

# Gyrokinesis® Week & Pickleball Week

## June 25, 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 | June 25

- 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

- 10:00  **Circuit Training** Azteca  
 **Meditation** Milagro

- 10:15  **Ranch Tour** (30 mins) Start outside Dining Hall

- 11:00  **Yoga: All Levels** Montaña

- 12:15  **Ranch Tour** (30 mins) Start outside Dining Hall

- 2:00  **Sound Healing** Oaktree  
 **Woodlands Hike** 2 Miles Gazebo

- 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  **Setting Your Ranch Intention** (Can bring Dessert upstairs) Los Olivos

- 7:30  **Documentary Kiss the Ground** (90 mins) Library Lounge  
 8:00  **Amazing Oceans of Life, with Mark Hixon, PhD** Olmecca

<u>MEAL HOURS</u>	<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>
<b>SATURDAY</b> Breakfast 7:00 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm	<b>Milagro - Meditation Room</b> 6:00 am to 9:00 pm  <b>Activity Pool - Lap Swim</b> 7:00 am to 6:00 pm
<b>SUNDAY THROUGH FRIDAY</b> Breakfast 7:30 am to 9:00 am Lunch 12:00 pm to 1:30 pm Dinner 5:30 pm to 7:30 pm	<b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm
<u>SNACK TIMES</u>	<u>UNSTAFFED PICK UP GAMES</u>
<b>Main Lounge / Sunday – Friday</b> Fruit: 10:30 am Smoothies: 2:45 pm (Sunday only) Veggies & Juice 4:30 pm <b>Juice Bar /Monday-Friday</b> Smoothies: 2:45 pm	<b>Pickleball</b> 9 am M,W,F  <b>Sand Volleyball</b> 4 pm Su - F

## SUNDAY | June 26

*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  **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

- 7:30  **Fitness Concierge** 30 mins (Su) Villas Pool  
 8:15  **Docent Led Tour and Orientation** Dining Hall  
 **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** Progressive (Su-F) Pinetree  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner with Vicki Foster** (Su,T,Th,F also 10a Su & 11a M) Please wear court shoes Pickleball Courts  
 **Sculpt & Strengthen: Level 2** (Su,W) Olmecca  
 **Stretch** (Su-F) Montaña  
 **The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su) Meet outside Arroyo

- 10:00  **Chant** (Su,Th) Arroyo (back patio)  
 **Dance: Step Aerobics** (Su) Kuchumaa  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pickleball: Beginner with Vicki Foster** (Su, also 9a Su,T,Th,F & 11a M) Please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,W,F) Pinetree  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Stretch** (Su,M) Oaktree  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00  **Cardio Muscle Blast** (Su,Th) Azteca  
 **Gyrokinesis® with Donna Place** 75 mins (Su-F) Pinetree  
 **Knitting for Wellness** 60 min Sign up Gazebo  
 **Pickleball: Intermediate with Vicki Foster** (Su,W also 10a T,Th,F) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (Su,M,also 2p Su,F & 3p Su) Pilates Studio  
 **Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **TRX Fundamentals** (Su,W also 10a Th) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,Th,F) Montaña

- 12:00  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool

- 1:00  **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree  
 **Laughter (and Chocolate) Is the Best Medicine! with Joe Weiss, MD** Olmecca  
 **Water Flow Therapy Demo** South Pool

- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear short/long sleeves & socks (Su,Th,F) Kuchumaa  
 **Deep Water Workout** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su) Oaktree  
 **Pilates Reformer: Fundamentals** (Su,F also 11a Su,M & 3p Su) Pilates Studio  
 **Where to Start? You Choose! with Christina Boyd-Smith** Tolteca

- 3:00  **Core Challenge** 30 mins (Su,T,F) Olmecca  
 **Pilates Reformer: Fundamentals** (Su also 2p Su & 11a Su) Pilates Studio  
 **Sound Healing** (Su-F also 4p Su) Oaktree

- 4:00  **Foam Roller** Please wear socks (Su,T,Th) Tolteca  
 **Sound Healing** (Su also 3p Su-F) Oaktree  
 **Yoga Nidra** (Su,Th) Montaña  
 **Coral Reefs: Rainforests and Canaries of the Seas with Mark Hixon, PhD** Olmecca

- 7:30  **Movie Emma** Library Lounge  
 8:00  **Reading Frida Kahlo: How Does Her Art Speak? with Renee Sandell, PhD** Olmecca

## MONDAY | June 27

*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** 1.2 Miles (M,W) Gazebo  
 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00  **Circuit Training** (M,W,F) Azteca  
 **Feldenkrais** (Su,M,T) Olmecca  
 **Meditation** (Su-F) Oaktree  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Pump It – Barbell Strength: Level 2** (M,F) Tolteca  
 **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

- 10:00  **Circuit Training** (M-F) Azteca  
 **Dance: Zumba** (M,W) Kuchumaa  
 **Pilates Arc Barrel: Level 2** (M,Th) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmecca  
 **Stretch** (Su,M) Oaktree  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Water Jogging** (M,W) Activity Pool  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00  **Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa  
 **Cycle 30: All Levels** 30 mins (M,W) Pai Pai  
 **Gyrokinesis® with Donna Place** 75 mins (Su-F) Pinetree  
 **H2O Bootcamp** (M,W) Activity Pool  
 **Pickleball: Beginner with Vicki Foster** (M also 9a Su,T,Th,F & 10a Su) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (Su, M,also 2p Su,F & 3p Su) Pilates Studio  
 **Ranch Ropes** 30mins (M,F) Olmecca  
 **Yoga: Level 2** 75 mins (Su,M,Th,F) Montaña  
 **Drawing with Jennifer** 2 hours Art Studio

- 1:00  **Regenerative Farming Practices: How your eating habits shape the food systems of the future, with Lindsey Hethcote, Education Director at our Organic Farm & Garden** Olmecca  
 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Tolteca  
 **How to Use Essential Oils in Self-Care Rituals for Beauty, Balance and Well-Being with Tara Grodjesk** Arroyo

- 2:00  **Dance: Cardio Hip Hop: Body Rock** (M) Kuchumaa  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool  
 **Travel Journaling, with Jennifer** 2 hours Art Studio  
 **What Do You Believe? Get the Biggest Bang for Your Buck! with Christina Boyd-Smith** Tolteca

- 3:00  **Pilates Reformer: Level 2** (M,W,F) Pilates Studio  
 **Sound Healing** (Su-F also 4p Su) Oaktree  
 **Stability Ball** 30 mins (M,Th) Olmecca  
 **Waterpolo on the Noodle** (M also 2p F) Activity Pool

- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Conversing with Mexican Art: Up Close and Personal** (Day 1) with Renee Sandell Art Studio

- 5:00  **Fiesta at the Bazar! All invited! Sangria & guacamole** 60mins Bazar del Sol

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

- 7:30  **Movie News of the World** Library Lounge

- 8:00  **Making Sense of Mindfulness: An Introduction with Keith MacPherson** Olmecca

## TUESDAY | June 28

- 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  **Mountain Trail Run** (2 to 4 Miles (T) Gazebo  
 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo

- 9:00  **Bird Walk** (T,Th) Gazebo  
 **BOSU® Fit** (T,Th) Olmecca  
 **Feldenkrais** (Su,M,T) Tolteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner with Vicki Foster** (Su,T,Th,F also 10a Su & 11a M) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña

- 10:00  **Aqua Board** (T,Th also 11a T,Th) Central Pool  
 **Circuit Training** (M-F) Azteca  
 **Dance: Intro. to Salsa** (T) Kuchumaa  
 **Pickleball: Intermediate with Vicki Foster** (T,Th,F also 11a Su,W) please wear court shoes Pickleball Courts  
 **Pilates on the Ball: Level 2** (T) Olmecca  
 **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña

- 11:00  **Aqua Board** (T,Th also 10a T,Th) Central Pool  
 **Gyrokinesis® with Donna Place** 75 mins (Su-F) Pinetree  
 **Kettlebells** 30 mins (T,F) Tolteca  
 **Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **Yoga Sculpt: Level 2** (T) Olmecca  
 **Yoga Workshop: Rope Wall** previous yoga experience recommended (T,W) Montaña  
 **Watercolor with Jennifer** 2 hours Art Studio

- 1:00  **Food for Thought: Fasting vs. Fasting Mimicking (To Fast or Not to Fast) with Joe Weiss** Olmecca  
 **Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg

- 2:00  **Circuit Training** (T,Th) Azteca  
 **Dance: Burlesque** (T) Kuchumaa  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Labyrinth** (T) Labyrinth  
 **Collage Card Making with Jennifer** 2 hours Art Studio  
 **What to Do with Emotions (Inconvenient or Otherwise) with Christina Boyd-Smith** Tolteca

- 3:00  **Core Challenge** 30 mins (Su,T,F) Olmecca  
 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio  
 **Sound Healing** (Su-F also 4p Su) Oaktree

- 4:00  **Foam Roller** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (T) Montaña  
 **Visual Fitness for Inner Strength: Hands-On Access to Your Creativity (Day 2) with Renee Sandell** Art Studio  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Gary Jenanyan.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

- 5:00  **Violin and Cello Concert with Kate Hatmaker and Alex Greenbaum** Bazar del Sol

- 7:30  **Movie Queen Bees** Library Lounge

- 8:00  **Abyss: Bizarre Creatures of the Deep Sea with Mark Hixon, PhD** Olmecca

## WEDNESDAY | June 29

*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** 1.2 Miles (M,W) Gazebo
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
  
- 9:00  **Circuit Training** (M,W,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** (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
  
- 10:00  **Circuit Training** (M-F) Azteca
- Dance: Zumba** (W,F) Kuchumaa
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W,F) Tolteca
- Water Jogging** (M,W) Activity Pool
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- Landscape Garden Walk** (W) Gazebo
  
- 11:00  **Cardio Boxing** (W) Kuchumaa
- Cycle 30: All Levels** 30 mins (M,W) Pai Pai
- Gyrokinesis® with Donna Place** 75 mins (Su-F) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Pickleball: Intermediate with Vicki Foster** (Su,W also 10a T,Th,F) please wear court shoes Pickleball Courts
- TRX Fundamentals** (Su,W also 10a Th) Tolteca
- Yoga Workshop: Rope Wall** previous yoga experience recommended (T,W) Montaña
- Landscape Sketching with Jennifer** 2 hours Art Studio
  
- 1:00  **Gut Feelings: Genes, Microbes & Brain with Joe Weiss, MD** Olmeca
- How to Maintain Your Skin's Radiance and Vibrancy at Any Age with Tara Grodjesk** Arroyo
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
  
- 2:00  **Release & Mobilize** please wear socks (M,W,F) Oaktree
- Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool
- World Drumming** (W) Kuchumaa
- Mandala with Jennifer** (60 min) Art Studio
- Healthy Inner Dialogue: Taming the Inner Critic with Christina Boyd-Smith** Tolteca
  
- 3:00  **Breathing Techniques for Balance** (W,F) Montaña
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sand Volleyball** (W) Sand Volleyball
- Sound Healing** (Su-F also 4p Su) 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 Gary Jenanyan** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Open Your Mind with Keith MacPherson** Arroyo
  
- 6:30  **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
  
- 7:30  **Movie *Dream Horse*** Library Lounge
  
- 8:00  **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President of Rancho La Puerta: An Informal Question and Answer Session Hosted by Barry Shingle, Program Director** Oaktree

## THURSDAY | June 30

- 6:05  **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo \*Option to tour Professor Park / RLP Foundation, back by 9am. \* 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  **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
  
- 9:00  **Bird Walk** (T,Th) Gazebo
- BOSU® Fit** (T,Th) Olmeca
- Cardio Kickboxing** (Th) Kuchumaa
- Meditation** (Su-F) Oaktree
- Pickleball: Beginner with Vicki Foster** (Su,T,Th,F also 10a Su & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Medicine Circle with Mark Hixon** Meet outside Kuchumaa Gym
  
- 10:00  **Aqua Board** (T,Th also 11a T,Th) Central Pool
- Chant** (Su,Th) Arroyo (back patio)
- Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk!** (Th) Kuchumaa
- Pickleball: Intermediate with Vicki Foster** (T,Th,F also 11a Su,W) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- TRX Fundamentals** (Th also 11a Su,W) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña
  
- 11:00  **Aqua Board** (T,Th also 10a T,Th) Central Pool
- Bounce: mini trampoline** 30 mins (M,Th) Kuchumaa
- Cardio Muscle Blast** (Su,Th) Azteca
- Gyrokinesis® with Donna Place** 75 mins (Su-F) Pinetree
- Ranch Barre** (Th) Olmeca
- Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- Yoga: Level 2** 75 mins (Su,M,Th,F) Montaña
  
- 12:00  **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
  
- 12:30  **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
  
- 1:00  **Quest for Immortality with Joe Weiss, MD** Olmeca
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$60 art kit fee) Sign up Dining Hall balcony
  
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear short/long sleeves & socks (Su,Th,F) Kuchumaa
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- 5 Steps to Create What You Want with Christina Boyd-Smith** Tolteca
  
- 3:00  **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Stability Ball** 30 mins (M,Th) Olmeca
- Tai Chi** (Th) Montaña
  
- 4:00  **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Woodlands Hike** 2 Miles (Th) Gazebo
- Yoga Nidra** (Su,Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Gary Jenanyan.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Visual Fitness for Inner Strength: Hands-On Access to Your Creativity (Day 2 ) with Renee Sandell, PhD** Art Studio
  
- 5:00  **Mother Ocean and Humanity: A Fragile Bond with Mark Hixon, PhD** Olmeca
  
- 7:15  **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30  **Documentary *The Hidden Life of Trees*** Library Lounge
  
- 8:00  **Concert with Keith MacPherson** Oaktree

## FRIDAY | July 1

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  **Mountain Meditation Hike: Alex Oak** 2 Miles (F) Gazebo
- 6:45  **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
  
- 9:00  **Circuit Training** (M,W,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** (W,F) Gazebo
- Pickleball: Beginner with Vicki Foster** (Su,T,Th,F also 10a Su & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It – Barbell Strength: Level 2** (M,F) Tolteca
- Stretch** (Su-F) Montaña
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
  
- 10:00  **Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa
- Pickleball: Intermediate with Vicki Foster** (T,Th,F also 11a Su,W) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña
  
- 11:00  **Deep Water** (F) Activity Pool
- Gyrokinesis® with Donna Place** 75 mins (Su-F) Pinetree
- Kettlebells** 30 mins (T,F) Tolteca
- Knitting for Wellness** 60 min Sign up Gazebo
- Ranch Ropes** 30mins (M,F) Olmeca
- Yoga: Level 2** 75 mins (Su,M,Th,F) Montaña
  
- 1:00  **How to Live Your Ranch Experience at Home** (F) Tolteca
  
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear short/long sleeves & socks (Su,Th,F) Kuchumaa
- Pilates Reformer: Fundamentals** (Su,F also 11a Su,M & 3p Su) Pilates Studio
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Waterpolo on the Noodle** (F) Activity Pool
  
- 3:00  **Breathing Techniques for Balance** (W,F) Montaña
- Core Challenge** 30 mins (Su,T,F) Olmeca
- Pilates Reformer: Level 2** (M,W,F) Pilates Studio
- Sound Healing** (Su-F also 4p Su) Oaktree
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Library Lounge
  
- 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  **Setting Your Return to Home Intention** (F) Los Olivos
  
- 7:30  **Documentary *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