**Pilates Week**

**February 22, 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 22

**6:15** **Mountain Hike: Professor’s** Challenging 3.3 Miles

Main Lounge

**6:45** **Woodlands Hike** 2 Miles Main Lounge

**9:00** 🞾**Pickleball:** All Levels please wear court shoes

Pickleball Courts

**Stretch** Pinetree

**10:00** **Circuit Training** Azteca

**Meditation** 30 mins Milagro

**11:00**  **Yoga: All Levels** Montaña

**11:45 – 1:45 Fitness Concierge** Dining Hall

A fitness specialist is available to answer all questions

**2:00** **Sound Healing** Oaktree

**Woodlands Hike** 2 Miles Main Lounge

**3:00** **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca

**Stretch** Pinetree

**3:45** **Set Your Ranch Intention, Tips for a Magical Week** with **Jill Thiry**

Return and First Time Guests welcome,LibraryLounge

**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** **The Secret in Your Script, with Lena Rivkin** Olmeca

**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

**Sand Volleyball** 4 pm Su - F

**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      2:00 pm to 1:30 pm

Dinner      5:30 pm to 7:30 pm

SUNDAY | February 23

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

**6:15** **Mountain Hike: Ember of the Valley** Challenging 4 Miles

(Su,Th) Main Lounge

**6:30** **Mountain Hike: Alex’s Oak** 2 Miles (Su) Main Lounge

**6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge

**8:15** **Fitness Concierge** 30 mins (Su) Dining Hall

**9:00** **Feldenkrais** (Su,M,T) Oaktree

**Introduction to Pilates Mat: Fundamentals with John**

Progressive (Su)Pinetree

🞾 **Introduction to Circuit Training** (Su) Azteca

**Meditation** (Su,T,W,Th,F) Milagro

**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-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** **Athletic Action** (Su) Tolteca

**Gyrokinesis®** (Su-W) Pinetree

**Stretch** (Su,T,Th) Oaktree

**Ranch Barre** (Su,Th also 3p W) Olmeca

**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

**Yoga: Level 2**  75 mins (Su-F) Montaña

**12:00** **Gyrotonic Tower Demo** 30 mins(Su) Pilates Studio

**Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool

**1:00** **The Mind Diet: how to cool inflammation, balance your**

**insulin and optimize your diet for cognitive clarity, with**

**Jacqueline Chan, DO** Olmeca

**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

🞾 **Pickleball: Beginners** (Su also 9a M,Th,F) please wear court shoes Pickleball Courts

🞾 **Pilates Reformer: Level 2** (Su,W) Pilates Studio

**Postural Therapy:** The foundation- feet, legs, and pelvis

(Su) Tolteca

**3:00**   **Functional Mobility** (Su) Tolteca

🞾 **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio

**Sound Healing** (Su-F) Oaktree

**Tai Chi** (Su) Montaña

**Treadmill Hiking** 30 mins (Su) Azteca

**4:00** **Foam Roller** please wear socks (Su,T,Th)Tolteca

**Inner** **Journey: Guided Meditation** (Su,M,W,F) Oaktree

**Restorative Yoga** (Su,T,Th) Montaña

**5:00** **Inner Fitness: Love or Fear- The Big Shift!--It’s Your**

**Choice! with Emily Boorstein, Life Coach** Oaktree

­ **7:15** **Movie: The Farewell** Library Lounge

**8:00** **Folklore and Stories: A Window to the Soul, with Rabbi**

**Michael Zedek** Oaktree

MONDAY | February 24

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

**6:15** **Mountain Hike: Professor’s** Challenging 3.3 Miles (M)

Main Lounge

**6:30** **Dove Meditation Hike** Moderate 1.2 miles (M,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** **Bird Walk** (M,F)Gazebo

🞾 **Circuit Training** (M-F)Azteca

**Chant** (M also Th at 4p) Milagro

**Feldenkrais** (Su,M,T) Oaktree

🞾 **Pickleball: Beginners** (M,Th,F) please wear court shoes

Pickleball Courts

**Pilates Mat: Fundamentals with John** Progressive (M-F)

Pinetree

**Pump It: Level 2** (M,F) Tolteca

**Stretch** (Su-F) Montaña

**10:00** 🞾 **Circuit Training** (M-F) Azteca

**Dance: Move, Groove & Funk (**M) Kuchumaa

🞾 **Pickleball: Intermediate** (M,Th) please wear court shoes

Pickleball Courts

**Pilates Mat: Level 2** (Su-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

🞾 **Cycle 30: All Levels** 30 mins (M,F) Pai Pai

**Gyrokinesis®** (Su-W) Pinetree

 **Nature Walk** 60-75 mins (M,Th) Gazebo

 **Ranch Ropes** 30 mins (M) Olmeca

**Release & Mobilize** please wear socks (M,W,F) Oaktree

**TRX Circuit: Level 2** (M) Tolteca

**Yoga: Level 2**  75 mins (Su-F) Montaña

**Healing with Herbs -- Warming Principles for Winter**

**with Regina Montalvo, MS, LAc and Yazmín Ceballos, Juice Bar Chef** Library Lounge

**1:00** **Happy with Healthy Hormones, with Jacqueline Chan, DO**

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 & Coordination** (M) Olmeca

**Dance: Zumba! (**M,W) Kuchumaa

**Feldenkrais** (Su,M,T) Oaktree

🞾 **H2O Bootcamp** (M,W) Activity Pool

🞾 **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio

**Inner Fitness: Healthy Inner Dialogue – Discover Your**

**Joyous Adult, with Emily Boorstein, Life Coach** Arroyo

**3:00**  **Kettlebell** 30 mins(M,W) Tolteca

**Sculpt & Strengthen / Chair** (M also W at 10a) Olmeca

**Sound Healing** (Su-F) Oaktree

**Woodlands Hike** 2 Miles (also Su,T,Th at 6:45a) Main Lounge

**Watercolor, with Jennifer Brandt** 90 mins Sign up Art Studio

**4:00** 🞾 **Aerial Yoga: Gentle, Low hammock** please wear socks and

sleeves (M,W) Kuchumaa

**Inner** **Journey: Guided Meditation** (Su,M,W,F) Oaktree

**Stretch & Relax** (M,W,F) Montaña

**Fiesta at the Bazar!! All invited! Sangria and guacamole.**

60 mins Bazar del Sol

**7:15** **Movie: Won’t You Be My Neighbor?** 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 | February 25

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

**6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up,

(T,W,Th,F) Option to tour Professor Park / RLP Foundation

after (T only back by 9am) Main Lounge

**6:15** **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F)

Main Lounge

**6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge

**9:00** **BOSU® Fit** (T,Th) Olmeca

🞾 **Circuit Training** (M-F)Azteca

**Feldenkrais** (Su,M,T) Oaktree

**Meditation** (Su,T,W,Th,F) Milagro

**Pilates Mat: Fundamentals** Progressive (M-F) Pinetree

**Stretch** (Su-F) Montaña

**Tennis Clinic: Level 1** (Su,T,W) Tennis Courts

**10:00** 🞾 **Circuit Training** (M-F) Azteca

**Dance: Zumba! (**T) Kuchumaa

**Pilates Mat: Level 2** (Su-F)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** **Healthy Backs** (T) Tolteca

**Gyrokinesis®** (Su-W) Pinetree

**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

**1:00**  **Boost your Mitochondria: superfoods and exercises that**

**enhance cognitive endurance and mental sharpness, with**

**Jacqueline Chan, DO** 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: Emotional Fluency – Permission to Feel,**

**with Emily Boorstein, Life Coach** Arroyo

**3:00** **Core Challenge** 30 mins(T,F) Olmeca

🞾 **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio

**Sound Healing** (Su-F) Oaktree

**Mandala, with Jennifer Brandt** 45 mins Sign up Art Studio

**4:00** **Foam Roller** please wear socks (Su,T,Th)Tolteca

**Restorative Yoga** (Su,T,Th) Montaña

**The Fine Art of Meditation** (T) Oaktree

**Design Your Own Jewelry, with Alejandro** Sign up 60 mins

* **Hands-on Cooking Class at La Cocina Que Canta with Chef**

**Najmieh Batmanglij.** Register at ext 625/ Fee/Departure

4:00pm; approx. return 7:30pm. Meet at Admin. Bldg.

**5:00** **Tunes on Tuesday with Keith Macpherson** Bazar del Sol

**7:15** **Documentary: RBG** Library Lounge

**8:00**  **Bingo with Barry!**  Olmeca

WEDNESDAY | February 26

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

**6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up,

(T,W,Th,F) Main Lounge

**6:15** **Mountain Hike: Pilgrim** Advanced Option of 3.5 or

Challenging 4.5 Miles (W) Main Lounge

**6:30** **Dove Meditation Hike** Moderate 1.2 miles (M,W)Main Lounge

**6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half

Mile (M,W,F) Main Lounge

**9:00** 🞾 **Circuit Training** (M-F)Azteca

**Meditation** (Su,T,W,Th,F) Milagro

**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** **Cardio Boxing** (W) Kuchumaa

🞾**Circuit Training** (M-F) Azteca

**Pilates Mat: Level 2** (Su-F)Pinetree

**Landscape Garden Walk** (W) (hiking boots when

wet/raining) Gazebo

**Sculpt & Strengthen / Chair** (W also M at 3p) Olmeca

**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

🞾 **TRX Flexibility** (W also F at 3p) Tolteca

**Yoga: Level 2** 75 mins (Su-F) Montaña

**1:00**  **Soothing the Mind: how to obtain deep sleep, deep mental**

**rest with meditations and hands-on exercises, with**

**Jacqueline Chan, DO** Olmeca

**Landscape Sketching and Painting Demonstration, with**

**Jennifer Brandt** 90 mins Sign up Art Studio

**2:00**  **Bosu Balance: Level 2** (W) Olmeca

**Dance: Zumba! (**M,W) Kuchumaa

🞾 **H2O Bootcamp** (M,W) Activity Pool

🞾 **Pilates Reformer: Level 2** (S,W) Pilates Studio

**Inner Fitness: Powerful You – Ownership and**

**Responsibility, with Emily Boorstein, Life Coach** Arroyo

**Sculpting Class, with José Ignacio Castañeda** Sign up,

90 mins Art Studio

**3:00**  **Kettlebell** 30 mins(W) Tolteca

**Mountain Hike: Alex’s Oak** 2 Miles (Su,W) Main Lounge

**Ranch Barre** (W also Su,Th at 11a) Olmeca

**Sound Healing** (Su-F) Oaktree

**4:00** 🞾 **Aerial Yoga: Gentle, Low hammock** please wear socks and

sleeves (M,W) Kuchumaa

**Inner** **Journey: Guided Meditation** (Su,M,W,F) Oaktree

**Stretch & Relax** (M,W,F) Montaña 

**Design Your Own Jewelry, with Alejandro** Sign up 90 mins **Hands-on Cooking Class at La Cocina Que Canta with Chef**

**Najmieh Batmanglij.** Register at ext 625/ Fee/Departure

4:00pm; approx. return 7:30pm. Meet at Admin. Bldg.

**5:00** **Miracles of the Ordinary: A Journey to Everyday Spirituality,**

**with Rabbi Michael Zedek** Oaktree

**7:15** **Movie: Rocketman** Library Lounge

**8:00** **The Write Note**- **What handwriting analysis reveals about**

**musicians and composers, with Lena Rivkin, graphology,**

**Natalie Dalschaert, piano, Martha Aarons, flute and Lev**

**Polyakin, violin** Oaktree

THURSDAY | February 27

**!** Confirm your return transportation at Front Admin Building or Concierge

**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,)Main Lounge

**6:15** **Mountain Hike: Ember of the Valley** Challenging 4 Miles (Su,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,T,W,Th,F) Milagro

🞾 **Pickleball: Beginners** (M,Th,F) please wear court shoe

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: Striptease** (Th) Kuchumaa

🞾 **Pickleball: Intermediate** (M,Th) please wear court shoes

Pickleball Courts

**Pilates Mat: Level 2** (Su-F)Pinetree

🞾 **TRX Fundamentals** (Su,Th) Tolteca

🞾 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai

**Yoga Fundamentals: All Levels** (Su-F) Montaña

**Trunk Show with Vicky La Jolla** (10am to 12pm) Mercado’s Patio

**11:00**  **Nature Walk** 60-75 mins (M,Th) Gazebo

**Ranch Barre** (Su,Th also 3p W) 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 

**Yarn Painting/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,Th) Activity Pool

**12:30** **Yarn Painting Demo** Dining Hall

**12:45** **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**  **“Bean-to-Bar” Chocolate class – a delicious experience**.

90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.

**Documentary: Tree of Life, The Living Legacy of Edmond**

* **Szekely. Q& A with Rob Larson** Library Lounge **­ ­**

**Open Art Studio, with Jennifer Brandt** 90 mins Art Studio

* **Trunk Show with Vicky La Jolla** (1 to 4 pm)Mercado’s Patio

**Yarn Painting/Soft Mosaic Workshop, Session 2, with Tim**

* **Hinchliff** Sign up ($40 one-time art kit fee)Dining Hall balcony

**2:00**  🞾 **Circuit Training** (T,Th**)** Azteca

**Dance: Cardio Hip Hop: Body Rock (**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: Create Your Best Life – How to Manifest Your**

**Dreams, with Emily Boorstein, Life Coach** Arroyo

**3:00** 🞾 **Aerial Yoga: Hip Height Level 2** please wear socks and

sleeves (Th also F at 11a) Kuchumaa

**Booty Blast** 30 mins (Th) Olmeca

🞾 **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio

**Sound Healing** (Su-F) Oaktree

**4:00**  **Chant** (Th also M at 9a) Milagro

**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**
* **Najmieh Batmanglij.** Register at ext 625/ Fee/Departure 4:00pm; approx.
* return 7:30pm. Meet at Admin. Bldg.
* **Art Exhibition with resident artists Jennifer Brandt, José**
* **Ignacio Castañeda and Tim Hinchliff** 90mins Bazar del Sol

**5:00** **Stories for Leaders, with Rabbi Michael Zedek** Arroyo

**6:15** **Silent Dinner** Sign up (Th) Los Olivos

**7:15** **Movie: The Good Liar** Library Lounge

**8:00** **Concert with Natalie Dalschaert, piano, Martha Aarons, flute and Lev**

**Polyakin, violin** Oaktree

FRIDAY | February 28

**!** Please sign up or confirm your return transportation at

the Admin Building or Concierge Desk

**6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up,

(T,W,Th,F) Option to stay for **Cultivating a Healthy Microbiome with**

**Lindsey Hethcote at LCQC/** Register at ext 625/ Fee (F only back by

10:45 am) Main Lounge

**6:15** **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge

**6:30** **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F)

Main Lounge

**6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half

Mile (M,W,F) Main Lounge

**8:15**  **Cultivating a Healthy Microbiome with Lindsey Hethcote at LCQC**

Register at ext 625/ Fee/Departure at 8:15am; approx. return 10:45am.

Meet at Admin. Bldg. (option: hike to the Organic Breakfast Hike at 6:10am)

**9:00** **Bird Walk** (M F)Gazebo

🞾 **Circuit Training** (M-F)Azteca

**Meditation** (Su,T,W,Th,F) Milagro

🞾 **Pickleball: Beginners** (M,Th,F) please wear court shoes

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** (F) Activity Pool

🞾 **Circuit Training** (M-F) Azteca

**Pilates Mat: Level 2** (Su-F)Pinetree

**Sculpt & Strengthen: Level 1** (M,F) Olmeca

🞾 **TRX Cardio: Level 2** (F) Tolteca

**Yoga Fundamentals: All Levels** (Su-F) Montaña

**11:00** 🞾 **Cycle 30: All Levels** 30 mins (M,F) Pai Pai

**Ranch History Walk: Explore the roots of the Ranch and its**

* **rich 80-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 atDining Room entrance

**1:00**  **How to Live Your Ranch Experience at Home** (F)Library Lounge

**Make a Prayer Arrow, with Tim Hinchliff** Sign up (no fee)

Main Lounge

**2:00**  **Mountain Hike: Professor’s** Challenging 3.3 Miles (F) Main Lounge

🞾 **Pilates Twenty / 20** (T,F) Pilates Studio

**Postural Therapy:** Spine, Shoulders, Neck and Head (F) Tolteca **Behind the Brush**- **Handwriting analysis of influential and famous**

**artists, with Lena Rivkin** Arroyo

**3:00** **Core Challenge** 30 mins(T,F) Olmeca

**Sound Healing** (Su-F) Oaktree

🞾 **TRX Flexibility** (F) Tolteca

**4:00** **Inner** **Journey: Guided Meditation** (Su,M,W,F) Oaktree

**Stretch & Relax** (M,W,F) Montaña

**Mexico Past & Present, with José Guadalupe Flores, Ph.D.**

Library Lounge

**5:30** **Dine ’n’ Dance** Dining Hall

* 7:00 pm **Music with the Rancho La Puerta Fiesta Band!**

7:50 pm **Dance, Dance, Dance with Alma Latina!**

**7:15** **Documentary: Flight of the Butterflies** Library Lounge

Tomorrow’s Saturday schedule can be found on bulletin boards in

the Main Lounge, Concierge, Front Desk and the Dining Hall.