

Pilates Week September 4, 2021

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.

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.

- "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.

- **Sign up** for classes are 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 | September 4

6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo

6:45 **Woodlands Hike** 2 Miles Gazebo

9:00 **Stretch** Pinetree
 Nature Walk: Native Plants and their Traditional Uses, with Mike Wilken Gazebo

10:15 **Circuit Training** Azteca
 Meditation Oaktree

11:30 **Yoga: All Levels** Montaña

11:45– 1:30 **Fitness Concierge** Dining Hall
 A fitness specialist is available to answer all questions

2:00 **Shallow Water Workout** Activity Pool
 Sound Healing Oaktree

3:00 **Stretch** Pinetree
 4:00 **Set Your Ranch Intention, Tips for a Magical Week** Olmecca

5:00 **Ranch Tour** (recommended for first time guests) Gazebo
 Returning Guest Update Tolteca

5:30 **First Time Guest Orientation** Olmecca

6:45 **Meet the Presenters** Dining Hall

7:15 **Documentary *Walking the Camino*** Library Lounge

8:00 **Explore Rancho La Puerta's Night Sky, with Scott Marrone** Tolteca

<u>MEAL HOURS</u>	<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>
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	Milagro - Meditation Room 6:00 am to 9:00 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	Activity Pool - Lap Swim 7:00 am to 5:00 pm
	Azteca Gym - Weight Room Saturday: 7:00 am to 1:00 pm Sunday – Friday: 7:00 am to 5:00 pm
<u>SNACK TIMES</u>	<u>UNSTAFFED PICK UP GAMES</u>
Main Lounge / Sunday – Friday Fruit: 10:30 am Smoothies: 2:45 pm (Sunday only) Veggies & Juice 4:30 pm Juice Bar /Monday-Friday Smoothies: 2:45 pm	Pickleball 9 am Su,T,Th Sand Volleyball 4 pm Su - F

SUNDAY | September 5

Class spaces are limited to first come first served

6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo

6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Gazebo
 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo

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

9:00 **Feldenkrais** (Su) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals with Karen Sanzo Progressive (Su) Pinetree

Meditation (Su-F) Milagro
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T) Tennis Courts
 TRX HIIT - Circuit (Su also 10:15a F) Tolteca

10:15 **Introduction to Circuit Training** (Su) Azteca
 Dance: Latin Fusion (Su) Kuchumaa
 Pilates Mat: Level 2 with Karen Sanzo (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T) Tennis Courts
 Yoga Fundamentals (Su-F) Montaña

11:30 **Cardio Muscle Blast** (Su) Azteca
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña

1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 WATSU® WaterDance® Demonstration: Swim attire required (S) South Pool
 Ranch Reset- Juice It Up! Lecture and Juice with Regina Montalvo, MS, LAc Library Lounge

2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,F) Kuchumaa
 Deep Water Training (Su,T,Th also 11:30a F) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,F also 3p Su) Pilates Studio

3:00 **Pilates Reformer: Fundamentals** (Su also 2p Su,F) Pilates Studio
 Ranch Barre (Su) Olmecca
 Sound Healing (Su-F) Oaktree

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Inner Journey: Guided Meditation (Su,M,W,F) Oaktree

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

8:00 **Live Your Great Story! with Jeanine Mancusi, Life Coach** Oaktree
 Stargazing with Scott Marrone. Sign up (S, T, Th) Bring your flashlight- Activity Pool

MONDAY | September 6

Class spaces are limited to first come first served

6:15 **Mountain Hike: Professor's** challenging 3.3 (M,Th) Gazebo

6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo

9:00 **BOSU® Fit** (M,Th) Olmecca
 Circuit Training (M,W,Th,F) Azteca
 Meditation (Su-F) Milagro
 Pickleball: Beginner (M,W) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals with Karen Sanzo Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson (M) Gazebo

10:15 **Aqua Burst HIIT Intervals** (M,Th) Activity Pool
 Circuit Training (M-F) Azteca
 Pickleball: Intermediate (M,W) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 with Karen Sanzo (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Yoga Fundamentals (Su-F) Montaña

11:30 **Cycle 30: All Levels** 30 mins (M) Pai Pai
 H2O Bootcamp (M,W) Activity Pool
 Release & Mobilize please wear socks (M,W,F) Oaktree
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña

1:00 **A Perfect Lifestyle: Food, Wine, Sex and Chocolate, with Robert Vogel, M.D.** Olmecca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca

2:00 **Balance & Coordination** (M) Olmecca
 Dance: Cardio Hip Hop: Body Rock (M,W) Kuchumaa
 Shallow Water Workout (M,W) Activity Pool
 Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Jeanine Mancusi, Life Coach Arroyo

3:00 **Pilates Reformer: Level 2** (M,T,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,Th) Olmecca
 Swim Stroke Clinic 30 mins (M) Activity Pool

4:00 **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña

5:00 **Fiesta at the Bazar! All invited! Sangria and guacamole.** 60mins Bazar del Sol

6:15 **Silent Dinner** Sign up (M) Los Olivos (via Dining Hall balcony)

7:15 **Movie *Emma*** Library Lounge

8:00 **The Beatles. Listen and Talk with Steven Schick** Oaktree

TUESDAY | September 7

6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo

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

6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo

9:00 **Bird Walk** (T,Th) Gazebo
 Meditation (Su-F) Milagro
 Pilates Mat: Fundamentals with Karen Sanzo Progressive (M-F) Pinetree
 Pump It: Level 2 (T,F) Tolteca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T) Tennis Courts

10:15 **Circuit Training** (M-F) Azteca
 Dance: Dance: Move, Groove & Funk (T) Kuchumaa

Pilates Mat: Level 2 with Karen Sanzo (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T) Tennis Courts
 Yoga Fundamentals (Su-F) Montaña

11:30 **Ranch Ropes** 30 mins (T,F) Olmecca
 Shallow Water Workout (Su,T,Th) Activity Pool
 Stretch (Su,T,Th) Oaktree
 The Bounce 30 mins (T,Th) Kuchumaa
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña

1:00 **Shopping for Food: Label Lies and Nutritional Information, with Robert Vogel, M.D.** Olmecca
 Bean-to-Bar Chocolate class – a delicious experience. 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.

2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,F) Kuchumaa
 Aqua Board (T, Th also 3p T,Th) Central Pool
 Circuit Training (T,Th) Azteca
 Deep Water Training (Su,T,Th also 11:30a F) Activity Pool
 Inner Fitness: Emotional Fluency - Permission to Feel, with Jeanine Mancusi, Life Coach Arroyo

3:00 **Aqua Board** (T,Th also 2p T,Th) Central Pool
 Pilates Reformer: Level 2 (M,T,F) Pilates Studio
 Sound Healing (Su-F) Oaktree

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Virginia Willis. Register at ext 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg

6:30 **Mountain Hike: Alex's Oak** 2 Miles (T) Gazebo

7:15 **Movie *Knives Out*** Library Lounge

8:00 **Concert with Karen Follingstad and Joanna Morrison** Oaktree
 Stargazing with Scott Marrone. Sign up (S, T, Th) Bring your flashlight- Activity Pool

WEDNESDAY | September 8

Class spaces are limited to first come first served

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F,) Gazebo
- 6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
- 6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 7:00 **Water Jogging** (W,F) Activity Pool
- 9:00 **Circuit Training** (M,W,Th,F) Azteca
 Meditation (Su-F) Milagro
 Nature Walk 60 mins (W,F) Gazebo
 Pickleball: Beginner (M,W) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals with Karen Sanzo Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:15 **Cardio Kickboxing** (W) Kuchumaa
 Circuit Training (M-F) Azteca
 Pickleball: Intermediate (M,W) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 with Karen Sanzo (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Yoga Fundamentals (Su-F) Montaña
 Landscape Garden Walk (W) Gazebo
 Landscape Sketching with Jennifer 2 hours Art Studio
- 11:30 **Cycle Hip Hop: All Levels** 30 mins (W) Pai Pai
 H2O Bootcamp (M,W) Activity Pool
 Kettlebells 30 mins (W) Tolteca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga Sculpt: Level 2 60 mins (W) Olmeca
- 1:00 **Exercise from Move-it to Marathons, with Robert Vogel, M.D.** Olmeca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,F) Kuchumaa
 Bosu Balance (W) Olmeca
 Shallow Water Workout (M,W) Activity Pool
 Travel Journaling 2 hours Art Studio
 Inner Fitness: Powerful You - Ownership and Responsibility, with Jeanine Mancusi, Life Coach Arroyo
- 3:00 **Core Challenge** 30 mins (W,F) Olmeca
 Pilates Cadillac: Fundamentals (W) Pilates Studio
 Postural Therapy (W) Tolteca
 Sound Healing (Su-F) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Virginia Willis. Register at ext 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
- 5:00 **What is Quality Chocolate? with Chloé Doutre- Rousset** Olmeca
- 7:15 **Movie News of the World** 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

THURSDAY | September 9

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up Option: to ride the van to and from the Ranch (T,W,Th,F) Gazebo
- 6:10 **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
- 9:00 **Bird Walk** (T,Th) Gazebo
 BOSU® Fit (M,Th) Olmeca
 Circuit Training (M,W,Th,F) Azteca
 Meditation (Su-F) Milagro
 Pilates Mat: Fundamentals with Karen Sanzo Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:15 **Aqua Burst HIIT Intervals** (M,Th) Activity Pool
 Circuit Training (M-F) Azteca
 Dance: Intro. to Salsa (Th) Kuchumaa
 Pilates Mat: Level 2 with Karen Sanzo (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals (Su-F) Montaña
- 11:30 **Stretch** (Su,T,Th) Oaktree
 The Bounce 30 mins (T,Th) Kuchumaa
 TRX Fundamentals (S,M,Th) Tolteca
 Shallow Water Workout (Su,T,Th) Activity Pool
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña
 Mandala with Jennifer 45 mins Art Studio
 Demo Yarn Painting with Tim Hinchliff Dining Hall entrance
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00 **Food for Thought: How to Stave Off Alzheimer's and other Neurodegenerative Diseases, with Robert Vogel, M.D.** Olmeca
 Bean-to-Bar Chocolate class – a delicious experience. 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$40 art kit fee) Sign up Dining Hall balcony
- 2:00 **Aqua Board** (T, Th also 3p T, Th) Central Pool
 Circuit Training (T,Th) Azteca
 Dance: Cardio Hip Hop: Body Rock (M,W) Kuchumaa
 Deep Water Training (Su,T,Th also 11:30a F) Activity Pool
 Watercolor Card Making with Jennifer 2 hours Art Studio
 Inner Fitness: Create Your Best Life - How to Manifest Your Dreams, with Jeanine Mancusi, Life Coach Arroyo
- 3:00 **Aqua Board** (T,Th also 2p T,Th) Central Pool
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,Th) Olmeca
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (T,Th) Montaña
 Art Exhibition with Tim Hinchliff 90 mins Bazar del Sol
 Bean-to-Bar Chocolate class – a delicious experience. 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Virginia Willis Register at ext 631 or 640. Fee. Departure at 4:00pm; approx. return 7:30pm. Meet at Admin. Bldg
 Hike to The Residences, with Karla 60 mins sign up Main Lounge
- 7:15 **Documentary Kiss the Ground** (90 mins) Library Lounge
 Prayer Arrows with Tim Hinchliff Main Lounge
- 8:00 **Rhythmic Sounds with Steven Schick** Oaktree
 Stargazing with Scott Marrone. Sign up (S, T, Th) Bring your flashlight- Activity Pool

FRIDAY | September 10

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

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 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
- 7:00 **Water Jogging** (W,F) Activity Pool
- 9:00 **Circuit Training** (M,W,Th,F) Azteca
 Meditation (Su-F) Milagro
 Nature Walk 60 mins (W,F) Gazebo
 Pilates Mat: Fundamentals with Karen Sanzo Progressive (M-F) Pinetree
 Pump It: Level 2 (T,F) Tolteca
 Stretch (Su-F) Montaña
- 10:15 **Circuit Training** (M-F) Azteca
 Pickleball: All Levels (F) please wear court shoes Pickleball Courts
 Dance: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
 Pilates Mat: Level 2 with Karen Sanzo (Su-F) Pinetree
 TRX HIIT - Circuit (F also 9a Su) Tolteca
 Yoga Fundamentals (Su-F) Montaña
- 11:30 **Cardio Boxing** (F) Kuchumaa
 Deep Water Training (F also 2p Su,T,Th) Activity Pool
 Ranch Ropes 30 mins (T,F) Olmeca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña
- 1:00 **Local Plantlore: Traditional Uses of Native Plants of the Rancho La Puerta Region, with Mike Wilken** Olmeca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,F) Kuchumaa
 Pilates Reformer: Fundamentals (Su,F also 3:15p Su) Pilates Studio
 Water Polo on the Noodle (F) Activity Pool
- 3:00 **Core Challenge** 30 mins (W,F) Olmeca
 Pilates Reformer: Level 2 (M,T,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (Su,M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 6:00 **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:15 **Documentary Miracle in a Box: A piano reborn, narrated by John Lithgow** (56 mins) Library Lounge

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