

Bendable Body Week  
December 14, 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 14

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
10:15	<input type="checkbox"/>	<b>Core Workout</b> 30 mins Olmeca
	<input type="checkbox"/>	<b>Meditation</b> 30 mins Milagro
11:00	<input type="checkbox"/>	<b>RLP Heat: Barre: Level 2</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
1:00	<input type="checkbox"/>	<b>Labyrinth</b> 30 mins Labyrinth
1:30	<input type="checkbox"/>	<b>Mountain Hike: Alex's Oak</b> 2 Miles Main Lounge
2:00	<input checked="" type="checkbox"/>	<b>Pickleball:</b> All Levels Pickleball Courts
	<input type="checkbox"/>	<b>Sound Healing</b> Oaktree
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> with Jill Thiry 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: Everybody Loves Somebody</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Intro to Healthy Deviance: From Chronic Depletion to Empowered Flow, with Pilar Gerasimo</b> Olmeca

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

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	
UNSTAFFED PICK UP GAMES	
<b>Pickleball</b> 6:00 am to 9:00 pm	

SUNDAY | December 15

\* 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 (Su,Th) 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>Bendable Body: Full Body Stretch</b> (Su-F) Montaña
	<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) Milagro
	<input type="checkbox"/>	<b>Sculpt &amp; Strengthen: Level 2</b> (Su,W) Olmeca
	<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> (Su) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Introduction to Circuit Training</b> (Su) Azteca
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,F) 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> (Su-W) Pinetree
	<input type="checkbox"/>	<b>Ranch Barre</b> (Su) Olmeca
	<input type="checkbox"/>	<b>RLP Heat: Cardio Muscle Blast: Level 2</b> 60 mins (Su) Azteca
	<input type="checkbox"/>	<b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/>	<b>The Wave</b> (Su-F) 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
12:00	<input type="checkbox"/>	<b>Gyrotonic Tower Demo</b> 30 mins (Su) Pilates Studio
	<input type="checkbox"/>	<b>Swim Stroke Clinic</b> 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	<b>Digestive Wellness, with Vicky Newman, MS, RDN</b> Olmeca
	<input type="checkbox"/>	<b>Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood</b> Oaktree
	<input type="checkbox"/>	<b>WATSU® WaterDance® Demonstration</b> (S) South Pool
	<input type="checkbox"/>	<b>What is Craniosacral Therapy and Energy Medicine?</b> with Michael Brightwood Library Lounge
2:00	<input checked="" type="checkbox"/>	<b>Cardio Drum Dance</b> (Su,T) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Deep Water Training</b> (Su-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>The Whys and Hows of Pole Use for Hiking</b> Bring your hiking poles (Su) Meet outside Arroyo
	<input type="checkbox"/>	<b>Telling True Stories - Workshop 1: Storytelling for Reflection, with Micaela Blei, Ph.D.</b> 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>Stability ball</b> 30 mins (Su,W) Olmeca
	<input type="checkbox"/>	<b>Tai Chi</b> (Su) Montaña
	<input type="checkbox"/>	<b>Healthy Deviance — Nonconformist Competency 1: Amplified Awareness, with Pilar Gerasimo</b> Library Lounge
4:00	<input type="checkbox"/>	<b>Bendable Body: Stretches for Organs &amp; Physiological Health</b> (Su,T,Th) Montaña
	<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,W,F,) Oaktree
	<input type="checkbox"/>	<b>Mah Jongg -- A little history...a little culture, with Toby Salk</b> Arroyo
5:00	<input type="checkbox"/>	<b>Ayurveda: Balance, The key to health, with Carla Levy, CAS</b> Oaktree
7:15	<input type="checkbox"/>	<b>Movie: Take Me Home</b> Library Lounge
8:00	<input type="checkbox"/>	<b>The Mission Walker: An adventure story and a reflection on confronting our own mortality, with Edie Littlefield</b> Sundby Olmeca

MONDAY | December 16

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6:05	<input type="checkbox"/>	<b>Mountain Hike: Professor's</b> Challenging 3.3 Miles (M) Main Lounge
6:30	<input type="checkbox"/>	<b>Dove Meditation Hike</b> Moderate 1.2 miles (M) 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>Bendable Body: Full Body Stretch</b> (Su-F) Montaña
	<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,F) 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
10:00	<input checked="" type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Dance: Cardio Hip Hop: Bodyrock!</b> (M) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Pickleball: Intermediate</b> (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,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>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> (Su-W) 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>The Wave</b> (Su-F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
	<input type="checkbox"/>	<b>Is a One-Day Juice Cleanse for Me?, with Regina Montalvo, MS, LAc</b> Library Lounge
12:00	<input type="checkbox"/>	<b>Juice it up! 30 min demo with Alejandra and Yazmin</b> Juice Bar
1:00	<input type="checkbox"/>	<b>Food and Mood, with Vicky Newman, MS, RDN</b> Olmeca
	<input type="checkbox"/>	<b>Drawing, with Jennifer Brandt</b> 90 mins Sign up Art Studio
	<input type="checkbox"/>	<b>Self Care = Health Care. Ayurvedic simple powerful and effective strategies to maintain vitality and health, with Carla Levy, CAS</b> Arroyo
2:00	<input type="checkbox"/>	<b>Balance &amp; Co-ordination</b> (M,F) Olmeca
	<input type="checkbox"/>	<b>Dance: Zumba</b> (M) Kuchumaa
	<input checked="" type="checkbox"/>	<b>Deep Water Training</b> (Su-Th) Activity Pool
	<input type="checkbox"/>	<b>Feldenkrais</b> (Su,M,T) Oaktree
	<input checked="" type="checkbox"/>	<b>Pilates Cadillac Fundamentals</b> (M,Th) Pilates Studio
	<input type="checkbox"/>	<b>Telling True Stories - Workshop 2: Storytelling for Performance , with Micaela Blei, Ph.D.</b> Arroyo
3:00	<input type="checkbox"/>	<b>Chair Exercise Workout</b> (M) Olmeca
	<input type="checkbox"/>	<b>Kettlebell</b> 30 mins (M,Th) Tolteca
	<input type="checkbox"/>	<b>Sound Healing</b> (M-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>Beginners Mah Jongg—American Style, with Toby Salk. Must be present for this first class if you really want to learn</b> (60 min) Arroyo
	<input type="checkbox"/>	<b>Healthy Deviance — Nonconformist Competency 1: Amplified Awareness, with Pilar Gerasimo</b> Library Lounge
4:00	<input checked="" type="checkbox"/>	<b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and sleeves (M,T) Kuchumaa
	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M,W,F) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</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, co-founder of Rancho La Puerta, with an informal question and answer session. Hosted by Barry Shingle, Program Director</b> Oaktree

TUESDAY | December 17

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Coyote</b> Advanced 5.5 or 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>Bendable Body: Full Body Stretch</b> (Su-F) Montaña
	<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) Milagro
	<input type="checkbox"/>	<b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<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: Disco Fever Cardio!</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Pilates on the Ball: Level 2</b> (T) Olmeca
	<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> (Su-W) 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-F) Activity Pool
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
1:00	<input type="checkbox"/>	<b>Boosting Bone Health – Prevent Injury and Speed Healing, with Vicky Newman, MS, RDN</b> 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
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-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>Telling True Stories - Workshop 3: Storytelling for Impact, with Micaela Blei, Ph.D.</b> Arroyo
3:00	<input type="checkbox"/>	<b>Core Challenge</b> 30 mins (T) Olmeca
	<input checked="" type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Sound Healing</b> (M-F) Oaktree
	<input checked="" type="checkbox"/>	<b>World Drumming</b> (T) Kuchumaa
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
	<input type="checkbox"/>	<b>Healthy Deviance — Nonconformist Competency 3: Continuous Growth and Learning, with Pilar Gerasimo</b> Library Lounge
4:00	<input checked="" type="checkbox"/>	<b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and sleeves (M,T) Kuchumaa
	<input type="checkbox"/>	<b>Bendable Body: Stretches for Organs &amp; Physiological Health</b> (Su,T,Th) Montaña
	<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>Hands-on Cooking Class at La Cocina Que Canta with Chefs Susan M. Wilkinson and Deborah Schneider.</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
	<input type="checkbox"/>	<b>Beginners Mah Jongg—American Style with Toby Salk</b> (60 min) Arroyo
5:00	<input type="checkbox"/>	<b>The Beatles. Listen and Talk with Steven Schick</b> Oaktree
7:15	<input type="checkbox"/>	<b>Movie: Loving Leah</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Bingo with Barry!</b> Olmeca

## WEDNESDAY | December 18

\* 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 (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>Bendable Body: Full Body Stretch</b> (Su-F) Montaña
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Meditation</b> (Su,T,W,Th) 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>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>Cardio Boxing</b> (W) Kuchumaa
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	<input type="checkbox"/>	<b>Landscape Garden Walk</b> (W) (hiking boots when wet/raining) 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>Gyrokinesis®</b> (Su-W) 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> 60 mins (W) Olmeca
	<input type="checkbox"/>	<b>The Wave</b> (Su-F) Activity Pool
	* <input type="checkbox"/>	<b>TRX: Flexibility</b> (W also 2p F) Tolteca
	<input type="checkbox"/>	<b>Yoga: Level 2</b> 75 mins (Su,-F) Montaña
	<input type="checkbox"/>	<b>Mexican Superfoods, with Torie Borrelli</b> Juice Bar
1:00	<input type="checkbox"/>	<b>Heart Healthy Eating—a Changing Perspective, with Vicky Newman, MS, RDN</b> Olmeca
2:00	<input type="checkbox"/>	<b>Brain Boosting Bodywork</b> (W) Olmeca
	<input type="checkbox"/>	<b>Dance: Zumba</b> (W) Kuchumaa
	* <input type="checkbox"/>	<b>Deep Water Training</b> (Su-Th) Activity Pool
	* <input type="checkbox"/>	<b>Pilates Reformer: Level 2</b> (Su,W) Pilates Studio
	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (W) Main Lounge
	<input type="checkbox"/>	<b>Telling True Stories - Workshop 4: Storytelling for Community, with Micaela Blei, Ph.D. Arroyo</b>
	<input type="checkbox"/>	<b>Sculpting Class, with José Ignacio Castañeda</b> Sign up, 1.5 hrs Art Studio
3:00	<input type="checkbox"/>	<b>Postural Therapy:</b> The foundation- feet, legs, and pelvis (W) Tolteca
	* <input type="checkbox"/>	<b>Ranch Cycling: All Levels</b> (W) Pai Pai
	<input type="checkbox"/>	<b>Sound Healing</b> (M-F) Oaktree
	<input type="checkbox"/>	<b>Stability ball</b> (Su,W) Olmeca
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
	<input type="checkbox"/>	<b>Healthy Deviant Know-How: The Survival Skills of the New Era, with Pilar Gerasimo</b> Library Lounge
4:00	* <input type="checkbox"/>	<b>Aerial Yoga: Hip Height Level 2</b> please wear socks and sleeves (W also Th at 11a) Kuchumaa
	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M,W,F,) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</b> (M,W,F) Montaña
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chefs Susan M. Wilkinson and Deborah Schneider.</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 90 mins Art Studio
	<input type="checkbox"/>	<b>Beginners Mah Jongg—American Style with Toby Salk</b> (60 min) Arroyo
7:15	<input type="checkbox"/>	<b>Movie: A Star is Born</b> Library Lounge
8:00	<input type="checkbox"/>	<b>Rhythmic Sounds with Steven Schick</b> Oaktree

## THURSDAY | December 19

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	<b>Mountain Hike: Ember of the Valley</b> Challenging 4 Miles (Su,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
6:45	<input type="checkbox"/>	<b>Woodlands Hike</b> 2 Miles (Su,T,Th) Main Lounge
9:00	<input type="checkbox"/>	<b>Bendable Body: Full Body Stretch</b> (Su-F) Montaña
	<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) 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>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: Chair Striptease!</b> (Th) Kuchumaa
	* <input type="checkbox"/>	<b>Pickleball: Intermediate</b> (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Arc Barrel: Level 2</b> (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 (Th) Kuchumaa
	<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-F) 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>The Mexican Keto Cookbook, with Torie Borrelli</b> Juice Bar
	<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
	<input type="checkbox"/>	<b>Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q&amp; A with Rob Larson</b> Library Lounge
2:00	* <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-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 (M,Th) Tolteca
	* <input type="checkbox"/>	<b>Pilates Reformer: Fundamentals</b> (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	<b>Sound Healing</b> (M-F) Oaktree
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input type="checkbox"/>	<b>Bendable Body: Stretches for Organs &amp; Physiological Health</b> (Su,T,Th) Montaña
	<input type="checkbox"/>	<b>Foam Roller</b> Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	<b>Hands-on Cooking Class at La Cocina Que Canta with Chefs Susan M. Wilkinson and Deborah Schneider.</b> Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	<b>Beginners Mah Jongg—American Style/ Toby Salk</b> (60 min) Arroyo
	<input type="checkbox"/>	<b>Art Exhibition with resident artist sculptor José Ignacio Castañeda. Hors D'oeuvres. All invited.</b> 1.5 hs Bazar del Sol
6:15	<input type="checkbox"/>	<b>Silent Dinner</b> Sign up (Th) Los Olivos
7:15	<input type="checkbox"/>	<b>Documentary: RBG</b> Library Lounge
8:00	<input type="checkbox"/>	<b>PERFORMANCE by GUESTS</b> “The Secret Life of Your Third Grade Teacher,” with the direction of Micaela Blei, Ph.D. Oaktree

## FRIDAY | December 20

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

6:05	<input type="checkbox"/>	<b>Mountain Hike: Coyote</b> Advanced 5.5 or 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.
6:30	<input type="checkbox"/>	<b>Silent Mountain Meditation Hike: Alex Oak</b> 2 Miles (T) 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>Bendable Body: Full Body Stretch</b> (Su-F) Montaña
	<input type="checkbox"/>	<b>Bird Walk</b> (M F) Gazebo
	* <input type="checkbox"/>	<b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/>	<b>Chant</b> (M,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
10:00	<input type="checkbox"/>	<b>Dance: Latin Flair Cardio!</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,Th,F) Pickleball Courts
	<input type="checkbox"/>	<b>Pilates Mat: Level 2</b> (Su,M,W,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>Cycle 30: All Levels</b> 30 mins (M,F) Pai Pai
	<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 (T,F) Kuchumaa
	<input type="checkbox"/>	<b>The Wave</b> (Su-F) Activity Pool
	<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 IThiry</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>Balance &amp; Co-ordination</b> (M,F) Olmeca
	<input type="checkbox"/>	<b>Mountain Hike: Alex's Oak</b> 2 Miles (F) Main Lounge
	* <input type="checkbox"/>	<b>Pilates Twenty / 20</b> (T,F) Pilates Studio
	* <input type="checkbox"/>	<b>TRX: Flexibility</b> (F) Tolteca
3:00	<input type="checkbox"/>	<b>Postural Therapy:</b> Spine, Shoulders, Neck and Head (F) Tolteca
	<input type="checkbox"/>	<b>Ranch Barre</b> (F) Olmeca
	<input type="checkbox"/>	<b>Sound Healing</b> (M-F) Oaktree
	<input type="checkbox"/>	<b>Español /Spanish 101</b> Progressive (M- F) Library
4:00	<input type="checkbox"/>	<b>Inner Journey: Guided Meditation</b> (Su,M,W,F) Oaktree
	<input type="checkbox"/>	<b>Restorative Yoga</b> (M,W,F) Montaña
	<input type="checkbox"/>	<b>Mexico Past and Present, with José Guadalupe Flores, Ph.D.</b> Library Lounge
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.