

Pilates Week

January 8, 2022

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 | January 8

- 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

- 12:15– 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** Olmecca

- 4:30 **Ranch Tour** (recommended for first time guests) Gazebo

- 5:00 **Returning Guest Update** Tolteca
 5:15 **First Time Guest Orientation** Olmecca

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

- 7:15 **Movie *Walking the Camino*** Library Lounge

- 8:00 **Love Secrets from the Masters, with Linda Carroll** Oaktree

MEAL HOURS		AVAILABLE FACILITIES	
SATURDAY		WHEN NO CLASS IS IN SESSION	
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 pm	
Dinner	5:30 pm to 7:30 pm	Activity Pool - Lap Swim	
SUNDAY THROUGH FRIDAY		7:00 am to 5:00 pm	
Breakfast	7:30 am to 9:00 am	Azteca Gym - Weight Room	
Lunch	12:00 pm to 1:30 pm	Saturday: 6:30 am to 1:30 pm	
Dinner	5:30 pm to 7:30 pm	Sunday – Friday: 7:00 am to to 5:00 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)		Sand Volleyball	
Veggies & Juice 4:30 pm		4 pm Su - F	
Juice Bar /Monday-Friday			
Smoothies: 2:45 pm			

SUNDAY | January 9

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) Tolteca
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals with Amy Havens Progressive (Su) Pinetree
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña

- 10:15 **Chant** (Su also 4p F) Arroyo
 Dance: Latin Fusion (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 with Amy Havens (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Oaktree
 Yoga Fundamentals: All Levels (Su-F) Montaña

- 11:30 **Cardio Muscle Blast** (Su,W) Azteca
 Gyrokinesis® (Su,M,T) Pinetree
 Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
 Shallow Water Workout (Su,T,Th) Activity Pool
 Stretch (Su,T,Th) Oaktree
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 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
 Jump-Start Your Skin Rejuvenation at the Ranch and Look Younger Today! with Teitsa Mann Tolteca

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeve sleeves (Su,T,Th) Kuchumaa
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,W,F also 3p Su,Th) Pilates Studio
 The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Arroyo

- 3:00 **Pilates Reformer: Fundamentals** (Su,Th also 2p Su,W,F) Pilates Studio
 Ranch Barre (Su,T) Olmecca
 Sound Healing (Su-F also 4p Su) Oaktree
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
 Tai Chi (Su,T) Montaña

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Sound Healing (Su also 3p Su-F) Oaktree
 Mah Jongg • The Beauty and Soul of Mah Jongg, with Toby Salk Arroyo

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

- 8:00 **Meditation: The Meeting of Science and Spirit, with Elliott S. Dacher, MD** Oaktree

MONDAY | January 10

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) Olmecca
 Circuit Training (M,W,Th,F) Azteca
 Feldenkrais (Su,M,T) Tolteca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals with Amy Havens 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: Move, Groove & Funk (M) Kuchumaa
 Pilates Mat: Level 2 with Amy Havens (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Stretch (Su,M) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Drawing with Jennifer 2 hours Art Studio

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

- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Olmecca
 Teitsa's Favorite Techniques for Smoother, Younger Skin Tolteca

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

- 3:00 **Core Challenge** 30 mins (M,W,F) Olmecca
 Pilates Reformer: Level 2 (M,W,F) Pilates Studio
 Sound Healing (Su-F also 4p Su) Oaktree
 Yoga Workshop: Rope Wall some yoga experience recommended (M,F) Montaña

- 4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Beginners Mah Jongg–American Style, with Toby Salk. Must be present for this first class if you really want to Learn and attend the full workshop Sign up (60 min) Arroyo

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

- 5:00 **The Technique, Practice, and Three Stages of Meditation Practice. Integrating Practice into Daily Life, with Elliott S. Dacher, MD** Oaktree

- 7:15 **Movie *Queen Bees*** Library Lounge

- 8:00 **Concert: Great America Piano Music from Scott Joplin and George Gershwin to Billy Joel, with George Lopez** Oaktree

TUESDAY | January 11

- 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
 Cardio Boxing (T) Kuchumaa
 Feldenkrais (S,M,T) Olmecca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts

- Pilates Mat: Fundamentals with Amy Havens** Progressive (M-F) Pinetree
 Pump It: Level 2 (T,F) Tolteca
 Stretch (Su-F) Montaña

- 10:15 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop - Body Rock! (T also 2p W) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts

- Pilates Mat: Level 2 with Amy Havens** (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Watercolor with Jennifer 2 hours Art Studio

- 11:30 **Gyrokinesis®** (Su,M,T) Pinetree
 Kettlebells 30 mins (T) Tolteca
 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
 Yoga: Level 2 60 mins (Su-F) Montaña

- 1:00 **Teitsa's Skin Cocktail Recipe for Radiant Skin - Everyday!** Tolteca
 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** (Su,T,Th) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Watercolor Card Making with Jennifer 2 hours Art Studio

- 3:00 **Pilates Cadillac: Fundamentals** (T) Pilates Studio
 Ranch Barre (Su,T) Olmecca
 Sound Healing (Su-F also 4p Su) Oaktree
 Tai Chi (Su,T) Montaña

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Beginners Mah Jongg–American Style with Toby Salk Sign up (60 min) Arroyo
 Changing the World, One Ripple at a Time, with Linda Carroll; and music with the Orquesta Guadalupana Baja California with Children from Tijuana and Ron Wakefield, OFS Music Director Oaktree
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Joan Nathan. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.

- 5:00 **Overcoming the Overactive Mind. Cultivating and Abandoning: Creating a Healthy Human Life/ Elliott S. Dacher, MD** Oaktree

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

- 7:15 **Documentary *The Hidden Life of Trees*** Library Lounge

- 8:00 **How to Foster Rewarding Relationships with Our Adult Children, with Ruth Nemzoff, Ph.D.** Olmecca

WEDNESDAY | January 12

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** (Su-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals with Amy Havens** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Zumba** (W) Kuchumaa
- Pilates Mat: Level 2 with Amy Havens** (Su-F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- 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 Muscle Blast** (Su,W) Azteca
- Cycle 30: All Levels** 30 mins (M,W) Pai Pai
- H2O Bootcamp** (M,W) Activity Pool
- Ranch Ropes** (W,F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Yoga: Level 2** 60 mins (Su-F) Montaña
- 1:00 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 2:00 **Dance: Cardio Hip Hop - Body Rock!** (W also 10:15a T) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Pilates Reformer: Fundamentals** (Su,W,F also 3p Su,Th) Pilates Studio
- Shallow Water Workout** (M,W) Activity Pool
- Travel Journaling with Jennifer** 2 hours Art Studio
- Five Basic Skills in Communication (PAUSE), with Linda Carroll** Tolteca
- 3:00 **Core Challenge** 30 mins (M,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Why would I ever want to make in-laws into family?, with Ruth Nemzoff, Ph.D.** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Joan Nathan.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
- Beginners Mah Jongg—American Style with Toby Salk** Sign up (60 min) Arroyo
- 5:00 **The Cause and Final Remedy for Mental Stress, Distress, and Suffering, with Elliott S. Dacher, MD** Oaktree
- 7:15 **Movie News of the World** Library Lounge
- 8:00 **An Evening with Sarah Livia Brightwood Szekely, President of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle, Program Director** Oaktree

THURSDAY | January 13

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo * Ride the van to and from the Ranch, sign up.
- 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) Oaktree
- Pickleball: Beginner** (Su,T,Th,F) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals with Amy Havens** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Salsa (Th)** Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2 with Amy Havens** (Su-F) 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 (M,Th) Kuchumaa
- TRX Fundamentals** (Su,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 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$40 art kit fee) Sign up Dining Hall balcony
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640 Departs promptly from Admin Bldg.
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,Th) Kuchumaa
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Watercolor Card Making with Jennifer** 2 hours Art Studio
- Grandparenting in a Pandemic: A Conversation for Grandparents, with Dr. Ruth Nemzoff** Arroyo
- 3:00 **Pilates Reformer: Fundamentals** (Su,Th also 2p Su,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 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** 60 mins Register at ext. 631/640 Departs promptly from Admin Bldg
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Joan Nathan** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
- Beginners Mah Jongg—American Style with Toby Salk** Sign up (60 min) Arroyo
- 5:00 **Human Flourishing: Enduring Happiness, Serenity, and Freedom. Resources to Take Home to Progress in One's Practice, with Elliott S. Dacher, MD** Oaktree
- 7:15 **Movie Dream Horse** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00 **Concert: George Lopez Plays Chopin** Oaktree

FRIDAY | January 14

! 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 **Intention Meditation Walk** (F) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pickleball: Beginner** (Su,T,Th,F) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals with Amy Havens** Progressive (M-F) Pinetree
- Pump It: Level 2** (T,F) Tolteca
- Stretch** (Su-F) Montaña
- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's!** (F) Kuchumaa
- Pilates Mat: Level 2 with Amy Havens** (Su-F) Pinetree
- TRX HIIT - Circuit** (W, F) Tolteca
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- Yoga Sculpt: Level 2** 60 mins (F) Olmeca
- 11:30 **Cardio Kickboxing** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Ranch Ropes** (W,F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Yoga: Level 2** 60 mins (Su-F) Montaña
- 1:00 **How to Live Your Ranch Experience at Home** (F) Tolteca
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Olmeca
- 2:00 **Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Pilates Reformer: Fundamentals** (Su,W,F also 3p Su,Th) Pilates Studio
- Step Aerobics** (F) Kuchumaa
- 3:00 **Core Challenge** 30 mins (M,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Yoga Workshop: Rope Wall** some yoga experience recommended (M,F) Montaña
- 4:00 **Chant** (F also 10:15a Su) Arroyo
- 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