

The Franklin Method Week November 20, 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 | November 20

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 Milagro

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 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo

3:00 **Stretch** Pinetree

3:45 **Set Your Ranch Intention, Tips for a Magical Week** Olmeca

4:30 **Ranch Tour** (recommended for first time guests) Gazebo
5:00 **Returning Guest Update** Tolteca

5:15 **First Time Guest Orientation** Olmeca

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

7:15 **Movie *Dream Horse*** Library Lounge

8:00 **Strengthen Your Mindset: The Foundation with Randy Kamen** Tolteca

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
SNACK TIMES 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	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to to 5:00 pm
	UNSTAFFED PICK UP GAMES Pickleball 9 am Su,T,Th Sand Volleyball 4 pm Su - F

SUNDAY | November 21

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) 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,M,T) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T) Tennis Courts
 TRX Fundamentals (Su, W also 11:30a M,Th) Tolteca

10:15 **Chant** (Su also 9a Th) Arroyo
 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: All Levels (Su-F) Montaña

11:30 **Cardio Muscle Blast** (Su) Azteca
 Running Clinic (Su) Meet outside Kuchumaa - on the running track
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 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

2:00 **Deep Water Workout** (Su,T,Th) Activity Pool
 Franklin Method with Tom McCook (Su-F) Tolteca
 Pilates Reformer: Fundamentals (Su also 3p Su,F) Pilates Studio
 How to Grow Your Self-Compassion with Randy Kamen Arroyo

3:00 **Pilates Reformer: Fundamentals** (Su,F also 2p Su) Pilates Studio
 Ranch Barre (Su) Olmeca
 Sound Healing (Su,M,W,Th,F) Oaktree

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Sound Healing (Su) Oaktree
 Memoir Writing Workshop with Larry Grobel (Su,M,W) Library Lounge

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

8:00 **Astrology and Medicine – Strange Bedfellows or Perfect Match?** with Dennis Goodman, MD and Leslie McGuirk Olmeca

MONDAY | November 22

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

9:00 **BOSU® Fit** (M,Th) Olmeca
 Circuit Training (M,W,Th,F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Pickleball: Beginner (M,W,F) please wear court shoes
 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,F) please wear court shoes Pickleball Courts
 Pilates Arc Barrel: Level 2 (M,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Drawing with Jennifer 2 hours Art Studio

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

1:00 **Know Your Heart Risks, with Dennis Goodman, MD** Olmeca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca

2:00 **Balance & Coordination** (M) Olmeca
 Dance: Zumba (M) Kuchumaa
 Franklin Method with Tom McCook (Su-F) Tolteca
 Shallow Water Workout (M,W) Activity Pool
 Strengthen Your Relationships Now with Randy Kamen Arroyo
 Travel Journaling, with Jennifer 2 hours Art Studio

3:00 **Core and More** (M,W) Tolteca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su,M,W,Th,F) Oaktree

4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Memoir Writing Workshop with Larry Grobel (Su,M,W) Library Lounge

4:30 **Fiesta at the Bazar! All invited! Sangria and guacamole.** 60mins Bazar del Sol

7:15 **Documentary *Kiss the Ground*** (90 mins) Library
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

TUESDAY | November 23

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
 Feldenkrais (Su,M,T) Oaktree
 Meditation (T,W) 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: Cardio Hip Hop Body Rock (T) Kuchumaa
 Method: Youthful Spine with Tom McCook (T,Th) Tolteca
 Pilates on the Ball: Level 2 (T) Olmeca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Watercolor with Jennifer 2 hours Art Studio

11:30 **Gyrokinesis®** (M,T) Pinetree
 Ranch Ropes 30 mins (T,F) Olmeca
 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 **Truth about Cholesterol, with Dennis Goodman, MD** Olmeca
 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,F) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Franklin Method with Tom McCook (Su-F) Tolteca
 Discover Your Life Vision with Randy Kamen Arroyo
 Watercolor Card Making with Jennifer 2 hours Art Studio

3:00 **Pilates Cadillac: Fundamentals** (T) Pilates Studio
 Stability Ball 30 mins (T,Th) Olmeca
 Tai Chi (T) Montaña

4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Art Show with Olivia Dominguez -Snacks - 2hrs Mercado's Patio
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Jean Courtney. Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.

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

7:15 **Movie *Queen Bees*** Library Lounge
8:00 **Great American Piano Music from Scott Joplin and George Gershwin to Billy Joel, with George Lopez** Oaktree

WEDNESDAY | November 24

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** **Dove Meditation Hike** Moderate 1.2 miles (M,W) Gazebo
- 6:45** **Woodlands Hike** 2 Miles (M,W,F) Gazebo

- 9:00** **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (T,W) Milagro
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (M,W,F) please wear court shoes
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- TRX Fundamentals** (Su, W also 11:30a M,Th) Tolteca

- 10:15** **Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk** (W) Kuchumaa
- Pickleball: Intermediate** (M,W,F) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (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
- 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** **Birdseye View of Wellness, with Dennis Goodman, MD** 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 (T,W,F) Kuchumaa
- Franklin Method with Tom McCook** (Su-F) Tolteca
- Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
- Shallow Water Workout** (M,W) Activity Pool
- Travel Journaling with Jennifer** 2 hours Art Studio
- Build Your Capacity to 'Take in the Good' with Randy Kamen** Arroyo

- 3:00** **Core and More** (M,W) Tolteca
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su,M,W,Th,F) Oaktree

- 4:00** **Inner Journey: Guided Meditation** (M,W) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Memoir Writing Workshop with Larry Grobel** (Su,M,W) Library Lounge
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Jean Courtney.** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg

- 7:15** **Movie News of the World** Library Lounge
- 8:00** **Quest for Inspiration, with Leslie McGuirk** Olmeca

THURSDAY | November 25

- 6:05** **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo * Ride the van to and from the Ranch, sign up. *Option to tour Professor Park / RLP Foundation, back by 9am.
- 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 also 9a Th) Arroyo
- Circuit Training** (M,W,Th,F) Azteca
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:15** **Circuit Training** (M-F) Azteca
- Dance: Swing** (Th) Kuchumaa
- Method: Youthful Spine with Tom McCook** (T,Th) Tolteca
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals: All Levels** (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** (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** **The Hows and Whys of Astrology, with Leslie McGuirk** Oaktree
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$40 art kit fee) Sign up Dining Hall balcony
- Bean-to-Bar Chocolate class** 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.

- 2:00** **Circuit Training** (T,Th) Azteca
- Dance: Intro. To Salsa** (Th) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Franklin Method with Tom McCook** (Su-F) Tolteca
- Watercolor Card Making with Jennifer** 2 hours Art Studio

- 3:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Th also 2p T,W,F) Kuchumaa
- Gratitude Intention Meditation Walk with Jill Thiry** Gazebo
- Sound Healing** (Su,M,W,Th,F) Oaktree
- Stability Ball** 30 mins (T,Th) Olmeca

- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (Su,T,Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- 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

- 7:30** **Documentary Walking the Camino** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00** **Telling Stories with Larry Grobel** Oaktree

FRIDAY | November 26

! 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** **Trail Run: Lowlands** 3 to 5 Miles (F) Gazebo
- 6:45** **Woodlands Hike** 2 Miles (M,W,F) Gazebo

- 9:00** **Circuit Training** (M,W,Th,F) Azteca
- Gratitude Labyrinth with Jill Thiry** Meet at Labyrinth
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (M,W,F) please
- 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: Disco** (F) Kuchumaa
- Pickleball: Intermediate** (M,W,F) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,F) Pinetree
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (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
- Deep Water** (F) Activity Pool
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña

- 1:00** **Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Olmeca
- How to Live Your Ranch Experience at Home** (F) Tolteca

- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,F) Kuchumaa
- Franklin Method with Tom McCook** (Su-F) Tolteca
- Swim Stroke Clinic** 30 mins (F) Activity Pool
- Mandala/Metta Meditation with Jennifer** 2 hours Meet at Art Studio (may go to Labyrinth)

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

- 4:00** **Stretch & Relax** (M,W,F) Montaña

- 6:00** **Music with Rancho La Puerta Fiesta Band** Dining Hall

- 7:15** **Movie The Truffle Hunters** Library Lounge

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