

Iyengar Yoga Week November 16, 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 16

- 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
- 10:00 **Core Challenge** 30 mins Olmeca
- Meditation** 30 mins Milagro
- 11:00 **RLP Heat: Barre** 60 mins Olmeca
- Yoga: All Levels** Montaña
- 11:45 – 1:45 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 1:300 **Mountain Hike: Alex's Oak** 2 Miles Main Lounge
- 2:00 **Sound Healing** Oaktree
- * **Pickleball: Beginners** All Levels Pickleball Courts
- 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 **Making Sense of Mindfulness: An Introduction, with Keith Macpherson** 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 17

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

- 6:05 **Mountain Hike: Pilgrim** Advanced Option of 5 or Challenging 4 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) Milagro
- Running Clinic** (Su) Meet outside Kuchumaa Gym
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (Su,T,W) Tennis Courts
- I Can't Draw and You Can Too! Session 1, with Tom Birmingham** Art Studio
- 10:00 **Dance: Intro. to Salsa!** (M) Kuchumaa
- * **Introduction to Circuit Training** (Su) Azteca
- * **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Tennis Clinic: Level 2** (Su,T,W) Tennis Courts
- * **TRX Fundamentals** (Su,Th) Tolteca
- Yoga: Level 2** (Su-F) Montaña
- 11:00 **Iyengar Yoga: All Levels2** 75 mins (Su,-F) Montaña
- Pilates Mat: Level 2** (Su,T,W,Th) Pinetree
- Ranch Barre** (Su) Olmeca
- RLP Heat: Cardio Muscle Blast: Level 2** (Su) Azteca
- 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
- What is Craniosacral Therapy and Energy Medicine?** with Michael Brightwood Library Lounge
- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00 **Retain/Re-claim a Clear, Creative, Vibrant Mind – The Challenge and The Map, with Leni Felton, Clinical Nutritionist** Olmeca
- Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood** Oaktree
- WATSU® WaterDance® Demonstration** (S) South Pool
- How to Use Essential Oils for Health and Beauty, with Tara Grodjesk** 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
- Posture in Motion** (Su) meet outside Kuchumaa Gym
- Mindfulness: Everything Begins as an Inner Dream, with Keith Macpherson** 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
- Stitch 'n Bitch with Erin Gafill** Main Lounge
- Ayurveda: Balance, The key to health/ Carla Levy, CAS** Arroyo
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T) Kuchumaa
- Foam Roller** please wear socks (Su,T,Th) Tolteca
- Inner Journey: Guided Meditation** (Su,M,) Oaktree
- Restorative Yoga** (Su,T,Th) Montaña
- Mexico Past and Present, with José Guadalupe Flores, 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 **Coming Home to Yourself: Knowing your Story, with Jeannie DuBose, M.S.** Olmeca

MONDAY | November 18

* 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
- * **Pickleball: Beginners** (M,Th,F) Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It: Level 2** (M,F) Tolteca
- Stretch** (Su-F) Montaña
- I Can't Draw and You Can Too! Session 2, with Tom Birmingham** Art Studio
- 10:00 * **Circuit Training** (M-F) Azteca
- Dance: Country Line** (M) Kuchumaa
- Gyrokinesis®** (M,T,W,Th) Pinetree
- * **Pickleball: Intermediate** (M,Th,F) Pickleball Courts
- Sculpt & Strengthen: Level 1** (M,F) Olmeca
- Yoga: Level 2** (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
- Iyengar Yoga: All Levels2** 75 mins (Su,-F) Montaña
- Nature Walk** 60-75 mins (M,Th) Gazebo
- Pilates Arc Barrel: Level 2** (M,F) Pinetree
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Self Care = Health Care. Ayurvedic simple powerful and effective strategies to maintain vitality and health, with Carla Levy, CAS** Arroyo
- 12:00 **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- Gyrotonic Tower Demo** 30 mins (M) Pilates Studio
- 1:00 "A Body and Mind Unburdened" and "The Activity of Sleep," with Leni Felton, Clinical Nutritionist 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
- How to Maintain Your Skin's Radiance and Vibrancy at Any Age, with Tara Grodjesk** Arroyo
- 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
- Mindfulness: Expose the Saboteur, with Keith Macpherson** 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
- Stitch 'n Bitch with Erin Gafill** Main Lounge
- Inner Journey: Guided Meditation** (Su,M) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Is the Ranch 1 or 2 day Juice Fast Good for Me? 30 minutes** Regina Montalvo, MS, Lac Library Lounge
- 4:30 **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 19

* 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, 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) Milagro
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (Su,T,W) Tennis Courts
- I Can't Draw and You Can Too! Session 3 ,with Tom Birmingham** Art Studio
- 10:00 * **Circuit Training** (M-F) Azteca
- Dance: Zumba** (T) Kuchumaa
- Gyrokinesis®** (M,T,W,Th) Pinetree
- * **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Tennis Clinic: Level 2** (Su,T,W) Tennis Courts
- * **TRX Plus** (T) Tolteca
- Yoga: Level 2** (Su-F) Montaña
- 11:00 * **The Bounce** 30 mins (T,F) Kuchumaa
- Iyengar Yoga: All Levels2** 75 mins (Su,-F) Montaña
- Pilates Mat: Level 2** (Su,T,W,Th) Pinetree
- Ranch Ropes** 30 mins (T) Olmeca
- Stretch** (Su,T,Th) Oaktree
- The Wave** (Su,T,W,Th) Activity Pool
- 1:00 **Energy and Mental Clarity: they have their roots in food, with Leni Felton, Clinical Nutritionist** 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
- The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D.** Library 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
- Mindfulness: Open Your Mind, with Keith Macpherson** Arroyo
- Collage, with Jennifer Brandt** 90 mins Sign up Art Studio
- 3:00 **Core Challenge** 30 mins (T,F) Olmeca
- * **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
- Stitch 'n Bitch with Erin Gafill** Main Lounge
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,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 Sandra Gutierrez.** 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
- 5:00 **Exploring The Mother-Daughter Relationship, with Jeannie DuBose, MS** Arroyo
- 7:15 **Documentary: RBG** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca

WEDNESDAY | November 20

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

- 6:05 **Mountain Hike: Pilgrim** Advanced Option of 5 or Challenging 4 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 **Cardio Boxing** (W) Kuchumaa
- * **Circuit Training** (M-F) Azteca
- Meditation** (Su,T,W,Th) Milagro
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (Su,T,W) Tennis Courts
- 10:00 **Chair Exercise Workout** (W) Olmeca
- * **Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk** (W) Kuchumaa
- Gyrokinesis®** (M,T,W,Th) Pinetree
- Landscape Garden Walk** (W) Gazebo
- Tennis Clinic: Level 2** (Su,T,W) Tennis Courts
- Yoga: Level 2** (Su-F) Montaña
- 11:00 * **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (W,Th) Kuchumaa
- Pilates Mat: Level 2** (Su,T,W,Th) Pinetree
- * **Hip Hop Rhythm Ride - All Levels** 30 mins (W) Pai Pai
- Iyengar Yoga: All Levels** 2 75 mins (Su,-F) Montaña
- 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 **The Gut-Brain Connection & Bio-Compatible Living, with Leni Felton, Clinical Nutritionist** Olmeca
- 2:00 **Dance: Zumba** (W) Kuchumaa
- H2O Bootcamp** (M,W) Activity Pool
- * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- Postural Therapy: The foundation- feet, legs, and pelvis** (W) Tolteca
- 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 Sandra Gutierrez.** 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
- Tending the Fire: The Story of a Marriage, with Jeannie DuBose, MS** Arroyo
- 7:15 **Movie: Everybody Loves Somebody** Library Lounge
- 8:00 **Awaken the Artist Within, with Erin Gaffill** Olmeca

THURSDAY | November 21

! 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 **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)** (Th) Montaña
- 9:00 **BOSU® Fit** (T,Th) Olmeca
- * **Circuit Training** (M-F) Azteca
- Meditation** (Su,T,W,Th) Milagro
- * **Pickleball: Beginners** (M,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
- Gyrokinesis®** (M,T,W,Th) Pinetree
- * **Pickleball: Intermediate** (M,Th,F) Pickleball Courts
- * **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- * **TRX Fundamentals** (Su, Th) Tolteca
- Yoga: Level 2** (Su-F) Montaña
- 11:00 * **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (W,Th) Kuchumaa
- Iyengar Yoga: All Levels** 2 75 mins (Su,-F) Montaña
- Nature Walk** 60-75 mins (M,Th) Gazebo
- Pilates Mat: Level 2** (Su,T,W,Th) Pinetree
- Stretch** (Su,T,Th) Oaktree
- The Wave** (Su,T,W,Th) Activity Pool
- 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 **Just Move! Body & Brain Training, with Leni Felton, Clinical Nutritionist** 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
- 2:00 * **Aerial Play - Tricks and Inversions (Level 2-3)** please wear socks and sleeves (Th,F) Kuchumaa
- Bosu Balance** (Th) Olmeca
- * **Circuit Training** (T,Th) Azteca
- Dance: Country Line!** (Th) Kuchumaa
- * **Deep Water Training** (Su,T,Th) Activity Pool
- * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
- 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 **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 Sandra Gutierrez.** Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- 4:30 **Art Exhibition with Tim Hinchliff – Hors d'oeuvres - All invited** (4:30 to 6:00 pm) Bazar del Sol
- 5:00 **The Spirituality of Aging, with Jeannie DuBose, MS** Arroyo
- 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 22

! 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, (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
- * **Pickleball: Beginners** (M,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
- * **Pickleball: Intermediate** (M,Th,F) Pickleball Courts
- Sculpt & Strengthen: Level 1** (M,F) Olmeca
- TRX Cardio: Level 2** (F) Tolteca
- Yoga: Level 2** (Su-F) Montaña
- 11:00 **Aqua Strength & Tone** (M,F,) Activity Pool
- * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
- Iyengar Yoga: All Levels** 2 75 mins (Su,-F) Montaña
- Pilates Arc Barrel: Level 2** (M,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
- * **The Bounce** 30 mins (Tu,F) Kuchumaa
- 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** (F) Library Lounge
- Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee) Main Lounge
- Putting it all Together, with Leni Felton, Clinical Nutritionist** Olmeca
- 2:00 **Dance: Step Aerobics!** (F) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- * **Pilates Twenty / 20** (T,F) Pilates Studio
- Postural Therapy: Spine, Shoulders, Neck and Head** (F) Tolteca
- Music Inspiration, with Daryl Stuermer** Oaktree
- Challenge" and "The Map," with Leni Felton, Clinical Nutritionist** Olmeca
- 3:00 **Core Challenge** 30 mins (T,F) Olmeca
- Sound Healing** (Su-F) Oaktree
- * **TRX: Flexibility** (W,F) Tolteca
- Español /Spanish 101** Progressive (M- F) Library
- 4:00 **Kundalini Meditation for an Open the Heart and Gratitude (seated)** (F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- 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.