

Gyrokinesis® Week  
November 23, 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 23

6:05	<input type="checkbox"/>	<b>Mountain Hike: Professor's</b> Challenging 3.3 Miles Main Lounge
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles Main Lounge
9:00	<input checked="" type="checkbox"/>	<b>Pickleball:</b> All Levels Pickleball Courts
	<input type="checkbox"/>	<b>Stretch</b> Oaktree
10:00	<input type="checkbox"/>	<b>Circuit Training</b> Azteca
	<input type="checkbox"/>	<b>Meditation</b> 30 mins Milagro
11:00	<input type="checkbox"/>	<b>RLP Heat: Barre</b> 60 mins Olmeca
	<input type="checkbox"/>	<b>Yoga: All Levels</b> Montaña
11:45 – 1:45		<b>Fitness Concierge</b> Dining Hall A fitness specialist is available to answer all questions
1:30	<input type="checkbox"/>	<b>Mountain Hike: Alex's Oak</b> 2 Miles Main Lounge
2:00	<input type="checkbox"/>	<b>Sound Healing</b> Oaktree
	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles Main Lounge
3:00	<input type="checkbox"/>	<b>Navigator: Balancing your Ranch Schedule</b> (60 mins) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> Pinetree
3:45	<input type="checkbox"/>	<b>Set Your Ranch Intention, Tips for a Magical Week</b> Return and First Time Guests welcome, Library Lounge
4:00	<input type="checkbox"/>	<b>Open Weight Room</b> Staffed Azteca
4:30	<input type="checkbox"/>	<b>Ranch Tour</b> (30 mins) First Time Guests encouraged Starts in Main Lounge
5:00	<input type="checkbox"/>	<b>First Time Guest Ranch Orientation</b> Tolteca
	<input type="checkbox"/>	<b>Returning Guest Update</b> Olmeca
6:45	<input type="checkbox"/>	<b>Meet the Presenters</b> Dining Hall
7:15	<input type="checkbox"/>	<b>Movie: A Star is Born</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Inner Fitness: The BIG SHIFT - Mindfulness and Relationships</b> , with Linda Carroll Oaktree

MEAL HOURS	
<b>SATURDAY</b>	
Breakfast	7:00 am to 9:00 am
Lunch	11:30 am to 3:30 pm
Dinner	5:30 pm to 7:30 pm
<b>SUNDAY THROUGH FRIDAY</b>	
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	
<b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm	
<b>Activity Pool - Lap Swim</b> 7:00 am to 6:00 pm	
<b>Azteca Gym - Weight Room</b> 7:00 am to 12:00 pm & 2:00 pm to 4:00 pm	
<b>UNSTAFFED PICK UP GAMES</b>	
<b>Pickleball</b> 9 am Su,T,Th,S	
<b>Sand Volleyball</b> 4 pm Su - F	

SUNDAY | November 24

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Pilgrim</b> Advanced Option of 5 or Challenging 4 Miles (Su,W) Main Lounge
6:30	<input type="checkbox"/>	<b>Mountain Hike: Alex's Oak</b> 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
8:15	<input type="checkbox"/>	<b>Fitness Concierge</b> 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	<b>Introduction to Pilates Mat: Fundamentals</b> Progressive (Su) Pinetree
	<input checked="" type="checkbox"/>	<b>Introduction to Circuit Training</b> (Su) Azteca
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input type="checkbox"/>	<b>Meditation</b> (Su,T,W,Th,F) Milagro
	<input type="checkbox"/>	<b>Running Clinic</b> (Su) Meet outside Kuchumaa Gym
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 2</b> (Su,W) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (Su,T,W) Tennis Courts
10:00	<input type="checkbox"/>	<b>Dance: Intro. to Salsa!</b> (M) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Introduction to Circuit Training</b> (Su) Azteca
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,T,W,Th) Pinetree
	<input checked="" type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (Su,T,Th) Pai Pai
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (Su,T,W) Tennis Courts
	<input checked="" type="checkbox"/>	<b>TRX Fundamentals</b> (Su,Th) Tolteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input type="checkbox"/>	<b>Gyrokinesis®</b> 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	<b>Ranch Barre</b> (Su) Olmeca
	<input type="checkbox"/>	<b>RLP Heat: Cardio Kickboxing: Level 2</b> (Su) Azteca
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su,T,W,Th,) Activity Pool
	<input type="checkbox"/>	<b>TRX Circuit: Level 2</b> (Su) Tolteca
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
	<input type="checkbox"/>	<b>What is Craniosacral Therapy and Energy Medicine?</b> with Michael Brightwood Library Lounge
12:00	<input type="checkbox"/>	<b>Swim Stroke Clinic</b> 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	<b>Posture, Balance and Flexibility: Feldenkrais in action</b> , with Donna Wood Oaktree
	<input type="checkbox"/>	<b>WATSU® WaterDance® Demonstration</b> (S) South Pool
1:30	<input type="checkbox"/>	<b>Gyrotonic Tower Demo</b> 30 mins (M) Pilates Studio
2:00	<input checked="" type="checkbox"/>	<b>Cardio Drum Dance</b> (Su,T) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input checked="" type="checkbox"/>	<b>Pilates Reformer: Level 2</b> (Su,W) Pilates Studio
	<input type="checkbox"/>	<b>Inner Fitness: 5 Basic Skills in Communication (PAUSE)</b> , with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	<b>Functional Mobility</b> (Su) Tolteca
	<input checked="" type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/>	<b>Stability ball</b> (Su) Olmeca
	<input type="checkbox"/>	<b>Tai Chi</b> (Su,W) Montaña
4:00	<input checked="" type="checkbox"/>	<b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and sleeves (Su,M,T,F) Kuchumaa
	<input type="checkbox"/>	<b>Foam Roller</b> please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M,) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Mexico Past and Present</b> , with José Guadalupe Flores, Ph.D. Library Lounge
5:00	<input type="checkbox"/>	<b>PrayerSongProcess</b> , with Gary Malkin Oaktree
7:15	<input type="checkbox"/>	<b>Movie: Mary Poppins Returns</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Extreme Exposure</b> , with Leslie Zann Olmeca

MONDAY | November 25

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Professor's</b> Challenging 3.3 Miles (M,Th) Main Lounge
6:30	<input type="checkbox"/>	<b>Dove Meditation Hike</b> Moderate 1.2 miles (M,F) Main Lounge
6:45	<input type="checkbox"/>	<b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
8:00	<input type="checkbox"/>	<b>Breakfast with the Nutritionist -- Grab your breakfast &amp; meet with Linda Illingworth</b> Dining Room Patio, by fountain
9:00	<input type="checkbox"/>	<b>Bird Walk</b> (M,F) Gazebo
	<input checked="" type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Chant</b> (M) Milagro
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input checked="" type="checkbox"/>	<b>Pickleball: Beginners</b> (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Pump It: Level 2</b> (M,F) Tolteca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
10:00	<input checked="" type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Zumba</b> (M) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Pickleball: Intermediate</b> (M,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Arc Barrel: Level 2</b> (M,F) Pinetree
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 1</b> (M,F) Olmeca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input type="checkbox"/>	<b>Aqua Strength &amp; Tone</b> (M,F) Activity Pool
	<input type="checkbox"/>	<b>Athlete Action: Level 2</b> (M) Tolteca
	<input checked="" type="checkbox"/>	<b>Cycle 30: All Levels</b> 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	<b>Gyrokinesis®</b> 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	<b>Nature Walk</b> 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	<b>Release &amp; Mobilize</b> please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
12:00	<input type="checkbox"/>	<b>Juice it up!</b> 30 min demo with Alejandra and Yazmín Juice Bar
1:00	<input type="checkbox"/>	<b>Breaking up with Sugar</b> , with Linda Illingworth, RDN, CSSD Olmeca
	<input type="checkbox"/>	<b>Drawing, with Jennifer Brandt</b> 90 mins Sign up Art Studio
2:00	<input type="checkbox"/>	<b>Balance &amp; Co-ordination</b> (M) Olmeca
	<input type="checkbox"/>	<b>Dance: Move, Groove &amp; Funk</b> (M) Kuchumaa
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input type="checkbox"/>	<b>H2O Bootcamp</b> (M,W) Activity Pool
	<input checked="" type="checkbox"/>	<b>Pilates Cadillac Fundamentals</b> (M,Th) Pilates Studio
	<input type="checkbox"/>	<b>Inner Fitness: Neuroplasticity and the Five Essential Keys to Emotional Fitness</b> , with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	<b>Chair Exercise Workout</b> (M) Olmeca
	<input type="checkbox"/>	<b>Gyrokinesis® for Voice</b> (M,W) Pinetree
	<input type="checkbox"/>	<b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/>	<b>Treadmill Hiking</b> 30 mins (M) Azteca
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
	<input type="checkbox"/>	<b>Watercolor, with Jennifer Brandt</b> 90 mins Sign up Art Studio
	<input type="checkbox"/>	<b>Ranch Reset - Juice Cleanse</b> , with Regina Montalvo, MS, Lac Library Lounge
4:00	<input checked="" type="checkbox"/>	<b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and sleeves (Su,M,T,F) Kuchumaa
	<input type="checkbox"/>	<b>Core &amp; More on the Foam Roller</b> please wear socks (M,W) Tolteca
	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M) Oaktree
	<input type="checkbox"/>	<b>Stretch &amp; Relax</b> (M,W,F) Montaña
	<input type="checkbox"/>	<b>Fiesta at the Bazar!! All invited! Sangria and guacamole.</b> 60 mins Bazar del Sol
7:15	<input type="checkbox"/>	<b>Movie: Ride</b> Library Lounge
8:00	<input type="checkbox"/>	<b>An Evening with Deborah Szekely</b> , co-founder of Rancho La Puerta, with an informal question and answer session. Hosted by Barry Shingle, Program Director Oaktree

TUESDAY | November 26

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Ember of the Valley</b> Challenging 4 Miles (T,F) Main Lounge
6:10	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> 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"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
7:00	<input type="checkbox"/>	<b>Sunrise Yoga</b> (T) Montaña
9:00	<input type="checkbox"/>	<b>BOSU® Fit</b> (T,Th) Olmeca
	<input checked="" type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input type="checkbox"/>	<b>Meditation</b> (Su,T,W,Th,F) Milagro
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (Su,T,W) Tennis Courts
10:00	<input checked="" type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Cardio Hip Hop: Body Rock!</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,T,W,Th) Pinetree
	<input checked="" type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (Su,T,Th) Pai Pai
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (Su,T,W) Tennis Courts
	<input checked="" type="checkbox"/>	<b>TRX Plus</b> (T) Tolteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input checked="" type="checkbox"/>	<b>The Bounce</b> 30 mins (T,F) Kuchumaa
	<input type="checkbox"/>	<b>Gyrokinesis®</b> 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	<b>Ranch Ropes</b> 30 mins (T) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su,T,W,Th) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
1:00	<input type="checkbox"/>	<b>Managing Stress with Nutrition</b> , with Linda Illingworth, RDN, CSSD Olmeca
	<input type="checkbox"/>	<b>"Bean-to-Bar" Chocolate class – a delicious experience.</b> 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	<b>12 Step Program – Guests conduct</b> Maya Lounge
	<input type="checkbox"/>	<b>The Tree of Life: The Living Legacy of Edmond Szekely</b> , with Ludwig Max Fischer, Ph.D. Library Lounge
2:00	<input checked="" type="checkbox"/>	<b>Cardio Drum Dance</b> (Su,T) Kuchumaa
	<input type="checkbox"/>	<b>Circuit Training</b> (T,Th) Azteca
	<input checked="" type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input checked="" type="checkbox"/>	<b>Pilates Twenty / 20</b> (T,F) Pilates Studio
	<input type="checkbox"/>	<b>Collage, with Jennifer Brandt</b> 90 mins Sign up Art Studio
	<input type="checkbox"/>	<b>Inner Fitness: Powerful You</b> , with Linda Carroll Arroyo
3:00	<input type="checkbox"/>	<b>Core Challenge</b> 30 mins (T,F) Olmeca
	<input checked="" type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/>	<b>Kettlebell</b> 30 mins (T,Th) Tolteca
	<input checked="" type="checkbox"/>	<b>World Drumming</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input checked="" type="checkbox"/>	<b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and sleeves (Su,M,T,F) Kuchumaa
	<input type="checkbox"/>	<b>Foam Roller</b> please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	<b>The Fine Art of Meditation</b> (T) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chef Leslie Cerier.</b> Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	<b>Design Your Own Jewelry, with Alejandro</b> Sign up 60mins Art Studio
	<input type="checkbox"/>	<b>Outrageous Courage</b> , with Leslie Zann Olmeca
5:00	<input type="checkbox"/>	<b>PrayerSongProcess</b> , with Gary Malkin Oaktree
7:15	<input type="checkbox"/>	<b>Documentary: RBG</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Bingo with Barry!</b> Olmeca

WEDNESDAY | November 27

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Pilgrim</b> Advanced Option of 5 or Challenging 4 Miles (Su,W) Main Lounge
6:10	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> 4 Miles, (T,W,Th,F) Main Lounge
6:30	<input type="checkbox"/>	<b>Mountain Hike: Alex’s Oak</b> 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	<b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	<b>Cardio Boxing</b> (W) Kuchumaa
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Meditation</b> (Su,T,W,Th,F) Milagro
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 2</b> (Su,W) Olmeca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Tennis Clinic: Level 1</b> (Su,T,W) Tennis Courts
10:00	<input type="checkbox"/>	<b>Chair Exercise Workout</b> (W) Olmeca
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Zumba</b> (W) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,T,W,Th) Pinetree
	<input type="checkbox"/>	<b>Landscape Garden Walk</b> (W) Gazebo
	<input type="checkbox"/>	<b>Tennis Clinic: Level 2</b> (Su,T,W) Tennis Courts
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	* <input type="checkbox"/>	<b>Aerial Yoga: Hip Height Level 2</b> please wear socks and sleeves (W,Th) Kuchumaa
	<input type="checkbox"/>	<b>Gyrokinesis®</b> 75 mins (Su-F) Pinetree
	* <input type="checkbox"/>	<b>Hip Hop Rhythm Ride - All Levels</b> 30 mins (W) Pai Pai
	<input type="checkbox"/>	<b>Release &amp; Mobilize</b> please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	<b>RLP Heat: Yoga Sculpt: Level 2</b> (W) Olmeca
	<input type="checkbox"/>	<b>The Wave</b> (Su,T,W,Th) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
1:00	<input type="checkbox"/>	<b>Inner Fitness: Create Your Best Life, with Linda Carroll</b> Arroyo
2:00	<input type="checkbox"/>	<b>Dance: Swing</b> (W) Kuchumaa
	<input type="checkbox"/>	<b>H2O Bootcamp</b> (M,W) Activity Pool
	* <input type="checkbox"/>	<b>Pilates Reformer: Level 2</b> (Su,W) Pilates Studio
	<input type="checkbox"/>	<b>Postural Therapy:</b> The foundation- feet, legs, and pelvis (W) Tolteca
	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (W) Main Lounge
	<input type="checkbox"/>	<b>Sculpting Class, with José Ignacio Castañeda</b> Sign up, 1.5 hrs Art Studio
3:00	<input type="checkbox"/>	<b>Gyrokinesis® for Voice</b> (M,W) Pinetree
	<input type="checkbox"/>	<b>Ranch Barre</b> (W) Olmeca
	<input type="checkbox"/>	<b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/>	<b>Tai Chi</b> (Su,W) Montaña
	* <input type="checkbox"/>	<b>TRX: Flexibility</b> (W,F) Tolteca
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input type="checkbox"/>	<b>Core &amp; More on the Foam Roller</b> please wear socks (M,W) Tolteca
	<input type="checkbox"/>	<b>Kundalini Meditation: Prevent Memory Loss and Create A Calm Mind (seated)</b> (W) Oaktree
	<input type="checkbox"/>	<b>Stretch &amp; Relax</b> (M,W,F) Montaña
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chef Leslie Cerier.</b> Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	<b>Twelve Aphorisms of Edmond Szekely,and How They Can Change our Lives. Meet Professor Ludwig Max Fischer for wine and conversation</b> Bazar del Sol
	<input type="checkbox"/>	<b>Design Your Own Jewelry, with Alejandro</b> Sign up 90 mins Art Studio
	<input type="checkbox"/>	<b>Craft a Compelling Vision, with Leslie Zann</b> Olmeca
6:15	<input type="checkbox"/>	<b>Silent Dinner</b> Sign up (W) Los Olivos
7:15	<input type="checkbox"/>	<b>Movie: Everybody Loves Somebody</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Concert with Gary Malkin</b> Oaktree

THURSDAY | November 28

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	<b>Mountain Hike: Professor’s</b> Challenging 3.3 Miles (M,Th) Main Lounge
6:10	<input type="checkbox"/>	<b>8-Mile Mount Kuchumaa Extreme Hike</b> , Advanced with prerequisites, Sign Up (Th) Main Lounge
	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
6:30	<input type="checkbox"/>	<b>Silent Mountain Meditation Hike: Alex Oak</b> 2 Miles (Th) Main Lounge
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
9:00	<input type="checkbox"/>	<b>BOSU® Fit</b> (T,Th) Olmeca
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Meditation</b> (Su,T,W,Th,F) Milagro
	* <input type="checkbox"/>	<b>Pickleball: Beginners</b> (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Mexican Silver Jewelry Trunk Show (9 am to 6 pm)</b> Mercado
10:00	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Striptease</b> (Th) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,T,W,Th) Pinetree
	* <input type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (Su,T,Th) Pai Pai
	* <input type="checkbox"/>	<b>TRX Fundamentals</b> (Su, Th) Tolteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	* <input type="checkbox"/>	<b>Aerial Yoga: Hip Height Level 2</b> please wear socks and sleeves (W,Th) Kuchumaa
	<input type="checkbox"/>	<b>Gyrokinesis®</b> 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	<b>Nature Walk</b> 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su,T,W,Th) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
	<input type="checkbox"/>	<b>Soft Mosaic Workshop, Session 1, with Tim Hinchliff</b> Sign up, (\$40 one-time art kit fee) Dining Hall balcony
12:30	<input type="checkbox"/>	<b>Swim Stroke Clinic</b> 30 mins (Su,Th) Activity Pool
	<input type="checkbox"/>	<b>Yarn Painting Demo</b> Dining Hall
1:00	<input type="checkbox"/>	<b>“Bean-to-Bar” Chocolate class – a delicious experience.</b> 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	<b>Soft Mosaic Workshop, Session 2, with Tim Hinchliff</b> Sign up, (\$40 one-time art kit fee) Dining Hall balcony
2:00	<input type="checkbox"/>	<b>Bosu Balance</b> (Th) Olmeca
	* <input type="checkbox"/>	<b>Circuit Training</b> (T,Th) Azteca
	<input type="checkbox"/>	<b>Dance: Cardio Hip Hop - Flashback 90's!</b> (Th) Kuchumaa
	* <input type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	<b>Pilates Cadillac Fundamentals</b> (M,Th) Pilates Studio
	<input type="checkbox"/>	<b>Open Art Studio, with Jennifer Brandt</b> 90 mins Art Studio
3:00	<input type="checkbox"/>	<b>Booty Blast</b> 30 mins (Th) Olmeca
	<input type="checkbox"/>	<b>Kettlebell</b> 30 mins (T,Th) Tolteca
	* <input type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/>	<b>Yoga Philosophy: Part I</b> (Th,F) Arroyo
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input type="checkbox"/>	<b>Chant</b> (Th) Oaktree
	<input type="checkbox"/>	<b>Foam Roller</b> Please wear socks (Su,Th) Tolteca
	<input type="checkbox"/>	<b>Restorative Yoga</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chef Leslie Cerier.</b> Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	<b>Choose to be a Champion, with Leslie Zann</b> Olmeca
4:30	<input type="checkbox"/>	<b>Art Exhibition with resident artists Jennifer Brandt, José Ignacio Castañeda and Tim Hinchliff</b> 1.5 hs Bazar del Sol
7:15	<input type="checkbox"/>	<b>Movie: Loving Leah</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Thanksgiving Concert with Frances Renzi, piano, Martha Aarons, flute, Lev Polyakin, violin</b> Oaktree

FRIDAY | November 29

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Ember of the Valley</b> Challenging 4 Miles (T,F) Main Lounge
6:10	<input type="checkbox"/>	<b>Organic Garden Breakfast Hike</b> Moderate 4 Miles, Sign up, (T,W,Th,F) Main Lounge.
6:15	<input type="checkbox"/>	<b>Trail Run</b> Challenging 3-5 miles Lowlands (F) Main Lounge
6:30	<input type="checkbox"/>	<b>Dove Meditation Hike</b> Moderate 1.2 miles (M,F) Main Lounge
6:45	<input type="checkbox"/>	<b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	<b>Bird Walk</b> (M F) Gazebo
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Meditation</b> (Su,T,W,Th,F) Milagro
	* <input type="checkbox"/>	<b>Pickleball: Beginners</b> (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/>	<b>Pump It: Level 2</b> (M,F) Tolteca
	<input type="checkbox"/>	<b>Stretch</b> (Su-F) Montaña
10:00	<input type="checkbox"/>	<b>Dance: Disco</b> (F) Kuchumaa
	* <input type="checkbox"/>	<b>Deep Water Training</b> (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	* <input type="checkbox"/>	<b>Pickleball: Intermediate</b> (M,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Arc Barrel: Level 2</b> (M,F) Pinetree
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 1</b> (M,F) Olmeca
	<input type="checkbox"/>	<b>TRX Cardio: Level 2</b> (F) Tolteca
	<input type="checkbox"/>	<b>Yoga Fundamentals: All Levels</b> (Su-F) Montaña
11:00	<input type="checkbox"/>	<b>Aqua Strength &amp; Tone</b> (M,F,) Activity Pool
	* <input type="checkbox"/>	<b>Cycle 30: All Levels</b> 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	<b>Gyrokinesis®</b> 75 mins (Su-F) Pinetree
	<input type="checkbox"/>	<b>Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson</b> Gazebo
	<input type="checkbox"/>	<b>Release &amp; Mobilize</b> please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	<b>Ranch Ropes Plus</b> 30 mins (F) Olmeca
	* <input type="checkbox"/>	<b>The Bounce</b> 30 mins (Tu,F) Kuchumaa
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
11:30	<input type="checkbox"/>	<b>Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff</b> Meet at Dining Room entrance
1:00	<input type="checkbox"/>	<b>How to Live Your Ranch Experience at Home with Jill Thiry</b> (F) Library Lounge
	<input type="checkbox"/>	<b>Make a Prayer Arrow, with Tim Hinchliff</b> Sign up (no fee) Main Lounge
2:00	<input type="checkbox"/>	<b>Dance: Country Line!</b> (F) Kuchumaa
	<input type="checkbox"/>	<b>Mountain Hike: Alex’s Oak</b> 2 Miles (Su,W) Main Lounge
	* <input type="checkbox"/>	<b>Pilates Twenty / 20</b> (T,F) Pilates Studio
	<input type="checkbox"/>	<b>Postural Therapy:</b> Spine, Shoulders, Neck and Head (F) Tolteca
3:00	<input type="checkbox"/>	<b>Core Challenge</b> 30 mins (T,F) Olmeca
	<input type="checkbox"/>	<b>Sound Healing</b> (Su-F) Oaktree
	* <input type="checkbox"/>	<b>TRX: Flexibility</b> (W,F) Tolteca
	<input type="checkbox"/>	<b>Yoga Philosophy: Part II</b> (Th,F) Arroyo
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	* <input type="checkbox"/>	<b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and sleeves (Su,M,T,F) Kuchumaa
	<input type="checkbox"/>	<b>Kundalini Meditation for an Open the Heart and Gratitude (seated)</b> (F) Oaktree
	<input type="checkbox"/>	<b>Stretch &amp; Relax</b> (M,W,F) Montaña
5:30	<input type="checkbox"/>	<b>Dine ‘n’ Dance</b> Dining Hall 7:00 pm <b>Music with the Rancho La Puerta Fiesta Band!</b> 7:50 pm <b>Dance, Dance, Dance with Alma Latina!</b>
7:15	<input type="checkbox"/>	<b>Documentary: Flight of the Butterflies</b> Library Lounge Tomorrow’s Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.

No Jonelle  
PrayerSong Process mtwtf