

Gyrokinesis® Week & Trail Running Week November 9, 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 9

- 6:05 **Mountain Hike: Professor's** Challenging 3.3 Miles Main Lounge
- 6:45 **Woodlands Hike** 2 Miles Main Lounge
- 9:00 **Stretch** Oaktree
- 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 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Main Lounge
- 3:00 **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
 Stretch Pinetree
- 3:45 **Set Your Ranch Intention, Tips for a Magical Week**
Return and First Time Guests welcome, Library Lounge
- 4:00 **Open Weight Room** Staffed Azteca
- 4:30 **Ranch Tour** (30 mins) First Time Guests encouraged
Starts in Main Lounge
- 5:00 **First Time Guest Ranch Orientation** Tolteca
 Returning Guest Update Olmeca
- 6:45 **Meet the Presenters** Dining Hall
- 7:15 **Movie: A Star is Born** Library Lounge
- 8:00 **How to Unlock Your Purpose: Find Meaning. Live Longer, Better, with Richard Leider** 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 | November 10

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

- 6:00 **Trail Run: Pilgrim** Challenging 4 Miles (Su) Main Lounge
- 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
- 8:15 **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00 **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
* **Introduction to Circuit Training** (Su) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Meditation (Su,T,W,Th,F) Milagro
* **Pickleball: Beginners** (Su,W,F) 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,F) Pickleball Courts
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Trail Running Clinic: Run Form (Su) Meet outside of Kuchumaa Gym
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** 75 mins(Su-F) Pinetree
 Ranch Barre (Su) Olmeca
 RLP Heat: Cardio Kickboxing: Level 2 (Su) Kuchumaa
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,W,Th,) 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,M,Tu,Th,F) Montaña
- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00 **What is Craniosacral Therapy and Energy Medicine?** with Michael Brightwood Library Lounge
 Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree
 WATSU® WaterDance® Demonstration (S) South Pool
- 1:30 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
- 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
 Reimagining Your Life: Discovering Your New Life Possibilities, with Richard Leider Arroyo
- 3:00 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability ball (Su) Olmeca
 Tai Chi (Su,M) Montaña
 Light, Camera, Action – Photography with Tom Birmingham Meet at Gazebo
- 4:00 * **Blissed Out Aerial Restoration / Yoga (All Level)** please wear socks and sleeves (Su,M,T) Kuchumaa
 Foam Roller please wear socks (Su,T,Th) Tolteca
 Inner Journey: Guided Meditation (Su,M,) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Library Lounge
- 5:00 **Concert Footage of Genesis and Phil Collins, with Daryl Stuermer** Olmeca
- 7:15 **Movie: Mary Poppins Returns** Library Lounge
- 8:00 **Collaborative Art in Nature, with Ben Allano** Olmeca

MONDAY | November 11

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

- 6:00 **Trail Run: Professor's** Challenging 3..3 Miles (Su,Th) Main Lounge
- 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,Th) Tennis Courts
 Collaborative Art in Nature – Hands On, with Ben Allano Meet outside Kuchumaa Gym to walk to the oak grove
- 10:00 * **Circuit Training** (M-F) Azteca
 Dance: Hot Latin Cardio Fusion (M) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
 Trail Running Clinic: Uphill Skills (M) Meet outside of Kuchumaa Gym
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Aqua Strength & Tone** (M,F) Activity Pool
 Athlete Action: Level 2 (M) Tolteca
* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® 75 mins(Su-F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
- 1:00 **The Keys to Vitality at Every Age, with Iris Gold, OMD, L.Ac** Olmeca
 Drawing, with Jennifer Brandt 90 mins Sign up Art Studio
 Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge
- 2:00 **Balance & Co-ordination** (M) Olmeca
 Dance: Cardio Hip Hop: Body Rock (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 H2O Bootcamp (M,W) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Posture in Motion (W) Tolteca
 Reimagining Your Work: Uncovering Your Calling, with Richard Leider Arroyo
- 3:00 **Chair Exercise Workout** (M) Olmeca
 Functional Mobility (M) Tolteca
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,M) Montaña
 Treadmill Hiking 30 mins (M) Azteca
 Español /Spanish 101 Progressive (M- F) Library
 Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio
 Location, Location, Location – Photography with Tom Birmingham Meet at Gazebo
- 4:00 * **Blissed Out Aerial Restoration / Yoga (All Level)** please wear socks and sleeves (Su,M,T) Kuchumaa
 Inner Journey: Guided Meditation (Su,M) Oaktree
 Stretch & Relax (M,W,F) Montaña
 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 | November 12

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

- 6:00 **Trail Run: : Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 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 tour Professor Park / RLP Foundation after (T only back by 9am) (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
 Meditation (Su,T,W,Th,F) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,T,Th) Tennis Courts
 Collaborative Art in Nature – Hands On, with Ben Allano Meet outside Kuchumaa Gym to walk to the oak grove
- 10:00 * **Circuit Training** (M-F) Azteca
 Cardio Boxing (T) Kuchumaa
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
 Trail Running Clinic: Downhill Skills (T) Meet outside of Kuchumaa Gym
* **TRX Plus** (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 * **The Bounce** 30 mins (T,Th) Kuchumaa
 Gyrokinesis® 75 mins(Su-F) Pinetree
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,W,Th) Activity Pool
 Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
- 12:00 **Juice it up! 30 min demo with Alejandra and Yazmin**
Juice Bar **OK this week only 11/12**
- 1:00 **Take Control of Stress, Eat to Cool Inflammation and Get Better Sleep, with Iris Gold, OMD, L.Ac.** 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 * **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
 Collage, with Jennifer Brandt 90 mins Sign up Art Studio
 Repacking Your Bags: Lighten Your Load for the Good Life, with Richard Leider Arroyo
- 3:00 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Kettlebell 30 mins (T,Th) Tolteca
* **World Drumming** (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
 Photography Walk, with Tom Birmingham Gazebo
- 4:00 * **Blissed Out Aerial Restoration / Yoga (All Level)** please wear socks and sleeves (Su,M,T) Kuchumaa
 Foam Roller please wear socks (Su,T,Th) Tolteca
 The Fine Art of Meditation (T) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Joey Altman. Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Design Your Own Jewelry, with Alejandro Sign up 60mins Art Studio
- 7:15 **Documentary: RBG** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca

WEDNESDAY | November 13

* 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
 Trail Run: Organic Garden Breakfast Hike 4 miles, Sign up Main Lounge
- 6:45** **Woodlands Hike** 2 Miles (Su,W) Main Lounge
- 9:00** * **Circuit Training** (M-F) Azteca
 Meditation (Su,T,W,Th,F) Milagro
 Pickleball: Beginners (Su,W,F) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Collaborative Art in Nature – Hands On, with Ben Allanof Meet outside Kuchumaa Gym to walk to the oak grove
 Acrylic, Torn Paper Collage, Watercolor, with Erin Gafill Art Studio
- 10:00** **Chair Exercise Workout** (W) Olmeca
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Body Rock (W) Kuchumaa
 Pickleball: Intermediate (Su,W,F) Pickleball Courts
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
 Landscape Garden Walk (W) Gazebo
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** * **Aerial / Functional Strength and Stretch (Level 1-2)** please wear socks and sleeves (W,F) Kuchumaa
 Hip Hop Rhythm Ride - All Levels 30 mins (W) Pai Pai
 Kundalini Yoga: To Open the Ten Yogic Bodies (lecture, yoga, meditations): All Levels 75 mins (W) Montaña
 Gyrokinesis@ 75 mins(Su-F) Pinetree
 Release & Mobilize please wear socks (M,W,F) Oaktree
 RLP Heat: Yoga Sculpt: Level 2 (W) Olmeca
 The Wave (Su,T,W,Th) Activity Pool
- 1:00** **Balance Your Hormones: Say Bye to Brain Fog, the Blues, and Be Happy!** with Iris Gold, OMD, L.Ac. Olmeca
- 2:00** **Stand Tall—Live Longer: Secrets for Improved Posture, with Steven Katz, DC** Olmeca
 Dance: Zumba (W) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
 Pilates Reformer: Level 2 (Su,W) Pilates Studio
 Woodlands Hike 2 Miles (W) Main Lounge
 Sculpting Class, with José Ignacio Castañeda Sign up, 1.5 hrs Art Studio
- 3:00** **Ranch Barre** (W) Olmeca
 Sound Healing (Su-F) Oaktree
 TRX: Flexibility (W,F) Tolteca
 Yoga Workshop: Rope Wall (W) Montaña
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** **Kundalini Meditation: Prevent Memory Loss and Create A Calm Mind (seated)** (W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Joey Altman. 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
 Design Your Own Jewelry, with Alejandro Sign up 90 mins Art Studio
- 7:15** **Movie: Everybody Loves Somebody** Library Lounge
- 8:00** **Awaken the Artist Within, with Erin Gafill** Olmeca

THURSDAY | November 14

! Confirm your return transportation at Front Admin Building or Concierge

- 6:00** **Trail Run: Professor's** Challenging 3..3 Miles (Su,Th) Main Lounge
- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:10** **8-Mile Mount Kuchumaa Extreme Hike.** Advanced with prerequisites, Sign Up (Th) Main Lounge
 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
- 7:00** **Kundalini Yoga / Meditation Practice, Gentle (stretch, chant, meditate, breathwork)** (Su) Montaña
- 9:00** **BOSU@ Fit** (T,Th) Olmeca
 Circuit Training (M-F) Azteca
 Meditation (Su,T,W,Th,F) Milagro
 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
 Collaborative Art in Nature – Hands On, with Ben Allanof Meet outside Kuchumaa Gym to walk to the oak grove
 Awaken the Artist Within
 Acrylic, Torn Paper Collage, Watercolor, with Erin Gafill Art Studio
- 10:00** * **Circuit Training** (M-F) Azteca
 Dance: Striptease (Th) Kuchumaa
 Pilates Mat: Level 2 (Su,T,W,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (M,T,Th) Tennis Courts
 Trail Running Clinic: Mastering the Ups and Downs (Th) Meet outside of Kuchumaa Gym
 TRX Fundamentals (Su, Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Gyrokinesis@ 75 mins**(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,W,Th) Activity Pool
 Yoga: Level 2 75 mins (Su,M,Tu,Th,F) Montaña
 Soft Mosaic Workshop, Session 1, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
- 12:30** **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
 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, Session 2, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
- 2:00** * **Aerial Play - Tricks and Inversions (Level 2-3)** please wear socks and sleeves (Th,F) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water Training (Su,T,Th) Activity Pool
 Pilates Cadillac: Level 2 (Th) Pilates Studio
 Postural Therapy: Spine, Shoulders, Neck and Head (Th) Tolteca
 Open Art Studio, with Jennifer Brandt 90 mins Art Studio
- 3:00** **Booty Blast** 30 mins (Th) Olmeca
 Kettlebell 30 mins (T,Th) Tolteca
 Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** * **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (Th also F at 11a) Kuchumaa
 Chant (Th) Oaktree
 Foam Roller Please wear socks (Su,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Joey Altman. Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30** **Art Exhibition with Jennifer Brandt, José Ignacio Castañeda, and Tim Hinchliff** (4:30 to 6:00 pm) Bazar del Sol
- 6:15** **Silent Dinner** Sign up (Th) Los Olivos
- 7:15** **Movie: Loving Leah** Library Lounge
- 8:00** **Solo Concert: Up Close with Daryl Stuermer** Oaktree

FRIDAY | November 15

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

- 6:00** **Trail Run: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 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, (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,T,W,Th,F) Milagro
 Pickleball: Beginners (Su,W,F) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
 Acrylic, Torn Paper Collage, Watercolor, with Erin Gafill Art Studio
- 10:00** **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa
 Deep Water Training (Su,T,Th) Activity Pool
 Circuit Training (M-F) Azteca
 Pickleball: Intermediate (Su,W,F) Pickleball Courts
 Pilates Arc Barrel: Level 2 (M .F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 TRX Cardio: Level 2 (F) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** * **Aerial / Functional Strength and Stretch (Level 1-2)** please wear socks and sleeves (W,F) Kuchumaa
 Aqua Strength & Tone (M,F,) Activity Pool
 Cycle 30: All Levels 30 mins (M,F) Pai Pai
 Gyrokinesis@ 75 mins(Su-F) Pinetree
 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
 Ranch Ropes Plus 30 mins (F) Olmeca
 Yoga: Level 2 75 mins (Su,M,Tu,Th,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!** (F) Kuchumaa
 Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
 Pilates Twenty / 20 (T,F) Pilates Studio
 Music Inspiration, with Daryl Stuermer Oaktree
- 3:00** **Core Challenge** 30 mins (F) Olmeca
 Sound Healing (Su-F) Oaktree
 TRX: Flexibility (W,F) Tolteca
 Español /Spanish 101 Progressive (M- F) Library
- 4:00** * **Aerial Play - Tricks and Inversions (Level 2-3)** please wear socks and sleeves (W,F) Kuchumaa
 Kundalini Meditation for an Open the Heart and Gratitude (seated) (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.