

**Sound Healing Week with Diane Mandle and Richard Rudis**  
**Pickleball Week with Nancy Meyer**  
**November 26, 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 | November 26**

- 6:15**  **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo  
**6:45**  **Woodlands Hike** 2 Miles 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
- 12:00**  **Ranch Tour** (30 mins) Start outside Dining Hall
- 2:00**  **Sound Healing** Oaktree
- 3:00**  **Stretch** Pinetree  
 **Woodlands Hike** 2 Miles Gazebo
- 3:45**  **Set Your Ranch Intention, Tips for a Magical Week** Olmecca (also 7:15 in Los Olivos)
- 4:30**  **Ranch Tour** (recommended for first time guests) Gazebo
- 5:00**  **First Time Guest Orientation** Olmecca  
 **Returning Guest Update** Tolteca
- 6:45**  **Meet the Presenters** Dining Hall
- 7:15**  **Set Your Ranch Intention, Tips for a Magical Week** (Can bring Dessert upstairs) Los Olivos
- 7:30**  **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00**  **Sacred Sound Concert with Diáne Mandle** Oaktree

<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>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>Activity Pool - Lap Swim</b> 7:00 am to 6:00 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>Pickleball</b> 9 am M,W,F
<b>Juice Bar /Monday-Friday</b> Smoothies: 2:45 pm	<b>Sand Volleyball</b> 4 pm Su - F

**SUNDAY | November 27**

*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
- 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 also M,W at 11 am) 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) back patio of Arroyo  
 **Dance: Latin Fusion** (Su) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pickleball: Intermediate** (Su,T,Th,F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Rhythm Cycle: All Levels** (Su,Th) Pai Pai  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00**  **Bounce: mini trampoline** 30 mins (Su,W) Kuchumaa  
 **Cardio Muscle Blast** (Su) Azteca  
 **Knitting for Wellness** (Su, W) 60 min Sign up Gazebo  
 **Pilates Reformer: Fundamentals** (Su,M,Th also Su at 2&3pm and F at 10am) Pilates Studio  
 **Ranch Barre** (Su) Olmecca  
 **Shallow Water Workout** (Su,T,Th,F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **Yoga: Level 2** 75 mins (Su,M,W,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  
 **Water Flow Therapy Demo** South Pool  
 **Happy Hour for Hormones, With or Without Whine: B Y O H (Bring Your Own Hormones), with Nancy Cetel, MD** Olmecca
- 2:00**  **Chair Yoga** (Su,F) Montaña  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Feldenkrais** (Su, also 1 pm M) Oaktree  
 **Pilates Reformer: Fundamentals** (also Su at 3, M,Th at 11am & F 10am) Pilates Studio  
 **Ranch Ropes HIIT:** 30 mins (Su, also 3pmTh) Olmecca  
 **The 5 Essential Elements of True Transformation: The Science of Preparation, with Julie Lopez, Ph.D.** Arroyo
- 3:00**  **Core Challenge** 30 mins (Su,T,F) Olmecca  
 **Pilates Reformer: Fundamentals** (Su, also M,Th at 11 am,F at 10) Pilates Studio  
 **Sound Healing Specialty: Gong Workshop** (Su,M) Oaktree  
 **Tai Chi** (Su,T,Th) Montaña
- 4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Ranch Sound Healing** (Su,T also Th,F at 3pm) Oaktree  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **The Art of Herbal Medicine, with Dawn Petter** Arroyo
- 7:30**  **Movie *Emma*** Library Lounge
- 8:00**  **Stay Sharp with Age! 10 Key Factors to Take Care of Your Brain, with Annie Fenn, MD** Olmecca

**MONDAY | November 28**

*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) 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  
 **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: Cardio Hip Hop Bodyrock** (M) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **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) Activity Pool  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña  
 **Jewelry Making with Alejandro** 60 mins (M) Art Studio  
 **Trunk Show with Donna Marberger** (10am to 12pm) Mercado
- 11:00**  **Cycle Hip Hop: All Levels** 30 mins (M) Pai Pai  
 **Men & Women Self Defense** (M,T) Kuchumaa  
 **Pickleball: Beginner** (M,W also T,Th,F at 9 am) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (M,Th, also 10 am F) Pilates Studio  
 **TRX Fundamentals** (M,Th) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th, F) Montaña  
 **Drawing with Jennifer** (2 hours) Art Studio
- 1:00**  **Feldenkrais** (Su, M) Oaktree  
 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas** Tolteca  
 **Laughter (and Chocolate) Is the Best Medicine! with Joe Weiss, MD** Olmecca  
 **Trunk Show with Donna Marberger** (1 to 4pm) Mercado
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,Th) Kuchumaa  
 **Aqua Burst HIIT intervals** (M,W) Activity Pool  
 **Pilates Cadillac: Fundamentals** (M,Th) Pilates Studio  
 **Release & Mobilize** please wear socks (M,W,F) Oaktree  
 **Woodlands Hike** (M) 2 Miles Gazebo  
 **Travel Journaling, with Jennifer** 2 hours Art Studio  
 **The 5 Essential Elements of True Transformation: Finding Your Inner Compass – Exploration of your deepest truth, with Julie Lopez, Ph.D.** Arroyo
- 3:00**  **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Sound Healing Specialty: Gong Workshop** (Su,M) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmecca
- 4:00**  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Botanical Support for Digestive Health, with Dawn Petter** Arroyo
- 4:30**  **Fiesta at the Bazar! All invited! Sangría & guacamole. Live Music with Jim Buhisan** 60mins Bazar del Sol
- 7:30**  **Movie *News of the World*** Library Lounge
- 8:00**  **The Functionality of Your Eye-Brain Connection Integrating Periphery and Affecting Balance and Movement, with Dana Dean, OD** Tolteca

**TUESDAY | November 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: 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** (T,Th,F also Wat 11 am) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **The Residences, a community dedicated to wellness, friendships, & sustainable living** 60 mins (Sign up in Main Lounge)  
**Meet at Luna 12**
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Dance: Burlesque** (T) Kuchumaa  
 **Feldenkrais** (Su,M,T) Oaktree  
 **H2O Bootcamp:** deep water workout (T,Th) Activity Pool  
 **Pickleball: Intermediate** (Su,T,Th, F) please wear court shoes Pickleball Courts  
 **Pilates on the ball: level 2** (T) Olmecca  
 **Ranch Cycling: All Levels** (T,Th) Pai Pai  
 **TRX HIIT - Circuit** (Tu,F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña  
 **Trunk Show with Donna Marberger** (10am to 12pm) Mercado
- 11:00**  **Men & Women Self Defense** (M,T) Kuchumaa  
 **Mobility Sticks** (T,Th) Pinetree  
 **Shallow Water Workout** (Su,T,Th,F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **Treadmill HIIT** (T,F) Azteca  
 **Yoga Sculpt: Level 2** 60 mins (T) Olmecca  
 **Watercolor with Jennifer** 2 hours Art Studio  
 **How to Expand Visual Memory for the Aging Brain: A Hands on Experiential Class with Dana Dean, OD** Arroyo
- 1:00**  **Food for Thought: Fasting vs. Fasting Mimicking (To Fast or Not to Fast), with Joe Weiss, MD** Olmecca  
 **Bean-to-Bar Chocolate class** 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.  
 **Trunk Show with Donna Marberger** (1 to 4pm) Mercado
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,Th) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Postural Awareness** (T,W) Tolteca  
 **Collage Card Making with Jennifer** 2 hours Art Studio  
 **The 5 Essential Elements of True Transformation: Purification & Detoxification – Letting go for a Higher Purpose, with Julie Lopez, Ph.D.** Arroyo
- 3:00**  **Core Challenge** 30 mins (Su,T,F) Olmecca  
 **Sound Healing Specialty: Bowl Workshop** (T,W) Oaktree  
 **Tai Chi** (Su,T,Th) Montaña
- 4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Ranch Sound Healing** (T also Th,F at 3pm) Oaktree  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Annie Fenn, MD.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.  
 **Herbs For Happiness, Stress Relief & Sleep, with Dawn Petter** Arroyo
- 5:45**  **Bocuse D'or Team Mexico Dinner with Chef Marcelo Hisaki** Meet at the Administration Building.
- 6:15**  **Silent Dinner** (T) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30**  **Movie *Queen Bees*** Library Lounge
- 8:00**  **Chamber Music Concert with Janet Guggenheim, Martha Aarons and Lev Polyakin** Oaktree

## WEDNESDAY | November 30

*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  **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  
 **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  
 **Core & More!** (W) Tolteca  
 **Dance: Move, Groove & Funk!** (W) Kuchumaa  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Sculpt & Strengthen: Level 1** (M,W) Olmeca  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Water Jogging** (M,W) Activity Pool  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña  
 **Landscape Garden Walk** (W) Gazebo
- 11:00  **Bounce: mini trampoline** 30 mins (Su,W) Kuchumaa  
 **Cycle 30: All Levels** 30 mins (W) Pai Pai  
 **Kettlebells** 30 mins (W,F) Tolteca  
 **Knitting for Wellness** (Su,W) 60 min Sign up Gazebo  
 **Pickleball: Beginner** (W, also Th,F at 9am) please wear court shoes Pickleball Courts  
 **Tabata HIIT 30:** Cardio & Strength (W) Olmeca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th, F) Montaña  
 **Landscape Sketching with Jennifer** 2 hours Art Studio  
 **Computer Vision and the Effects of Blue Light and Sleep, with Dana Dean, OD** Arroyo
- 1:00  **Gut Feelings: Genes, Microbes & Brain, with Joe Weiss, MD** Olmeca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 2:00  **Aqua Burst HIIT intervals** (M,W) Activity Pool  
 **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo  
 **Postural Awareness** (T,W) Tolteca  
 **Release & Mobilize** please wear socks(M,W,F) Oaktree  
 **Mandala with Jennifer** 1 hour Art Studio  
 **The 5 Essential Elements of True Transformation: Implementation & Increasing Risk Tolerance to Actualize What You Desire, with Julie Lopez, Ph.D.** Arroyo
- 3:00  **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Sound Healing Specialty: Bowl Workshop** (T,W) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmeca  
 **Whose Scat is that? And Other Signs of Wildlife/ Outdoor Field Experience, with Judie Lincer** Gazebo
- 4:00  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Labyrinth** (W, also F at 2pm) Labyrinth  
 **Stretch & Relax** (M,W,F) Montaña  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Annie Fenn, MD.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 4:30  **Live Music with Jim Buhisan** Bazar del Sol
- 7:30  **Movie Dream Horse** Library Lounge
- 8:00  **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

## THURSDAY | December 1

- 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 (extreme): 8 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15  **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:30  **Mountain Meditation Hike: Alex Oak** 2 Miles (F) Gazebo
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00  **BOSU® Fit** (T,Th) Olmeca  
 **Cardio Kickboxing** (Th) Kuchumaa  
 **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  
 **Bird and Nature Walk, with Judie Lincer** Gazebo
- 10:00  **Chant** (Su,Th) back patio of Arroyo  
 **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop Flashback 90's** (Th) Kuchumaa  
 **H2O Bootcamp:** deep water workout (T,Th) Activity Pool  
 **Pickleball: Intermediate** (Su,T,Th,F) please wear court shoes Pickleball Courts  
 **Pilates Arc Barrel: Level 2** (Th) Pinetree  
 **Rhythm Cycle: All Levels** (Su,Th) Pai Pai  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Booty Blast:** 30 mins (Th) Olmeca  
 **Mobility Sticks** (T,Th) Pinetree  
 **Pilates Reformer: Fundamentals** (Th, also F at 10) Pilates Studio  
 **Shallow Water Workout** (Su,T,Th,F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **TRX Fundamentals** (M,Th) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,W,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  **Botanical Allies for Immune Support, with Dawn Petter** Arroyo  
 **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 (M,T,Th) Kuchumaa  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac: Fundamentals** (M,Th) Pilates Studio  
 **Yoga Workshop: Inversions** (Th) \*previous yoga experience Montaña  
 **The 5 Essential Elements of True Transformation: The Power and Science of Manifestation! with Julie Lopez, Ph.D.** Arroyo
- 3:00  **Ranch Ropes HIIT:** 30 mins (Th) Olmeca  
 **Ranch Sound Healing** (Th,F) Oaktree  
 **Tai Chi** (Su,T,Th) Montaña
- 4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Annie Fenn, MD.** 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  **A Novel Collaboration at Rancho La Puerta- an evening of violin music by Pei-Chun Tsai with her special guest, pianist Janet Guggenheim** Oaktree

## FRIDAY | December 2

*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 Sign Up Gazebo
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30  **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  **Barbell Strength: Level 2** (M,F) Tolteca  
 **Bootcamp** (F) Kuchumaa  
 **Circuit Training** (M,W,F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (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  
 **Pickleball: Intermediate** (F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Pilates Reformer: Fundamentals** (F) Pilates Studio  
 **Step Aerobics** (F) Kuchumaa  
 **TRX HIIT - Circuit** (Tu,F) Tolteca  
 **Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00  **Cardio Boxing** (F) Kuchumaa  
 **Kettlebells** 30 mins (W,F) Tolteca  
 **Release & Mobilize** please wear socks(F, also 2pm F) Oaktree  
 **Shallow Water Workout** (F) Activity Pool  
 **Treadmill HIIT** (T,F) Azteca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th, F) Montaña
- 1:00  **Set Your Return to Home Intention** (also 5pm F) Tolteca
- 2:00  **Chair Yoga** (Su,F) Montaña  
 **Labyrinth** (F) Labyrinth  
 **Release & Mobilize** please wear socks(F, also 2pm F) Oaktree  
 **Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken** Library Lounge
- 3:00  **Core Challenge** 30 mins (F) Olmeca  
 **Ranch Sound Healing** (Th,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*