

Hydro-Fit Water Week September 11, 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 11

- 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** **Power + Confidence, with Amy Matthews** Olmecca

MEAL HOURS	AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION
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
	Aztecca Gym - Weight Room Saturday: 7:00 am to 1:00 pm Sunday – Friday: 7:00 am to 5:00 pm
SNACK TIMES	UNSTAFFED PICK UP GAMES
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 12

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 Progressive (Su) Pinetree
 Meditation (Su,T,Th,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** **Aqua Burst HIIT Intervals** (Su,Th) Activity Pool
 Introduction to Circuit Training (Su) Azteca
 Pilates Mat: Level 2 (Su,W,Th) 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
 The Wave with Craig Stuart (Su-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
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,W,F) Kuchumaa
 Hydro-Fit Deep Water with Craig Stuart (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,F also 3p Su,Th) Pilates Studio
- 3:00** **Pilates Reformer: Fundamentals** (Su,Th also 2p S,F) Pilates Studio
 Stability Ball 30 mins (Su,Th) Olmecca
 Sound Healing (Su-F also 4p Su) Oaktree
- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Sound Healing (S also 3p S-F) Oaktree
 Tips for a Liberating Life, with Amy Matthews Arroyo
- 7:15** **Movie *Rocketman*** Library Lounge
- 8:00** **The Art of Herbal Medicine, with Dawn Petter** Olmecca

MONDAY | September 13

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
 Pickleball: Beginner (M,W) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals 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** **Circuit Training** (M-F) Azteca
 Pickleball: Intermediate (M,W) please wear court shoes Pickleball Courts
 Pilates Arc Barrel: Level 2 (M,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmecca
 Water Jogging with Craig Stuart (M,F) Activity Pool
 Yoga Fundamentals (Su-F) Montaña
 Drawing with Jennifer 2 hours Art Studio
- 11:30** **Cycle 30: All Levels** 30 mins (M) Pai Pai
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Wave with Craig Stuart (Su-Th) Activity Pool
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña
- 1:00** **Herbal Support for Digestive Health, with Dawn Petter** 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) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
 Travel Journaling, with Jennifer 2 hours Art Studio
 Creating Your Authentic Brand, with Amy Matthews Arroyo
- 3:00** **Pilates Reformer: Level 2** (M,T,F) Pilates Studio
 Ranch Barre (M,W) Olmecca
 Sound Healing (Su-F) Oaktree
 Swim Stroke Clinic 30 mins (M) Activity Pool
- 4:00** **Inner Journey: Guided Meditation** (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** **Concert: Rancho La Rat Pack, with The Power House Duo, Dave Powers and Louis Tsamous** Oaktree

TUESDAY | September 14

- 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,T,Th,F) Milagro
 Pilates Mat: Fundamentals 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: Latin Fusion (T) Kuchumaa
 Pilates on the Ball (T) Olmecca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T) Tennis Courts
 Yoga Fundamentals (Su-F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
- 11:30** **Ranch Ropes** 30 mins (T,F) Olmecca
 Stretch (Su,T,Th) Oaktree
 The Bounce 30 mins (T,Th) Kuchumaa
 The Wave with Craig Stuart (Su-Th) Activity Pool
 Yoga: Level 2 60 mins (Su,M,T,Th,F) Montaña
- 1:00** **Botanical Allies for Immune Support, with Dawn Petter** 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
 Hydro-Fit Deep Water with Craig Stuart (Su,T,Th) Activity Pool
 Finding Your Purpose, with Amy Matthews Arroyo
 Watercolor Card Making with Jennifer 2 hours Art Studio
- 3:00** **Aqua Board** (T,Th also 2p T,Th) Central Pool
 Core Challenge 30 mins (T,F) Olmecca
 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 Barbara Pool Fenzl. Register at ext 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
- 7:15** **Movie *Knives Out*** Library Lounge
- 8:00** **Fire Up Your Sex Life! with Debra Haffner** Olmecca

WEDNESDAY | September 15

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

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña

- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Intro. to Salsa**(W) Kuchumaa
- Pickleball: Intermediate** (M,W) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,Th) 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 **Cardio Kickboxing** (W) Kuchumaa
- Cycle Hip Hop: All Levels** 30 mins (W) Pai Pai
- Kettlebells** 30 mins (W) Tolteca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- The Wave with Craig Stuart** (Su-Th) Activity Pool
- Yoga Sculpt: Level 2** 60 mins (W) Olmeca

- 1:00 **Herbal Stress Busters for City Living, with Dawn Petter** 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
- H2O Bootcamp** (M,W) Activity Pool
- Travel Journaling** 2 hours Art Studio
- Your Aligned Action Plan, with Amy Matthews** Arroyo

- 3:00 **Pilates Cadillac: Fundamentals** (W) Pilates Studio
- Ranch Barre** (M,W) Olmeca
- Sound Healing** (Su-F) Oaktree

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Barbara Pool Fenzl.** Register at ext 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg

- 5:00 **What is Quality Chocolate? Chloé Doutre-Roussel** 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 16

! 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,T,Th,F) Milagro
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:15 **Aqua Burst HIIT Intervals** (Su,Th) Activity Pool
- Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** (Th) Kuchumaa
- Pilates Mat: Level 2** (Su,W,Th) 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
- The Wave with Craig Stuart** (Su-Th) Activity Pool
- Yoga: Level 2** 60 mins (Su,M,T,Th,F) Montaña
- Mandala with Jennifer** 45 mins Art Studio

- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance

- 1:00 **Fire Up Your Relationship, with Debra Haffner** 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: Step Aerobics** (Th) Kuchumaa
- Hydro-Fit Deep Water with Craig Stuart** (Su,T,Th) Activity Pool
- Watercolor Card Making with Jennifer** 2 hours Art Studio

- 3:00 **Aqua Board** (T,Th also 2p T,Th) Central Pool
- Pilates Reformer: Fundamentals** (Su,Th also 2p Su,F) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Stability Ball** 30 mins (Su,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
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Barbara Pool Fenzl.** Register at ext 631 or 640. Fee. Departure at 4:00pm; approx. return 7:30pm. Meet at Admin. Bldg
- Bean-to-Bar Chocolate class – a delicious experience.** 90 mins Register at ext. 631 or 640/ Fee/ Departs from 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 **Concert: You Call the Shots, with The Power House Duo, Dave Powers and Louis Tsamous** Oaktree

FRIDAY | September 17

! 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

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (Su,T,Th,F) Milagro
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** 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: Move, Groove & Funk** (F) Kuchumaa

- Pilates Arc Barrel: Level 2** (M,F) Pinetree
- TRX HIIT - Circuit** (F also 9a Su) Tolteca
- Water Jogging with Craig Stuart** (M,F) Activity Pool
- Yoga Fundamentals** (Su-F) Montaña

- 11:30 **Cardio Boxing** (F) Kuchumaa
- Ranch Ropes** 30 mins (T,F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Shallow Water Workout** (F) Activity Pool
- Yoga: Level 2** 60 mins (Su,M,T,Th,F) Montaña

- 1:00 **¡Viva Mexico! The fascinating natural and cultural history of our region, with Mike Wilken** Olmeca

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,Th,F) Kuchumaa
- Pilates Reformer: Fundamentals** (F also 3p Su,Th) Pilates Studio
- Water Polo on the Noodle** (F) Activity Pool
- Fire Up Sex and Intimacy Back at Home, with Debra Haffner** Olmeca

- 3:00 **Core Challenge** 30 mins (T,F) Olmeca
- Pilates Reformer: Level 2** (M,T,F) Pilates Studio
- Sound Healing** (Su-F) Oaktree

- 4:00 **Inner Journey: Guided Meditation** (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.