

Fun Fitness for All Week

October 15, 2022 – DRAFT SUBJECT TO CHANGE

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 15

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
 6:45 **Woodlands Hike** 2 Miles Gazebo
 7:00 **Interpretive Nature Walk (1 hr), with Mike Wilken** Gazebo
 9:00 **Stretch** Pinetree
 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 **Shallow Water Workout** Activity Pool
 Sound Healing Oaktree
 3:00 **Stretch** Pinetree
 4:00 **Set Your Ranch Intention, Tips for a Magical Week** (also 7:15 pm) 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 **Set Your Ranch Intention, Tips for a Magical Week** Los Olivos
 7:30 **Documentary Kiss the Ground** (90 mins) Library Lounge
 8:00 **Explore Rancho La Puerta's Night Sky, with Scott Marrone** Tolteca

SUNDAY | October 16

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
 Pickleball: Beginner (Su,T,Th,F) 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: Zumba (Su) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 Introduction to Circuit Training (Su) Azteca
 H2O Bootcamp (Su,T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Pilates Reformer: Fundamentals (Su,Th also Su,M,F@ 11am, Su@2) Pilates Studio
 Ranch Cycling: All Levels (Su,T) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña
 11:00 **Cardio Muscle Blast** (Su) Azteca
 Gyrokinesis® (Su,M,T) Pinetree
 Pilates Reformer: Fundamentals (Su,M,F@ 11am,Th@10 Su@2) Pilates Studio
 Shallow Water Workout (Su,T,Th) Activity Pool
 TRX Fundamentals (Su,Th) Tolteca
 Yoga: Level 2 75 mins (Su,M,T,W,F) Montaña
 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
 2:00 **Deep Water** (Su,T,Th) Activity Pool
 Feldenkrais (Su also M @1pm) Oaktree
 Pilates Reformer: Fundamentals (Su,M,F 11 am , Th@10) Pilates Studio
 Ranch Ropes: 30 mins (Su,Th) Olmecca
 3:00 **Fun Fitness for all w/ Norma** : Stability Balls (Su,T,Th also M,W,F@9 am) Olmecca
 Labyrinth (Su) Labyrinth
 Sound Healing (Su -F) Oaktree
 Swim Stroke Clinic 30 mins (Su,W)
 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su, T) Montaña
 Sound Healing (Su) Oaktree
 7:30 **Movie Emma** Library Lounge
 8:00 **Fall in Love with Your Life, with Elena Sonnino** Olmecca
 Stargazing with Scott Marrone. Sign up (S, Tu) Bring your flashlight- Activity Pool

MONDAY | October 17

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,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Fun Fitness for all w/ Norma : Spri Balls+bands+weights (M,W,F also Su,T,Th at 3pm) Olmecca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 10:00 **Circuit Training** (M-F) Azteca
 Dance:Latin Fusion (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 Hike (pre and post) Mobility (M,Th alsoF@11am) Kuchumaa *meet outside
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Water Jogging (M,W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
 11:00 **Bounce: mini trampoline** 30 mins (M,W) Kuchumaa
 Cycle Hip Hop: All Levels 30 mins (M) Pai Pai
 Gyrokinesis® (Su,M,T) Pinetree
 Pickleball: All Levels (M,F) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,F Th @10am) Pilates Studio
 Yoga: Level 2 75 mins (Su,M,T,W,F) Montaña
 Jewelry Making w/ Alejandro (90 mins) Art Studio
 Drawing with Jennifer (2 hours) Art Studio
 1:00 **Feldenkrais** (Su,M) Oaktree
 Your Energy Centers with Jonelle Rutkauskas Tolteca
 Healthy Pleasures: Why Everything that Feels Good is Not Bad, with David Sobel, MD Olmecca
 2:00 **Aqua Fit** (M,W,F) Activity Pool
 Postural Awareness (M,T) Olmecca
 Release & Mobilize please wear socks (M,W, F) Oaktree
 Reformer/Cadillac Combo (M, also W@11am) *prior reformer/cadillac experience required Pilates Studio
 TRX Flexibility (M,F) Tolteca
 Travel Journaling, with Jennifer 2 hours Art Studio
 Get Rooted, with Elena Sonnino Arroyo
 3:00 **Balance and Coordination** (M) Olmecca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmecca
 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 5:00 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
 7:30 **Movie News of the World** Library Lounge
 8:00 **Hidden Communication: Why People Hear What We Don't Say, with Susan and Peter Glaser, PhDs** Tolteca

TUESDAY | October 18

- 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
 Outdoor Fit: Strength & Cardio (T,Th) Kuchumaa *meet outside
 Pickleball: Beginner (Su,T,Th,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 **Circuit Training** (M-F) Azteca
 Core & More! (T, also W @3pm) Tolteca
 Dance: Burlesque (Tu) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 H2O Bootcamp (Su,T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Ranch Cycling: All Levels (Su,T) Pai Pai
 TRX HIIT - Circuit (Tu,F) Tolteca
 Yoga Fundamentals: All Levels (Su -F) Montaña
 11:00 **Aqua Board** (T,Th) Central Pool
 Booty Blast: 30 mins (T) Olmecca
 Gyrokinesis® (Su,M,T) Pinetree
 Shallow Water Workout (Su,T,Th) Activity Pool
 Stretch (T,Th) Oaktree
 Treadmill Training (T,F) Azteca
 Yoga: Level 2 75 mins (Su,M,T,W,F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
 1:00 **Power Listening, with Susan and Peter Glaser, PhDs** Tolteca
 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 sleeves (T,W,Th) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Postural Awareness (M,T) Olmecca
 Collage Card Making with Jennifer 2 hours Art Studio
 Prioritize THIS. Not That, with Elena Sonnino Arroyo
 3:00 **Fun Fitness for all w/ Norma : Magic Circles+ bands** (Su,T,Th also M,W,F@9 am) Olmecca
 Sound Healing (Su-F) Oaktree
 Tai Chi (T) Montaña
 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su, T) Montaña
 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.
 7:30 **Movie Queen Bees** Library Lounge
 8:00 **Concert with Karen Follingstad, Martha Aarons and Lev Polyakin** Oaktree
 Stargazing with Scott Marrone. Sign up (S, Tu) Bring your flashlight- Activity Pool

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

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 M,W,F
Sand Volleyball
 4 pm Su - F

THURSDAY | October 20

WEDNESDAY | October 19

Class spaces are limited to first come first served

- 5:30 **Stargazing with Scott Marrone.** Sign up
Bring your flashlight- Activity Pool
- 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 (W,F) Montaña (60 mins)
- 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
 Fun Fitness for all w/ Norma : Body bars+flex bars+spri balls (M,W,F also Su,T,Th at 3pm) Olmecca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Intro to Salsa (W) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Water Jogging (M,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 (W) Pai Pai
 Kettlebells 30 mins (W,F) Tolteca
 Mobility Sticks (W,Th) Pinetree
 Reformer/Cadillac Combo (W) *prior reformer/cadillac experience required Pilates Studio
 Yoga: Level 2 75 mins (Su,M,T,W,F) Montaña
 Landscape Sketching with Jennifer 2 hours Art Studio
- 1:00 **Behavior Change Made Simpler: The Surprising Health Benefits of Success & Confidence, with David Sobel, MD** Olmecca
 Viva Vivaldi! with Scott Marrone Oaktree
 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,Th) Kuchumaa
 Aqua Fit (M,W,F) Activity Pool
 Ranch Barre (W) Olmecca
 Release & Mobilize please wear socks(M,W,F) Oaktree
 Mandala with Jennifer 1 hour Art Studio
 Get Curious, with Elena Sonnino Arroyo
- 3:00 **Core & More!** (W) Tolteca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Stability Ball 30 mins (M,W) Olmecca
 Swim Stroke Clinic 30 mins (Su,W)
- 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. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 7:30 **Movie Dream Horse** Library Lounge
- 8:00 **Rx Healthy Sex: Is Sex Good Medicine with David Sobel, MD** Olmecca

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gzebo *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 **BOSU@ Fit** (T,Th) Olmecca
 Cardio Kickboxing (Th) Kuchumaa
 Meditation (Su-F) Oaktree
 Outdoor Fit: Strength & Cardio (T,Th) Kuchumaa *meet outside
 Pickleball: Beginner (Su,T,Th,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 **Chant** (Su,Th) Arroyo (back patio)
 Circuit Training (M-F) Azteca
 Dance: Move, Groove & Funk! (Th) Kuchumaa
 Hike (pre and post) Mobility (M,Th also F@11am) Kuchumaa *meet outside
 H2O Bootcamp (Su,T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Arc Barrel Level 2 (Th) Pinetree
 Pilates Reformer: Fundamentals (Th also F@11) Pilates Studio
 Rhythm Cycle: All Levels (Th) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Aqua Board** (T,Th) Central Pool
 Mobility Sticks (W,Th) Pinetree
 Shallow Water Workout (Su,T,Th) Activity Pool
 Stretch (T,Th) Oaktree
 TRX Fundamentals (Su,Th) Tolteca
 Yoga Sculpt: Level 2 60 mins (W) Olmecca
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00 **Stress: Avoid, Cope, or Embrace? with David Sobel, MD** Olmecca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$60 art kit fee) Sign up Dining Hall balcony
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (T,W,Th) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Ranch Ropes: 30 mins (Su,Th) Olmecca
 Say YES to Your Aliveness, with Elena Sonnino Arroyo
- 3:00 **Fun Fitness for all w/ Norma : BOSU + bands** (Su,T,Th also M,W,F@9 am) Olmecca
 Sound Healing (Su-F) Oaktree
 Tabata 30: 30 mins (Th) Tolteca
 Yoga Workshop: Hip Openers (Th) *previous yoga experience Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Yoga Nidra (Th) Montaña
 Art Exhibition with Tim Hinchliff 90 mins Bazar del Sol
 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.
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640 Fee/ Departs promptly from Admin Bldg
- 6:15 **Silent Dinner** (Th) Sign up, Los Olivos (via Dining Hall balcony)
- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30 **Documentary The Hidden Life of Trees** Library Lounge
- 8:00 **Navigating Challenging Conversations with Susan and Peter Glaser, PhDs** Tolteca

FRIDAY | October 21

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

- 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
- 6:15 **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 (W,F) Montaña (60 mins)
- 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,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Fun Fitness for all w/ Norma : Tubing+Gliders (M,W,F also Su,T,Th at 3pm) Olmecca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,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: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 TRX HIIT - Circuit (Tu,F) Tolteca
 Water Jogging (M,W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Cardio Boxing** (F) Kuchumaa
 Hike (pre and post) Mobility (F) Kuchumaa *meet outside
 Kettlebells 30 mins (W,F) Tolteca
 Pickleball: All Levels (M,F) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (F) Pilates Studio
 Treadmill Training (T,F) Azteca
 Yoga: Level 2 75 mins (Su,M,T,W,F) Montaña
- 1:00 **Set Your Return to Home Intention** (also 5pm F) Tolteca
 City of Covid, with John Rosenmiller Olmecca
- 2:00 **Aqua Fit** (M,W,F) Activity Pool
 Release & Mobilize please wear socks(M,W,F) Oaktree
 TRX Flexibility (M,F) Tolteca
 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,T,F) Olmecca
 Sound Healing (Su-F) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:00 **Set Your Return to Home Intention** (F) Tolteca
- 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