

Meditation Week and Pilates Week December 7, 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 | December 7

- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles Main Lounge
- 6:45** **Woodlands Hike** 2 Miles Main Lounge
- 9:00** * **Pickleball:** All Levels Pickleball Courts
 Stretch Pinetree
- 10:00** **Circuit Training** Azteca
 Meditation 30 mins Milagro
- 11:00** **Yoga: All Levels** Montaña
- 11:45 – 1:45** **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00** **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** with Jill Thiry
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** **Untold Histories: Go for Broke in the Italian Alps during WWII, with ABC News Anchor, David Ono and Filmmaker, Vanessa Yuille** 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 | December 8

* 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,T,Th) 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) Arroyo
 Meditation (Su-F) Oaktree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,M,T) Tennis Courts
- 10:00** **Dance: Intro. to Salsa** (Su) Kuchumaa
* **Introduction to Circuit Training** (Su) Azteca
 Pilates Mat: Level 2 (Su-F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,M,T) Tennis Courts
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Gyrokinesis®** (Su-W) Pinetree
 Ranch Barre (Su) Olmeca
 RLP Heat: Cardio Kickboxing: Level 2 (Su) Kuchumaa
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,W,F) Activity Pool
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 TRX Circuit: Level 2 (Su) Tolteca
 Yoga: Level 2 75 mins (Su,-F) Montaña
- 12:00** **Gyrotonic Tower Demo** 30 mins (M) Pilates Studio
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
- 1:00** **Food for Thought, with Joe Weiss, MD** Olmeca
 Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Arroyo
 WATSU® WaterDance® Demonstration (S) South Pool
 What is Craniosacral Therapy and Energy Medicine? with Michael Brightwood Library Lounge
- 2:00** * **Cardio Drum Dance** (Su,T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Arroyo
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Inner Fitness: Love or Fear- The Big Shift!—It's Your Choice! with Emily Boorstein, Life Coach Tolteca
- 3:00** **Functional Mobility** (Su) Tolteca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability ball (Su) Olmeca
 Tai Chi (Su,W) Montaña
 Breast Health: What we need to know today, with Ulrike Schöneck, MD and Katheryn Trenshaw Library Lounge
- 4:00** **Foam Roller** please wear socks (Su,T,Th) Tolteca
 Inner Journey: Guided Meditation (Su,M,W,F,) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Fun with Poker – Basics of Texas Hold'em, session 1, with Lorraine Clayton and Johnny Goebel Arroyo
- 7:15** **Movie: Take Me Home** Library Lounge
- 8:00** **Plenary Session: The Legacy of Heart Mountain: Lessons of the Japanese American Incarceration Experience** -Moderator: David Ono
-Panelists: Shirley Ann Higuchi, Kathleen Saito Yuille, Vanessa Saito Yuille Olmeca

MONDAY | December 9

* 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,W,F) Main Lounge
- 9:00** **Bird Walk** (M,F) Gazebo
* **Circuit Training** (M-F) Azteca
 Meditation (Su-F) Oaktree
 Feldenkrais (Su,M,T) Arroyo
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,M,T) Tennis Courts
- 10:00** * **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk! (T) Kuchumaa
 Pilates Mat: Level 2 (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Tennis Clinic: Level 2 (Su,M,T) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Aqua Strength & Tone** (M,Th) Activity Pool
 Athlete Action: Level 2 (M) Tolteca
* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® (Su-W) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
* **Pickleball: Beginners** (M) Pickleball Courts
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 75 mins (Su,-F) Montaña
 Is a One-Day Juice Cleanse for Me?, with Regina Montalvo, MS, LAc Library Lounge
- 12:00** **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00** **Mexican Superfoods, with Torie Borrelli** Juice Bar
 Drawing, with Jennifer Brandt 90 mins Sign up Art Studio
- 2:00** **Balance & Co-ordination** (M) Olmeca
 Dance: Zumba (M) Kuchumaa
 Feldenkrais (Su,M,T) Arroyo
 H2O Bootcamp (M,W) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Emily Boorstein, Life Coach Tolteca
- 3:00** **Chair Exercise Workout** (M) Olmeca
 Kettlebell 30 mins (M,Th) Tolteca
 Sound Healing (Su-F) Oaktree
 Treadmill Hiking 30 mins (M) Azteca
 Español /Spanish 101 Progressive (M- F) Library
 Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio
 Wild and Precious Life: living with and beyond breast cancer AND accompanying a loved one going through cancer, with Katheryn Trenshaw Library Lounge
- 4:00** **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Fiesta at the Bazar!! All invited! Sangria and guacamole. 60 mins 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 | December 10

* 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** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 7:00** **Sunrise Yoga** (T) Montaña
- 9:00** **BOSU® Fit** (T,Th) Olmeca
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) Arroyo
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,M,T) Tennis Courts
- 10:00** * **Circuit Training** (M-F) Azteca
 Dance: Hot Latin Cardio! (T) Kuchumaa
 Pilates Mat: Level 2 (Su-F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,M,T) Tennis Courts
* **TRX Plus** (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** * **The Bounce** 30 mins (T,Th) Kuchumaa
 Gyrokinesis® (Su-W) Pinetree
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,W,F) Activity Pool
 Yoga: Level 2 75 mins (Su,-F) Montaña
- 1:00** **The Mexican Keto Cookbook, with Torie Borrelli** Juice Bar
 "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 Poo
 Feldenkrais (Su,M,T) Arroyo I
* **Pilates Twenty / 20** (T,F) Pilates Studio
 Collage, with Jennifer Brandt 90 mins Sign up Art Studio
 Inner Fitness: Emotional Fluency – Permission to Feel, with Emily Boorstein, Life Coach Tolteca
- 3:00** **Core Challenge** 30 mins (T) Olmeca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
* **World Drumming** (T) Kuchumaa
 Español /Spanish 101 Progressive (M- F) Library
 'Dying to Live: By the Numbers': and Katheryn Trenshaw Library Lounge
- 4:00** * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W) Kuchumaa
 Foam Roller please wear socks (Su,T,Th) Tolteca
 The Fine Art of Meditation (T) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Cooking with the Stars at La Cocina Que Canta with Chef Denise Roa and Leslie McGuirk. Register at ext 625/ Fee/ 3.5 hrs. Meet at Admin.Bldg. PROMPT departure at 4:00pm; approx. return 7:30pm
 Design Your Own Jewelry, with Alejandro Sign up 60mins
 An American Contradiction, with Vanessa Yuille Olmeca
 Fun with Poker – Basics of Texas Hold'em, session 2, with Lorraine Clayton and Johnny Goebel Arroyo
- 7:15** **Documentary: RBG** Library Lounge
- 8:00** **Bingo with Barry!** Olmeca

WEDNESDAY | December 11

* 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 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 9:00 * **Circuit Training** (M-F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginners (W,Th,F) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00 **Chair Exercise Workout** (W) Olmeca
 Circuit Training (M-F) Azteca
 Cardio Boxing (W) Kuchumaa
 Pickleball: Intermediate (W,,Th,F) Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Landscape Garden Walk (W) (hiking boots when wet/raining) Gazebo
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (Su-W) Pinetree
 Hip Hop Rhythm Ride - All Levels 30 mins (W) Pai Pai
 Release & Mobilize please wear socks (M,W,F) Oaktree
 RLP Heat: Yoga Sculpt: Level 2 (W) Olmeca
 The Wave (Su,T,W,F) Activity Pool
 TRX: Flexibility (W also 3p F) Tolteca
 Yoga: Level 2 75 mins (Su,-F) Montaña
- 1:00 **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Olmeca
- 2:00 **Dance: Cardio Hip Hop Body Rock** (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
 Inner Fitness: Powerful You – Ownership and Responsibility, with Emily Boorstein, Life Coach Olmeca
- 3:00 **Ranch Barre** (W,F) Olmeca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Sound Healing (Su-F) Oaktree
 Yoga Workshop: Rope Wall (W) Montaña
 Español /Spanish 101 Progressive (M- F) Library
 Wild and Precious Life, Session 4: Q&A, with Ulrike Schöneck, MD and Katheryn Trenshaw Library Lounge
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and Sleeves (T,W) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,W,F,) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Cooking with the Stars at La Cocina Que Canta with Chef Denise Roa and Leslie McGuirk. Register at ext 625/ Fee/ 3.5 hrs. Meet at Admin.Bldg. PROMPT departure at 4:00pm; approx. return 7:30pm
 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
 More Fun with Poker – Beyond Basics of Texas Hold'em, with Lorraine Clayton and Johnny Goebel Arroyo
- 5:00 **Famous Interviews Around the World-A conversation about broadcast Journalism in Los Angeles and Beyond, with David Ono, ABC News Anchor** Olmeca
- 6:15 **Silent Dinner** Sign up (W) Los Olivos
- 7:15 **Movie: Everybody Loves Somebody** Library Lounge
- 8:00 **A Musical Journey around the World—Performed on Classical, Jazz, and Flamenco Guitar—Part 1, with Stevan Pasero** Oaktree

THURSDAY | December 12

! 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 **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge
- 9:00 **BOSU® Fit** (T,Th) Olmeca
 Circuit Training (M-F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginners (W,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: Country Line! (Th) Kuchumaa
 Pickleball: Intermediate (W,,Th,F) Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 TRX Fundamentals (Su, Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Aqua Strength & Tone** (M,Th) Activity Pool
 The Bounce 30 mins (T,Th) Kuchumaa
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,W,Th) Activity Pool
 Yoga: Level 2 75 mins (Su,-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
- 1:00 **Yarn Painting Demo** Dining Hall
 Quest for Immortality, with Joe Weiss, MD 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 **Bosu Balance** (Th) Olmeca
 Circuit Training (T,Th) Azteca
 Dance: Zumba! (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
 Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Emily Boorstein, Life Coach Tolteca
- 3:00 **Booty Blast** 30 mins (Th) Olmeca
 Kettlebell 30 mins (M,Th) Tolteca
 Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Español /Spanish 101 Progressive (M- F) Library
 Traditional Mexican Posada with the Tuna of the University of Baja California & Ranch Staff Meet in front of Administration Bldg.
- 4:00 * **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (Th aslo F at 11a) Kuchumaa
 Chant (Th) Milagro
 Foam Roller Please wear socks (Su,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Cooking with the Stars at La Cocina Que Canta with Chef Denise Roa and Leslie McGuirk. Register at ext 625/ Fee/ 3.5 hrs. Meet at Admin.Bldg. PROMPT departure at 4:00pm; approx. return 7:30pm
 Art Exhibition with resident artists Jennifer Brandt and Tim Hinchliff and from England, guest artist Katheryn Trenshaw 1.5 hs Bazar del Sol
- 7:15 **Movie: Loving Leah** Library Lounge
- 8:00 **A Musical Journey around the World—Performed on Classical, Jazz, and Flamenco Guitar—Part 2, with Stevan Pasero** Main Lounge

FRIDAY | December 13

! 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.
- 6:30 **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (T) Main Lounge
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
- 7:45 **Cultivating a Healthy Microbiome, with Chef Denise Roa & Lindsey Hethcote at LCQC.** Register at ext 625/ Fee/Departure at 7:45am; approx. return 10:15am. Meet at Admin.Bldg. (option: hike to the Organic Breakfast Hike at 6:10am)
- 9:00 **Bird Walk** (M F) Gazebo
 Circuit Training (M-F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginners (W,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!** (Th) Kuchumaa
 Deep Water Training (Su,T,Th) Activity Pool
 Circuit Training (M-F) Azteca
 Pickleball: Intermediate (W,,Th,F) Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 TRX Cardio: Level 2 (F) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (F) Kuchumaa
 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 Wave (Su,T,W,F) Activity Pool
 Yoga: Level 2 75 mins (Su,-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 with Jill IThiry** (F) Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
- 2:00 **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
 The Hows and Whys of Astrology, with Leslie McGuirk Tolteca
- 3:00 **Ranch Barre** (W,F) Olmeca
 Sound Healing (Su-F) Oaktree
 TRX: Flexibility (F) Tolteca
 Español /Spanish 101 Progressive (M- F) Library
 Rancho La Puerta Texas Hold'em Poker Tournament, led by Lorraine Clayton and Johnny Goebel Arroyo
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Mexico Past and Present, with José Guadalupe Flores, Ph.D. Library Lounge
- 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.