

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE



YOUR WEEKLY SCHEDULE OF
FITNESS CLASSES & ACTIVITIES

WEDNESDAY

* 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 (W) Main Lounge
- 6:10 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, (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 **Cardio Boxing** (W) Kuchumaa
- * **Circuit Training** (M-F) Azteca
- Meditation** (Su-F) Oaktree
- 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
- Printmaking, with Jennifer Brandt** 90 mins Sign up Art Studio
- 10:00 **Dance: Zumba** (M,W) Kuchumaa
- Sculpt & Strengthen / Chair** (W) Olmeca
- * **Circuit Training** (M-F) Azteca
- Pilates Mat: Level 2** (Su,M,W,F) Pinetree
- Landscape Garden Walk** (W) (hiking boots when wet/raining) Gazebo
- Tennis Clinic: Level 2** (Su,T,W) Tennis Courts
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 **Aqua Strength & Tone** (M,W) Activity Pool
- 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: Kickboxing: Level 2** 60 mins (W) Olmeca
- Yoga: Level 2** 75 mins (Su-F) Montaña
- 1:00 **The Power of the Grape, Anti-Oxidants & Resveratrol, with Lydia Mondavi** Olmeca
- Landscape Sketching and Painting Demonstration, with Jennifer Brandt** 90 mins Sign up Art Studio
- 2:00 **Bosu Balance** (W) Olmeca
- Dance: Swing** (W) Kuchumaa
- * **H2O Bootcamp** (M,W) Activity Pool
- * **Pilates Reformer: Level 2** (Su,W) Pilates Studio
- Woodlands Hike** 2 Miles (W) Main Lounge
- Sculpting Class, with José Ignacio Castañeda** Sign up, 1.5 hrs Art Studio
- Inner Fitness: Transcending "The Swirl", with Joel Kimmel** Arroyo
- 3:00 * **Ranch Cycling: All Levels** (W) Pai Pai
- Sound Healing** (Su-F) Oaktree
- Ranch Barre** (W) Olmeca
- * **TRX: Flexibility** (W,F) Tolteca
- Español /Spanish 101** Progressive (M-F) Library
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,W,F) Kuchumaa
- Inner Journey: Guided Meditation** (Su,M,W,Th) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Chef Isabel Cruz and Jean Courtney.** Register at ext 625/Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- Your Best Health for 2020: Integrating Science and Spirituality. Session 3: The Science, Part I, with Michael Finkelstein, MD** Olmeca
- Design Your Own Jewelry, with Alejandro** Sign up 90 mins
- 7:15 **Movie:** Library Lounge
- 8:00 **Your Money Personality, with Laura DeVore** Olmeca

THURSDAY

! Confirm your return transportation at Front Admin Building or Concierge

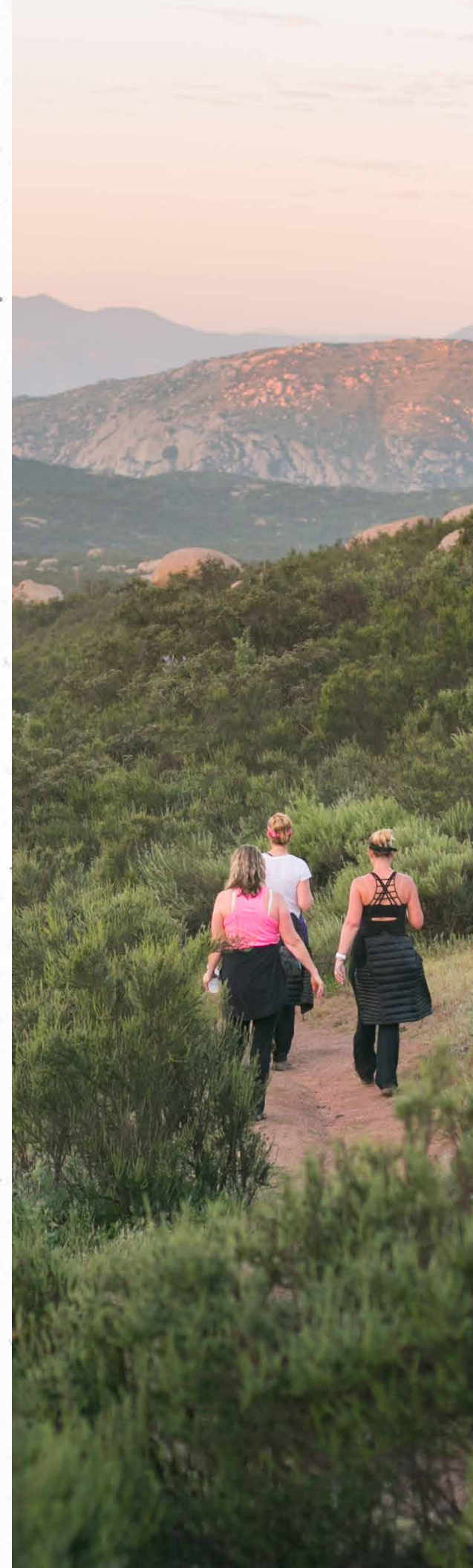
- 6:05 **Mountain Hike: Ember of the Valley** Challenging 4 Miles (Su,Th) Main Lounge
- 6:10 **8-Mile Mount Kuchumaa Extreme Hike.** Advanced with prerequisites, Sign Up (Th) Main Lounge
- Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van to and from the Ranch (Th,F,) Main Lounge
- 6:30 **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (Th) 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** (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: Disco** (Th) Kuchumaa
- * **Pickleball: Intermediate** (M,Th,F) Pickleball Courts
- Pilates Arc Barrel: Level 2** (Th) Pinetree
- * **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- * **TRX Fundamentals** (Su, Th) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 **Nature Walk** 60-75 mins (M,Th) Gazebo
- Stretch** (Su,T,Th) Oaktree
- * **The Bounce** 30 mins (T,Th) Kuchumaa
- The Wave** (Su,T,Th,F) 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
- 12:00 **Swim Stroke Clinic** 30 mins (Su,T,Th) Activity Pool
- 12:30 **Yarn Painting Demo** Dining Hall
- 1:00 **Get over your fear of carbs: sugar, fiber, and the truth about fad diets, with Lisa Young, PhD, RDN, CDN** 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
- Documentary: Tree of Life, The Living Legacy of Edmond Szekeley. Q&A with Rob Larson** Library Lounge
- Open Art Studio, with Jennifer Brandt** 90 mins Art Studio
- 2:00 * **Circuit Training** (T,Th) Azteca
- Dance: Cardio Hip Hop: Body Rock** (M,Th) Kuchumaa
- * **Deep Water Training** (Su,T,Th) Activity Pool
- * **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
- Printmaking, with Jennifer Brandt** 90 mins Sign up Art Studio
- Inner Fitness: "The Shift" Being your own best coach, with Joel Kimmel** Arroyo
- 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
- Avoiding the Top Money Mistakes Most People Make, with Laura DeVore** Olmeca
- 4:00 * **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (W) Kuchumaa
- Inner Journey: Guided Meditation** (Su,M,W,Th) Oaktree
- Restorative Yoga** (Su,T,Th) Montaña
- Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Hands-on Cooking Class at La Cocina Que Canta with Chef Isabel Cruz and Jean Courtney.** Register at ext 625/ Fee/Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
- Art Exhibition with resident artists Jennifer Brandt, José Ignacio Castañeda and Tim Hinchliff.** 1.5 hs Bazar del Sol
- Your Best Health for 2020: Integrating Science and Spirituality. Session 4: The Science, Part II, with Michael Finkelstein, MD** Olmeca
- 6:00 **Live the Bocusse d'Or Culinary Experience – 8 course menu with wine pairings. Please sign up /Fee/ Amores Restaurant, 10 minutes from the Ranch. Prompt departure 6 pm; back at the Ranch at 9 pm. Meet at Admin.Bldg**
- 6:15 **Silent Dinner** Sign up (Th) Los Olivos
- 7:15 **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00 **Concert with Robert Naumko** Oaktree

FRIDAY

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

- 6:05 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 6:10 **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, (T,W,Th,F) 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
- * **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
- Pilates Mat: Level 2** (Su,M,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,F) Olmeca
- TRX Cardio: Level 2** (F) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 * **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (F) Kuchumaa
- * **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
- Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson** Gazebo
- Ranch Ropes Plus** 30 mins (F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- The Wave** (Su,T,Th,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 Thiry** (F) Library Lounge
- Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee) Main Lounge
- 2:00 **Dance: Step Aerobics** (F) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (F) Main Lounge
- * **Pilates Twenty / 20** (T,F) Pilates Studio
- Postural Therapy: Spine, Shoulders, Neck and Head** (F) Tolteca
- 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
- The 3 Chapters of Retirement & How to Find the RIGHT Financial Advisor, with Laura DeVore** Olmeca
- 4:00 **Chant** (F) Milagro
- Stretch & Relax** (M,W,F) Montaña
- Your Best Health for 2020: Integrating Science and Spirituality. Session 5: Putting it all together, Taking it home, with Michael Finkelstein, MD** Olmeca
- 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.



SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

Sample Week

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

- 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
- 10:15 **Core Challenge** 30 mins Olmeca
 Meditation 30 mins Milagro
- 11:00 **RLP Heat: Barre** Olmeca
 Yoga: All Levels Montaña
- 11:45 – 1:45 **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 1:30 **Mountain Hike: Alex's Oak** 2 Miles Main Lounge
- 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 **Organizing for the New Year, with Bonnie Shay** 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

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

- 6:05 **Mountain Hike: Ember of the Valley** Challenging 4 Miles (Su,Th) 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,T,W) Tennis Courts
- 10:00 **Dance: Intro. to Salsa** (Su) Kuchumaa
* **Introduction to Circuit Training** (Su) Azteca
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (Su-W) Pinetree
 Ranch Barre (Su) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,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 (Su) Pilates Studio
 Swim Stroke Clinic 30 mins (Su,T,Th) Activity Pool
- 1:00 **What is Craniosacral Therapy, with Michael Brightwood** Library Lounge
 Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree
 WATSU® WaterDance® Demonstration (S) South Pool
- 2:00 * **Cardio Drum Dance** (Su,T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
 Postural Therapy: The foundation- feet, legs, and pelvis (Su) Tolteca
* **Pickleball: Beginners** (Su also 9a M,Th,F) Pickleball Courts
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Inner Fitness: A Whole New World Revealed, with Joel Kimmel Arroyo
- 3:00 * **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su) Olmeca
 Tai Chi (Su,W) Montaña
 Got Digital Photos? Get Organized!, with Bonnie Shay Library Lounge
- 4:00 **Foam Roller** please wear socks (Su,T,Th) Tolteca
 Inner Journey: Guided Meditation (Su,M,W,Th) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Mexico Past and Present, with José Guadalupe Flores, Ph.D. Olmeca
- 5:00 **Your Best Health for 2020: Integrating Science and Spirituality. Session 1: Defining Health, with Michael Finkelstein, MD** Olmeca
- 8:00 **A Balanced Glass-Is your glass empty or full?, with Lydia Mondavi** Olmeca

MONDAY

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

- 6:05 **Mountain Hike: Professor's** Challenging 3.3 Miles (M) 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
 Feldenkrais (Su,M,T) Arroyo
 Meditation (Su-F) 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
- 10:00 * **Circuit Training** (M-F) Azteca
 Dance: Hot Latin Fusion(M) Kuchumaa
* **Pickleball: Intermediate** (M,Th,F) Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Aqua Strength & Tone** (M,W) Activity Pool
 Athletic 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
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 75 mins (Su-F) Montaña
- 1:00 **Nourishing the brain for wisdom and wellness, with Erica Oberg, ND, MPH** Olmeca
 Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge
 Drawing, with Jennifer Brandt 90 mins Sign up Art Studio
- 2:00 **Balance & Co-ordination** (M) Olmeca
 Dance: Cardio Hip Hop: Body Rock (M,Th) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
* **H2O Bootcamp** (M,W) Activity Pool
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Inner Fitness: Becoming the Author of your life!, with Joel Kimmel Arroyo
- 3:00 **Kettlebell** 30 mins (M,Th) Tolteca
 Sculpt & Strengthen / Chair (M) Olmeca
 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
 Got Printed Photos? Get Organized!, with Bonnie Shay Library Lounge
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,W,F) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,W,Th) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Fiesta at the Bazar!!
All invited! Sangria and guacamole. 60 mins Bazar del Sol
- 7:15 **Movie: Mary Poppins Returns** 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

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

- 6:05 **Mountain Hike: Coyote** Advanced 5.5 or 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
 Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
 Stretch (Su-F) Montaña
- 10:00 * **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk! (T) Kuchumaa
 Pilates On the Ball: Level 2 (T) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
* **TRX Plus** (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Gyrokinesis®** (Su-W) Pinetree
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Oaktree
* **The Bounce** 30 mins (T,Th) Kuchumaa
 The Wave (Su,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00 **Swim Stroke Clinic** 30 mins (Su,T,Th) Activity Pool
- 1:00 **Hidden Causes of Slow Metabolism, with Erica Oberg, ND, MPH** 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
 Collage, with Jennifer Brandt 90 mins Sign up Art Studio
- 2:00 **Circuit Training** (T,Th) Azteca
* **Cardio Drum Dance** (Su,T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Twenty / 20** (T,F) Pilates Studio
 Inner Fitness: Our Bodies Lead in the Dance of Life, with Joel Kimmel Arroyo
- 3:00 **Core Challenge** 30 mins (T,F) 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
 Mandala, with Jennifer Brandt 45 mins Sign up Art Studio
 Tame Your Paper Clutter, with Bonnie Shay Library Lounge
- 4:00 * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,W,F) Kuchumaa
 Foam Roller please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 The Fine Art of Meditation (T) Oaktree
 Hands-on Cooking Class at La Cocina Que Canta with Chef Isabel Cruz and Jean Courtney. 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
 Your Best Health for 2020: Integrating Science and Spirituality. Session 2: Practical Integration, with Michael Finkelstein, MD Olmeca
- 7:15 **Movie: Documentary: RBG** Library Lounge
- 8:00 **Bingo with Barry!** Olmeca