

## Workout Express Week with Norma Shechtman March 7, 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.

**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 | March 7

- 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, 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** ☐ **Earth Art, Environmental Art, Art and Nature!** with Lynda McIntyre, Ph.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 5:00 pm

### UNSTAFFED PICK UP GAMES

**Pickleball** 9 am Su,T,Th  
**Sand Volleyball** 4 pm Su - F

\* 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 also 3p W) Main Lounge
- 6:45** ☐ **Woodlands Hike** 2 Miles (Su,T,Th also 3p M) Main Lounge
- 8:15** ☐ **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00** ☐ **Feldenkrais** (Su,M,T) Oaktree  
☐ **Introduction to Pilates Mat: Fundamentals** Progressive (Su) Pinetree
- \*☐ **Introduction to Circuit Training** (Su) Azteca  
☐ **Meditation** (Su,T,W,F) Milagro  
☐ **Sculpt & Strengthen: Level 2** (Su,W) Olmeca  
☐ **Stretch** (Su-F) Montaña  
☐ **Tennis Clinic: Level 1** (Su,T,W) Tennis Courts  
☐ **Art Workshop I: Seeing & Drawing, with Lynda Reeves McIntyre, Ph.D.** Gazebo (or Art Studio, if raining)
- 10:00** \*☐ **Introduction to Circuit Training** (Su) Azteca  
☐ **Pilates Mat: Level 2** (Su,M,W,Th,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  
☐ **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,T,W,Th,F) Montaña
- 12:00** ☐ **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio  
☐ **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00** ☐ **Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood** Oaktree  
☐ **WATSU® WaterDance® Demonstration** (S) South Pool  
☐ **What is Craniosacral Therapy, with Michael Brightwood** Library Lounge
- 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,F) please wear court shoes Pickleball Courts
- \*☐ **Pilates Reformer: Level 2** (Su,W) Pilates Studio  
☐ **Inner Fitness: The BIG SHIFT - Mindfulness and Relationships, with Linda Carroll** Tolteca
- 3:00** ☐ **Workout Express with Norma: Stability Ball** (Su) Olmeca
- \*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
☐ **Tai Chi** (Su) Montaña  
☐ **Treadmill Hiking** 30 mins (Su) Azteca
- 4:00** ☐ **Foam Roller** please wear socks (Su,T,Th) Tolteca  
☐ **Restorative Yoga** (Su,T,Th) Montaña  
☐ **Sound Healing** (Su also 3p M,W,Th,F) Oaktree
- 5:00** ☐ **Traditional Stories/New Media: Universal Themes of Humanity Found in a Hit Television Series, with Josh Berman** Olmeca
- 7:15** ☐ **Movie: A Beautiful Day in the Neighborhood** Library Lounge
- 8:00** ☐ **Poetry, Memory, Story** with Erica Jong and Kim Dower Oaktree

## MONDAY | March 9

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

- 6:15** ☐ **Mountain Hike: Professor's** Challenging 3.3 Miles (M also 2p 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  
☐ **Feldenkrais** (Su,M,T) Oaktree  
☐ **Chant** (M,Th) Milagro
- \*☐ **Pickleball: Beginners** (M,F also Su at 2p) please wear court shoes Pickleball Courts  
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
☐ **Pump It: Level 2** (M,F) Tolteca  
☐ **Stretch** (Su-F) Montaña  
☐ **Art Workshop II: Shape Takes Form, with Lynda Reeves McIntyre, Ph.D.** Gazebo (or Art Studio, if raining)
- 10:00** \*☐ **Circuit Training** (M-F) Azteca  
☐ **Dance: Contemporary Dance** (M) Kuchumaa
- \*☐ **Pickleball: Intermediate** (M,Th) please wear court shoes Pickleball Courts  
☐ **Pilates Mat: Level 2** (Su,M,W,Th,F) Pinetree  
☐ **Workout Express with Norma: Full Body Workout** (Su) Olmeca  
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00** \*☐ **Cycle 30: All Levels** 30 mins (M,F) Pai Pai  
\*☐ **Deep Water Training** (M,W) Activity Pool  
☐ **Gyrokinesis®** (Su-W) Pinetree  
☐ **Nature Walk** 60-75 mins (M,Th) Gazebo  
☐ **Release & Mobilize** please wear socks (M,W,F) Oaktree  
☐ **RLP Heat: Yoga Sculpt Level 2** 60 mins (M) Olmeca  
☐ **Healing with Herbs -- Warming Principles for Winter with Regina Montalvo, MS, LAc and Yazmin Ceballos, Juice Bar Chef** Library Lounge
- 1:00** ☐ **Diet until you drop, or not!** with Dominique Adair, M.S., RD, CLS 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,F) Olmeca  
☐ **Dance: Cardio Hip Hop: Body Rock!** (M) Kuchumaa  
☐ **Feldenkrais** (Su,M,T) Oaktree
- \*☐ **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio  
☐ **The Wave** (M,W) Activity Pool  
☐ **Inner Fitness: 5 Basic Skills in Communication (PAUSE), with Linda Carroll** Tolteca
- 3:00** ☐ **Kettlebell** 30 mins (M,W) Tolteca  
☐ **Sculpt & Strengthen / Chair** (M also W at 10a) Olmeca  
☐ **Sound Healing** (M,W,Th,F also Su at 4p) Oaktree  
☐ **Woodlands Hike** 2 Miles (also 6:45a Su,T,Th) Main Lounge  
☐ **Español /Spanish 101** Progressive (M- F) Library  
☐ **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** (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: Rocketman**
- 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 | March 10

\* 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
- 6:30** ☐ **Dove Meditation Hike** Moderate 1.2 miles (T) 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,F) Milagro  
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
☐ **Tennis Clinic: Level 1** (Su,T,W) Tennis Courts  
☐ **Stretch** (Su-F) Montaña  
☐ **Art Workshop III: Gesture Drawing and Moving Meditation, with Lynda Reeves McIntyre, Ph.D.** Gazebo
- 10:00** \*☐ **Circuit Training** (M-F) Azteca  
☐ **Dance: Intro. to Salsa!** (T) Kuchumaa  
☐ **Pilates on the Ball: Level 2** (T) Olmeca
- \*☐ **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  
☐ **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,T,W,Th,F) Montaña
- 1:00** ☐ **Saying no to the Big Three, with Dominique Adair, M.S., RD, CLS** 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** \*☐ **Cardio Drum Dance** (Su,T) Kuchumaa  
☐ **Circuit Training** (T,Th) Azteca  
\*☐ **Deep Water Training** (Su,T,Th) Activity Pool  
☐ **Feldenkrais** (Su,M,T) Oaktree
- \*☐ **Pilates Twenty / 20** (T,F) Pilates Studio  
☐ **Inner Fitness: Neuroplasticity and the Five Essential Keys to Emotional Fitness, with Linda Carroll** Tolteca
- 3:00** \*☐ **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
☐ **Workout Express with Norma: Stability, Balance, Core & Back**(T) Tolteca
- \*☐ **World Drumming** (T) Kuchumaa  
☐ **Español /Spanish 101** Progressive (M- F) Library  
☐ **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  
☐ **Hands-on Cooking Class at La Cocina Que Canta with Chef David Cohen.** Register at ext 625/ Fee/Departure 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
☐ **Poetry, Memory, Story – writing workshop** with Erica Jong and Kim Dower Arroyo
- 5:00** ☐ **Spiritual Underpinning of a Hit TV Show: The Inspiration for Drop Dead Diva, with Josh Berman** Olmeca
- 7:15** ☐ **Movie: Documentary: RBG** Library Lounge
- 8:00** ☐ **Bingo with Barry!** Olmeca

## SUNDAY | March 8

## WEDNESDAY | March 11

\* 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
- 6:45**  **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,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,M,W,Th,F) Pinetree  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña  
 **Landscape Garden Walk** (W) (hiking boots when wet/raining) Gazebo  
 **Tennis Clinic: Level 2** (Su,T,W) Tennis Courts  
 **Workout Express with Norma: Upper & Lower Body with Balance** (W) Olmeca
- 11:00** \*  **Deep Water Training** (M,W) Activity Pool  
 **Gyrokinesis®** (Su-W) Pinetree  
\*  **Hip Hop Rhythm Cycle - All Levels** 30 mins (W) Pai Pai  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Yoga: Level 2** 75 mins (Su,T,W,Th,F) Montaña
- 1:00**  **To supplement or not, is that still the question? with Dominique Adair, M.S., RD, CLS** Olmeca  
 **Landscape Sketching and Painting Demonstration, with Jennifer Brandt** 90 mins Sign up Art Studio
- 2:00**  **Bosu Balance: Level 2** (W) Olmeca  
 **Dance: Donna Sternberg** (W) Kuchumaa  
\*  **Pilates Reformer: Level 2** (S,W) Pilates Studio  
 **The Wave** (M,W) Activity Pool  
 **Sculpting Class, with José Ignacio Castañeda** Sign up, 90 mins Art Studio  
 **Inner Fitness: Powerful You, with Linda Carroll** Tolteca
- 3:00**  **Kettlebell** 30 mins (M,W) Tolteca  
 **Mountain Hike: Alex's Oak** 2 Miles (W) Main Lounge  
 **Ranch Barre** (W also 11a F) Olmeca  
 **Sound Healing** (M,W,Th,F also 4pm Su) Oaktree  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00** \*  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,W) Kuchumaa  
 **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef David Cohen.** Register at ext 625/ Fee/Departure 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.  
 **Poetry, Memory, Story – writing workshop with Erica Jong and Kim Dower** Arroyo
- 5:00**  **Open Dress Rehearsal – Donna Sternberg & Dancers** Montaña
- 7:15**  **Movie: The Farewell** Library Lounge
- 8:00**  **Singing Together: Creating Resilience and an Antidote to Fear, with Peter Yarrow** Oaktree

## THURSDAY | March 12

! 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  
 **Chant** (M,Th) Milagro  
 **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: Cardio Hip Hop: Flash Back 90's** (Th) Kuchumaa  
\*  **Pickleball: Intermediate** (M,Th) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,W,Th,F) Pinetree  
\*  **TRX Fundamentals** (Su,Th) Tolteca  
\*  **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Nature Walk** 60-75 mins (M,Th) Gazebo  
 **Ranch Ropes Plus** 30 mins (Th) 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,T,W,Th,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** (15mins) Dining Hall  
We invite you to help us give back to our community by participating in Donating or Creating 80 baskets filled with nutritious food for 80 people.
- 1:00**  **Fact from Fiction? with Dominique Adair, M.S., RD, CLS** Olmeca  
 **"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  
 **Yarn Painting/Soft Mosaic Workshop, Session 2, with Tim Hinchliff** Sign up (\$40 one-time art kit fee) Dining Hall balcony  
 **Open Art Studio, with Jennifer Brandt** 90 mins Art Studio
- 2:00** \*  **Dance: Step Aerobics** (Th) Kuchumaa  
\*  **Circuit Training** (T,Th) Azteca  
\*  **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, with Linda Carroll** Tolteca
- 3:00** \*  **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (Th also F at 10a) Kuchumaa  
\*  **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio  
 **Sound Healing** (M,W,Th,F also 4pm Su) Oaktree  
 **Workout Express with Norma: Integrative Core & Stretch** (Th) Olmeca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Restorative Yoga** (Su,Th) Montaña  
 **Foam Roller** Please wear socks (Su,T,Th) Tolteca  
 **Hands-on Cooking Class at La Cocina Que Canta with Chef David Cohen.** 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** 90 mins Bazar del Sol
- Poetry, Memory, Story – writing workshop with Erica Jong and Kim Dower** Arroyo
- 5:00**  **Exploring the Human Condition through a Television Show: Are You Being Serious?, with Josh Berman** Olmeca
- 6:00**  **Live the Bocuse d'Or Culinary Experience at Amores Restaurant–8 course menu with wine pairings.** Sign up /fee/ 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: The Good Liar** Library Lounge
- 8:00**  **Dance Performance – Donna Sternberg & Dancers** Montaña

## FRIDAY | March 13

! 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 and Chef Reyna Venegas 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 and Chef Reyna Venegas 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,F) Milagro  
\*  **Pickleball: Beginners** (M,F also Su at 2p) 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** \*  **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (F also Th at 3p) Kuchumaa  
\*  **Deep Water Training** (F) Activity Pool  
\*  **Circuit Training** (M-F) Azteca  
 **Pilates Mat: Level 2** (Su,M,W,Th,F) Pinetree  
\*  **TRX Cardio: Level 2(F)** Tolteca  
 **Workout Express with Norma: Full Body Workout - Travel Exercises with Small Equipment** (F) Olmeca  
 **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  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Ranch Barre** (F also 3p W) Olmeca  
 **The Wave** (Su,T,Th,F) Activity Pool  
 **Yoga: Level 2** 75 mins (Su,T,W,Th,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**  **Balance & Coordination** (M,F) Olmeca  
 **Mountain Hike: Professor's** Challenging 3.3 Miles (F) Main Lounge  
\*  **Pilates Twenty / 20** (T,F) Pilates Studio
- 3:00**  **Booty Blast** 30 mins (F) Olmeca  
 **Sound Healing** (M,W,Th,F also 4pm Su) Oaktree  
\*  **TRX Flexibility** (F) Tolteca  
 **Español /Spanish 101** Progressive (M- F) Library
- 4:00**  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Mexico Past and Present, with José Guadalupe Flores, Ph.D.** Tolteca
- 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.