

## Gentle Yoga Week

October 19, 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 19

- 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 story of YOU! (And how to tell it with confidence), with Denise Dudley** 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 20

\* 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,T,W,F) Milagro  
\* ☐ **Pickleball: Beginners** (Su,Th,F) Pickleball Courts  
☐ **Running Clinic** (Su) Meet outside of Kuchumaa Gym  
☐ **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  
☐ **Gentle Yoga: All Levels** (Su-F) Montaña  
\* ☐ **Introduction to Circuit Training** (Su) Azteca  
\* ☐ **Pickleball: Intermediate** (Su,Th,F) 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
- 11:00** ☐ **Gyrokinesis®** (Su-F) Pinetree  
☐ **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,T,Th) Montaña
- 12:00** ☐ **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00** ☐ **Eating for Energy, with Jill Nussinow, R.D.** Olmeca  
☐ **Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood** Oaktree  
☐ **WATSU® WaterDance® Demonstration** (S) South Pool
- 2:00** \* ☐ **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  
☐ **Postural Therapy: The foundation- feet, legs, and pelvis** (Su) Tolteca  
☐ **The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D.** Library Lounge
- 3:00** ☐ **Amplitude4Life: An exercise program for Neurological and Movement Disorders - Lecture** (Su) Olmeca  
☐ **Kettlebell** (Su,T) Tolteca  
\* ☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
☐ **Sound Healing** (Su-F) Oaktree  
☐ **Tai Chi** (Su) Montaña
- 4:00** ☐ **Inner Journey: Guided Meditation** (Su,M) Oaktree  
☐ **Restorative Yoga** (Su,T,Th) Montaña  
☐ **Roll and Release** please wear socks (Su,T,Th) Tolteca
- 5:00** ☐ **Personal Response Styles, with Denise Dudley** Arroyo
- 7:15** ☐ **Movie: Mary Poppins Returns** Library Lounge
- 8:00** ☐ **The Pillars of an Inspired Life: Body, Mind, and Soul, with Daniel Javit MD, CHWC** Olmeca

## MONDAY | October 21

\* 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  
☐ **Chant** (M) Milagro  
☐ **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** \* ☐ **Circuit Training** (M-F) Azteca  
☐ **Dance: Country Line** (M) Kuchumaa  
☐ **Gentle Yoga: All Levels** (Su-F) Montaña  
☐ **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
☐ **Sculpt & Strengthen: Level 1** (M,F) Olmeca  
☐ **Tennis Clinic: Level 2** (M,T,W) Tennis Courts
- 11:00** ☐ **Athlete Action: Level 2** (M) Tolteca  
\* ☐ **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  
☐ **RLP Heat: Yoga Sculpt: Level 2** (M,W) Olmeca  
☐ **Release & Mobilize** please wear socks (M,W,F) Oaktree  
☐ **Yoga Basics and Stretch for Whole Body Wellness: All Levels** 75 mins (M) 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** ☐ **Superfoods: Myth or Miracle, Jill Nussinow, R.D.** Olmeca
- 2:00** ☐ **Balance & Co-ordination** (M) Olmeca  
☐ **Dance: Hot Latin Cardio!** (M) Kuchumaa  
☐ **Feldenkrais** (Su,M,T) Oaktree  
\* ☐ **Pilates Cadillac Fundamentals** (M) Pilates Studio  
☐ **Water Yoga** (M,W) Activity Pool  
☐ **THE BODY: Optimizing health and longevity, with Daniel Javit MD, CHWC** Arroyo
- 3:00** ☐ **Chair Exercise Workout** (M) Olmeca  
☐ **Functional Mobility** (M) Tolteca  
☐ **Sound Healing** (Su-F) Oaktree  
☐ **Treadmill Hiking** 30 mins (M) Azteca  
☐ **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \* ☐ **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,Th) Kuchumaa  
☐ **Inner Journey: Guided Meditation** (Su,M) Oaktree  
☐ **Stretch & Relax** (M,W,F) Montaña
- 5:00** ☐ **Fiesta at the Bazar!!**  
**All invited! Sangria and guacamole.**  
5:00 to 6:00 pm Bazar del Sol
- 7:15** ☐ **Movie: Ride** 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 | October 22

\* 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  
☐ **Cardio Boxing** (T) Kuchumaa  
\* ☐ **Circuit Training** (M-F) Azteca  
☐ **Feldenkrais** (Su,M,T) Oaktree  
☐ **Meditation** (Su,T,W,F) Milagro  
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
☐ **Stretch** (Su-F) Montaña  
☐ **Tennis Clinic: Level 1** (M,T,W) Tennis Courts
- 10:00** ☐ **Dance: Cardio Hip Hop: Body Rock!** (T) Kuchumaa  
\* ☐ **Circuit Training** (M-F) Azteca  
☐ **Gentle Yoga: All Levels** (Su-F) Montaña  
☐ **Pilates Arc Barrel: Level 2** (T,F) Pinetree  
\* ☐ **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
☐ **Tennis Clinic: Level 2** (M,T,W) Tennis Courts  
☐ **TRX Plus** (T) Tolteca
- 11:00** \* ☐ **The Bounce** 30 mins (T,Th) Kuchumaa  
☐ **Gyrokinesis®** (Su-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,T,Th) Montaña
- 1:00** ☐ **Nutrition Tidbits: Food for Thought, with Jill Nussinow, R.D.** 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** ☐ **Amplitude4Life** (T,F) Olmeca  
☐ **Circuit Training** (T,Th) Azteca  
☐ **Dance: Move,Groove & Funk!** (T) Kuchumaa  
\* ☐ **Deep Water Training** (Su,T,Th) Activity Pool  
☐ **Feldenkrais** (Su,M,T) Oaktree  
\* ☐ **Pilates Twenty / 20** (T,F) Pilates Studio  
☐ **THE MIND: Training our thoughts to maximize happiness, with Daniel Javit MD, CHWC** Arroyo
- 3:00** ☐ **Kettlebell** (Su,T) Tolteca  
\* ☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
☐ **Ranch Barre** (T,Th) 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 (M,T,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 Jill Silverman Hough.** Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 5:00** ☐ **Exploring Jewish Mysticism/ Kabbalah, with Rabbi Leah Novick** Oaktree
- 7:15** ☐ **Documentary: RBG** Library Lounge
- 8:00** ☐ **Bingo with Barry!** Olmeca

## WEDNESDAY | October 23

\* 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,T,W,F) Milagro  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmecca  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (M,T,W) Tennis Courts
- 10:00  **Chair Exercise Workout** (W) Olmecca  
\* **Circuit Training** (M-F) Azteca  
 **Gentle Yoga: All Levels** (Su-F) Montaña  
 **Pilates Mat: Level 2** (Su,M,W,Th) Pinetree  
 **Landscape Garden Walk** (W) Gazebo  
 **Tennis Clinic: Level 2** (M,T,W) Tennis Courts
- 11:00  **Energy Movement Yoga: All Levels** 75 mins (W) Montaña  
\* **Hip Hop 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: Barre: Level 2** (W) Olmecca  
\* **TRX: Flexibility** (W) Tolteca
- 12:00  **Gyrotonic Tower Demo** 30 mins (W) Pilates Studio
- 1:00  **Your Gut, Your Health: Probiotics and Beyond, with Jill Nussinow, R.D.** Olmecca
- 2:00  **Bosu Balance** (W) Olmecca  
\* **Cardio Drum Dance** (Su,W) Kuchumaa  
\* **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
 **Postural Therapy: Spine, Shoulders, Neck and Head** (W) Tolteca  
 **Water Yoga** (M,W) Activity Pool  
 **Sculpting Class, with José Ignacio Castañeda** (Sign up, 1.5 hrs) Art Studio  
 **THE SOUL: Exploring a life without limits, with Daniel Javit MD, CHWC** Arroyo
- 3:00 \* **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (F) Kuchumaa  
\* **Boga Fitmat: Level 2** (W,Th) Central Pool  
 **Booty Blast** (W) Olmecca  
 **Sound Healing** (Su-F) Oaktree  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00  **Kundalini Meditation: Divine Flow** (W) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Jill Silverman Hough.** Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Twelve Aphorisms of Edmond Szekely, and How They Can Change our Lives. Meet Professor Ludwig Max Fischer for wine and conversation** Bazar del Sol
- 5:00  **Exploring Jewish Mysticism/ Kabbalah, with Rabbi Leah Novick** Oaktree
- 7:15  **Movie: Marvel's Black Panther** Library Lounge
- 8:00  **The "Give and Take" of Great Relationships, with Denise Dudley** Olmecca

## THURSDAY | October 24

! 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) Olmecca  
\* **Circuit Training** (M-F) Azteca  
\* **Pickleball: Beginners** (Su,Th,F) 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 \* **Circuit Training** (M-F) Azteca  
 **Dance: Striptease** (Th) Kuchumaa  
 **Gentle Yoga: All Levels** (Su-F) Montaña  
\* **Pickleball: Intermediate** (Su,Th,F) 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
- 11:00  **Gyrokinesis®** (Su-F) Pinetree  
 **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Ropes Plus** 30 mins (Th) Olmecca  
 **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,T,Th) 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  **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson** Library Lounge  
 **Soft Mosaic Workshop, Session 2, with Tim Hinchliff** Sign up, (\$40 one-time art kit fee) Dining Hall balcony
- 2:00 \* **Circuit Training** (T,Th) Azteca  
 **Dance: Cardio Hip Hop: Body Rock!** (Th) Kuchumaa  
\* **Deep Water Training** (Su,T,Th) Activity Pool  
\* **Pilates Cadillac: Level 2** (Th) Pilates Studio  
 **When Relationship Difficulties Arise: Assertive Problem Solving, with Denise Dudley** Arroyo
- 3:00 \* **Boga Fitmat: Level 2** (W,Th) Central Pool  
\* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Ranch Barre** (T,Th) Olmecca  
 **Sound Healing** (Su-F) Oaktree  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00 \* **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,Th) Kuchumaa  
 **Roll and Release** Please wear socks (Su,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Yoga Philosophy:Part I** (Th,F) Arroyo  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef Jill Silverman Hough.** Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30  **Art Exhibition with Victor Hugo Castañeda.** Hors-d'oeuvres served. All invited! (4:30 to 6:00 pm) Bazar del Sol
- 5:00  **Exploring Jewish Mysticism/ Kabbalah, with Rabbi Leah Novick** Oaktree
- 6:15  **Silent Dinner** Sign up (Th) Los Olivos
- 7:15  **Movie: Everybody Loves Somebody** Library Lounge
- 8:00  **Piano Recital with Lorenzo Marasso - Music by J.S. Bach, F. Schubert, F. Liszt** Oaktree

## FRIDAY | October 25

! 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
- 6:15  **Trail Run** Challenging 3-5 miles Lowlands (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,T,W,F) Milagro  
\* **Pickleball: Beginners** (Su,Th,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  
 **Gentle Yoga: All Levels** (Su-F) Montaña  
\* **Pickleball: Intermediate** (Su,Th,F) Pickleball Courts  
 **Pilates Arc Barrel: Level 2** (T,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,F) Olmecca  
 **TRX Cardio: Level 2** (F) Tolteca
- 11:00 \* **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (F) Kuchumaa  
\* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
 **Gyrokinesis®** (Su-F) Pinetree  
 **Healing Yoga Practices to Stay Rooted, Relaxed and Radiant: All Levels** 75 mins (F) Montaña  
 **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  
 **RLP Heat: Yoga Sculpt: Level 2** (M,W) Olmecca  
 **The Wave** (Su,T,Th,F) Activity Pool
- 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** Olmecca
- 2:00  **Amplitude4Life** (T,F) Olmecca  
\* **Pilates Twenty / 20** (T,F) Pilates Studio  
 **Water Polo on the Noodle** (F) Activity Pool
- 3:00  **Core Challenge** 30 mins (Su,F) Olmecca  
 **Sound Healing** (Su-F) Oaktree  
\* **TRX: Flexibility** (W) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00  **Kundalini Meditation: Be One with The Once** (F) Oaktree  
 **Yoga Philosophy:Part II** (Th,F) Arroyo  
 **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