

Train for Brain Health & Longevity Week with Eric Cruz

September 24, 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 | September 24

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45 **Woodlands Hike** 2 Miles Gazebo
- 7:00 **Interpretive Nature Walk, with Mike Wilken** 60mins Gazebo
- 9:00 **Stretch** Pinetree
- 10:00 **Circuit Training** Azteca
 Meditation Milagro
- 11:00 **Yoga: All Levels** Montaña
- 12:15 **Ranch Tour** 30 mins Start outside Dining Hall
- 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
- 7:30 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00 **Soirée a Deux Violins with Pei-Chun Tsai and Jeff Thayer** Oaktree

MEAL HOURS	
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
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	
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

AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
Milagro - Meditation Room 6:00 am to 9:00 pm	
Activity Pool - Lap Swim 7:00 am to 6:00 pm	
Aztecca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm	
UNSTAFFED PICK UP GAMES Sand Volleyball 4 pm Su - F	

SUNDAY | September 25

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 **Introduction to Circuit Training** (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
 Meditation (Su-F) Oaktree
 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) back patio of Arroyo
 Dance: Latin Fusion (Su) Kuchumaa
 Feldenkrais (Su-T) Oaktree
 Introduction to Circuit Training (Su) Azteca
 H2O Conditioning & Toning (Su,Th) Activity Pool
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Pilates Reformer: Fundamentals (Su,F also 2p Su & 11a M)) Pilates Studio
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Gyrokinesis® (Su-T) Pinetree
 Shallow Water Workout (Su,T,F also 2pmF) Activity Pool
 Specialty: Train for Brain Health & Longevity (Su,M,Th also 2pm T,W) Olmecca
 Stretch (Su,T,Th) Oaktree
 TRX Fundamentals (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
 Swim Stroke Clinic 30 mins (Su,F) Activity Pool
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
- 2:00 **Chair Yoga** (Su) Montaña
 Deep Water (Su,T,Th) Activity Pool
 Feldenkrais (Su-T also 1pm M) Oaktree
 Pilates Reformer: Fundamentals (Su) Pilates Studio
 Ranch Ropes 30mins (Su also F 11am) Olmecca
 Empower Yourself to Live a Life of Purpose, Value and Vision, with Anne Van de Water Arroyo
- 3:00 **Core Challenge** 30 mins (Su,F) Olmecca
 Sound Healing (Su also 4pm Su-F) Oaktree
 Tai Chi (Su,T) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,Th) Montaña
 Sound Healing (Su-F) Oaktree
- 7:30 **Movie *Emma*** Library Lounge
- 8:00 **A Mindful Approach to Stress, with Gyll Turteltaub, Psy.D.** Olmecca

MONDAY | September 26

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 **Barbell Strength: Level 2** (M,Th) Tolteca
 Circuit Training (M,W,F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (M-F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Zumba (M) Kuchumaa
 Feldenkrais (Su-T) Oaktree
 Pickleball: Intermediate (M-Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa
 Cycle 30: 30 mins (M,W) Pai Pai
 Gyrokinesis® (Su-T) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Pilates Reformer: Fundamentals (M also F at 10am) Pilates Studio
 Specialty: Train for Brain Health & Longevity (Su,M,Th also 2pm T,W) Olmecca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Drawing with Jennifer 2 hours Art Studio
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Tolteca
 Feldenkrais (M also Su-T 10a) Oaktree
- 2:00 **Aqua Ease** (M,W) Activity Pool
 Booty Blast 30 mins (M) Olmecca
 Postural Awareness (M,T) Tolteca
 Release & Mobilize please wear socks (M,W, F & F 11) Oaktree
 Travel Journaling, with Jennifer 2 hours Art Studio
 Get Clear about Your Life Purpose, with Anne Van de Water Arroyo
- 3:00 **Hard CORE Roller** (M,Th also10 am T) Tolteca
 Pilates Reformer: Level 2 (M,W also 11 am T) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmecca
 Waterpolo on the Noodle (M,Th) Activity Pool
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Fiesta at the Bazar!** Join us for Sangría & guacamole 60mins Bazar del Sol
- 6:15 **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 **Movie *News of the World*** Library Lounge
- 8:00 **Healing the Heart and More. The Power of Lifestyle to Reverse Disease, with Ben Brown, MD** Olmecca

TUESDAY | September 27

- 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 **BOSU® Fit** (T,Th) Olmecca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (M-F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Hike to The Residences,with Karla 60 mins sign up Main Lounge
- 10:00 **Aqua Board** (T,Th also 11a T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Bodyrock (T) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 Hard CORE Roller (T also 3pm Th) Olmecca
 Pickleball: Intermediate (M-Th) please wear court shoes Pickleball Courts
 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® (Su-T) Pinetree
 Kettlebells 30 mins (T,F) Tolteca
 Pilates Reformer: Level 2 (T also 3pm W) Pilates Studio
 Ranch Barre (T also 2pm Th) Olmecca
 Shallow Water Workout (Su,T,F also 2pmF) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Treadmill Training (T,Th) Azteca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **Vitality 101: Food, Plants, and the Power of Synergy, with Ben Brown, MD** Olmecca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,W,F) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Postural Awareness (M,T) Tolteca
 Specialty: Train for Brain Health & Longevity (T,W also 11am Th) Olmecca
 Collage Card Making with Jennifer 2 hours Art Studio
 Living in Alignment with Your Core Values, with Anne Van de Water Arroyo
- 3:00 **Core & More!** 30 mins (T) Olmecca
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,T) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Yoga Nidra (T) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Chef Kim O'Donnel. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 7:30 **Movie *Queen Bees*** Library Lounge
- 8:00 **What Facilitating a Wedding, a Funeral, a Bat Mitzvah, and a Board Meeting Have in Common, with Melinda Fine, Ed.D.** Olmecca

WEDNESDAY | September 28

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
 Sunrise Yoga 60mins (W,F) Montaña
- 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
 Pickleball: Beginner (M-F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Disco (W) Kuchumaa
 Pickleball: Intermediate (M-Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 TRX HIIT - Circuit (W,F) Tolteca
 Water Jogging (W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
 Landscape Garden Walk (W) Gazebo
- 11:00** **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa
 Cycle 30: All Levels 30 mins (M,W) Pai Pai
 H2O Bootcamp (M,W) Activity Pool
 TRX Fundamentals (Su,W) Tolteca
 Yoga Sculpt: Level 2 60 mins (W) Olmeca
 Landscape Sketching with Jennifer 2 hours Art Studio
 Whose Scat is that? And Other Signs of Wildlife/ Outdoor Field Experience, with Judie Lincer Gazebo
- 1:00** **No time? No Problem...getting beyond the barriers to Making Lifestyle Changes Stick, with Ben Brown, 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 short/long sleeves (T,W,F) Kuchumaa
 Aqua Ease (M,W) Activity Pool
 Release & Mobilize please wear socks(M,W,F & 11 am F) Oaktree
 Specialty: Train for Brain Health & Longevity (T,W also 11am Th) Olmeca
 Mandala with Jennifer 1 hour Art Studio
 Your Message is Your Magic, with Anne Van de Water Arroyo
- 3:00** **Mobility Sticks** (W, also 11am Th) Pinetree
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmeca
 The Art of Bringing People Together for Shared Purpose, with Melinda Fine, Ed.D. 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 Teacher Chef Kim O'Donnel. Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:00** **A Conversation with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President of Rancho La Puerta, Hosted by Barry Shingle, Program Director** Oaktree
- 7:30** **Movie Dream Horse** Library Lounge
- 8:00** **Natural Pathways to Well-Being, with Gyll Turteltaub, Psy.D.** Olmeca

THURSDAY | September 29

- 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** **Barbell Strength: Level 2** (M,Th) Tolteca
 BOSU@ Fit (T,Th) Olmeca
 Cardio Kickboxing (Th) Kuchumaa
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (M-F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Hike to The Residences, with Karla 60 mins sign up Main Lounge
 Bird and Nature Walk, with Judie Lincer Gazebo
- 10:00** **Aqua Board** (T,Th also 11a T,Th) Central Pool
 Chant (Su,Th) back patio of Arroyo
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Flashback 90's (Th) Kuchumaa
 H2O Conditioning & Toning (Su,Th) Activity Pool
 Pickleball: Intermediate (M-Th) please wear court shoes Pickleball Courts
 Pilates Arc Barrel Level 2 (Th) Pinetree
 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
 Mobility Sticks (Th) Pinetree
 Specialty: Train for Brain Health & Longevity (Th) Olmeca
 Stretch (Su,T,Th) Oaktree
 Treadmill Training (T,Th) Azteca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **Boosting Resilience, with Gyll Turteltaub, Psy.D.** Arroyo
 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** **Circuit Training** (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Ranch Barre (Th) Olmeca
 Yoga Workshop: Hip openers (Th) *previous yoga experience Montaña
 Your Big Vision is Calling You, with Anne Van de Water Arroyo
- 3:00** **Hard CORE Roller** (M,Th also 10 am T) Tolteca
 Sound Healing (Su-F) Oaktree
 Waterpolo on the Noodle (M,Th) Activity Pool
 The Pragmatics of Bringing People Together for Shared Purpose, with Melinda Fine, Ed.D. Arroyo
- 4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,Th) Montaña
 Art Exhibition with Tim Hinchliff 90 mins Bazar del Sol
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Chef Kim O'Donnel. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640 Fee/ Departs promptly from Admin Bldg
- 7:15** **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30** **Documentary The Hidden Life of Trees** Library Lounge
- 8:00** **Jazz Standards, Neo-romantic and New Age Solo Piano, with Loren Wilken** Oaktree

FRIDAY | September 30

Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:05** **Organic Garden Breakfast Hike** Sign Up (T,W,Th,F) Moderate 4 Miles 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
 Sunrise Yoga 60mins (W,F) Montaña
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00** **Bootcamp** (F) Kuchumaa
 Circuit Training (M,W,F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (M-F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Broadway (F) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Pilates Reformer: Fundamentals (F) Pilates Studio
 TRX HIIT - Circuit (W,F) Tolteca
 Water Jogging (W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00** **Cardio Boxing** (F) Kuchumaa
 Kettlebells 30 mins (T,F) Tolteca
 Ranch Ropes 30mins (Su also F 11am) Olmeca
 Release & Mobilize please wear socks(F also 2pmF) Oaktree
 Shallow Water Workout (Su,T,F also 2pmF) Activity Pool
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
- 12:00** **Swim Stroke Clinic** 30 mins (Su,F) Activity Pool
- 1:00** **How to Live Your Ranch Experience at Home** (F) Tolteca
 How Emotionally Intelligent Are You? with Gyll Turteltaub, Psy.D. Arroyo
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,W,F) Kuchumaa
 Release & Mobilize please wear socks(M,W,F) Oaktree
 Shallow Water Workout (Su,T,F also 2pmF) Activity Pool
 Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken Library Lounge
- 3:00** **Core Challenge** 30 mins (Su,F) Olmeca
 Sound Healing (Su-F) Oaktree
 The Dance of Bringing People Together for Shared Purpose, with Melinda Fine, Ed.D. Arroyo
- 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
- 7:30** **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