

Ageless Intensity: Effective & Smarter Workouts Week September 18, 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 18

- 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** **Stories That Will Change Your Life, with Jessica Zemple** Oaktree

MEAL HOURS	AVAILABLE FACILITIES
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	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 Aztecca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 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	
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 19

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
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T) Tennis Courts
- 10:15** **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,T) 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-F) Montaña
- 1:00** **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 WATSU® WaterDance® Demonstration & Lecture (S) South Pool
- 2:00** **Deep Water Workout** (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (Su,F also 3p Su,Th) Pilates Studio
 How to Age Successfully with Pete McCall (Lecture) Olmecca
- 3:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,F also 2p T,W) Kuchumaa
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,Th also 2p S,F) Pilates Studio
- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Sound Healing (S also 3p T,Th,F) Oaktree
 Illuminate Your Dreams, with Jessica Zemple Olmecca
- 7:15** **Movie *Rocketman*** Library Lounge
- 8:00** **Fundraising for Success and without Fear, with Robert Kaplan** Olmecca

MONDAY | September 20

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 (M,T,Th,F) Milagro
 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
 Dance: Cardio Dance (M) Kuchumaa
 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
 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
 Deep Water Workout (M) Activity Pool
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su-F) Montaña
 Your Body 2.0 with Pete McCall Olmecca
- 1:00** **Food for Thought, with Joe Weiss, MD** Gazebo
 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
 Shallow Water Workout (M,W) Activity Pool
 Travel Journaling, with Jennifer 2 hours Art Studio
- 3:00** **Pilates Reformer: Level 2** (M,T,F) Pilates Studio
 Core and More on the Foam Roller (M,W) Tolteca
 Constructing a Fundraising Plan, with Robert Kaplan Arroyo
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Align Your Attitude, with Jessica Zemple Olmecca
- 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 Healing Power of Music, with Gayle Cloud** Oaktree

TUESDAY | September 21

- 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 (M,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: Intro. to Salsa (T) Kuchumaa
 Pilates on the Ball: Level 2 (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** **Cardio Muscle Blast** (Su,T) Azteca
 Knitting for Wellness (T,F) Gazebo
 Ranch Ropes 30 mins (T,Th) Olmecca
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 The Bounce 30 mins (T,Th) Kuchumaa
 Yoga: Level 2 60 mins (Su-F) Montaña
- 1:00** **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Gazebo
 Bean-to-Bar Chocolate class 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 (T,W also 3p Su,F) Kuchumaa
 Aqua Board (T,Th also 3p T,Th) Central Pool
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Smarter Workouts: the Science of Exercise Made Simple with Pete McCall (Lecture) Olmecca
 Watercolor Card Making with Jennifer 2 hours Art Studio
- 3:00** **Aqua Board** (T,Th also 2p T,Th) Central Pool
 Ranch Barre (T,Th) Olmecca
 Pilates Reformer: Level 2 (M,T,F) Pilates Studio
 Sound Healing (T,Th,F also 4p Su) Oaktree
 Writing Successful Fundraising Letters, with Robert Kaplan Arroyo
- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (T,Th) Montaña
 Take Inspired Action, with Jessica Zemple Olmecca
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Isabel Cruz and Jean Courtney. Register at ext 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
- 5:00** **Music Engagement for Pandemic Stress, with Gayle Cloud** Oaktree
- 7:15** **Movie *Knives Out*** Library Lounge
- 8:00** **Get Your Nature Groove on! Be Dazzled by Signs of Wildlife up Close and Personal with Judie Lincer, MS, Ed.** Olmecca

WEDNESDAY | September 22

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: Cardio Hip Hop: Flashback 90's (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
 Functional Core Training with Pete McCall Olmeca
 H2O Bootcamp (W) Activity Pool
 Kettlebells 30 mins (W) Tolteca
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 60 mins (Su-F) Montaña
- 1:00** **Quest for Immortality, with Joe Weiss, MD** Gazebo
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
 Bringing Nature Home - Backyard Pool to Pond Project - A Wildlife Innovation & Invitation with Judie Lincer Olmeca
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W also 3p Su,F) Kuchumaa
 Postural Therapy (W) Tolteca
 Shallow Water Workout (M,W) Activity Pool
 Travel Journaling with Jennifer 2 hours Art Studio
- 3:00** **Bosu Balance** (W) Olmeca
 Core and More on the Foam Roller (M,W) Tolteca
 Pilates Cadillac: Fundamentals (W) Pilates Studio
 Yoga Workshop (W) Montaña
 Asking for Money: Mock Solicitation and Role Play, with Robert Kaplan Arroyo
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Bring Your Dream to Life, with Jessica Zemple Olmeca
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Isabel Cruz and Jean Courtney. Register at ext 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg
- 5:00** **The Brain Benefits of Music, with Gayle Cloud** Oaktree
- 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 23

! 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** **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk (Th) Kuchumaa
 Pickleball: All Levels (Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,W,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals (Su-F) Montaña
- 11:30** **Ranch Ropes** 30 mins (T,Th) Olmeca
 Shallow Water Workout (Su,T,Th) Activity Pool
 Stretch (Su,T,Th) Oaktree
 The Bounce 30 mins (T,Th) Kuchumaa
 TRX Fundamentals (S,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su-F) Montaña
 Mandala with Jennifer 45 mins Art Studio
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **Drumming & Chanting for Wellbeing with Gayle Cloud** Oaktree
 Bean-to-Bar Chocolate class 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: Swing (Th) Kuchumaa
 Deep Water (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
 Ranch Barre (T,Th) Olmeca
 Sound Healing (T,Th,F also 4p Su) Oaktree
- 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 Isabel Cruz & Jean Courtney. Register at ext 631 or 640. Fee. Departure at 4:00pm; approx. return 7:30pm. Meet at Admin. Bldg
 Bean-to-Bar Chocolate class 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
- 5:00** **Local Ethnobotany-Plant Uses for Medicines, Food, Clothing and Shelter: An Outdoor Field Experience with Judie Lincer, MS, Ed.** Meet at Gazebo
- 7:15** **Documentary Kiss the Ground** (90 mins) Library Lounge
 Prayer Arrows with Tim Hinchliff Main Lounge
- 8:00** **¡Viva Mexico! The Fascinating Natural and Cultural History of our Region, with Mike Wilken** Olmeca

FRIDAY | September 24

! 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 (Th,F) please wear court shoes Pickleball Courts
 Dance: Disco (F) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,F) Pinetree
 TRX HIIT - Circuit (F also 9a Su) Tolteca
 Yoga Fundamentals (Su-F) Montaña
- 11:30** **Cardio Boxing** (F) Kuchumaa
 30 Minute HIIT with Pete McCall Olmeca
 Knitting for Wellness (T,F) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Deep Water (S,F) Activity Pool
 Yoga: Level 2 60 mins (Su-F) Montaña
- 1:00** **How to Live Your Ranch Experience at Home** (F) Tolteca
 Fun & Easy Expressive Songwriting with Gayle Cloud Oaktree
- 2:00** **Dance: Zumba** (F) Kuchumaa
 Pilates Reformer: Fundamentals (S,F also 3p Su,Th) Pilates Studio
 Water Polo on the Noodle (F) Activity Pool
 Mandala/Metta Meditation with Jennifer 2 hours Meet at Art Studio (may go to Labyrinth)
- 3:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,F also 2p T,W) Kuchumaa
 Core Challenge 30 mins (F) Olmeca
 Pilates Reformer: Level 2 (M,T,F) Pilates Studio
 Sound Healing (T,Th,F also 4p Su) Oaktree
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Whose Scat is That? And Other Signs of Wildlife Around Us: An Outdoor Field Experience with Judie Lincer, MS, Ed. Meet at Gazebo
- 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.