**Gyrokinesis Week**

**December 3, 2022 DRAFT**

***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|December 3

**6:15** **Mountain Hike: Professor’s** challenging 3.3 Miles Main Lounge

**6:45** **Woodlands Hike** 2 Miles Main Lounge

**7:00** **Interpretive Nature Walk with Mike Wilken** 60mins Gazebo

**9:00** **Stretch** Pinetree

**10:00** **Circuit Training** Azteca

* **Meditation** Milagro

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

**11:00** **Cycle 30: All levels** Pai Pai

**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 Main Lounge

**3:45** **Set Your Ranch Intention, Tips for a Magical Week** Olmeca

 (Also 7:15 in Los Olivos)

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

**5:00** **First Time Guest Orientation** Olmeca

**Returning Guest Update** Tolteca

**6:45** **Meet the Presenters** Dining Hall

**7:15**  **Set Your Ranch Intention, Tips for a Magical**

(Can bring Dessert upstairs) Los Olivos

**7:30** **Documentary *Kiss the Ground*** (90 mins)Library Lounge

**8:00**  **Enlightened Relationships: From Bedroom to Boardroom,**

 **with Mehrad Nazari, Ph.D.** Olmeca

**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

 **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

SUNDAY | December 4

 *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) Main Lounge

**6:30**  **Mountain Hike: Alex’s Oak** 2 Miles (Su) Main Lounge

**6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge

**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 T,@11 am) please wear

 court shoes Pickleball Courts

**Sculpt & Strengthen: Level 2** (Su,W) Olmeca

**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: Zumba** (Su) Kuchumaa

**Introduction to Circuit Training** (Su) Azteca

* **Pickleball: Intermediate** (Su,T,Th) please wear
* court shoes Pickleball Courts

**Pilates Mat: Level 2** (Su,M,W,F)Pinetree

**Cycle 30: All Levels** (Su.T,Th) Pai Pai

**Yoga Fundamentals: All Levels** (Su -F)

**11:00** **Bounce: mini trampoline** 30 mins (Su,W) Kuchumaa

**Cardio Muscle Blast** (Su) Azteca

 **Core & More!** (Su, also W @10) Olmeca

**Gyrokinesis® 75 mins** (Su-F)Pinetree

**Knitting for Wellness** (Su,W) 60 min Sign up Gazebo

**Pilates Reformer: Fundamentals** (Su,M,Th@ 11am, Su@2&3 F@10)

 Arroyo

**Shallow Water Workout** (Su,T,Th,F) Activity Pool

**Stretch** (Su,T,Th) Oaktree

**Yoga: Level 2** 75 mins (Su,M,T,Th, F) Montaña

**12:00** **Swim Stroke Clinic** 30 mins(Su,Th)

 **1:00** **Water Flow Therapy Demo** South Pool

**2:00**  **Chair Yoga** (Su,W,F) Montaña

* **Deep Water** (Su,T,Th) Activity Pool

**Pilates Reformer: Fundamentals** (also Su @3, M,Th@ 11am,F@10)

 Arroyo

**Ranch Ropes HIIT:** 30 mins(Su, also 11 amTh) Olmeca

 **Where to Start? You Choose! with Christine Boyd-Smith, Ph.D.**

Library Lounge

**3:00** **Core Challenge** 30 mins (Su,T,F) Olmeca

**Labyrinth** (Su also M@4pm,F@2) Labyrinth

**Pilates Reformer: Fundamentals** (Su, also M,Th @11 am,F @10)

* Arroyo
* **Sound Healing** (Su-F) Oaktree

**4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th)Tolteca

**Sound Healing** (Su) Oaktree

  **Restorative Yoga** (Su,T) Montaña

  **Enhancing Your Relationships for a Healthier and Happier Life,**

 **with Mehrad Nazari, Ph.D.** Olmeca

**7:30** **Movie *Emma*** Library Lounge

**8:00** **Walking as a Way of Life, with Lynn Weigand, Ph.D.** Olmeca

MONDAY | December 5

*Class spaces are limited to first come first served*

**6:15** **Mountain Hike: Professor’s** challenging 3.3 (M,Th) Main Lounge

**6:30**  **Dove Meditation Hike** 1.2 Miles (M,W) Main Lounge

**6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate

 Half Mile (M,W,F) Main Lounge

**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

**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)

**Jewelry Making with Alejandro** (M) Art Studio



**11:00**  **Gyrokinesis® 75 mins** (Su-F)Pinetree

**Pilates Reformer: Fundamentals** (M,Th, also 10 am F)

 Arroyo

**Ranch Barre** (M, also Th @3) Olmeca

**Ranch Cycle 45: All levels** (M.W) Pai Pai

**Treadmill HIIT** (M,F) Azteca

* **TRX Fundamentals** (M,Th) Tolteca
* **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

  **A Perfect Lifestyle:  Food, Wine, Sex and Chocolate, with**

 **Robert Vogel, MD** Olmeca

**2:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

 sleeves (M,T,Th) Kuchumaa

**Aqua Burst HIIT intervals** (M,W) Activity Pool

 **Release & Mobilize** please wear socks (M,W,also F@11) Oaktree

**Woodlands Hike** (M)2 Miles Main Lounge

**Travel Journaling, with Jennifer** 2 hours Art Studio

 **What Do You Believe? Get the Biggest Bang for Your Buck!, with**

 **Christine Boyd-Smith, Ph.D.** Library Lounge

**3:00**  **Buteyko Breathing Method** (M,F) Tolteca

**Pilates Reformer: Level 2** (M,W) Arroyo

* **Sound Healing** (Su-F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca

 **Designing Places for Walkability, with Lynn Weigand, Ph.D.**

* Library Lounge

**4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree

**Labyrinth** ( M, also F@2) Labyrinth

**Stretch & Relax** (M,W,F) Montaña

 **Conscious Interactions for Healthier and Happier Life, with**

 **Mehrad Nazari, Ph.D.** Olmeca

**4:30** **Fiesta at the Bazar! All invited! Sangría & guacamole**

60mins Bazar del Sol

**7:30** **Movie *News of the World*** Library Lounge

**8:00** **Drama in the Sea, with Paul Atkins,** **ASC**

 **Director/Cinematographer** Olmeca

 TUESDAY | December 6

**6:05** **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up

 (T,W,Th,F) Main Lounge

**6:15** **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T, F)

Main Lounge

**6:30** **Mountain Trail Run (**2 to 4 Miles) (T) Main Lounge

**6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge

**9:00** **BOSU® Fit** (T,Th) Olmeca

**Meditation** (Su-F) Oaktree

**Pickleball: Beginner** (T,Th,F) 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 living60 mins (Sign up in Main Lounge) **Meet at Luna 12**

**10:00**  **Circuit Training** (M-F)Azteca

**Dance: Burlesque** (T) Kuchumaa

* **H2O Bootcamp:** deep water workout(T,Th) Activity Pool

**Pickleball: Intermediate** (Su,T,Th) please wear

 court shoes Pickleball Courts

**Pilates on the ball: level 2** (T) Olmeca

**Cycle 30: All Levels** (Su,T,Th) Pai Pai

 **TRX HIIT - Circuit** (Tu,F) Tolteca

**Yoga Fundamentals: All Levels** (Su -F)

**11:00** **Gyrokinesis® 75 mins** (Su-F)Pinetree

* **Pickleball: Beginner** (T, also Th,F @9 am) please wear
* court shoes Pickleball Courts

**Shallow Water Workout** (Su,T,Th,F) Activity Pool

**Stretch** (Su,T,Th) Oaktree

* **Tabata HIIT 30:** Cardio & Strength (W) Olmeca
* **Yoga: Level 2** 75 mins (Su,M,T,Th, F) Montaña

**Watercolor with Jennifer** 2 hours Art Studio

**1:00**  **Shopping for Food: Label Lies and Nutritional Information, with**

 **Robert Vogel, MD** Olmeca

 **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 (M,T,Th) Kuchumaa

**Circuit Training** (T,Th,F) Azteca

* **Deep Water** (Su,T,Th) Activity Pool
* **Pilates Cadillac: Fundamentals** (T,Th) Arroyo
* **Postural Awareness** (T,W) Tolteca
* **Collage Card Making with Jennifer** 2 hours Art Studio

 **What to Do with Emotions (Inconvenient or Otherwise), with**

 **Christine Boyd-Smith, Ph.D.** Library Lounge

**3:00** **Core Challenge** 30 mins (Su,T,F) Olmeca

**Mobility Sticks** (T,Th) Pinetree

* **Sound Healing** (Su-F) Oaktree

**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 Kristine Kidd.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

 **Walking for Fun and Fitness, with Lynn Weigand, Ph.D.** Library

 Lounge

**5:00**  **Brains in the Sea, with Paul Atkins ASC**

 **Director/Cinematographer** Olmeca

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

**7:30** **Movie *Queen Bees*** Library Lounge

**8:00** **Concert Footage of Genesis & Phil Collins, with Daryl**

 **Stuermer** Olmeca

 WEDNESDAY | December 7

*Class spaces are limited to first come first served*

**6:05** **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up

 (T,W,Th,F) Main Lounge

**6:15** **Mountain Hike: Pilgrim** Advanced Option of 3.5 or

 Challenging 4.5 Miles (S,W) Main Lounge

**6:30**  **Dove Meditation Hike** 1.2 Miles (M,W) Main Lounge

**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) Main Lounge

**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) Olmeca

**Dance: Intro to Salsa** (W) Kuchumaa

**Pilates Mat: Level 2** (**Su**,M,W,F)Pinetree

* **Reformer/Cadillac Combo: Level 2** (W) \*prior reformer/cadillac
* experience required Arroyo

 **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)

 **Landscape Garden Walk** (W) Gazebo

**11:00** **Bounce: mini trampoline** 30 mins (Su,W) Kuchumaa

**Gyrokinesis® 75 mins** (Su-F)Pinetree

**Kettlebells** 30 mins (W,F) Tolteca

**Knitting for Wellness** (Su,W) 60 min Sign up Gazebo

**Ranch Cycle 45: All levels** (M.W) Pai Pai

* **Yoga Sculpt: Level 2** 60 mins (W) Olmeca

 **Landscape Sketching with Jennifer** 2 hours Art Studio

**1:00**  **Exercise, How to Get the Most out of Your Work-out, with**

 **Robert Vogel, MD** Olmeca

**Documentary: Tree of Life, The Living Legacy of**

* **Edmond Szekely** Library Lounge

**2:00** **Aqua Burst HIIT intervals** (M,W) Activity Pool

 **Chair Yoga** (Su,W,F) Montaña

**Mountain Hike: Alex’s Oak** 2 Miles (W) Gazebo

**Postural Awareness** (T,W) Tolteca

 **Release & Mobilize** please wear socks(M,W, also F@11) Oaktree

**Mandala with Jennifer** 1 hour Art Studio

 **Healthy Inner Dialogue: Taming the Inner Critic, with Christine**

 **Boyd-Smith, Ph.D.** Library Lounge

**3:00**  **Pilates Reformer: Level 2** (M,W) Arroyo

* **Sound Healing** (Su-F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
* **Yin Yoga** (W) Montaña

**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 Kristine Kidd.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

  **Walk Your Way to Fitness, with Lynn Weigand, Ph.D.**

Kuchumaa

**5:00**  **Myths of the Sea, with Paul Atkins ASC**

 **Director/Cinematographer** Olmeca

**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: Hosted by Barry Shingle, Director of Guest**

 **Experiences** Oaktree

THURSDAY | December 8

**6:05** **Organic Garden Breakfast Hike** (T,W,Th,F ) Moderate 4 Miles

 Main Lounge \*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) Main Lounge

**6:15** **Mountain Hike: Professor’s** challenging 3.3 Miles (M,Th) Main Lounge

**6:45** **Woodlands Hike** 2 Miles (Su,T,Th) Main Lounge

**9:00** **BOSU® Fit** (T,Th) Olmeca **Cardio Kickboxing** (Th) Kuchumaa

  **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

**10:00**  **Chant** (Su,Th) back patio of Arroyo

**Circuit Training** (M-F)Azteca

**Dance: Cardio Hip Hop Flashback 90’s** (Th)Kuchumaa

**Feldenkrais** (Th,F) Oaktree

* **H2O Bootcamp:** deep water workout(T,Th) Activity Pool
* **Pickleball: Intermediate** (Su,T,Th) please wear
* court shoes Pickleball Courts

**Pilates Arc Barrel: Level 2** (Th)Pinetree

**Cycle Hip Hop 30: All Levels** (Th) Pai Pai

**Yoga Fundamentals: All Levels** (Su -F)

**11:00** **Gyrokinesis® 75 mins** (Su-F)Pinetree

**Pilates Reformer: Fundamentals** (Th, also F @10)

 Arroyo

**Ranch Ropes HIIT:** 30 mins(Th) Olmeca

**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,T,Th, F) Montaña

**12:00** **Swim Stroke Clinic** 30 mins(Su,Th)

**12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance

**1:00**  **Food for Thought: How to Stave Off Alzheimer’s and other**

 **Neurodegenerative Diseases, with Robert Vogel** Olmeca

 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff**

* ($60 art kit fee)Sign upDining 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

**Booty Blast:** 30 mins (Th) Olmeca

**Circuit Training** (T,Th,F)Azteca

**Feldenkrais** (Th, F) Oaktree

 **Deep Water** (Su,T,Th) Activity Pool

**Pilates Cadillac: Fundamentals** (T,Th) Arroyo

 **5 Steps to Create What You Want, with Christine**

 **Boyd-Smith, Ph.D.** Library Lounge

**3:00**  **Mobility Sticks** (T,Th) Pinetree

**Ranch Barre** (Th) Olmeca

* **Sound Healing** (Su-F) Oaktree
* **Yoga Workshop: Rope Wall** (Th) \*previous yoga experience Montaña

**4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th)Tolteca

 **Yoga Nidra** (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 Kristine Kidd.** 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

 **5:00**  **Volcanoes in the Sea, with Paul Atkins ASC**

 **Director/Cinematographer** Olmeca

**7:15** **Prayer Arrows with Tim Hinchliff** Main Lounge

**7:30** **Documentary *The Hidden Life of Trees*** Library Lounge

**8:00** **Solo Concert: “Up-Close with Daryl Stuermer”** Oaktree

FRIDAY | December 9

 *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

 Main Lounge \*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) Main

Lounge

**6:30**   **Mountain Meditation Hike: Alex Oak** 2 Miles (F) Main Lounge

**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

  **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

**Dance: Disco** (Th)Kuchumaa

**Feldenkrais** (Th,F) Oaktree

**Pilates Mat: Level 2** (Su,M,W,F)Pinetree

**Pilates Reformer: Fundamentals** (F) Arroyo

 **TRX HIIT - Circuit** (Tu,F) Tolteca

**Yoga Fundamentals: All Levels** (Su -F)

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**11:00**  **Cardio Boxing** (F) Kuchumaa

**Gyrokinesis® 75 mins** (Su-F)Pinetree

**Kettlebells** 30 mins (W,F) Tolteca

 **Release & Mobilize** please wear socks(F) Oaktree

**Shallow Water Workout** (F) Activity Pool

**Treadmill HIIT** (M,F) Azteca

* **Yoga: Level 2** 75 mins (Su,M,T,Th, F) Montaña

**1:00** **Set Your Return to Home Intention** (also 5pm F)Tolteca

 **Music Inspiration, with Daryl Stuermer** Oaktree

**2:00** **Chair Yoga** (Su,W,F) Montaña

**Circuit Training** (T,Th,F)Azteca

**Feldenkrais** (Th, F) Oaktree

**Labyrinth** (F) Labyrinth

**Where Am I? The fascinating natural history of Tecate,**

* **Baja California, and Mexico, with Mike Wilken** Library Lounge

**3:00**   **Buteyko Breathing Method** (M,F) Tolteca

**Core Challenge** 30 mins (F) Olmeca

* **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*