

Meditation Week
January 18, 2020

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 January 18		
6:05	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles Main Lounge
9:00	<input checked="" type="checkbox"/>	Pickleball: All Levels Pickleball Courts <input type="checkbox"/> Stretch Pinetree
10:00	<input type="checkbox"/>	Circuit Training Azteca
10:15	<input type="checkbox"/>	Core Challenge 30 mins Olmeca <input type="checkbox"/> Meditation 30 mins Milagro
11:00	<input type="checkbox"/>	RLP Heat: Barre Olmeca <input type="checkbox"/> Yoga: All Levels Montaña
11:45 – 1:45		Fitness Concierge Dining Hall A fitness specialist is available to answer all questions
1:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles Main Lounge
2:00	<input type="checkbox"/>	Sound Healing Oaktree <input type="checkbox"/> Woodlands Hike 2 Miles Main Lounge
3:00	<input type="checkbox"/>	Navigator: Balancing your Ranch Schedule (60 mins) Olmeca <input type="checkbox"/> Stretch Pinetree
3:45	<input type="checkbox"/>	Set Your Ranch Intention, Tips for a Magical Week with Jill Thiry Return and First Time Guests welcome, Library Lounge
4:00	<input type="checkbox"/>	Open Weight Room Staffed Azteca
4:30	<input type="checkbox"/>	Ranch Tour (30 mins) First Time Guests encouraged Starts in Main Lounge
5:00	<input type="checkbox"/>	First Time Guest Ranch Orientation Tolteca <input type="checkbox"/> Returning Guest Update Olmeca
6:45	<input type="checkbox"/>	Meet the Presenters Dining Hall
7:15	<input type="checkbox"/>	Movie: A Star is Born Library Lounge
8:00	<input type="checkbox"/>	Organizing for the New Year, with Bonnie Shay Olmeca
<div><div><div><div><div>MEAL HOURS</div><div>SATURDAY</div><div>Breakfast 7:00 am to 9:00 am</div><div>Lunch 11:30 am to 3:30 pm</div><div>Dinner 5:30 pm to 7:30 pm</div><div>SUNDAY THROUGH FRIDAY</div><div>Breakfast 7:30 am to 9:00 am</div><div>Lunch 12:00 pm to 1:30 pm</div><div>Dinner 5:30 pm to 7:30 pm</div></div></div><div><div>AVAILABLE FACILITIES</div><div>WHEN NO CLASS IS IN SESSION</div><div>Milagro - Meditation Room 6:00 am to 9:00 pm</div><div>Activity Pool - Lap Swim 7:00 am to 6:00 pm</div><div>Azteca Gym - Weight Room 7:00 am to 12:00 pm & 2:00 pm to 4:00 pm</div><div>UNSTAFFED PICK UP GAMES</div><div>Pickleball 9 am Su,T,Th,S</div><div>Sand Volleyball 4 pm Su - F</div></div></div></div>		

SUNDAY January 19		
* Indicates classes with limited equipment. Arrive early to ensure a space.		
6:05	<input type="checkbox"/>	Mountain Hike: Ember of the Valley Challenging 4 Miles (Su,Th) Main Lounge
6:30	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
8:15	<input type="checkbox"/>	Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
	<input checked="" type="checkbox"/>	Introduction to Circuit Training (Su) Azteca <input type="checkbox"/> Feldenkrais (Su,M,T) Arroyo <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Sculpt & Strengthen: Level 2 (Su,W) Olmeca <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
10:00	<input type="checkbox"/>	Dance: Intro. to Salsa (Su) Kuchumaa
	<input checked="" type="checkbox"/>	Introduction to Circuit Training (Su) Azteca <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input checked="" type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
	<input checked="" type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® (Su-W) Pinetree <input type="checkbox"/> Ranch Barre (Su) Olmeca <input type="checkbox"/> Stretch (Su,T,Th) Oaktree <input type="checkbox"/> The Wave (Su,T,Th,F) Activity Pool <input type="checkbox"/> The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo <input type="checkbox"/> TRX Circuit: Level 2 (Su) Tolteca <input type="checkbox"/> Yoga: Level 2 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo 30 mins (Su) Pilates Studio <input type="checkbox"/> Swim Stroke Clinic 30 mins (Su,T,Th) Activity Pool
1:00	<input type="checkbox"/>	What is Craniosacral Therapy, with Michael Brightwood Library Lounge <input type="checkbox"/> Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree <input type="checkbox"/> WATSU® WaterDance® Demonstration (S) South Pool
2:00	<input checked="" type="checkbox"/>	Cardio Drum Dance (Su,T) Kuchumaa
	<input checked="" type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool <input type="checkbox"/> Feldenkrais (Su,M,T) Oaktree <input type="checkbox"/> Postural Therapy: The foundation- feet, legs, and pelvis (Su) Tolteca
	<input checked="" type="checkbox"/>	Pickleball: Beginners (Su also 9a M,Th,F) Pickleball Courts
	<input checked="" type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio <input type="checkbox"/> Inner Fitness: A Whole New World Revealed, with Joel Kimmel Arroyo
3:00	<input checked="" type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio <input type="checkbox"/> Sound Healing (Su-F) Oaktree <input type="checkbox"/> Stability Ball 30 mins (Su) Olmeca <input type="checkbox"/> Tai Chi (Su,W) Montaña <input type="checkbox"/> Got Digital Photos? Get Organized!, with Bonnie Shay Library Lounge
4:00	<input type="checkbox"/>	Foam Roller please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Inner Journey: Guided Meditation (Su,M,W,Th) Oaktree <input type="checkbox"/> Restorative Yoga (Su,T,Th) Montaña <input type="checkbox"/> Mexico Past and Present, with José Guadalupe Flores, Ph.D. Olmeca
5:00	<input type="checkbox"/>	Your Best Health for 2020: Integrating Science and Spirituality. Session 1: Defining Health, with Michael Finkelstein, MD Olmeca
8:00	<input type="checkbox"/>	A Balanced Glass-Is your glass empty or full?, with Lydia Mondavi Olmeca

MONDAY January 20		
* Indicates classes with limited equipment. Arrive early to ensure a space		
6:05	<input type="checkbox"/>	Mountain Hike: Professor's Challenging 3.3 Miles (M) Main Lounge
6:30	<input type="checkbox"/>	Dove Meditation Hike Moderate 1.2 miles (M) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M,F) Gazebo
	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca <input type="checkbox"/> Feldenkrais (Su,M,T) Arroyo <input type="checkbox"/> Meditation (Su-F) Oaktree
	<input checked="" type="checkbox"/>	Pickleball: Beginners (M,Th,F) Pickleball Courts <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Pump It: Level 2 (M,F) Tolteca <input type="checkbox"/> Stretch (Su-F) Montaña
10:00	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Hot Latin Fusion (M) Kuchumaa
	<input checked="" type="checkbox"/>	Pickleball: Intermediate (M,Th,F) Pickleball Courts <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Sculpt & Strengthen: Level 1 (M,F) Olmeca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Aqua Strength & Tone (M,W) Activity Pool <input type="checkbox"/> Athletic Action: Level 2 (M) Tolteca
	<input checked="" type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai <input type="checkbox"/> Gyrokinesis® (Su-W) Pinetree <input type="checkbox"/> Nature Walk 60-75 mins (M,Th) Gazebo <input type="checkbox"/> Release & Mobilize please wear socks (M,W,F) Oaktree <input type="checkbox"/> Yoga: Level 2 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	Nourishing the brain for wisdom and wellness, with Erica Oberg, ND, MPH Olmeca <input type="checkbox"/> Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge <input type="checkbox"/> Drawing, with Jennifer Brandt 90 mins Sign up Art Studio
2:00	<input type="checkbox"/>	Balance & Co-ordination (M) Olmeca <input type="checkbox"/> Dance: Cardio Hip Hop: Body Rock (M,Th) Kuchumaa <input type="checkbox"/> Feldenkrais (Su,M,T) Oaktree
	<input checked="" type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool
	<input checked="" type="checkbox"/>	Pilates Cadillac Fundamentals (M,Th) Pilates Studio <input type="checkbox"/> Inner Fitness: Becoming the Author of your life!, with Joel Kimmel Arroyo
3:00	<input type="checkbox"/>	Kettlebell 30 mins (M,Th) Tolteca <input type="checkbox"/> Sculpt & Strengthen / Chair (M) Olmeca <input type="checkbox"/> Sound Healing (Su-F) Oaktree <input type="checkbox"/> Treadmill Hiking 30 mins (M) Azteca <input type="checkbox"/> Español /Spanish 101 Progressive (M- F) Library <input type="checkbox"/> Watercolor, with Jennifer Brandt 90 mins Sign up Art Studio <input type="checkbox"/> Got Printed Photos? Get Organized!, with Bonnie Shay Library Lounge
4:00	<input checked="" type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,W,F) Kuchumaa <input type="checkbox"/> Inner Journey: Guided Meditation (Su,M,W,Th) Oaktree <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña <input type="checkbox"/> Fiesta at the Bazar!! All invited! Sangria and guacamole. 60 mins Bazar del Sol
7:15	<input type="checkbox"/>	Movie: Mary Poppins Returns Library Lounge
8:00	<input type="checkbox"/>	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 January 21		
* Indicates classes with limited equipment. Arrive early to ensure a space.		
6:05	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Main Lounge
6:10	<input type="checkbox"/>	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	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
7:00	<input type="checkbox"/>	Sunrise Yoga (T) Montaña
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca <input type="checkbox"/> Feldenkrais (Su,M,T) Arroyo <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Tennis Clinic: Level 1 (Su,T,W) Tennis Courts <input type="checkbox"/> Stretch (Su-F) Montaña
10:00	<input checked="" type="checkbox"/>	Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Move, Groove & Funk! (T) Kuchumaa <input type="checkbox"/> Pilates On the Ball: Level 2 (T) Pinetree
	<input checked="" type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
	<input checked="" type="checkbox"/>	TRX Plus (T) Tolteca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® (Su-W) Pinetree <input type="checkbox"/> Ranch Ropes 30 mins (T) Olmeca <input type="checkbox"/> Stretch (Su,T,Th) Oaktree
	<input checked="" type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa <input type="checkbox"/> The Wave (Su,T,Th,F) Activity Pool <input type="checkbox"/> Yoga: Level 2 75 mins (Su-F) Montaña
12:00	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,T,Th) Activity Pool
1:00	<input type="checkbox"/>	Hidden Causes of Slow Metabolism, with Erica Oberg, ND, MPH Olmeca <input type="checkbox"/> "Bean-to-Bar" Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	12 Step Program – Guests conduct Maya Lounge
	<input type="checkbox"/>	Collage, with Jennifer Brandt 90 mins Sign up Art Studio
2:00	<input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input checked="" type="checkbox"/>	Cardio Drum Dance (Su,T) Kuchumaa
	<input checked="" type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool <input type="checkbox"/> Feldenkrais (Su,M,T) Oaktree
	<input checked="" type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio <input type="checkbox"/> Inner Fitness: Our Bodies Lead in the Dance of Life, with Joel Kimmel Arroyo
3:00	<input type="checkbox"/>	Core Challenge 30 mins (T,F) Olmeca
	<input checked="" type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio <input type="checkbox"/> Sound Healing (Su-F) Oaktree
	<input checked="" type="checkbox"/>	World Drumming (T) Kuchumaa <input type="checkbox"/> Español /Spanish 101 Progressive (M- F) Library <input type="checkbox"/> Mandala, with Jennifer Brandt 45 mins Sign up Art Studio <input type="checkbox"/> Tame Your Paper Clutter, with Bonnie Shay Library Lounge
4:00	<input checked="" type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,W,F) Kuchumaa <input type="checkbox"/> Foam Roller please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Restorative Yoga (Su,T,Th) Montaña <input type="checkbox"/> The Fine Art of Meditation (T) Oaktree <input type="checkbox"/> 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.
	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro Sign up 60mins
	<input type="checkbox"/>	Your Best Health for 2020: Integrating Science and Spirituality. Session 2: Practical Integration, with Michael Finkelstein, MD Olmeca
7:15	<input type="checkbox"/>	Movie: Documentary: RBG Library Lounge
8:00	<input type="checkbox"/>	Bingo with Barry! Olmeca

WEDNESDAY | January 22

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

6:05	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 5 or Challenging 4 Miles (W) Main Lounge
6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, (T,W,Th,F) Main Lounge
6:30	<input type="checkbox"/>	Mountain Hike: Alex’s Oak 2 Miles (Su,W) Main Lounge
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Cardio Boxing (W) Kuchumaa
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 2 (Su,W) Olmeca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Tennis Clinic: Level 1 (Su,T,W) Tennis Courts
	<input type="checkbox"/>	Printmaking, with Jennifer Brandt 90 mins Sign up Art Studio
10:00	<input type="checkbox"/>	Dance: Zumba (M,W) Kuchumaa
	<input type="checkbox"/>	Sculpt & Strengthen / Chair (W) Olmeca
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Landscape Garden Walk (W) (hiking boots when wet/raining) Gazebo
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Aqua Strength & Tone (M,W) Activity Pool
	<input type="checkbox"/>	Gyrokinesis® (Su-W) Pinetree
	* <input type="checkbox"/>	Hip Hop Rhythm Ride - All Levels 30 mins (W) Pai Pai
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	RLP Heat: Kickboxing: Level 2 60 mins (W) Olmeca
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
1:00	<input type="checkbox"/>	The Power of the Grape, Anti-Oxidants & Resveratrol, with Lydia Mondavi Olmeca
	<input type="checkbox"/>	Landscape Sketching and Painting Demonstration, with Jennifer Brandt 90 mins Sign up Art Studio
2:00	<input type="checkbox"/>	Bosu Balance (W) Olmeca
	<input type="checkbox"/>	Dance: Swing (W) Kuchumaa
	* <input type="checkbox"/>	H2O Bootcamp (M,W) Activity Pool
	* <input type="checkbox"/>	Pilates Reformer: Level 2 (Su,W) Pilates Studio
	<input type="checkbox"/>	Woodlands Hike 2 Miles (W) Main Lounge
	<input type="checkbox"/>	Sculpting Class, with José Ignacio Castañeda Sign up, 1.5 hrs Art Studio
	<input type="checkbox"/>	Inner Fitness: Transcending “The Swirl”, with Joel Kimmel Arroyo
3:00	* <input type="checkbox"/>	Ranch Cycling: All Levels (W) Pai Pai
	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree
	<input type="checkbox"/>	Ranch Barre (W) Olmeca
	* <input type="checkbox"/>	TRX: Flexibility (W,F) Tolteca
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	* <input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,W,F) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W,Th) Oaktree
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	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.
	<input type="checkbox"/>	Your Best Health for 2020: Integrating Science and Spirituality. Session 3: The Science, Part I, with Michael Finkelstein, MD Olmeca
	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro Sign up 90 mins
7:15	<input type="checkbox"/>	Movie: Library Lounge
8:00	<input type="checkbox"/>	Your Money Personality, with Laura DeVore Olmeca

THURSDAY | January 23

! Confirm your return transportation at Front Admin Building or Concierge

6:05	<input type="checkbox"/>	Mountain Hike: Ember of the Valley Challenging 4 Miles (Su,Th) Main Lounge
6:10	<input type="checkbox"/>	8-Mile Mount Kuchumaa Extreme Hike, Advanced with prerequisites, Sign Up (Th) Main Lounge
	<input type="checkbox"/>	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	<input type="checkbox"/>	Silent Mountain Meditation Hike: Alex Oak 2 Miles (Th) Main Lounge
6:45	<input type="checkbox"/>	Woodlands Hike 2 Miles (Su,T,Th) Main Lounge
9:00	<input type="checkbox"/>	BOSU® Fit (T,Th) Olmeca
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	* <input type="checkbox"/>	Pickleball: Beginners (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Stretch (Su-F) Montaña
	<input type="checkbox"/>	Mexican Silver Jewelry Trunk Show (9 am to 6 pm) Mercado
10:00	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Dance: Disco (Th) Kuchumaa
	* <input type="checkbox"/>	Pickleball: Intermediate (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (Th) Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	* <input type="checkbox"/>	TRX Fundamentals (Su, Th) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Stretch (Su,T,Th) Oaktree
	* <input type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	The Wave (Su,T,Th,F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Soft Mosaic Workshop, Session 1, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
12:00	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,T,Th) Activity Pool
12:30	<input type="checkbox"/>	Yarn Painting Demo Dining Hall
1:00	<input type="checkbox"/>	Get over your fear of carbs: sugar, fiber, and the truth about fad diets, with Lisa Young, PhD, RDN, CDN Olmeca
	<input type="checkbox"/>	“Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
	<input type="checkbox"/>	Soft Mosaic Workshop, Session 2, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
	<input type="checkbox"/>	Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson Library Lounge
	<input type="checkbox"/>	Open Art Studio, with Jennifer Brandt 90 mins Art Studio
2:00	* <input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Body Rock (M,Th) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	Pilates Cadillac Fundamentals (M,Th) Pilates Studio
	<input type="checkbox"/>	Printmaking, with Jennifer Brandt 90 mins Sign up Art Studio
	<input type="checkbox"/>	Inner Fitness: “The Shift” Being your own best coach, with Joel Kimmel Arroyo
3:00	<input type="checkbox"/>	Booty Blast 30 mins (Th) Olmeca
	<input type="checkbox"/>	Kettlebell 30 mins (M,Th) Tolteca
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
	<input type="checkbox"/>	Avoiding the Top Money Mistakes Most People Make, with Laura DeVore Olmeca
4:00	* <input type="checkbox"/>	Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (W) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W,Th) Oaktree
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th) Montaña
	<input type="checkbox"/>	Foam Roller Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/>	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.
	<input type="checkbox"/>	Art Exhibition with resident artists Jennifer Brandt, José Ignacio Castañeda and Tim Hinchliff. 1.5 hs Bazar del Sol
	<input type="checkbox"/>	Your Best Health for 2020: Integrating Science and Spirituality. Session 4: The Science, Part II, with Michael Finkelstein, MD Olmeca
6:00	<input type="checkbox"/>	Live the Bocuse 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	<input type="checkbox"/>	Silent Dinner Sign up (Th) Los Olivos
7:15	<input type="checkbox"/>	Movie: Won’t You Be My Neighbor? Library Lounge
8:00	<input type="checkbox"/>	Concert with Robert Naumko Oaktree

FRIDAY | January 24

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

6:05	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Main Lounge
6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, (T,W,Th,F) Main Lounge.
6:45	<input type="checkbox"/>	Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Main Lounge
9:00	<input type="checkbox"/>	Bird Walk (M F) Gazebo
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Meditation (Su-F) Oaktree
	* <input type="checkbox"/>	Pickleball: Beginners (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Fundamentals Progressive (M-F) Pinetree
	<input type="checkbox"/>	Pump It: Level 2 (M,F) Tolteca
	<input type="checkbox"/>	Stretch (Su-F) Montaña
10:00	<input type="checkbox"/>	Dance: Cardio Hip Hop: Flashback 90’s (F) Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th) Activity Pool
	* <input type="checkbox"/>	Circuit Training (M-F) Azteca
	* <input type="checkbox"/>	Pickleball: Intermediate (M,Th,F) Pickleball Courts
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F) Pinetree
	<input type="checkbox"/>	Sculpt & Strengthen: Level 1 (M,F) Olmeca
	<input type="checkbox"/>	TRX Cardio: Level 2 (F) Tolteca
	<input type="checkbox"/>	Yoga Fundamentals: All Levels (Su-F) Montaña
11:00	* <input type="checkbox"/>	Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (F) Kuchumaa
	* <input type="checkbox"/>	Cycle 30: All Levels 30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
	<input type="checkbox"/>	Ranch Ropes Plus 30 mins (F) Olmeca
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Oaktree
	<input type="checkbox"/>	The Wave (Su,T,Th,F) Activity Pool
	<input type="checkbox"/>	Yoga: Level 2 75 mins (Su-F) Montaña
11:30	<input type="checkbox"/>	Magical Meanings and Stories of the Dining Room’s Art, with Tim Hinchliff Meet at Dining Room entrance
1:00	<input type="checkbox"/>	How to Live Your Ranch Experience at Home with Jill Thiry (F) Library Lounge
	<input type="checkbox"/>	Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
2:00	<input type="checkbox"/>	Dance: Step Aerobics (F) Kuchumaa
	<input type="checkbox"/>	Mountain Hike: Alex’s Oak 2 Miles (F) Main Lounge
	* <input type="checkbox"/>	Pilates Twenty / 20 (T,F) Pilates Studio
	<input type="checkbox"/>	Postural Therapy: Spine, Shoulders, Neck and Head (F) Tolteca
3:00	<input type="checkbox"/>	Core Challenge 30 mins (T,F) Olmeca
	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree
	* <input type="checkbox"/>	TRX: Flexibility (W,F) Tolteca
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
	<input type="checkbox"/>	The 3 Chapters of Retirement & How to Find the RIGHT Financial Advisor, with Laura DeVore Olmeca
4:00	<input type="checkbox"/>	Chant (F) Milagro
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	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	<input type="checkbox"/>	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	<input type="checkbox"/>	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.