W) Pinetree  
 **Ranch Ropes** 30 mins (T) Olmeca  
 **RLP Heat: Cardio Muscle Blast: Level 2** 60 mins (T) Azteca  
 **Stretch** (Su,T,Th) Oaktree  
 **The Wave** (Su,T,Th,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su-F) Montaña  
 **Energy Medicine, with Jonelle Rutkauskas** Library Lounge
- 1:00  **Gut Feelings: Genes, Microbes & Brain, 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 \* **Cardio Drum Dance** (Su,T) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
\* **Deep Water Training** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su,M,T) Arroyo  
\* **Pilates Twenty / 20** (T) Pilates Studio  
 **Inner Fitness: Emotional Fluency – Permission to Feel, with Jeff Jacobson, CPCC** Oaktree  
 **Painting and Collage, Session 1 of 3, with Susan Stevens** Art Studio
- 3:00  **Core Challenge** 30 mins (T) Olmeca  
 **Kettlebells: All Levels** (Su,T) Tolteca  
\* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (M,T,W,Th) Arroyo  
\* **World Drumming** (T) Kuchumaa  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00 \* **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T) 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 Katie Farina.** 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
- 5:30  **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  **More Love, Less Stuff, with Andrew Mellen** Olmeca

## WEDNESDAY | August 21

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

- 6:05**  **Organic Garden Breakfast Hike** 4 Miles, (T,W,Th,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,W,F) Azteca  
 **Pickleball: Beginners** (M,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It: Level 2** (Su,W) Tolteca  
 **Stretch** (Su-F) Montaña  
 **The Ironstrength Workout, with Jordan Metzl, MD** Olmecca
- 10:00**  **Bosu Strength: Level 1** (W) Olmecca  
 \* **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Flashback 90's!** (W) Kuchumaa  
 \* **Pickleball: Intermediate** (M,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Landscape Garden Walk** (W) Gazebo  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Aqua Strength & Tone** (M,W) Activity Pool  
 **Athletic Action: Level 2** (W) Tolteca  
 \* **Cycle 30: Rhythm Ride - All Levels** 30 mins (W) Pai Pai  
 **Gyrokinesis®** (Su,M,T,W) Pinetree  
 **Release & Mobilize** please wear socks (M,W,F) Arroyo  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00**  **Swim Stroke Clinic** 30 mins (Su,W) Activity Pool
- 1:00**  **Quest for Immortality, with Joe Weiss, MD** Olmecca
- 2:00**  **Bosu Balance** (W) Olmecca  
 **Dance: Zumba!** (W) Kuchumaa  
 \* **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Swim Conditioning** (W) Activity Pool  
 **Inner Fitness: Powerful You – Ownership and Responsibility, with Jeff Jacobson, CPCC** Oaktree
- 3:00** \* **Boga Fitmat: Level 2** (W,Th) Central Pool  
 **Booty Blast** (W) Olmecca  
 **Sound Healing** (M,Tu,W,Th) Arroyo  
 \* **Yoga Workshop: Rope Wall** (W) Montaña  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \* **Aerial Yoga: Level 2 - Hip Height** please wear socks and sleeves (W,Th) Kuchumaa  
 **Kundalini Meditation: Creating Self Love & Gratitude** (seated) (M) Milagro  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Katie Farina.** 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**  **Lighten Your Load by Living Your Values, with Andrew Mellen** Olmecca
- 6:45**  **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15**  **Movie: Marvel's Black Panther** Library Lounge
- 8:00**  **Laughter is the Best Medicine, with Joe Weiss, MD** Olmecca

## THURSDAY | August 22

! 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,W,Th,F) Main Lounge
- 6:10**  **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Main Lounge  
 **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**  **Chant** (Th) Milagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (T,Th) Olmecca  
 **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-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**  **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Ropes Plus** 30 mins (Th) Olmecca  
 **Stretch** (Su,T,Th) Arroyo  
 **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**  **Making Your Fitness Resolutions Stick, with Jordan Metzl, MD** Olmecca  
 **"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: Hula Hoop!** (Th) Kuchumaa  
 \* **Deep Water Training** (Su,T,Th) Activity Pool  
 **Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Jeff Jacobson, CPCC** Oaktree
- 3:00** \* **Boga Fitmat: Level 2** (W,Th) Central Pool  
 \* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 \* **The Bounce** 30 mins (Th also 11a M) Kuchumaa  
 **Sound Healing** (M,Tu,W,Th) Arroyo  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \* **Aerial Yoga: Level 2 - Hip Height** please wear socks and sleeves (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 Katie** 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 José Ignacio Castañeda** (4:30 to 6:00 pm) Bazar del Sol
- 5:15**  **Baja Summer Dinner at El Cafecito - Baja food and artisanal beers and wine.** Register at ext 625/ Fee/ Departure at 5:15pm; approx. return 7:45pm. Meet at Admin.Bldg.
- 6:15**  **Silent Dinner** Sign up (Th) Los Olivos
- 7:15**  **Movie: First Man** Library Lounge
- 8:00**  **Jazz with Bill Harris** Main Lounge

## FRIDAY | August 23

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

- 6:05**  **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:10**  **Mountain Hike: Coyote** Advanced Option of 5.5 or Challenging 4 Miles (T,F) Main Lounge
- 6:30**  **Silent Mountain Meditation Hike: Alex Oak** 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,W,F) Azteca  
 **Meditation** (Su,T,,F) Milagro  
 \* **Pickleball: All Levels** (F) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Yoga Sculpt: Level 2** (F) Olmecca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Cardio Kickboxing** (F) Kuchumaa  
 \* **Circuit Training** (M-F) Azteca  
 \* **Deep Water Training** (F) Activity Pool  
 **Pilates Mat: Level 2** (Su-F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,F) Olmecca  
 **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  
 **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  
 **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**  **Balance & Coordination** (M,F) Olmecca \*  
 **Postural Therapy: Spine, Shoulders, Neck and Head** (F) Tolteca  
 **Water Polo on the Noodle** (F) Activity Pool  
 **From Plastic Tote Box to Museum Donation, with Susan Stevens** Library Lounge
- 3:00**  **Ranch Barre** (Su,F) Olmecca  
 **TRX Flexibility** (F) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Inner Journey: Guided Meditation** (Su,F) Milagro  
 **Stretch & Relax** (M,W,F) Montaña  
 **You're Already Late! Time Management Secrets to Simplify Your Life with Andrew Mellen** Olmecca
- 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.