

Hydro-Fit Water Week

September 21, 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 | September 21

- 6:30 ☐ Mountain Hike: Alex's Oak 2 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) Olmecca
☐ 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 Olmecca
- 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 | September 22

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

- 6:05 ☐ Mountain Hike: Pilgrim Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:30 ☐ Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
- 6:45 ☐ Woodlands Hike 2 Miles (Su,W) 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
☐ Sculpt & Strengthen: Level 2 (Su,W) Olmecca
☐ Stretch (Su-F) Montaña
☐ Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
- 10:00 ☐ H2O Bootcamp (Su,T,Th) Activity Pool
* ☐ Introduction to Circuit Training (Su) Azteca
☐ Pilates Mat: Level 2 (Su,M,W,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-F) Pinetree
☐ Stretch (Su,T,Th) Oaktree
☐ The Wave (Su-F) Activity Pool
☐ RLP Heat: Cardio Kickboxing: Level 2 (Su) Kuchumaa
☐ 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 ☐ Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree
☐ WATSU® WaterDance® Demonstration (S) South Pool
☐ How to Use Essential Oils for Health and Beauty, with Tara Grodjesk Arroyo
- 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
☐ Poker 101 with Richard Lederer Library Lounge
- 3:00 ☐ Core Challenge 30 mins (Su) Olmecca
☐ Kettlebells: All Levels (Su,Th) Tolteca
* ☐ Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
☐ Tai Chi (Su) Montaña
☐ Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist Library Lounge
- 4:00 ☐ Inner Journey: Guided Meditation (Su,M,F) Oaktree
☐ Restorative Yoga (Su,T,Th) Montaña
☐ Roll and Release please wear socks (Su,T,Th) Tolteca
☐ Mindful Knitting Workshop, with Jessica Meyrowitz \$30 materials fee. Please sign up – 10 limit per class Arroyo
☐ Poker 101 with Richard
- 5:00 ☐ Mexico: Past and Present, with José Guadalupe Flores, Ph.D. Tolteca
- 7:15 ☐ Movie: Mary Poppins Returns Library Lounge
- 8:00 ☐ Language and Laughter, with Richard Lederer Tolteca

MONDAY | September 23

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

- 6:05 ☐ Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
- 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,Th) Main Lounge
- 9:00 ☐ Bird Walk (M,F) Gazebo
* ☐ Circuit Training (M-F) Azteca
☐ Feldenkrais (Su,M,T) Oaktree
☐ Meditation (M,T,Th,F) Milagro
* ☐ 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
* ☐ Pickleball: Intermediate (M,W) Pickleball Courts
☐ Pilates Mat: Level 2 (Su,M,W,F) Pinetree
☐ Sculpt & Strengthen: Level 1 (M,F) Olmecca
☐ 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® (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 ☐ Food for Thought, with Joe Weiss, MD Olmecca
☐ How to Maintain Your Skin's Radiance and Vibrancy at Any Age, with Tara Grodjesk Arroyo
- 2:00 ☐ Balance & Co-ordination (M) Olmecca
☐ Dance: Swing! (M) Kuchumaa
☐ Feldenkrais (Su,M,T) Oaktree
* ☐ Pilates Cadillac Fundamentals (M,Th) Pilates Studio
☐ H2O Conditioning & Toning (M,W) Activity Pool
☐ Inner Fitness: Neuroplasticity and the Five Essential Keys to Emotional Fitness, with Linda Carroll Arroyo
☐ Poker 101 with Richard Lederer Library Lounge
- 3:00 ☐ Cardio Equipment HIIT 30 mins (M) Azteca
☐ Chair Exercise Workout (M) Olmecca
☐ Core and More on the Foam Roller (M,W) Tolteca
☐ Sound Healing (M,T,Th,F) Oaktree
☐ Español /Spanish 101 Progressive (M- F) Library
- 4:00 * ☐ Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T) Kuchumaa
☐ Inner Journey: Guided Meditation (Su,M,F) Oaktree
☐ Stretch & Relax (M,W,F) Montaña
☐ Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge
☐ Mindful Knitting Workshop, with Jessica Meyrowitz \$30 materials fee. Please sign up – 10 limit per class Arroyo
- 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 | September 24

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

- 6:05 ☐ Mountain Hike: Ember of the Valley Challenging 4 Miles (T,F) Main Lounge
- 6:10 ☐ 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
- 6:45 ☐ Rolling Hills Hike 2 Miles (T,F) Main Lounge
- 7:00 ☐ Sunrise Yoga (T) Montaña
- 9:00 ☐ BOSU® Fit (T,Th) Olmecca
* ☐ Circuit Training (M-F) Azteca
☐ Feldenkrais (Su,M,T) Oaktree
☐ Meditation (M,T,Th,F) Milagro
☐ Pilates Mat: Fundamentals Progressive (M-F) Pinetree
☐ Stretch (Su-F) Montaña
☐ Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
- 10:00 ☐ Dance: Zumba (T) Kuchumaa
* ☐ Circuit Training (M-F) Azteca
☐ H2O Bootcamp (Su,T,Th) Activity Pool
☐ Pilates Arc Barrel: Level 2 (T,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 * ☐ The Bounce 30 mins (T,Th) Kuchumaa
☐ Gyrokinesis® (Su-F) Pinetree
☐ Ranch Ropes 30 mins (T) Olmecca
☐ Stretch (Su,T,Th) Oaktree
☐ The Wave (Su-F) Activity Pool
☐ Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 ☐ Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD Olmecca
☐ "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
☐ 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
☐ Poker 101 with Richard Lederer Library Lounge
- 3:00 * ☐ Boga Fitmat: Level 2 (T,W,Th) Central Pool
* ☐ Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
☐ Ranch Barre (T,F) Olmecca
☐ Sound Healing (M,T,Th,F) Oaktree
* ☐ World Drumming (T) Kuchumaa
☐ Español /Spanish 101 Progressive (M- F) Library
☐ The Skinny on Fat and Metabolism: What Role Do Our Hormones Play? with Danielle Weiss, MD Library Lounge
- 4:00 * ☐ Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T) Kuchumaa
☐ Kundalini Meditation: Increase Brain Power (T) Milagro
☐ 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 Rob Ittner. 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 ☐ The Lighter Side of Aging, with Richard Lederer Tolteca
- 7:15 ☐ Documentary: RBG Library Lounge
- 8:00 ☐ Bingo with Barry! Olmecca

WEDNESDAY | September 25

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

- 6:05** **Mountain Hike: Pilgrim** Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** 4 Miles, (T,W,Th,F) Main Lounge
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45** **Woodlands Hike** 2 Miles (Su,W) Main Lounge
- 9:00** **Cardio Boxing (W)** Kuchumaa
 * **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** **Dance: Move, Groove & Funk (W)** Kuchumaa
 Chair Exercise Workout (W) Olmeca
 * **Circuit Training (M-F)** Azteca
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Landscape Garden Walk (W) Gazebo
 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
 Gyrokinesis® (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** **Quest for Immortality, with Joe Weiss, MD** Olmeca
 Mindful Knitting Workshop, with Jessica Meyrowitz
\$30 materials fee. Please sign up – 10 limit per class Arroyo
- 2:00** **Bosu Balance (W)** Olmeca
 Dance: Zumba! (W) Kuchumaa
 H2O Conditioning & Toning (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 Fitness: Create Your Best Life, with Linda Carroll Arroyo
 Poker 101 with Richard Lederer Library Lounge
- 3:00** **Aqua Ease (W)** Activity Pool
 * **Boga Fitmat: Level 2 (T,W,Th)** Central Pool
 Booty Blast (W) Olmeca
 Core and More on the Foam Roller (M,W) Tolteca
 Español /Spanish 101 Progressive (M-F) Library
 Happy Hour on Hormones (with or without wine), with Nancy Cetel, MD and Danielle Weiss, MD Library Lounge
- 4:00** * **Aerial Yoga: Level 2 - Hip Height** please wear socks and sleeves (W also Th at 3p) Kuchumaa
 Chant (W) Milagro
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Rob Ittner. 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** **The Joy of Names, with Richard Lederer** Olmeca
- 7:15** **Movie: Marvel's Black Panther** Library Lounge
- 8:00** **Laughter (and Chocolate) Is the Best Medicine, with Joe Weiss, MD** Olmeca

THURSDAY | September 26

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
- 9:00** **BOSU® Fit (T,Th)** Olmeca
 * **Circuit Training (M-F)** Azteca
 Meditation (M,T,Th,F) Milagro
 * **Pickleball: Beginners (Su,Th)** Pickleball Courts
 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
 Dance: Striptease (Th) Kuchumaa
 H2O Bootcamp (Su,T,Th) Activity Pool
 * **Pickleball: Intermediate (Su,Th)** Pickleball Courts
 Pilates Arc Barrel: Level 2 (T,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
 Gyrokinesis® (Su-F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
- 11:00** * **The Bounce** 30 mins (Tu,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 Szekely. Q& A with Rob Larson Library Lounge
- 2:00** * **Circuit Training (T,Th)** Azteca
 Dance: Disco! (Th) Kuchumaa
 * **Deep Water Training (Su,T,Th)** Activity Pool
 * **Pilates Cadillac Fundamentals (M,Th)** Pilates Studio
 Postural Therapy: Spine, Shoulders, Neck and Head (Th) Tolteca
 Double Menopause: What to Do When Both You and Your Mate Go through Hormonal Changes Together, with Nancy Cetel, MD. Olmeca
 Poker 101 with Richard Lederer Library Lounge
- 3:00** * **Aerial Yoga: Level 2 - Hip Height** please wear socks and sleeves (Th also W at 4p) Kuchumaa
 * **Boga Fitmat: Level 2 (T,W,Th)** Central Pool
 * **Pilates Reformer: Fundamentals (Su,T,Th)** Pilates Studio
 Sound Healing (M,T,Th,F) Oaktree
 Stability Ball 30 mins (Th) Olmeca
 Español /Spanish 101 Progressive (M-F) Library
 Mindful Knitting Workshop, with Jessica Meyrowitz \$30 materials fee. Please sign up – 10 limit per class Arroyo
- 4:00** * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,Th) Kuchumaa
 Kundalini Meditation: Creating Self Love & Gratitude (Th) Milagro
 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 Rob Ittner. 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 and José Ignacio Castañeda** (4:30 to 6:00 pm) Bazar del Sol
- 5:00** **Introduction to Mantra Meditation, with Lizzy Weiss** Oaktree
- 6:15** **Silent Dinner** Sign up (Th) Los Olivos
- 7:15** **Movie: First Man** Library Lounge
- 8:00** **Concert with Miles Graber, piano, Martha Aarons, flute, and Lev Polyakin, violin** Oaktree

FRIDAY | September 27

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

- 6:05** **Mountain Hike: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:30** **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F) Main Lounge
- 6:45** **Rolling Hills Hike** 2 Miles (T,F) Main Lounge
- 9:00** **Bird Walk (M F)** Gazebo
 * **Circuit Training (M-F)** Azteca
 Meditation (M,T,Th,F) Milagro
 * **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** **Dance: Cardio Hip Hop: Flashback 90's (F)** Kuchumaa
 * **Circuit Training (M-F)** Azteca
 Pilates Mat: Level 2 (Su,M,W,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® (Su-F) Pinetree
 Ranch Ropes Plus 30 mins (F) Olmeca
 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
 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 (Th)** Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
- 2:00** **Dance: Country Line Dance!** (F) Kuchumaa
 * **Pilates Twenty / 20 (T,F)** Pilates Studio
 Water Polo on the Noodle (F) Activity Pool
 The Importance of Intermittent Fasting & Detoxification, with Michael B. Finkelstein, M.D. Olmeca
- 3:00** **Ranch Barre (T,F)** Olmeca
 TRX Flexibility (F) Tolteca
 Sound Healing (M,T,Th,F) Oaktree
 Español /Spanish 101 Progressive (M-F) Library
- 4:00** **Inner Journey: Guided Meditation (Su,M,F)** Oaktree
 Stretch & Relax (M,W,F) Montaña
- 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.