

Meditation & Yoga Week DRAFT
February 15, 2020

Eighty Going On Ageless... In 1940, our founders started with the simple desire to help others live happy, healthy, lives in harmony with nature. Our mission remains the same today. In this landmark 80th year anniversary try our 80th Weekly Challenge and commit to a new level of fitness and inner journey exercises. 80th Challenge cards are available in the Concierge Office.

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 | February 15

6:15	<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 type="checkbox"/>	Pickleball: All Levels	please wear court shoes 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	60 mins Olmeca
	<input type="checkbox"/>	Yoga: All Levels	Pinetree
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
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"/>	Strengthen Your Mindset: The Foundation,	with Randy Kamen, Ed.D. 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 5:00 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 | February 16

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

6:15	<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) 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"/>	Feldenkrais (Su,M,T)	Arroyo
	<input type="checkbox"/>	Introduction to Pilates Mat: Fundamentals	Progressive (Su) Pinetree
	* <input type="checkbox"/>	Introduction to Circuit Training (Su)	Azteca
	<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 type="checkbox"/>	Introduction to Circuit Training (Su)	Azteca
	<input type="checkbox"/>	Pilates Mat: Level 2 (Su,M,W,F)	Pinetree
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th)	Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,W)	Tennis Courts
	* <input type="checkbox"/>	TRX Fundamentals (Su,Th)	Tolteca
	<input type="checkbox"/>	Yoga: Level 2 (Su-F)	Montaña
11:00	<input type="checkbox"/>	Athletic Action (Su)	Tolteca
	<input type="checkbox"/>	Stretch (Su,T,Th)	Arroyo
	<input type="checkbox"/>	Raja Yoga:The Authentic Practice: All Levels	75 mins (Su-F) Montaña
	<input type="checkbox"/>	Ranch Barre (Su also 3p W)	Olmeca
	<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"/>	Open Rehearsal – Chamber Music Festival	Oaktree
12:00	<input type="checkbox"/>	Swim Stroke Clinic	30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/>	The Care and Feeding of Your Gut Microbiota, with Tamara Duker Freuman, MS, RD, CDN	Olmeca
	<input type="checkbox"/>	Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood	Arroyo
	<input type="checkbox"/>	WATSU® WaterDance® Demonstration (S)	South Pool
2:00	* <input type="checkbox"/>	Cardio Drum Dance (Su,T)	Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th)	Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,T)	Arroyo
	* <input type="checkbox"/>	Pickleball: Beginners (Su also 9a M,Th,F)	please wear court shoes Pickleball Courts
	* <input type="checkbox"/>	Pilates Reformer: Level 2 (Su,W)	Pilates Studio
	<input type="checkbox"/>	Postural Therapy: The foundation- feet, legs, and pelvis (Su)	Tolteca
	<input type="checkbox"/>	Build Your Capacity to 'Take in the Good', with Randy Kamen, Ed.D.	Olmeca
3:00	<input type="checkbox"/>	Functional Mobility (Su)	Tolteca
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th)	Pilates Studio
	<input type="checkbox"/>	Sound Healing (Su,W,F & 4 pm Th)	Oaktree
	<input type="checkbox"/>	Treadmill Hiking	30 mins (Su) Azteca
	<input type="checkbox"/>	Rhythm 101, with Nahre Sol	Arroyo
4:00	<input type="checkbox"/>	Foam Roller please wear socks (Su,T,Th)	Tolteca
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W,F)	Milagro
	<input type="checkbox"/>	Restorative Yoga (Su,T,Th)	Montaña
	<input type="checkbox"/>	Finding Your Groove through Eurhythmics, with Stephen Neely	Oaktree
5:00	<input type="checkbox"/>	Mexico Past & Present, with José Guadalupe Flores, Ph.D.	Tolteca
7:15	<input type="checkbox"/>	Movie: The Farewell	Library Lounge
8:00	<input type="checkbox"/>	Chamber Music Festival – Opening Night	Oaktree

MONDAY | February 17

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

6:15	<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,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"/>	Bird Walk (M,F)	Gazebo
	* <input 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"/>	Pickleball: Beginners (M,Th,F)	please wear court shoes 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"/>	Circuit Training (M-F)	Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Body Rock (M)	Kuchumaa
	* <input type="checkbox"/>	Pickleball: Intermediate (M,Th,F)	please wear court shoes 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: Level 2 (Su-F)	Montaña
11:00	<input type="checkbox"/>	Aqua Strength & Tone (M,W)	Activity Pool
	* <input type="checkbox"/>	Cycle 30: All Levels	30 mins (M,F) Pai Pai
	<input type="checkbox"/>	Nature Walk	60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Raja Yoga:The Authentic Practice: All Levels	75 mins (Su-F) Montaña
	<input type="checkbox"/>	Ranch Ropes	30 mins (M) Olmeca
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F)	Arroyo
	<input type="checkbox"/>	TRX Circuit: Level 2 (M)	Tolteca
	<input type="checkbox"/>	Healing with Herbs -- Warming Principles for Winter with Regina Montalvo, MS, LAc and Yazmin Ceballos, Juice Bar	Chef Library Lounge
12:00	<input type="checkbox"/>	Gyrotonic Tower Demo	30 mins (M) Pilates Studio
1:00	<input type="checkbox"/>	Flexing Fiber to Your Advantage, with Tamara Duker Freuman, MS, RD, CDN	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
	<input type="checkbox"/>	Finding Your Groove through Eurhythmics, with Stephen Neely	Oaktree
2:00	<input type="checkbox"/>	Balance & Co-ordination (M)	Olmeca
	<input type="checkbox"/>	Dance: Move, Groove & Funk! (M)	Kuchumaa
	<input type="checkbox"/>	Feldenkrais (Su,M,T)	Arroyo
	* <input type="checkbox"/>	H2O Bootcamp (M,W)	Activity Pool
	* <input type="checkbox"/>	Pilates Cadillac Fundamentals (M,Th)	Pilates Studio
	<input type="checkbox"/>	How to Grow Your Self-Compassion, with Randy Kamen, Ed.D.	Tolteca
	<input type="checkbox"/>	Musical Talk with pianist Jon Kimura Parker	Oaktree
3:00	<input type="checkbox"/>	Gyrokinesis® (M,F also T,W,Th at 11a)	Pinetree
	<input type="checkbox"/>	Kettlebell	30 mins (M,W) Tolteca
	<input type="checkbox"/>	Sculpt & Strengthen / Chair (M also W at 10a)	Olmeca
	<input type="checkbox"/>	Woodlands Hike	2 Miles (Su,T,Th) Main Lounge
	<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"/>	Melody 101, with Nahre Sol	Arroyo
4:00	* <input type="checkbox"/>	Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,W)	Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W,F)	Milagro
	<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"/>	Documentary: Won't You Be My Neighbor?	Library Lounge
8:00	<input type="checkbox"/>	Piano Night with Jon Kimura Parker	Oaktree

TUESDAY | February 18

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

6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike + Concert with Miró Quartet at La Cocina que Canta -	Moderate 4 Miles, Sign up, Option to tour Professor Park / RLP Foundation after (T only - back by 9am) Option Concert (T only – back by 9:30 am) (T,W,Th,F) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Coyote	Advanced 5.5 or 4 Miles (T,F) 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"/>	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 type="checkbox"/>	Circuit Training (M-F)	Azteca
	<input type="checkbox"/>	Dance: Zumba! (T)	Kuchumaa
	<input type="checkbox"/>	Pilates on the Ball: Level 2 (T)	Olmeca
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th)	Pai Pai
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,W)	Tennis Courts
	* <input type="checkbox"/>	TRX: Plus (T)	Tolteca
	<input type="checkbox"/>	Yoga: Level 2 (Su-F)	Montaña
11:00	<input type="checkbox"/>	Healthy Backs (T)	Tolteca
	<input type="checkbox"/>	Gyrokinesis® (T,W,Th also 3p M,F)	Pinetree
	<input type="checkbox"/>	Raja Yoga:The Authentic Practice: All Levels	75 mins (Su-F) Montaña
	<input type="checkbox"/>	Stretch (Su,T,Th)	Arroyo
	* <input type="checkbox"/>	The Bounce	30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	The Wave (Su,T,Th,F)	Activity Pool
1:00	<input type="checkbox"/>	What is an Anti-Inflammatory Diet? , with Tamara Duker Freuman, MS, RD, 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"/>	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 type="checkbox"/>	Cardio Drum Dance (Su,T)	Kuchumaa
	* <input type="checkbox"/>	Deep Water Training (Su,T,Th)	Activity Pool
	<input type="checkbox"/>	Feldenkrais (Su,M,T)	Arroyo
	* <input type="checkbox"/>	Pilates Twenty / 20 (T,F)	Pilates Studio
	<input type="checkbox"/>	Strengthen Your Relationships Now, with Randy Kamen, Ed.D.	Tolteca
	<input type="checkbox"/>	Musical Talk with violinists Chee-Yun and Monique Mead	Oaktree
3:00	<input type="checkbox"/>	Core Challenge	30 mins (T,Th) Olmeca
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th)	Pilates Studio
	* <input 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"/>	How to Listen to Classical Music, with Nahre Sol	Arroyo
4:00	<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)	Milagro
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Joey Altman.	Register at ext 625/ Fee/Departure 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"/>	Finding Your Groove through Eurhythmics, with Stephen Neely	Oaktree
7:15	<input type="checkbox"/>	Movie: Documentary: RBG	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

WEDNESDAY | February 19

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

6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, (T,W,Th,F) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Pilgrim Advanced Option of 5 or Challenging 4 Miles (W) Main Lounge
6:30	<input type="checkbox"/>	Dove Meditation Hike Moderate 1.2 miles (M,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"/>	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"/>	Cardio Boxing (W) Kuchumaa
	* <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"/>	Sculpt & Strengthen / Chair (W also M at 3p) Olmeca
	<input type="checkbox"/>	Tennis Clinic: Level 2 (Su,T,W) Tennis Courts
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	<input type="checkbox"/>	Aqua Strength & Tone (M,W) Activity Pool
	<input type="checkbox"/>	Gyrokinesis® (T,W,Th also 3p M,F) Pinetree
	* <input type="checkbox"/>	Hip Hop Rhythm Ride - All Levels 30 mins (W) Pai Pai
	<input type="checkbox"/>	Raja Yoga:The Authentic Practice: All Levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Ranch Ropes Plus 30 mins (W) Olmeca
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Arroyo
1:00	<input type="checkbox"/>	Eating in Sync with Your Metabolism's Rhythms, with Tamara Duker Freuman, MS, RD, CDN Olmeca
	<input type="checkbox"/>	Landscape Sketching and Painting Demonstration, with Jennifer Brandt 90 mins Sign up Art Studio
	<input type="checkbox"/>	Finding Your Groove through Eurhythmics, with Stephen Neely Oaktree
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 (M,W) Pilates Studio
	<input type="checkbox"/>	Sculpting Class, with José Ignacio Castañeda Sign up, 90 mins Art Studio
	<input type="checkbox"/>	Discover Your Life Vision, with Randy Kamen, Ed.D. Tolteca
	<input type="checkbox"/>	Musical Talk with Miró Oaktree
3:00	<input type="checkbox"/>	Kettlebell 30 mins (M,W) Tolteca
	<input type="checkbox"/>	Mountain Hike: Alex's Oak 2 Miles (Su,W) Main Lounge
	<input type="checkbox"/>	Ranch Barre (W also Su at 11a) Olmeca
	<input type="checkbox"/>	Sound Healing (Su,W,F & 4 pm Th) Oaktree
	<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,W) Kuchumaa
	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W,F) Milagro
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Montaña
	<input type="checkbox"/>	Hands-on Cooking Class at La Cocina Que Canta with Chef Joey Altman. Register at ext 625/ Fee/Departure 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
	<input type="checkbox"/>	Design Your Own Jewelry, with Alejandro Sign up 90 mins
5:00	<input type="checkbox"/>	Miró Beethoven Celebration Oaktree
7:15	<input type="checkbox"/>	Movie: Rocketman Library Lounge
8:00	<input type="checkbox"/>	Bingo with Barry! Olmeca

THURSDAY | February 20

! Confirm your return transportation at Front Admin Building or Concierge

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,)Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Ember of the Valley Challenging 4 Miles (Su,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) please wear court shoe
	<input type="checkbox"/>	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: Striptease (Th) Kuchumaa
	* <input type="checkbox"/>	Pickleball: Intermediate (M,Th,F) please wear court shoes
	<input type="checkbox"/>	Pickleball Courts
	<input type="checkbox"/>	Pilates Arc Barrel: Level 2 (Th) Pinetree
	* <input type="checkbox"/>	TRX Fundamentals (Su,Th) Tolteca
	* <input type="checkbox"/>	Ranch Cycling: All Levels (Su,T,Th) Pai Pai
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	<input type="checkbox"/>	Gyrokinesis® (T,W,Th also 3p M,F) Pinetree
	<input type="checkbox"/>	Nature Walk 60-75 mins (M,Th) Gazebo
	<input type="checkbox"/>	Raja Yoga:The Authentic Practice: All Levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Stretch (Su,T,Th) Arroyo
	* <input type="checkbox"/>	The Bounce 30 mins (T,Th) Kuchumaa
	<input type="checkbox"/>	The Wave (Su,T,Th,F) Activity Pool
	<input type="checkbox"/>	Yarn Painting/Soft Mosaic Workshop, Session 1, with Tim Hinchliff Sign up (\$40 one-time art kit fee) Dining Hall balcony
	<input type="checkbox"/>	Small Group Workshop, with Nahre Sol Olmeca
12:00	<input type="checkbox"/>	Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
12:30	<input type="checkbox"/>	Yarn Painting Demo Dining Hall
12:45	<input type="checkbox"/>	80 Baskets, 80 People / 80 Canastas, 80 personas Dining Hall We invite you to help us give back to our community by participating in Donating or Creating 80 baskets filled with seven-day supplies of nutritious food to 80 people in need.
1:00	<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"/>	Yarn Painting/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
	<input type="checkbox"/>	Finding Your Groove through Eurhythmics, with Stephen Neely Oaktree
2:00	* <input type="checkbox"/>	Circuit Training (T,Th) Azteca
	<input type="checkbox"/>	Dance: Cardio Hip Hop: Flashback 90's (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"/>	Open Rehearsal – Chamber Music Festival Oaktree
3:00	* <input type="checkbox"/>	Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (Th also F at 11a) Kuchumaa
	<input type="checkbox"/>	Core Challenge 30 mins (T,Th) Olmeca
	* <input type="checkbox"/>	Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input type="checkbox"/>	Chant (Th) Milagro
	<input type="checkbox"/>	Sound Healing (3pm Su,W,F) 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 Joey Altman. Register at ext 625/ Fee/Departure 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
6:15	<input type="checkbox"/>	Silent Dinner Sign up (Th) Los Olivos
7:15	<input type="checkbox"/>	Movie: The Good Liar Library Lounge
8:00	<input type="checkbox"/>	Virtuoso Finale and celebration toast! Oaktree

FRIDAY | February 21

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

6:10	<input type="checkbox"/>	Organic Garden Breakfast Hike Moderate 4 Miles, Sign up, (T,W,Th,F) Main Lounge
6:15	<input type="checkbox"/>	Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Main Lounge
6:30	<input type="checkbox"/>	Silent Mountain Meditation Hike: Alex Oak 2 Miles (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) please wear court shoes
	<input type="checkbox"/>	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) Oaktree
10:00	<input type="checkbox"/>	Dance: Disco (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) please wear court shoes
	<input type="checkbox"/>	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 (T,F) Tolteca
	<input type="checkbox"/>	Yoga: Level 2 (Su-F) Montaña
11:00	* <input type="checkbox"/>	Aerial Yoga: Hip Height Level 2 please wear socks and sleeves (F also Th at 3p) 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 80-year history, with Rob Larson Gazebo
	<input type="checkbox"/>	Raja Yoga:The Authentic Practice: All Levels 75 mins (Su-F) Montaña
	<input type="checkbox"/>	Release & Mobilize please wear socks (M,W,F) Arroyo
	<input type="checkbox"/>	The Wave (Su,T,Th,F) Activity Pool
	<input type="checkbox"/>	RLP Heat: Barre: Level 2 60 mins (F) Olmeca
	<input type="checkbox"/>	Performance Workshop, with Nahre Sol Bazaar del Sol
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"/>	Mountain Hike: Professor's Challenging 3.3 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
	<input type="checkbox"/>	Finding Your Groove through Eurhythmics, with Stephen Neely Oaktree
3:00	<input type="checkbox"/>	Booty Blast 30 mins (F) Olmeca
	<input type="checkbox"/>	Gyrokinesis® (M,F also T,W,Th at 11a) Pinetree
	<input type="checkbox"/>	Sound Healing (Su,W,F & 4 pm Th) Oaktree
	<input type="checkbox"/>	Español /Spanish 101 Progressive (M- F) Library
4:00	<input type="checkbox"/>	Inner Journey: Guided Meditation (Su,M,W,F) Milagro
	<input type="checkbox"/>	Stretch & Relax (M,W,F) Arroyo
	<input type="checkbox"/>	Encore! Bazar del Sol
5:00	<input type="checkbox"/>	Chat about Change ™ Club Salon, with Jill Thiry (F) Maya Lounge
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.