Sample Classes Week

Stay flexible... in person or not...! 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” classes that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment and learning.

Keep in mind a few guidelines for the week:

- We are a ‘digital noise-free’ environment.
- Please turn off ringer and alerts on your devices. If you must answer or make a call, please do so in the privacy of your room, or the Administration Bldg.
- Programming is continuous 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.
- Sign up for classes posted in the main lounge cork board.
- Classes are limited based on social distancing and equipment availability.
- Classes and activities begin on time and last 45 minutes unless noted otherwise.

Saturday

6:15  Mountain Bike: Professor’s challenging 3.3 Miles Gazebo
6:45  Woodlands Hike 2 Miles Gazebo
9:00  Stretch Pilates
10:15  Yoga: All Levels Montaña
11:45–1:30  Fitness Concierge Dining Hall
5:00  Ranch Tour (recommended for first time guests) Gazebo
8:30  A Balanced Glass-Is Your Glass Full or Full? with Lydia Mondavi Olmeca

Sunday

6:15  Sample Classes are limited to first come first served
- May your challenge be a Personal Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
- Mountain Bike: Alex’s Oak 2 Miles (Su,W) Gazebo
- Flea Market 2 Hours with an Option to do an Extra Moderate Half Mile (Su,T, Th) Gazebo
- Fitness Concierge 30 mins (Su) Dining Hall
- Feldenkrais (Su,M) Oaktree
- Introduction to Circuit Training (Su) Azteca
- Pilates Arbel Barre Level 2 (Su,Th) Pineatre
- Ranch Cycling: All Levels (Su,T) Pa Pa Tai
- Tennis Clinic Level 2 (Su,T) Tennis Courts
- Chant (Su also 9a Th) Amroy
- Yoga Fundamentals (Su,F) Montaфа
11:30  Cardio Muscle Blast (Su) Azteca
- Grokinesis® (Su,T) Pineatre
- Stretch (Su,T) Oaktree
- The Wave: Shallow Water Workout with Craig Stuart (Su-F) Activity Pool
- The Whys and Hows of Pose for Using your hiking poles (Su) Meet outside Amroyo
- Yoga: Level 2 6:45 (Su,T) Montaфа
- Feldenkrais: Improving Posture and Balance with Donna Wood Oaktree
- Nutrition Wellness: Eating Right for Life – Dietary Nutrition, with Jody Miller, MA, RCEP Olmeca
- WATSU®: Waterdance® Demonstration (S) South Pool
- Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (Su,M) Kuchumaa
- Deep Water Training with Craig Stuart (Su,T) Activity Pool
- Feldenkrais (Su) Oaktree
- Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
- Pilates Reformer: Fundamentals (Su,M,F also 3:15p Su,Th) Pilates Studio
- Ranch Reset: Juice it up! Lecture and Juice with Regina Montalvo, MS, LA, Olmeca
- Ranch Barre (Su) Olmeca
3:15  Pilates Reformer: Fundamentals (Su,Th also 2p Su,M) Pilates Studio
- Sound Healing (Su,M,Th,F) Oaktree
- What’s Happened to All of the Butterflies with Suzanne Clarke Amroy
4:30  Foam Roller Please wear socks (Su,T) Tolteca
- Sound Healing (Su,T) Oaktree
- Inner Fitness: Love or Fear, The Big Shift It’s Your Journey with Emily Boorstein, Life Coach Amroy
- Fun with Pocker – Basics of Texas Hold’em, with Lorraine Clayton and Johnny Goebel (Su,T) Olmeca
- Pilates Reformer: Library
- Concert Bach and Beethoven, with Alec Karis, piano Oaktree
7:15  Movie Little Women Library Lounge
8:00  The Art of Playing with the Rain, with Christina Bertea Olmeca

Monday

6:15  Sample Classes are limited to first come first served
- May your challenge be a Personal Option of 3.5 or Challenging 4.5 Miles (M,Th) Gazebo
- Woodlands Hike 2 Miles (M,W,F) Gazebo
- Circuit Training (M,W,F) Azteca
- Feldenkrais (M) Oaktree
- Meditation (M,F,T) Milagro
- Pickleball: Beginner (M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals Progressive
- Pump It: Level 2 (M,F) Tolteca
- Stretch (Su,F) Montaфа
10:15  Circuit Training (M-F) Azteca
- Dance: Cardio Hip Hop Body Rock (M) Kuchumaa
- Intermediate: Level 2 (M,F) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2 (M,W,F) Pineatre
- Sculpt & Strength with Campbell (Su,F) Montaфа
- Water Jogging with Craig Stuart (M,F) Activity Pool
- Yoga Fundamentals (Su,F) Montaфа
- Drawing with Jennifer 2 hours Art Studio
11:30  Cycle 30: All Levels 30 mins (M,F) Pa Pa Tai
- Gyrokinesis® (Su,T) Pineatre
- Release & Mobilize please wear socks (M,W,F) Oaktree
- The Wave: Shallow Water Workout with Craig Stuart (Su-F) Activity Pool
- TRX Fundamentals (M,F) Tolteca
- Yoga Sculpt: Level 2 60 mins (M,F) Olmeca
2:00  Nutrition Wellness: Building Healthy Eating Patterns/ Habits-Behavioral Nutrition with Jody Miller, MA, RCEP Olmeca
- An Evening with Deborah Szekely, Co-founder of Rancho La Puerta – 2 hours Art Studio
- Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (Su,M) Kuchumaa
- Deep Water Training with Craig Stuart (M,W,T) Activity Pool
- Pilates Reformer: Fundamentals (Su,M,F also 3:15p Su,Th) Pilates Studio
- Ranch Reset: Juice it up! Lecture and Juice with Regina Montalvo, MS, LA, Olmeca
- Ranch Barre (Su) Olmeca
3:15  Pilates Reformer: Fundamentals (Su,Th also 2p Su,M) Pilates Studio
- Sound Healing (Su,M,Th,F) Oaktree
- What’s Happened to All of the Butterflies with Suzanne Clarke Amroy
4:30  Foam Roller Please wear socks (Su,T) Tolteca
- Sound Healing (Su,T) Oaktree
- Inner Fitness: Love or Fear, The Big Shift It’s Your Journey with Emily Boorstein, Life Coach Amroy
- Fun with Pocker – Basics of Texas Hold’em, with Lorraine Clayton and Johnny Goebel (Su,T) Olmeca
- Pilates Reformer: Library
- Concert Bach and Beethoven, with Alec Karis, piano Oaktree
7:15  Movie Little Women Library Lounge
8:00  The Art of Playing with the Rain, with Christina Bertea Olmeca

Tuesday

6:05  Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,F) Gazebo
6:15  Mountain Bike: Coyote Advanced 5.5 or 4 Miles (T,F) Gazebo
6:45  Quali Hike 2 Miles with an Option to do an Extra Moderate Half Mile (Su,Th) Gazebo
9:00  Bird Walk (T) Gazebo
10:15  BOSU® Fit (Th) Olmeca
11:30  Meditation (M,T,F) Milagro
12:00  Pilates Mat: Fundamentals Progressive (M-F) Pineatre
1:00  Stretch (Su,F) Montaфа
12:00  Tenis Clinic: Level 1 (Su,T) Tennis Courts
1:00  Circuit Training (M,F) Azteca
2:00  Dance: Intro to Salsa (T,F) Kuchumaa
3:00  Pilates on the Ball: Level 2 (T) Olmeca
4:00  Ranch Cycling: All Levels (Su,T) Pa Pa Tai
5:00  Tennis Clinic: Level 2 (Su,T) Tennis Courts
6:00  Yoga Fundamentals (Su,F) Montaфа
6:00  Watercolor with Jennifer 2 hours Art Studio
7:00  Bean-to-Bar Chocolate class – a delicious experience. 60 min Sign up Gazebo
7:00  The Bounce 30 mins (T,K) Olmeca
8:00  The Wave: Shallow Water Workout with Craig Stuart (Su-F) Activity Pool
9:00  Yoga: Level 2 60 mins (Su,T,F) Montaфа
9:00  Knitting with Wellness for David de la Paz 60 min Sign up Gazebo
9:00  Sculpting Class with Jose Ignacio Castaño Art Studio
10:00  Aqua Board (T also 3:15p T) Central Pool
11:00  Circuit Training (T, Th) Azteca
12:00  Deep Water Training with Craig Stuart (Su, T,F) Activity Pool
1:00  Inner Fitness: Emotional Fluency – Permission to Feel, with Emily Boorstein, Life Coach Amroy
2:00  Pilates Cadillac: Fundamentals (T) Pilates Studio
2:00  Watercolor Card Making with Jennifer 2 hours Art Studio
3:15  Core Challenge 30 mins (F) Pineatre
4:00  Pilates Reformer: Level 2 (M,T also 11:30a W) Pilates Studio
4:00  Yoga Workshop: Hip Openers (T some yoga experience Required), Montaфа
4:00  Exploring the Hidden World of Thriving Relationships – with MaryCay Durrant Library Lounge
5:00  Hands-on Cooking Class – Just Dessert – at La Cocina Que Canta with Visiting Chef Fran Cornelius. Dinner prepared by culinary staff. Register at Ext 626, 631 or 640 Family Departure at 6:00pm. approx. return 7:30pm. Meet at Admin. Bldg.
6:00  Foam Roller Please wear socks (Su,T) Tolteca
7:00  Restorative Yoga (T) Montaфа
7:00  Inner Journey: Guided Meditation (M,W,F) Oaktree
7:00  Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
9:00  Fiesta at the Bazaar! All invited! Sangria and guacamole. 60mins Bazaar de Sol
7:15  Movie A Beautiful Day in the Neighborhood Library Lounge
8:00  An Evening with Deborah Szekely, Co-founder of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle. Program Director Oaktree
SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

WEDNESDAY
6:05  Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,Th) Gazebo
6:15  Mountain Hike: Pilgrim Advanced Option of 3.3 or Challenging 4.5 Miles (Su,W) Gazebo
6:30  Mountain Hike: Alex’s Oak 2 Miles (Su,W) Gazebo
6:45  Woodlands Hike 2 Miles (M,W,F) Gazebo
9:00  Circuit Training (M,W,F) Azteca
Cardio Boxing (W) Kuchumaa
Pickleball: Beginner (M,W,F) please wear court shoes
Pickleball Courts
Pilates Mat: Fundamentals Progressive (M,F) Pinetree
Sculpt & Strengthen: Level 2 (Su,W) Omeca
Stretch (Su,F) Montafia
TRX HIT - Circuit (Su,W also 10:15a) Toloca
10:15  Circuit Training (M,W,F) Azteca
Dance: Cardio Hip Hop: Flash Back 9a(1st) (W) Kuchumaa
Pilates Mat: Level 2 (M,W,F) Pinetree
Pickelball: Intermediate (M,W,F) please wear court shoes
Pickleball Courts
Yoga Fundamentals (Su,F) Montafia
Landscape Garden Walk (W) Gazebo
Landscape with Jennifer 2 hours Art Studio
11:30  Cycle Hip Hop: All Levels 30 mins (W) Pa Pa
Pilates Reformer: Level 2 (W also 3:15p M,T) Pilates Studio
Ranch Ropes 30 mins (W,F) Omeca
Release & Mobilize please wear socks (M,W,F) Oaktree
The Wave: Shallow Water Workout with Craig Stuart (Su,F) Activity Pool
Trust Water: Learn to Swim or Float (Su) Central Pool
TRX Fundamentals (M,F) Toloca
Yoga: Level 2 60 mins (M,W,F) Montafia
Demon Yarn Painting with Tim Hinchliff Dining Hall entrance
1:00  Nutrition Wellness: Appetite X Factors that Influence Eating - What Gets in Our Way? x Includes a Sleep Meditation with Jody Miller, MA, RCEP Omeca
2:00  Aerial Yoga: Gentle, low hamstick please wear socks and stressful (Su,Su,F) Kuchumaa
HDD Bootcamp (M,W,F) Activity Pool
Postural Therapy (W) Toloca
Inner Fitness: Powerful You - Ownership and Responsibility with Emily Brandon, Life Coach Arroyo
Travel Journaling with Jennifer 2 hours Art Studio
3:15  Bosu Balance (W) Omeca
Sound Healing (Su,M,W,Th,F) Oaktree
Yoga Workshop: Rope Wall 30 mins (W,Th also 11:30a) (some yoga experience required) Montafia
Hike to the Sites, with Karla 60 mins sign up Main Lounge
Cultivating Trust for the Art of Soul Sharing with Mary Cay Durrant Library Lounge
4:00  Hands-on Cooking Class - Just Dessert - at La Cocina Que Canta with Visiting Chef Fran Costigan. Dinner prepared by culinary staff. Register at Ext 829, 431 or 640 Fee Departure at 4:00pm; approx return 7:30pm. Meet at Admin. Bldg.
4:30  Inner Journey: Guided Meditation (M,W,F) Oaktree
Stretch & Relax (M,F) Montafia
Can the Monarch Butterfly be Saved from Extinction? with Suzanne Clarke Arroyo
More Fun with Poker – Beyond Basics of Texas Holdem, with Lorraine Clayton and Johnny Goebel Oaktree
7:15  Movie News of the World Library Lounge
8:00  Beethoven’s Magnificent Late Sonata Opus 106 (the “Hammerklavier”) performed by Alex Kari, piano Oaktree

THURSDAY
6:05  Organic Garden Breakfast Hike Moderate 4 Miles Sign up Option to ride the van to and from the Ranch (T,W,Th) Gazebo
6:10  Mountain Hike: 7 Miles Breakfast Advanced with prerequisites, Sign up (T,W,Th) Gazebo
6:15  Mountain Hike: Professor’s challenging 3.3 Miles (M) Gazebo
10:15  Mountain Hike: 2 Miles with an Option to do an Extra Moderate Half Mile (Su,Tu,Th) Gazebo
11:30  Bird Walk (T,Th) Gazebo
BOSUI FR (T,Th) Omeca
Chalk (Th also 10:15a Su Amo)
Pickleball: All Levels (Th also 10:15a) please wear court shoes
Pickleball Courts
Pilates Mat: Fundamentals Progressive (M,F) Pinetree
Stretch (Su,F) Montafia
Circuit Training (M,F) Azteca
Dance: Move, Groove & Funk (Th) Kuchumaa
Pilates Arc Barre: Level 2 (Su,Th) Pinetree
Ranch Cycling: All Levels (Su,Tu,Th) Pa Pa
Yoga Fundamentals (Su,F) Montafia
Stretch (Su,Tu,Th) Oaktree
The Wave: Shallow Water Workout with Craig Stuart (Su,F) Activity Pool
Trust Water: Learn to Swim or Float (Su) Central Pool
TRX Fundamentals (M,F) Toloca
Yoga: Level 2 60 mins (M,W,F) Montafia
Demon Yarn Painting with Tim Hinchliff Dining Hall entrance
Nutrition Wellness: Metabolism and Healthy Weight, with Jodi Miller, MA, RCEP Omeca Gym
Bean-to-Bar Chocolate Class – a delicious experience. 90 min. Register at ext 631 or 640 Fee Departs from Admin Bldg.
Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff ($40 art kit fee) Please sign up Dining Hall balcony
Aquab (T,Th also 3:15p) T,Th Central Pool
2:00  Circuit Training (T,Th) Azteca
Deep Water Training with Craig Stuart (Su,Tu,Th) Activity Pool
Inner Fitness: Create Your Best Life - How to Manifest Your Dreams, with Emily Bourcierin, Life Coach Arroyo
Aquab (T,Th also 2p) T,Th Central Pool
Pilates Reformer: Fundamentals (Su also 2p Su,M,F) Pilates Studio
Sound Healing (Su,M,W,Th,F) Oaktree
Yoga Workshop: Rope Wall 60 mins (W,Th also 11:30a F (some yoga experience required) Montafia
Bringing into Practice: Inhale Your Part, Exhale What Belongs to Others, with Mary Cay Durrant Library Lounge
Bean-to-Bar Chocolate Class - a delicious experience. 90 mins. Register at ext 631 or 640 Fee Departs from Admin Bldg.
Foam Roller
4:00  Aquab (T,Th also 2p) T,Th Central Pool
Deep Water Training with Craig Stuart (Su,Tu,Th) Activity Pool
Inner Fitness: Create Your Best Life - How to Manifest Your Dreams, with Emily Bourcierin, Life Coach Arroyo
Aquab (T,Th also 2p) T,Th Central Pool
Pilates Reformer: Fundamentals (Su also 2p Su,M,F) Pilates Studio
Sound Healing (Su,M,W,Th,F) Oaktree
Yoga Workshop: Rope Wall 60 mins (W,Th also 11:30a F (some yoga experience required) Montafia
Bringing into Practice: Inhale Your Part, Exhale What Belongs to Others, with Mary Cay Durrant Library Lounge
Bean-to-Bar Chocolate Class - a delicious experience. 90 mins. Register at ext 631 or 640 Fee Departs from Admin Bldg.
Foam Roller Please wear socks (Su,Tu,Th) Toloca
Restorative Yoga (T,Th) Montafia
Art Exhibition with resident artists Jennifer Brandt, José Ignacio and Helen Hinds 90 minutes Bazar del Sol
Finding Monarchs! with Suzanne Clarke Arroyo
Documentary Kiss the Ground (90 mins) Library Lounge
Prayer Arrows with Tim Hinchliff Main Lounge
Music is Medicine for the Body, Heart and Soul, with Gary Malkin Oaktree
FRIDAY
6:15  Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T,F) Gazebo
6:30  Silent Mountain Meditation Hike: Alex Oak 2 Miles (F) Gazebo
6:45  Woodlands Hike 2 Miles (M,W,F) Gazebo
9:00  Circuit Training (M,W,F) Azteca
Meditation (M,F) Montafia
Nature Walk 60 mins (W,F) Gazebo
Pickleball: All Levels (Th,F) please wear court shoes
Pickleball Courts
Pilates Mat: Fundamentals Progressive (M,F) Pinetree
Pinetree: Level 2 (M,F) Toloca
Stretch (Su,F) Montafia
10:15  Circuit Training (M,F) Azteca
Pilates Mat: Level 2 (M,W,F) Pinetree
TRX HIT - Circuit (F also 9a Su,W) Toloca
Water Jogging with Craig Stuart (M,F) Activity Pool
Yoga Fundamentals (Su,F) Montafia
Cardio Kickboxing (F) Kuchumaa
Ranch Ropes 30 mins (W,F) Omeca
Release & Mobilize please wear socks (M,W,F) Oaktree
The Wave: Shallow Water Workout with Craig Stuart (Su,F) Activity Pool
Yoga Workshop: Rope Wall (some yoga experience required) 60 mins (F also 3:15p W,Th) Montafia
1:00  Set Your Return to Home Intentions Toloca
The Power of the Grape, Anti-Oxidants & Resveratrol, with Lydia Mondavi Omeca
2:00  Dance: Zumba (F) Kuchumaa
Pilates Reformer: Fundamentals (Su,M,F also 3:15p Su,Th) Pilates Studio
Water Polo on the Noodle (F) Activity Pool
Mandala/Metta Meditation with Jennifer 2 hours Meet at Art Studio (stay up to Labyrinth)
Most Fun Finale – Rancho La Puerta Texas Hold’em Poker Tournament, with Lorraine Clayton and Johnny Goebel 60 mins Amo
3:15  Core Challenge 30 mins (Su,F) Omeca
Sound Healing (Su,M,W,Th,F) Oaktree
Swim Stroke Clinic 30 mins (F) Activity Pool
The Theory of Imagination, with Mary Cay Durrant Library Lounge
4:30  Inner Journey: Guided Meditation (M,W,F) Oaktree
Stretch & Relax (M,F) Montafia
6:00  Music with Rancho La Puerta Fiesta Band Dining Hall
7:15  Movie The Good Lie Library Lounge

Tomorrow’s Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.