

## Total Body Fitness Week

**October 12, 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 | October 12

- 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  
☐ **First Time Guest Ranch Orientation** Tolteca
- 6:45** ☐ **Meet the Presenters** Dining Hall
- 7:15** ☐ **Movie: A Star is Born** Library Lounge
- 8:00** ☐ **Healthy Pleasures: Why Everything that Feels Good is Not Bad, with David Sobel, MD, MPH** 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 | October 13

\* 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  
☐ **Meditation** (Su,M,W,F) Milagro  
\*☐ **Pickleball: Beginners** (Su,W) 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** ☐ **Dance: Intro. to Salsa!** (M) Kuchumaa  
\*☐ **Introduction to Circuit Training** (Su) Azteca  
\*☐ **Pickleball: Intermediate** (Su,W) Pickleball Courts  
☐ **Pilates Mat: Level 2** (Su,M,W,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** ☐ **RLP Heat: Cardio Kickboxing: Level 2** (Su) Kuchumaa  
☐ **Stretch** (Su,T,Th) Oaktree  
☐ **The Wave** (Su,T,Th,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** ☐ **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
- 2:00** ☐ **Amplitude4Life: An exercise program for Neurological and Movement Disorders - Lecture** (Su) Olmeca  
\*☐ **Cardio Drum Dance** (Su,W) Kuchumaa  
\*☐ **Deep Water Training** (Su,T,Th) Activity Pool  
☐ **Feldenkrais** (Su,M,T) Oaktree  
\*☐ **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- 3:00** ☐ **Core Challenge** 30 mins (Su,F) Olmeca  
\*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
☐ **Sound Healing** (Su,M,Th,F) Oaktree  
☐ **Total Body Fitness: All Levels** (Su,T,Th) Tolteca
- 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
- 5:00** ☐ **Health Behavior Change Made Simple: Benefits of Success and Confidence, with David Sobel, MD, MPH** Olmeca
- 7:15** ☐ **Movie: Mary Poppins Returns** Library Lounge
- 8:00** ☐ **Piano Concert with Natalie Dalschaert** Oaktree

## MONDAY | October 14

\* 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
- 8:00** ☐ **Breakfast with the Nutritionist -- Grab your breakfast & meet with Linda Illingworth** Los Olivos
- 9:00** ☐ **Bird Walk** (M,F) Gazebo  
\*☐ **Circuit Training** (M-F) Azteca  
☐ **Feldenkrais** (Su,M,T) Oaktree  
☐ **Meditation** (Su,M,W,F) Milagro  
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
☐ **Pump It: Level 2** (M,F) Tolteca  
☐ **Stretch** (Su-F) Montaña  
☐ **Tennis Clinic: Level 1** (M,T,Th) Tennis Courts
- 10:00** \*☐ **Circuit Training** (M-F) Azteca  
☐ **Dance: Cardio Hip Hop: Body Rock!** (M) Kuchumaa  
☐ **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
☐ **Sculpt & Strengthen: Level 1** (M,F) Olmeca  
☐ **Tennis Clinic: Level 2** (M,T,Th) Tennis Courts  
☐ **Total Body Fitness: All Levels** (M,W,F) Tolteca  
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** ☐ **Athlete Action: Level 2** (M) Tolteca  
\*☐ **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
☐ **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-F) Montaña  
☐ **Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas** Library Lounge
- 12:00** ☐ **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00** ☐ **Breaking up with Sugar, with Linda Illingworth, RDN, CSSD** Olmeca
- 2:00** ☐ **Balance & Co-ordination** (M) Olmeca  
☐ **Dance: Zumba!** (M) Kuchumaa  
☐ **Feldenkrais** (Su,M,T) Oaktree  
\*☐ **Pilates Cadillac Fundamentals** (M) Pilates Studio  
☐ **Water Yoga** (M,W) Activity Pool
- 3:00** ☐ **Chair Exercise Workout** (M) Olmeca  
☐ **Functional Mobility** (M) Tolteca  
☐ **Sound Healing** (Su,M,T,Th,F) Oaktree  
☐ **Treadmill Hiking** 30 mins (M) Azteca
- 4:00** \*☐ **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,Th) Kuchumaa  
☐ **Inner Journey: Guided Meditation** (Su,M,W) Oaktree  
☐ **Stretch & Relax** (M,W,F) Montaña
- 5:00** ☐ **Fiesta at the Bazaar!!**  
**All invited! Sangria and guacamole.**  
5:00 to 6:00 pm Bazar del Sol
- 7:15** ☐ **Movie: Ride** Library Lounge
- 8:00** ☐ **Bingo with Barry!** Olmeca
- 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 | October 15

\* 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, Professor Park / RLP Foundation Tour offered (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) Olmeca  
\*☐ **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** (M,T,Th) Tennis Courts
- 10:00** ☐ **Dance: Zumba** (T) Kuchumaa  
\*☐ **Circuit Training** (M-F) Azteca  
☐ **Pilates Arc Barrel: Level 2** (T,F) Pinetree  
\*☐ **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
☐ **Tennis Clinic: Level 2** (M,T,Th) Tennis Courts  
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** \*☐ **The Bounce** 30 mins (T,Th) Kuchumaa  
☐ **Gyrokinesis®** (T-F) Pinetree  
☐ **Ranch Ropes** 30 mins (T) Olmeca  
☐ **Stretch** (Su,T,Th) Oaktree  
☐ **The Wave** (Su,T,Th,F) Activity Pool  
☐ **Yoga: Level 2** 75 mins (Su-F) Montaña
- 12:00** ☐ **Gyrotonic Tower Demo** 30 mins (T) Pilates Studio
- 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.  
☐ **12 Step Program – Guests conduct** Maya Lounge
- 2:00** ☐ **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
- 3:00** \*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
☐ **Ranch Barre** (T,Th) Olmeca  
☐ **Total Body Fitness: All Levels** (Su,T,Th) Tolteca  
\*☐ **World Drumming** (T) Kuchumaa
- 4:00** \*☐ **Aerial Yoga: Hip Height Level 2** 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 Kim O'Donnel.** 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** ☐ **Vision Intelligence: Balance and Coordination, Session 1, with Dana Dean, O.D.** Arroyo
- 7:15** ☐ **Documentary: RBG** Library Lounge
- 8:00** ☐ **Bingo with Barry!** Olmeca

## WEDNESDAY | October 16

\* 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** \* **Circuit Training** (M-F) Azteca  
 **Meditation** (Su,M,W,F) Milagro  
 \* **Pickleball: Beginners** (Su,W) Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Dance: Chair Striptease** (W) Kuchumaa  
 **Chair Exercise Workout** (W) Olmeca  
 \* **Circuit Training** (M-F) Azteca  
 \* **Pickleball: Intermediate** (Su,W) Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
 **Total Body Fitness: All Levels** (M,W,F) Tolteca  
 **Landscape Garden Walk** (W) Gazebo  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** \* **Hip Hop Rhythm Ride - All Levels** 30 mins (W) Pai Pai  
 **Gyrokinesis®** (T-F) Pinetree  
 **H2O Bootcamp** (M,W) Activity Pool  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **RLP Heat: Barre: Level 2** (W) Olmeca  
 \* **TRX: Flexibility** (W) Tolteca  
 **Yoga: Level 2** 75 mins (Su-F) Montaña
- 1:00**  **Stress: Avoid, Cope or Embrace?** with David Sobel, MD, MPH Olmeca
- 2:00**  **Bosu Balance** (W) Olmeca  
 \* **Cardio Drum Dance** (Su,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
- 3:00** \* **Boga Fitmat: Level 2** (W,Th) Central Pool  
 **Booty Blast** (W) Olmeca  
 **Yoga Workshop: Rope Wall** (W) Montaña
- 4:00**  **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 Kim O'Donnel.** 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**  **Vision Intelligence: Balance and Coordination, Session 2, with Dana Dean, O.D.** Arroyo
- 7:15**  **Movie: Marvel's Black Panther** Library Lounge
- 8:00**  **Living Life in Full Bloom, with Elizabeth Murray** Olmeca

## THURSDAY | October 17

! 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  
 **Chant** (Th) Milagro  
 \* **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (M,T,Th) Tennis Courts  
 **Mexican Silver Jewelry Trunk Show (9 am to 6 pm)** Mercado
- 10:00**  **Cardio Boxing** (Th) Kuchumaa  
 \* **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
 \* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Tennis Clinic: Level 2** (M,T,Th) Tennis Courts  
 \* **TRX Fundamentals** (Su,Th) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Gyrokinesis®** (T-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-F) Montaña  
 **Soft Mosaic Workshop, Session 1, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall balcony
- 12:00**  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30**  **Yarn Painting Demo** Dining Hall
- 1:00**  **Rx Healthy Sex: Is Sex Good Medicine?** with David Sobel, MD  
 Note: This presentation is intended for mature audiences. Viewer discretion advised. Olmeca  
 **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.  
 **Soft Mosaic Workshop, Session 2, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall balcony  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson** Library Lounge
- 2:00**  **Amplitude4Life** (Th,F) Olmeca  
 \* **Circuit Training** (T,Th) Azteca  
 \* **Deep Water Training** (Su,T,Th) Activity Pool  
 \* **Pilates Cadillac: Level 2** (Th) Pilates Studio
- 3:00** \* **Boga Fitmat: Level 2** (W,Th) Central Pool  
 \* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Ranch Barre** (T,Th) Olmeca  
 **Sound Healing** (Su,M,Th,F) Oaktree  
 **Total Body Fitness: All Levels** (Su,T,Th) Tolteca
- 4:00** \* **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,Th) Kuchumaa  
 **Roll and Release** Please wear socks (Su,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Yoga Philosophy:Part I** (Th,F) Oaktree  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Kim O'Donnel.** Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg  
 **Vision Intelligence: Balance and Coordination, Session 1 (repeat session), with Dana Dean, O.D.** Arroyo
- 4:30**  **Art Exhibition with Tim Hinchliff and José Ignacio Castañeda** (4:30 to 6:00 pm) Bazar del Sol
- 5:00**  **Living Life in Full Bloom:The Gardener/ Elizabeth Murray** Oaktree
- 6:15**  **Silent Dinner** Sign up (Th) Los Olivos
- 7:15**  **Movie: First Man** Library Lounge
- 8:00**  **Concert with Natalie Dalschaert, piano, Martha Aarons, flute and Lev Polyakin, violin** Oaktree

## FRIDAY | October 18

! 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** (Su,M,W,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  
 \* **Deep Water Training** (Su,T,Th) Activity Pool  
 \* **Circuit Training** (M-F) Azteca  
 **Pilates Arc Barrel: Level 2** (T,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,F) Olmeca  
 **Total Body Fitness: All Levels** (M,W,F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** \* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Gyrokinesis®** (T-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  
 **Unseen Cuba, with John Rosenmiller** Olmeca
- 2:00**  **Amplitude4Life** (Th,F) Olmeca  
 \* **Pilates Twenty / 20** (T,F) Pilates Studio  
 **Water Polo on the Noodle** (F) Activity Pool  
 **Living Life in Full Bloom: The Artist, with Elizabeth Murray** Oaktree
- 3:00**  **Core Challenge** 30 mins (Su,F) Olmeca  
 **Sound Healing** (Su,M,Th,F) Oaktree  
 \* **TRX: Flexibility** (W) Tolteca  
 **Vision Intelligence: Balance and Coordination, Session 2 (repeat session), with Dana Dean, O.D.** Arroyo
- 4:00**  **Yoga Philosophy:Part II** (Th,F) Oaktree  
 **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.