

Pickleball Week October 9, 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 | October 9

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 **Deep Water Workout** Activity Pool
 Sound Healing Oaktree

3:00 **Stretch** Pinetree
3:45 **Set Your Ranch Intention, Tips for a Magical Week** Olmecca

4:45 **Ranch Tour** (recommended for first time guests) Gazebo

5:00 **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

Love Secrets from the Masters, with Linda Carroll Oaktree

MEAL HOURS		AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
SATURDAY		Milagro - Meditation Room	
Breakfast	7:00 am to 9:00 am	6:00 am to 9:00 pm	
Lunch	11:30 am to 3:30 pm		
Dinner	5:30 pm to 7:30 pm		
SUNDAY THROUGH FRIDAY		Activity Pool - Lap Swim	
Breakfast	7:30 am to 9:00 am	7:00 am to 5:00 pm	
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		Pickleball	
Fruit: 10:30 am		9 am Su, T, Th	
Smoothies: 2:45 pm (Sunday only)			
Veggies & Juice 4:30 pm			
Juice Bar /Monday-Friday		Sand Volleyball	
Smoothies: 2:45 pm		4 pm Su - F	

SUNDAY | October 10

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 **Chant** (Su,also 4p Th) Milagro
 Feldenkrais (Su,M) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree

Pickleball: Beginner (Su,T,Th) please wear court shoes Pickleball Courts

Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña

10:15 **Dance: Cardio Dance** (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts

Pilates Mat: Level 2 (Su,M,W,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals (Su-F) Montaña

11:30 **Stretch** (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 TRX Fundamentals (Su,M,Th) Tolteca
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 Yoga: Level 2 60 mins (Su,T,W,F) Montaña

1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 How to Use Essential Oils in Self-Care Rituals for Beauty, Balance and Well-Being, with Tara Grodjsek Arroyo

WATSU® WaterDance® Demonstration & Lecture (S) South Pool

2:00 **Dance: Jazz** (Su) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,T,F also 3p Su,W) Pilates Studio
 How to Eat Healthfully Anywhere, with Chef AJ Olmecca

3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,F) Kuchumaa
 Pilates Reformer: Fundamentals (Su,Th also 2p S,F) Pilates Studio
 Sound Healing (Su,M,W,Th,F) Oaktree

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Sound Healing (Su also 3p M,W,Th,F) Oaktree
 The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Olmecca

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

8:00 **The Case for Fierce Optimism, with Dianne Bailey** Olmecca

MONDAY | October 11

Class spaces are limited to first come first served

6:15 **Mountain Hike: Professor's** challenging 3.3 (M,Th) Gazebo
6:30 **Dove Meditation Hike** Moderate 1.2 miles (M) 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
 Feldenkrais (Su,M) Oaktree
 Labyrinth (M) Labyrinth
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 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 Hip Hop: Body Rock (M) Kuchumaa
 Pilates Mat: Level 2 (S,M,W,Th) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 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
 H2O Bootcamp (M,W) Activity Pool
 Gyrokinesis® (M) Pinetree
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga Sculpt: Level 2 60 mins (M,Th) Olmecca

1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Tolteca
 How to Maintain Your Skin's Radiance and Vibrancy at Any Age, with Tara Grodjsek Arroyo

2:00 **Balance & Coordination** (M,F) Olmecca
 Dance: Move, Groove & Funk (M) Kuchumaa
 Pickleball: All Levels (M,W) please wear court shoes Pickleball Courts
 Shallow Water Workout (M,W) Activity Pool
 Travel Journaling, with Jennifer 2 hours Art Studio
 Love Cycles in All Our Relationships, with Linda Carroll Tolteca

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

4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Grateful Heart, Generous Spirit – Cultivating Your Gratitude, with Dianne Bailey 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 **What is Inside Shines Out, with Myra Klahr** Olmecca

TUESDAY | October 12

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 (T,Th,F) Oaktree
 Pickleball: Beginner (Su,T,Th) please wear court shoes Pickleball Courts
 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
 Dance: Intro. to Salsa (T) Kuchumaa
 Pickleball: Intermediate (S,T,Th) please wear court shoes Pickleball Courts
 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** (T) Azteca
 Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
 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,T,W,F) Montaña

1:00 **Weight Loss Lessons from Two Decades of Clinical Work, with Dan Fenyvesi, MS, RD** Olmecca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.

2:00 **Aqua Board** (T,Th) Central Pool
 Circuit Training (T,Th) Azteca
 Dance: Zumba (T) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (Su,T,F also 3p Su,W) Pilates Studio
 Five Basic Skills in Communication (PAUSE), with Linda Carroll Tolteca
 Watercolor Card Making with Jennifer 2 hours Art Studio

3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,F) Kuchumaa
 Aqua Board (T also 2p,T,Th) Central Pool
 Pilates Reformer: Level 2 (M,T,F) Pilates Studio
 Stability Ball 30 mins (T,Th) Olmecca
 Writing Workshops, with Myra Klahr Arroyo

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 AJ. Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Mindful Eating: A Forkful of Meditation, with Dan Fenyvesi, MS, RD Olmecca

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

8:00 **Running Shoe Fitting Method, with Ellen Brecher** Olmecca

WEDNESDAY | October 13

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
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W also F 10:15) Tolteca

- 10:15 **Cardio Boxing** (W) Kuchumaa
- Circuit Training** (M-F) Azteca
- Pilates Mat: Level 2** (Su,M,W,Th) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- 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: Level 2** 60 mins (Su,T,W,F) Montaña

- 1:00 **Instructional/ Interactive Workshop – Running Shoes and Hiking Shoes, with Ellen Brecher** 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 (W,Th) Kuchumaa
- Pickleball: All Levels** (M,W) please wear court shoes Pickleball Courts
- Shallow Water Workout** (M,W) Activity Pool
- Tai Chi** (W) Montaña
- Travel Journaling with Jennifer** 2 hours Art Studio
- Wholehearted Living and Loving; Cultivating True Presence and Three Magic Words, with Linda Carroll** Tolteca

- 3:00 **Core Challenge** 30 mins (M,W) Olmeca
- Pilates Reformer: Fundamentals** (Su,W also 2 S,Tu,F) Pilates Studio
- Sound Healing** (Su,M,W,Th,F) Oaktree

- Writing Workshops, with Myra Klahr** Arroyo

- 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 AJ.** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Discerning Your Goals, Vision and Mission, with Dianne Bailey** 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 | October 14

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Sign up Option: to ride the van to and from the Ranch 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
- Chant** (Su,Th) Meet outside Arroyo
- Circuit Training** (M,W,Th,F) Azteca
- Meditation** (T,Th,F) Oaktree
- Pickleball: Beginner** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Latin Fusion** (Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,M,W,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals** (Su-F) Montaña

- 11:30 **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 Sculpt: Level 2** 60 mins (M,Th) Olmeca
- Mandala with Jennifer** 45 mins Art Studio

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

- 1:00 **Diet and Nutraceuticals, with Jacqueline Chan, DO, MIM** Olmeca
- 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 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (W,Th) Kuchumaa
- Aqua Board** (T,Th) Central Pool
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Watercolor Card Making with Jennifer** 2 hours Art Studio
- Writing Workshops, with Myra Klahr** Arroyo

- 3:00 **Pilates Cadillac: Fundamentals** (Th) Pilates Studio
- Stability Ball** 30 mins (T,Th) Olmeca
- Sound Healing** (Su,M,W,Th,F) Oaktree

- 4:00 **Chant** (Th) Meet outside Arroyo
- 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 AJ.** Register at Ext. 631 or 640. Fee. Depart at 4:00pm; 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.
- Designing Your Giving Plan, with Dianne Bailey** Olmeca
- 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: Music, Magic and Mayhem, with Marshall Chapman** Oaktree

FRIDAY | October 15

! 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** (T,Th,F) Oaktree
- 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 **Cardio Kickboxing** (W) Kuchumaa
- Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa
- Pickleball: All Levels** (F) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (F) Pinetree
- TRX HIIT - Circuit** (F also 9a T) Tolteca
- Yoga Fundamentals** (Su-F) Montaña

- 11:30 **Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Ranch Ropes** 30 mins (F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Deep Water** (F) Activity Pool
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña

- 1:00 **Why is Sleep Crucial, with Jacqueline Chan, DO, MIM** Arroyo
- City of Covid with John Rosenmiller, Photographer** Olmeca
- How to Live Your Ranch Experience at Home** (F) Tolteca

- 2:00 **Balance & Coordination** (M,F) Olmeca
- Dance: Step Aerobics** (F) Kuchumaa
- Pilates Reformer: Fundamentals** (Su,T,F also 3p Su,W) 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)
- Writing Workshops, with Myra Klahr** Arroyo

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,F) Kuchumaa
- Pilates Reformer: Level 2** (M,T,F) Pilates Studio
- Sound Healing** (Su,M,W,Th,F) Oaktree

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Releasing Your Generosity, with Dianne Bailey** Olmeca

- 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