

Chi Running Week
November 2, 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 | November 2

6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles Main Lounge
9:00	<input type="checkbox"/>	Stretch Oaktree
10:00	<input type="checkbox"/>	Circuit Training Azteca
10:15	<input type="checkbox"/>	Core Challenge 30 mins Olmeca
	<input type="checkbox"/>	Meditation 30 mins Milagro
11:00	<input type="checkbox"/>	RLP Heat: Barre 60 mins Kuchumaa
	<input type="checkbox"/>	Yoga: All Levels Montaña
11:45 – 1:45		Fitness Concierge Dining Hall A fitness specialist is available to answer all questions
1:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles Main Lounge
2:00	<input type="checkbox"/>	Sound Healing Oaktree
3:00	<input type="checkbox"/>	Navigator: Balancing your Ranch Schedule (60 mins) Olmeca
	<input type="checkbox"/>	Stretch Pinetree
4:00	<input type="checkbox"/>	Open Weight Room Staffed Azteca
	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week Return and First Time Guests welcome, Library Lounge
5:00	<input type="checkbox"/>	Ranch Tour (30 mins) First Time Guests encouraged Starts in Main Lounge
	<input type="checkbox"/>	Returning Guest Update Olmeca
5:30	<input type="checkbox"/>	First Time Guest Ranch Orientation Tolteca
6:45	<input type="checkbox"/>	Meet the Presenters Dining Hall
7:00	<input type="checkbox"/>	Mexico's Day of the Dead Celebration Explanation by José Guadalupe Flores, Ph.D. Dining Hall
7:15	<input type="checkbox"/>	Movie: A Star is Born Library Lounge
8:00	<input type="checkbox"/>	The Healing Power of Sound: The Science, with Lester Garfinkel, MD, FACP 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 | November 3

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

6:05	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,W) Main Lounge
7:00	<input type="checkbox"/>	Kundalini Yoga (Su) Montaña
8:15	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
	* <input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	<input type="checkbox"/>	Meditation (Su,T,W,Th,F) Milagro
	* <input type="checkbox"/>	Pickleball: Beginners (Su,W,F) Pickleball Courts
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist Library Lounge
10:00	<input type="checkbox"/>	Dance: Intro. to Salsa! (M) Kuchumaa
	* <input type="checkbox"/>	Introduction to Circuit Training (Su) Azteca
	* <input type="checkbox"/>	Pickleball: Intermediate (Su,W,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	* <input type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® (Su-F) Pinetree
	<input type="checkbox"/>	Ranch Barre (Su) Olmeca
	<input type="checkbox"/>	RLP Heat: Cardio Kickboxing: Level 2 (Su) Kuchumaa
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input type="checkbox"/>	The Wave (Su,T,W,Th,) Activity Pool
	<input type="checkbox"/>	TRX Circuit: Level 2 (Su) Tolteca
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su,W) Pilates Studio
	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood Library Lounge
	<input type="checkbox"/>	Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree
	<input type="checkbox"/>	WATSU® WaterDance® Demonstration (S) South Pool
2:00	* <input type="checkbox"/>	Cardio Drum Dance (Su,T) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	* <input type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio
	<input type="checkbox"/>	Postural Therapy: The foundation- feet, legs, and pelvis (Su) Tolteca
	<input type="checkbox"/>	Living Your Great Story! with Leza Danly, Life Coach Arroyo
3:00	<input type="checkbox"/>	Chi Walking (Su,T,Th) Meet outside of Kuchumaa Gym
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,T,Th) Oaktree
	<input type="checkbox"/>	Stability ball (Su) Olmeca
	<input type="checkbox"/>	Tai Chi (Su,W) Montaña
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,T,Th) Oaktree
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Roll and Release please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Library Lounge
5:00	<input type="checkbox"/>	Mexico Past and Present, with José Guadalupe Flores, Ph.D. Tolteca
7:15	<input type="checkbox"/>	Movie: Mary Poppins Returns Library Lounge
8:00	<input type="checkbox"/>	The World We Create: A Vision of Hope and Possibility, with Bob Deans Olmeca

MONDAY | November 4

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

6:05	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
6:30	<input type="checkbox"/>	Chi Running (M,W,F) Meet outside of Kuchumaa Gym
	<input type="checkbox"/>	Dove Meditation Hike Moderate 1.2 miles (M) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M,F) Gazebo
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Chant (M) Milagro
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pump It: Level 2 (M,F) Tolteca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
10:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Body Rock (M) Kuchumaa
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,F) Olmeca
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Aqua Strength & Tone (M,F) Activity Pool
	<input type="checkbox"/>	Athlete Action: Level 2 (M) Tolteca
	* <input type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Gyrokinesis® (Su-F) Pinetree
	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
12:00	<input type="checkbox"/>	Juice it up! 30 min demo with Alejandra and Yazmin Juice Bar
1:00	<input type="checkbox"/>	Hidden Causes of Slow Metabolism, with Erica Oberg, ND, MPH Olmeca
	<input type="checkbox"/>	Drawing, with Jennifer Brandt 90 mins Sign up Art Studio
	<input type="checkbox"/>	Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge
2:00	<input type="checkbox"/>	Amplitude4Life: An exercise program for Neurological and Movement Disorders - Lecture (M) Arroyo
	<input type="checkbox"/>	Balance & Co-ordination (M) Olmeca
	<input type="checkbox"/>	Dance: Zumba (M) Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	<input type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool
	* <input type="checkbox"/>	Pilates Cadillac Fundamentals (M) Pilates Studio
	<input type="checkbox"/>	Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Leza Danly, Life Coach Arroyo
3:00	<input type="checkbox"/>	Chair Exercise Workout (M) Olmeca
	<input type="checkbox"/>	Functional Mobility (M) Tolteca
	<input type="checkbox"/>	The Healing Power of Sound with Lester Garfinkel, MD, FACP (M,W,F) Oaktree
	<input type="checkbox"/>	Treadmill Hiking 30 mins (M) Azteca
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
	<input type="checkbox"/>	Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio
4:00	* <input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,W) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,T,Th) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	The Map Is Not the Territory: Enhancing the sense of place in our writing, with Bob Deans Library Lounge
5:00	<input type="checkbox"/>	Fiesta at the Bazar!! All invited! Sangria and guacamole. 5:00 to 6:00 pm Bazar del Sol
7:15	<input type="checkbox"/>	Movie: Ride Library Lounge
8:00	<input type="checkbox"/>	Wild Women of Song - Women Hitmakers (pop standards from Great American Songbook - jazz- through Carol King), with Pamela Rose, vocals, Ruth Davies, bass, Kristen Strom, saxophone, and Scott Sorkin, guitar Oaktree

TUESDAY | November 5

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

6:05	<input type="checkbox"/>	Mountain Hike: Ember of the Valley Challenging 4 Miles (T,F) Main Lounge
6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, Option to tour Professor Park / RLP Foundation after (T only back by 9am) (T,W,Th,F) Main Lounge
6:45	<input type="checkbox"/>	Rolling Hills Hike 2 Miles (T,F) Main Lounge
7:00	<input type="checkbox"/>	Sunrise Yoga (T) Montaña
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	<input type="checkbox"/>	Meditation (Su,T,W,Th,F) Milagro
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
10:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Cardio Boxing (T) Kuchumaa
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (T,F) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
	* <input type="checkbox"/>	TRX Plus (T) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	Gyrokinesis® (Su-F) Pinetree
	<input type="checkbox"/>	Ranch Ropes 30 mins (T) Olmeca
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	<input type="checkbox"/>	The Wave (Su,T,W,Th) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
1:00	<input type="checkbox"/>	The Science of Stress, with Erica Oberg, ND, MPH Olmeca
	<input type="checkbox"/>	“Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	12 Step Program – Guests conduct Maya Lounge
2:00	<input type="checkbox"/>	Amplitude4Life: An exercise program for Neurological and Movement Disorders (T,F) Olmeca
	* <input type="checkbox"/>	Cardio Drum Dance (Su,T) Kuchumaa
	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,T) Oaktree
	* <input type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio
	<input type="checkbox"/>	Collage, with Jennifer Brandt 90 mins Sign up Art Studio
	<input type="checkbox"/>	Inner Fitness: Emotional Fluency – Permission to Feel, with Leza Danly, Life Coach Arroyo
3:00	<input type="checkbox"/>	Chi Walking (Su,T,Th) Meet outside of Kuchumaa Gym
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,T,Th) Oaktree
	<input type="checkbox"/>	Kettlebell (T,Th) Tolteca
	* <input type="checkbox"/>	World Drumming (T) Kuchumaa
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,W) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,T,Th) Oaktree
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Roll and Release please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Palma Bellinghieri. Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
5:00	<input type="checkbox"/>	Sing-along with Pamela Rose, Kristen Strom and Scott Sorkin Main Lounge
7:15	<input type="checkbox"/>	Documentary: RBG Library Lounge
8:00	<input type="checkbox"/>	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

WEDNESDAY | November 6

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

6:05	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike 4 Miles, (T,W,Th,F) Main Lounge
6:30	<input type="checkbox"/>	Chi Running (M,W,F) Meet outside of Kuchumaa Gym
	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,W) Main Lounge
9:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su,T,W,Th,F) Milagro
	* <input type="checkbox"/>	Pickleball: Beginners (Su,W,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Chair Exercise Workout (W) Olmeca
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Zumba (W) Kuchumaa
	* <input type="checkbox"/>	Pickleball: Intermediate (Su,W,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
	<input type="checkbox"/>	Landscape Garden Walk (W) Gazebo
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Hip Hop Rhythm Ride - All Levels 30 mins (W) Pai Pai
	<input type="checkbox"/>	Kundalini Yoga Positive Mind Kriya for Achievement: All Levels 75 mins (W) Montaña
	<input type="checkbox"/>	Gyrokinesis® (Su-F) Pinetree
	<input type="checkbox"/>	Obstacle Course Training (M,W) Meet outside of Kuchumaa Gym
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	RLP Heat: Yoga Sculpt: Level 2 (W) Olmeca
	<input type="checkbox"/>	The Wave (Su,T,W,Th) Activity Pool
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su,W) Pilates Studio
1:00	<input type="checkbox"/>	How We Eat vs. What We Eat, with Erica Oberg, ND, MPH Olmeca
2:00	<input type="checkbox"/>	Bosu Balance (W) Olmeca
	<input type="checkbox"/>	Dance: Step Aerobics (W) Kuchumaa
	<input type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool
	* <input type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio
	<input type="checkbox"/>	Woodlands Hike 2 Miles (W) Main Lounge
	<input type="checkbox"/>	Sculpting Class, with José Ignacio Castañeda Sign up, 1.5 hrs Art Studio
	<input type="checkbox"/>	Inner Fitness: Powerful You – Ownership and Responsibility, with Leza Danly Arroyo
3:00	<input type="checkbox"/>	Booty Blast (W) Olmeca
	<input type="checkbox"/>	The Healing Power of Sound with Lester Garfinkel, MD, FACP (M,W,F) Oaktree
	* <input type="checkbox"/>	TRX: Flexibility (W,F) Tolteca
	* <input type="checkbox"/>	Yoga Workshop: Rope Wall (W) Montaña
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,W) Kuchumaa
	<input type="checkbox"/>	Kundalini Meditation: Prevent Memory Loss and Create A Calm Mind (seated) (W) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Palma Bellinghieri.. Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	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	<input type="checkbox"/>	Writing a Personal Identity, with Bob Deans Library Lounge
7:15	<input type="checkbox"/>	Movie: Everybody Loves Somebody Library Lounge
8:00	<input type="checkbox"/>	Concert with Peter Yarrow Oaktree

THURSDAY | November 7

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M,Th) Main Lounge
6:10	<input type="checkbox"/>	8-Mile Mount Kuchumaa Extreme Hike , Advanced with prerequisites, Sign Up (Th) Main Lounge
	<input type="checkbox"/>	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	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su,T,W,Th,F) Milagro
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
	<input type="checkbox"/>	Mexican Silver Jewelry Trunk Show (9 am to 6 pm) Mercado
10:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Chair Striptease (Th) Kuchumaa
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
	* <input type="checkbox"/>	TRX Fundamentals (Su, Th) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® (Su-F) Pinetree
	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	* <input type="checkbox"/>	The Bounce 30 mins (Tu,Th) Kuchumaa
	<input type="checkbox"/>	The Wave (Su,T,W,Th) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
	<input type="checkbox"/>	Soft Mosaic Workshop, Session 1, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
12:30	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
	<input type="checkbox"/>	Yarn Painting Demo Dining Hall
1:00	<input type="checkbox"/>	Nutrition 201, with Erica Oberg, ND, MPH Olmeca
	<input type="checkbox"/>	“Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	Soft Mosaic Workshop, Session 2, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
2:00	* <input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Dance: Country Line! (Th) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	Pilates Cadillac: Level 2 (Th) Pilates Studio
	<input type="checkbox"/>	Postural Therapy: Spine, Shoulders, Neck and Head (Th) Tolteca
	<input type="checkbox"/>	Open Art Studio, with Jennifer Brandt 90 mins Art Studio
	<input type="checkbox"/>	Inner Fitness: Create Your Best Life/ Leza Danly Arroyo
3:00	<input type="checkbox"/>	Chi Walking (Su,T,Th) Meet outside of Kuchumaa Gym
	<input type="checkbox"/>	Kettlebell (T,Th) Tolteca
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Ranch Barre (Th) Olmeca
	<input type="checkbox"/>	Sound Healing (Su,T,Th) Oaktree
	<input type="checkbox"/>	Yoga Philosophy:Part I (Th,F) Arroyo
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (Th also F at 11a) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,T,Th) Oaktree
	<input type="checkbox"/>	Roll and Release Please wear socks (Su,Th) Tolteca
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Palma Bellinghieri. Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
4:30	<input type="checkbox"/>	Art Exhibition with Jennifer Brandt, José Ignacio Castañeda, and Tim Hinchliff (4:30 to 6:00 pm) Bazar del Sol
6:15	<input type="checkbox"/>	Silent Dinner Sign up (Th) Los Olivos
7:15	<input type="checkbox"/>	Movie: Loving Leah Library Lounge
8:00	<input type="checkbox"/>	Bingo with Barry! Olmeca

FRIDAY | November 8

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

6:05	<input type="checkbox"/>	Mountain Hike: Ember of the Valley Challenging 4 Miles (T,F) Main Lounge
6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, (T,W,Th,F) Main Lounge. Option: Stay on for Cultivating a Healthy Microbiome, with Chef Denise Roa & Lindsey Hethcote at LCQC 8 to 10 am /fee/requires sign up at Ext 625.
6:30	<input type="checkbox"/>	Chi Running (M,W,F) Meet outside of Kuchumaa Gym
	<input type="checkbox"/>	Silent Mountain Meditation Hike: Alex Oak 2 Miles (F) Main Lounge
6:45	<input type="checkbox"/>	Rolling Hills Hike 2 Miles (T,F) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M F) Gazebo
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su,T,W,Th,F) Milagro
	* <input type="checkbox"/>	Pickleball: Beginners (Su,W,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pump It: Level 2 (M,F) Tolteca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Dance: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	* <input type="checkbox"/>	Pickleball: Intermediate (Su,W,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (T,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,F) Olmeca
	<input type="checkbox"/>	TRX Cardio: Level 2 (F) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (F) Kuchumaa
	<input type="checkbox"/>	Aqua Strength & Tone (M,F,) Activity Pool
	* <input type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Gyrokinesis® (Su-F) Pinetree
	<input type="checkbox"/>	Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	Ranch Ropes Plus 30 mins (F) Olmeca
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
11:30	<input type="checkbox"/>	Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff Meet at Dining Room entrance
1:00	<input type="checkbox"/>	How to Live Your Ranch Experience at Home (Th) Library Lounge
	<input type="checkbox"/>	Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
2:00	<input type="checkbox"/>	Amplitude4Life: An exercise program for Neurological and Movement Disorders (T,F) Olmeca
	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
	* <input type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio
3:00	<input type="checkbox"/>	Core Challenge 30 mins (Su,F) Olmeca
	<input type="checkbox"/>	The Healing Power of Sound with Lester Garfinkel, MD, FACP (M,W,F) Oaktree
	* <input type="checkbox"/>	TRX: Flexibility (W,F) Tolteca
	<input type="checkbox"/>	Yoga Philosophy:Part II (Th,F) Arroyo
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input type="checkbox"/>	Kundalini Meditation for an Open the Heart and Gratitude (seated) (F) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
5:30	<input type="checkbox"/>	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	<input type="checkbox"/>	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.