

Aerobics with Soul Week

September 7, 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 | September 7

- 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) 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 **The Giants of 20th Century Mexican Art: Rivera, Orozco, Siqueiros, and Kahlo, with Diane Arkin** 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 | September 8

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

- 6:10 **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) Main Lounge
- 6:45 **Rolling Hills Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00 **Sunrise Yoga** (Su) Montaña
- 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
* **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 **Aerobics with Soul** (Su-F) Kuchumaa
* **Introduction to Circuit Training** (Su) Azteca
* **Pickleball: Intermediate** (Su,Th) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) 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
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 TRX Circuit: Level 2 (Su) Tolteca
 Yoga: Level 2 75 mins (Su,M,T,Th,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
 Ayurveda: Balance, The key to health, with Carla Levy, CAS 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
 Postural Therapy: The foundation- feet, legs, and pelvis (Su) Tolteca
- 3:00 **Core Challenge** 30 mins (Su) Olmeca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su-,F) Oaktree
 Tai Chi (Su-F) Montaña
- 4:00 **Inner Journey: Guided Meditation** (Su,W) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
- 5:00 **Healing Interpersonal Wounds – A Radical Approach, Janis Abrahms Spring, Ph.D., ABPP** Olmeca
- 7:15 **Movie: Mary Poppins Returns** Library Lounge
- 8:00 **Rhythmic Sounds with Steven Schick** Oaktree

MONDAY | September 9

* 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
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Main Lounge
- 7:00 **Water Walking** (M,W) Central Pool
- 9:00 **Bird Walk** (M,F) Gazebo
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) 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 **Aerobics with Soul** (Su-F) Kuchumaa
 Aqua Strength & Tone (M,W) Activity Pool
* **Circuit Training** (M-F) Azteca
 Pilates Mat: Level 2 (Su,M,W,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® (Su-F) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Nature Walk 60-75 mins (M,Th) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
- 12:00 **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00 **Healing the Heart. Reversing Heart Disease with Lifestyle Changes, with Ben Brown, MD** Olmeca
- 2:00 **Balance & Co-ordination** (M) Olmeca
 Dance: Zumba! (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Swim Conditioning (M,W) Activity Pool
 Self Care = Health Care. Ayurvedic simple powerful and effective strategies to maintain vitality and health, with Carla Levy, CAS Arroyo
 Healing Interpersonal Wounds – A Radical Approach, with Janis Abrahms Spring, Ph.D., ABPP Olmeca
- 3:00 **Cardio Equipment HIIT** 30 mins (M) Azteca
 Chair Exercise Workout (M) Olmeca
 Kettlebells: All Levels (M,W) Tolteca
 Sound Healing (Su-,F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 **Kundalini Meditation: Divine Flow** (M) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Fiesta at the Bazar!! Live music with Jim Buhisan! 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** Oaktree

TUESDAY | September 10

* 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: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:30 **Cardio Equipment HIIT** 30 mins (T,Th) Azteca
- 6:45 **Rolling Hills Hike** 2 Miles (Su,T,Th) Main Lounge
 Kundalin Yoga: Rise, Shine & Feel Divine 75 mins (T,Th) Montaña
- 9:00 **BOSU® Fit** (T,Th) Olmeca
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Meditation (T,W,Th,F) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,W) Tennis Courts
- 10:00 **Aerobics with Soul** (Su-F) Kuchumaa
* **Circuit Training** (M-F) Azteca
 Pilates Arc Barrel: Level 2 (T,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,W) 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) 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,M,T,Th,F) Montaña
 Energy Medicine, with Jonelle Rutkauskas Library Lounge
- 1:00 **The Power of Plant Based Living. The Nutritional Guidelines of the Ornish Program, with Ben Brown, MD** Olmeca
 "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
 Healing Interpersonal Wounds – A Radical Approach, with Janis Abrahms Spring, Ph.D., ABPP Olmeca
- 3:00 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Ranch Barre (T,F) Olmeca
 Sound Healing (Su-,F) Oaktree
* **World Drumming** (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
- 4:00 * **Aerial Yoga: Gentle, Low hammock** 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 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 **Bingo with Barry!** Olmeca

WEDNESDAY | September 11

* 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: Pilgrim** Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Main Lounge
- 7:00 **Water Walking** (M,W) Central Pool
- 9:00 **Cardio Kickboxing** (W) Kuchumaa
- * **Circuit Training** (M-F) Azteca
- Meditation** (T,W,Th,F) Milagro
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,T,W) Tennis Courts
- 10:00 **Aerobics with Soul** (Su-F) Kuchumaa
- Aqua Strength & Tone** (M,W) Activity Pool
- Chair Exercise Workout** (W) Olmeca
- * **Circuit Training** (M-F) Azteca
- Pilates Mat: Level 2** (Su,M,W,F) Pinetree
- Tennis Clinic: Level 2** (M,T,W) Tennis Courts
- 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
- H2O Bootcamp** (M,W) Activity Pool
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- RLP Heat: Yoga Sculpt: Level 2** 60 mins (W) Olmeca
- Kundalini Yoga: Infinite Love** 75 mins (W) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00 **Mastering Change – Making Long-term Lifestyle Changes Stick**, with Ben Brown, MD Olmeca
- Vincent Van Gogh: Dispelling the Myths**, with Diane Arkin Library Lounge
- 2:00 **Bosu Balance** (W) Olmeca
- Dance: Move, Groove & Funk! (W)** Kuchumaa
- * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- Swim Conditioning** (M,W) Activity Pool
- Healing Interpersonal Wounds – A Radical Approach**, with Janis Abrahms Spring, Ph.D., ABPP Olmeca
- Sculpting Class**, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
- 3:00 * **Boga Fitmat: Level 2** (W,Th) Central Pool
- Booty Blast** (W) Olmeca
- Kettlebells: All Levels** (M,W) Tolteca
- Sound Healing** (Su-,F) Oaktree
- Español /Spanish 101** Progressive (M- F) Library
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,Th) Kuchumaa
- Inner Journey: Guided Meditation** (Su,W) Oaktree
- 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 **PTSD and a Drug-Free Me!** with Catherine Scherwenka Arroyo
- 6:45 **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge
- 7:15 **Movie: Marvel's Black Panther** Library Lounge
- 8:00 **The Beatles. Listen and Talk with Steven Schick** Oaktree

THURSDAY | September 12

! 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: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30 **Cardio Equipment HIIT** 30 mins (T,Th) Azteca
- 6:45 **Rolling Hills Hike** 2 Miles (Su,T,Th) Main Lounge
- Kundalin Yoga: Rise, Shine & Feel Divine** 75 mins (T,Th) Montaña
- 9:00 **BOSU® Fit** (T,Th) Olmeca
- * **Circuit Training** (M-F) Azteca
- Meditation** (T,W,Th,F) Milagro
- * **Pickleball: Beginners** (Su,Th) Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Mexican Silver Jewelry Trunk Show (9 am to 6 pm)** Mercado
- 10:00 **Aerobics with Soul** (Su-F) Kuchumaa
- * **Circuit Training** (M-F) Azteca
- * **Pickleball: Intermediate** (Su,Th) Pickleball Courts
- Pilates Arc Barrel: Level 2** (T,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
- Stretch** (Su,T,Th) Oaktree
- * **The Bounce** 30 mins (Tu,Th) Kuchumaa
- The Wave** (Su,T,Th,F) Activity Pool
- Yoga: Level 2** 75 mins (Su,M,T,Th,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 Szekey. Q& A with Rob Larson** Library Lounge
- 2:00 * **Circuit Training** (T,Th) Azteca
- Dance: Hot Latin Fusion!** (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
- Women's circle - How to get STABLE after a traumatic incident. with Catherine Scherwenka** Arroyo
- 3:00 * **Boga Fitmat: Level 2** (W,Th) Central Pool
- * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
- Sound Healing** (Su-,F) Oaktree
- Stability Ball** 30 mins (Th) Olmeca
- Español /Spanish 101** Progressive (M- F) Library
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,Th) Kuchumaa
- Chant** (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 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 Tim Hinchliff and José Ignacio Castañeda** (4:30 to 6:00 pm) Bazar del Sol
- 6:15 **Silent Dinner** Sign up (Th) Los Olivos
- 7:15 **Movie: First Man** Library Lounge

- 8:00 **Spanish Surrealism: The Magic of Miro and the Dilemma of Dali**, with Diane Arkin Olmeca

FRIDAY | September 13

! 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: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:30 **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F) Main Lounge
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Main Lounge
- 9:00 **Bird Walk** (M F) Gazebo
- * **Circuit Training** (M-F) Azteca
- Meditation** (T,W,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 **Aerobics with Soul** (Su-F) Kuchumaa
- * **Circuit Training** (M-F) Azteca
- * **Deep Water Training** (F) Activity Pool
- Pilates Mat: Level 2** (Su,M,W,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 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,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** (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
- Oneness Meditation with Catherine Scherwenka** Arroyo
- 3:00 **Ranch Barre** (T,F) Olmeca
- TRX Flexibility** (F) Tolteca
- Sound Healing** (Su-,F) Oaktree
- Español /Spanish 101** Progressive (M- F) Library
- 4:00 **Kundalini Meditation: Be One with The Once** (F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Enjoying Modern Art, with Diane Arkin** Olmeca
- 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.