

Gyrokinesis Week with Roseann Baker  
December 3, 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 | December 3

6:15	<input type="checkbox"/> Mountain Hike: Professor's challenging 3.3 Miles Gazebo
6:45	<input type="checkbox"/> Woodlands Hike 2 Miles Gazebo
7:00	<input type="checkbox"/> Interpretive Nature Walk with Mike Wilken 60mins Gazebo
9:00	<input type="checkbox"/> Stretch Pinetree
10:00	<input type="checkbox"/> Circuit Training Azteca <input type="checkbox"/> Meditation Milagro
10:15	<input type="checkbox"/> Ranch Tour (30 mins) Start outside Dining Hall
11:00	<input type="checkbox"/> Cycle 30: All levels Pai Pai <input type="checkbox"/> Yoga: All levels Montaña
12:00	<input type="checkbox"/> Ranch Tour (30 mins) Start outside Dining Hall
2:00	<input type="checkbox"/> Sound Healing Oaktree
3:00	<input type="checkbox"/> Stretch Pinetree <input type="checkbox"/> Woodlands Hike 2 Miles Gazebo
3:45	<input type="checkbox"/> Set Your Ranch Intention, Tips for a Magical Week Olmeca (Also 7:15 in Los Olivos)
4:30	<input type="checkbox"/> Ranch Tour (recommended for first time guests) Gazebo
5:00	<input type="checkbox"/> First Time Guest Orientation Olmeca <input type="checkbox"/> Returning Guest Update Tolteca
6:45	<input type="checkbox"/> Meet the Presenters Dining Hall
7:15	<input type="checkbox"/> Set Your Ranch Intention, Tips for a Magical (Can bring Dessert upstairs) Los Olivos
7:30	<input type="checkbox"/> Documentary <i>Kiss the Ground</i> (90 mins) Library Lounge
8:00	<input type="checkbox"/> Walking as a Way of Life, with Lynn Weigand, Ph.D. Olmeca

MEAL HOURS	AVAILABLE FACILITIES
<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>WHEN NO CLASS IS IN SESSION</b> <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>SNACK TIMES</b>	<b>Azteca Gym - Weight Room</b> Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm
<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>UNSTAFFED PICK UP GAMES</b> <b>Pickleball</b> 9 am M,W,F <b>Sand Volleyball</b> 4 pm Su - F

SUNDAY | December 4

Class spaces are limited to first come first served	
6:15	<input type="checkbox"/> Mountain Hike: Pilgrim Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
6:30	<input type="checkbox"/> Mountain Hike: Alex's Oak 2 Miles (Su) Gazebo
6:45	<input type="checkbox"/> Woodlands Hike 2 Miles (Su,T,Th) Gazebo
8:15	<input type="checkbox"/> Docent Led Tour and Orientation Dining Hall <input type="checkbox"/> Fitness Concierge 30 mins (Su) Dining Hall
9:00	<input type="checkbox"/> Introduction to Circuit Training (Su) Azteca <input type="checkbox"/> Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pickleball: Beginner (Su,T,Th,F also T, at 11 am) please wear court shoes Pickleball Courts <input type="checkbox"/> Sculpt & Strengthen: Level 2 (Su,W) Olmeca <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
10:00	<input type="checkbox"/> Chant (Su,Th) back patio of Arroyo <input type="checkbox"/> Cycle 30: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Dance: Zumba (Su) Kuchumaa <input type="checkbox"/> Introduction to Circuit Training (Su) Azteca <input type="checkbox"/> Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Yoga Fundamentals: All Levels (Su -F) Montaña
11:00	<input type="checkbox"/> Bounce: mini trampoline 30 mins (Su,W) Kuchumaa <input type="checkbox"/> Cardio Muscle Blast (Su) Azteca <input type="checkbox"/> Core & More! (Su, also W at 10) Olmeca <input type="checkbox"/> Gyrokinesis® 75 mins (Su-F) Pinetree <input type="checkbox"/> Knitting for Wellness (Su) 60 min Sign up Gazebo <input type="checkbox"/> Pilates Reformer: Fundamentals (Su,M,Th at 11am, Su at 2&3 F at 10am) Arroyo <input type="checkbox"/> Shallow Water Workout (Su,T,Th,F) Activity Pool <input type="checkbox"/> Stretch (Su,T,Th) Oaktree <input type="checkbox"/> Yoga: Level 2 75 mins (Su,M,T,Th, F) Montaña
12:00	<input type="checkbox"/> Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
1:00	<input type="checkbox"/> Water Flow Therapy Demo South Pool <input type="checkbox"/> Rolifing® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider Olmeca <input type="checkbox"/> Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge
2:00	<input type="checkbox"/> Chair Yoga (Su,W,F) Montaña <input type="checkbox"/> Deep Water (Su,T,Th) Activity Pool <input type="checkbox"/> Pilates Reformer: Fundamentals (also Su at 3, M,Th at 11am, F at 10am) Arroyo <input type="checkbox"/> Ranch Ropes HIIT: 30 mins (Su, also 11 amTh) Olmeca <input type="checkbox"/> Where to Start? You Choose! with Christine Boyd-Smith, Ph.D. Library Lounge
3:00	<input type="checkbox"/> Core Challenge 30 mins (Su,T,F) Olmeca <input type="checkbox"/> Labyrinth (Su also M at 4pm,F at 2) Labyrinth <input type="checkbox"/> Pilates Reformer: Fundamentals (Su, also M,Th at 11 am,F at 10) Arroyo <input type="checkbox"/> Sound Healing (Su-F) Oaktree
4:00	<input type="checkbox"/> Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Sound Healing (Su) Oaktree <input type="checkbox"/> Restorative Yoga (Su,T) Montaña <input type="checkbox"/> Designing Places for Walkability, with Lynn Weigand, Ph.D. Library Lounge
7:30	<input type="checkbox"/> Movie <i>Emma</i> Library Lounge
8:00	<input type="checkbox"/> Enhancing Your Relationships for a Healthier and Happier Life, with Mehrad Nazari, Ph.D. Olmeca

MONDAY | December 5

Class spaces are limited to first come first served	
6:15	<input type="checkbox"/> Mountain Hike: Professor's challenging 3.3 (M,Th) Gazebo
6:30	<input type="checkbox"/> Dove Meditation Hike 1.2 Miles (M,W) Gazebo
6:45	<input type="checkbox"/> Quail Hike 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/> Barbell Strength: Level 2 (M,F) Tolteca <input type="checkbox"/> Circuit Training (M,W,F) Azteca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> Tennis Clinic: Level 1 (M,W) Tennis Courts
10:00	<input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Dance: Cardio Hip Hop: Bodyrock (M) Kuchumaa <input type="checkbox"/> Pilates Mat: Level 2 (Su,M,W,F) Pinetree <input type="checkbox"/> Sculpt & Strengthen: Level 1 (M,W) Olmeca <input type="checkbox"/> Tennis Clinic: Level 2 (M,W) Tennis Courts <input type="checkbox"/> Water Jogging (M,W) Activity Pool <input type="checkbox"/> Yoga Fundamentals: All Levels (Su -F) Montaña <input type="checkbox"/> Jewelry Making with Alejandro 60mins (M) Art Studio
11:00	<input type="checkbox"/> Gyrokinesis® 75 mins (Su-F) Pinetree <input type="checkbox"/> Pilates Reformer: Fundamentals (M,Th, also 10 am F) Arroyo <input type="checkbox"/> Ranch Barre (M, also Th at 3) Olmeca <input type="checkbox"/> Ranch Cycle 45: All levels (M,W) Pai Pai <input type="checkbox"/> Treadmill HIIT (M,F) Azteca <input type="checkbox"/> TRX Fundamentals (M,Th) Tolteca <input type="checkbox"/> Yoga: Level 2 75 mins (Su,M,T,Th, F) Montaña <input type="checkbox"/> Drawing with Jennifer (2 hours) Art Studio
1:00	<input type="checkbox"/> Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca <input type="checkbox"/> A Perfect Lifestyle: Food, Wine, Sex and Chocolate, with Robert Vogel, MD Olmeca
2:00	<input type="checkbox"/> Aerial Yoga: Gentle, Low hammock please wear socks and short/long sleeves (M,T,Th) Kuchumaa <input type="checkbox"/> Aqua Burst HIIT intervals (M,W) Activity Pool <input type="checkbox"/> Release & Mobilize please wear socks (M,W,also F at 11) Oaktree <input type="checkbox"/> Woodlands Hike (M) 2 Miles Gazebo <input type="checkbox"/> Travel Journaling, with Jennifer 2 hours Art Studio <input type="checkbox"/> What Do You Believe? Get the Biggest Bang for Your Buck!, with Christine Boyd-Smith, Ph.D. Library Lounge
3:00	<input type="checkbox"/> Buteyko Breathing Method (M,F) Tolteca <input type="checkbox"/> Pilates Reformer: Level 2 (M,W) Arroyo <input type="checkbox"/> Sound Healing (Su-F) Oaktree <input type="checkbox"/> Stability Ball 30 mins (M,W) Olmeca <input type="checkbox"/> Walking for Fun and Fitness, with Lynn Weigand, Ph.D. Library Lounge
4:00	<input type="checkbox"/> Inner Journey: Guided Meditation (M,W,F) Oaktree <input type="checkbox"/> Labyrinth (M, also F at 2) Labyrinth <input type="checkbox"/> Stretch & Relax (M,W,F) Montaña <input type="checkbox"/> Having the Right Mindset and Skillset to Achieve the Ideal Relationships, with Mehrad Nazari, Ph.D. Olmeca
4:30	<input type="checkbox"/> Fiesta at the Bazar! All invited! Sangría & guacamole 60mins Bazar del Sol
7:30	<input type="checkbox"/> Movie <i>News of the World</i> Library Lounge
8:00	<input type="checkbox"/> Drama in the Sea, with Paul Atkins, ASC Director/Cinematographer Olmeca

TUESDAY | December 6

6:05	<input type="checkbox"/> Organic Garden Breakfast Hike Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Coyote Advanced 5.5 or 4 Miles (T, F) Gazebo
6:30	<input type="checkbox"/> Mountain Trail Run (2 to 4 Miles) (T) Gazebo
6:45	<input type="checkbox"/> Woodlands Hike 2 Miles (Su,T,Th) Gazebo
9:00	<input type="checkbox"/> BOSU® Fit (T,Th) Olmeca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Pickleball: Beginner (T,Th,F) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates Mat: Fundamentals Progressive (M-F) Pinetree <input type="checkbox"/> Stretch (Su-F) Montaña <input type="checkbox"/> The Residences, a community dedicated to wellness, friendships, & sustainable living 60 mins (Sign up in Main Lounge) Meet at Luna 12
10:00	<input type="checkbox"/> Circuit Training (M-F) Azteca <input type="checkbox"/> Cycle 30: All Levels (Su,T,Th) Pai Pai <input type="checkbox"/> Dance: Burlesque (T) Kuchumaa <input type="checkbox"/> H2O Bootcamp: deep water workout (T,Th) Activity Pool <input type="checkbox"/> Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts <input type="checkbox"/> Pilates on the ball: level 2 (T) Olmeca <input type="checkbox"/> TRX HIIT - Circuit (Tu,F) Tolteca <input type="checkbox"/> Yoga Fundamentals: All Levels (Su -F) Montaña
11:00	<input type="checkbox"/> Gyrokinesis® 75 mins (Su-F) Pinetree <input type="checkbox"/> Pickleball: Beginner (T, also Th,F at 9 am) please wear court shoes Pickleball Courts <input type="checkbox"/> Shallow Water Workout (Su,T,Th,F) Activity Pool <input type="checkbox"/> Stretch (Su,T,Th) Oaktree <input type="checkbox"/> Tabata HIIT 30: Cardio & Strength (W) Olmeca <input type="checkbox"/> Yoga: Level 2 75 mins (Su,M,T,Th, F) Montaña <input type="checkbox"/> Watercolor with Jennifer 2 hours Art Studio
1:00	<input type="checkbox"/> Shopping for Food: Label Lies and Nutritional Information, with Robert Vogel, MD Olmeca <input type="checkbox"/> Bean-to-Bar Chocolate class 90 mins. Register at ext.631/640. Fee. Departs from Admin Bldg.
2:00	<input type="checkbox"/> Aerial Yoga: Gentle, Low hammock please wear socks and sleeves (M,T,Th) Kuchumaa <input type="checkbox"/> Circuit Training (T,Th,F) Azteca <input type="checkbox"/> Deep Water (Su,T,Th) Activity Pool <input type="checkbox"/> Pilates Cadillac: Fundamentals (T,Th) Arroyo <input type="checkbox"/> Postural Awareness (T,W) Tolteca <input type="checkbox"/> Collage Card Making with Jennifer 2 hours Art Studio <input type="checkbox"/> What to Do with Emotions (Inconvenient or Otherwise), with Christine Boyd-Smith, Ph.D. Library Lounge
3:00	<input type="checkbox"/> Core Challenge 30 mins (Su,T,F) Olmeca <input type="checkbox"/> Mobility Sticks (T,Th) Pinetree <input type="checkbox"/> Sound Healing (Su-F) Oaktree <input type="checkbox"/> Walk Your Way to Fitness, with Lynn Weigand, Ph.D. Kuchumaa
4:00	<input type="checkbox"/> Foam Roller Recovery Please wear socks (Su,T,Th) Tolteca <input type="checkbox"/> Restorative Yoga (Su,T) Montaña <input type="checkbox"/> 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.
6:15	<input type="checkbox"/> Silent Dinner (T) Sign up, Los Olivos (via Dining Hall balcony)
7:30	<input type="checkbox"/> Movie <i>Queen Bees</i> Library Lounge
8:00	<input type="checkbox"/> Brains in the Sea, with Paul Atkins ASC Director/Cinematographer Olmeca

WEDNESDAY | December 7

Class spaces are limited to first come first served

6:05	<input type="checkbox"/> <b>Organic Garden Breakfast Hike</b> Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
6:15	<input type="checkbox"/> <b>Mountain Hike: Pilgrim</b> Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
6:30	<input type="checkbox"/> <b>Dove Meditation Hike</b> 1.2 Miles (M,W) Gazebo
	<input type="checkbox"/> <b>Sunrise Yoga</b> 60 mins (W,F) Montaña
6:45	<input type="checkbox"/> <b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/> <b>Circuit Training</b> (M,W,F) Azteca
	<input type="checkbox"/> <b>Meditation</b> (Su-F) Oaktree
	<input type="checkbox"/> <b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/> <b>Sculpt &amp; Strengthen: Level 2</b> (Su,W) Olmeca
	<input type="checkbox"/> <b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/> <b>Tennis Clinic: Level 1</b> (M,W) Tennis Courts
10:00	<input type="checkbox"/> <b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/> <b>Core &amp; More!</b> (W) Olmeca
	<input type="checkbox"/> <b>Dance: Intro to Salsa</b> (W) Kuchumaa
	<input type="checkbox"/> <b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	<input type="checkbox"/> <b>Reformer/Cadillac Combo: Level 2</b> (W) *prior reformer/cadillac experience required Arroyo
	<input type="checkbox"/> <b>Sculpt &amp; Strengthen: Level 1</b> (M,W) Olmeca
	<input type="checkbox"/> <b>Tennis Clinic: Level 2</b> (M,W) Tennis Courts
	<input type="checkbox"/> <b>Water Jogging</b> (M,W) Activity Pool
	<input type="checkbox"/> <b>Yoga Fundamentals: All Levels</b> (Su -F) Montaña
	<input type="checkbox"/> <b>Landscape Garden Walk</b> (W) Gazebo
11:00	<input type="checkbox"/> <b>Bounce: mini trampoline</b> 30 mins (Su,W) Kuchumaa
	<input type="checkbox"/> <b>Gyrokinesis® 75 mins</b> (Su-F) Pinetree
	<input type="checkbox"/> <b>Kettlebells</b> 30 mins (W,F) Tolteca
	<input type="checkbox"/> <b>Ranch Cycle 45: All levels</b> (W) Pai Pai
	<input type="checkbox"/> <b>Yoga Sculpt: Level 2</b> 60 mins (W) Olmeca
	<input type="checkbox"/> <b>Landscape Sketching with Jennifer</b> 2 hours Art Studio
1:00	<input type="checkbox"/> <b>Exercise, How to Get the Most out of Your Work-out, with Robert Vogel, MD</b> Olmeca
	<input type="checkbox"/> <b>Friends of Bill (12 step participant guided)</b> Library Lounge
2:00	<input type="checkbox"/> <b>Aqua Burst HIIT intervals</b> (M,W) Activity Pool
	<input type="checkbox"/> <b>Chair Yoga</b> (Su,W,F) Montaña
	<input type="checkbox"/> <b>Mountain Hike: Alex’s Oak</b> 2 Miles (W) Gazebo
	<input type="checkbox"/> <b>Postural Awareness</b> (T,W) Tolteca
	<input type="checkbox"/> <b>Release &amp; Mobilize</b> please wear socks(M,W, also F at 11) Oaktree
	<input type="checkbox"/> <b>Mandala with Jennifer</b> 1 hour Art Studio
	<input type="checkbox"/> <b>Healthy Inner Dialogue: Taming the Inner Critic, with Christine Boyd-Smith, Ph.D.</b> Library Lounge
3:00	<input type="checkbox"/> <b>Pilates Reformer: Level 2</b> (M,W) Arroyo
	<input type="checkbox"/> <b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/> <b>Stability Ball</b> 30 mins (M,W) Olmeca
	<input type="checkbox"/> <b>Yin Yoga</b> (W) Montaña
4:00	<input type="checkbox"/> <b>Inner Journey: Guided Meditation</b> (M,W,F) Oaktree
	<input type="checkbox"/> <b>Stretch &amp; Relax</b> (M,W,F) Montaña
	<input type="checkbox"/> <b>Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kristine Kidd.</b> Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
5:00	<input type="checkbox"/> <b>Myths of the Sea, with Paul Atkins ASC</b> Director/Cinematographer Olmeca
7:30	<input type="checkbox"/> <b>Movie <i>Dream Horse</i></b> Library Lounge
8:00	<input type="checkbox"/> <b>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</b> Oaktree

THURSDAY | December 8

6:05	<input type="checkbox"/> <b>Organic Garden Breakfast Hike</b> (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	<input type="checkbox"/> <b>Mountain Hike (extreme): 8 Mile Breakfast</b> Advanced with prerequisites, Sign Up (Th) Gazebo
6:15	<input type="checkbox"/> <b>Mountain Hike: Professor’s</b> challenging 3.3 Miles (M,Th) Gazebo
6:45	<input type="checkbox"/> <b>Woodlands Hike</b> 2 Miles (Su,T,Th) Gazebo
9:00	<input type="checkbox"/> <b>BOSU® Fit</b> (T,Th) Olmeca
	<input type="checkbox"/> <b>Cardio Kickboxing</b> (Th) Kuchumaa
	<input type="checkbox"/> <b>Meditation</b> (Su-F) Oaktree
	<input type="checkbox"/> <b>Pickleball: Beginner</b> (Su,T,Th,F) please wear court shoes Pickleball Courts
	<input type="checkbox"/> <b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/> <b>Stretch</b> (Su-F) Montaña
10:00	<input type="checkbox"/> <b>Chant</b> (Su,Th) back patio of Arroyo
	<input type="checkbox"/> <b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/> <b>Cycle Hip Hop 30: All Levels</b> (Th) Pai Pai
	<input type="checkbox"/> <b>Dance: Cardio Hip Hop Flashback 90’s</b> (Th) Kuchumaa
	<input type="checkbox"/> <b>Feldenkrais</b> (Th,F) Oaktree
	<input type="checkbox"/> <b>H2O Bootcamp:</b> deep water workout (T,Th) Activity Pool
	<input type="checkbox"/> <b>Pickleball: Intermediate</b> (Su,T,Th) please wear court shoes Pickleball Courts
	<input type="checkbox"/> <b>Pilates Arc Barrel: Level 2</b> (Th) Pinetree
	<input type="checkbox"/> <b>Yoga Fundamentals: All Levels</b> (Su -F) Montaña
11:00	<input type="checkbox"/> <b>Gyrokinesis® 75 mins</b> (Su-F) Pinetree
	<input type="checkbox"/> <b>Pilates Reformer: Fundamentals</b> (Th, also F at 10) Arroyo
	<input type="checkbox"/> <b>Ranch Ropes HIIT:</b> 30 mins (Th) Olmeca
	<input type="checkbox"/> <b>Shallow Water Workout</b> (Su,T,Th,F) Activity Pool
	<input type="checkbox"/> <b>Stretch</b> (Su,T,Th) Oaktree
	<input type="checkbox"/> <b>TRX Fundamentals</b> (M,Th) Tolteca
	<input type="checkbox"/> <b>Yoga: Level 2</b> 75 mins (Su,M,T,Th, F) Montaña
12:00	<input type="checkbox"/> <b>Swim Stroke Clinic</b> 30 mins (Su,Th) Activity Pool
12:30	<input type="checkbox"/> <b>Demo Yarn Painting with Tim Hinchliff</b> Dining Hall entrance
1:00	<input type="checkbox"/> <b>Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff</b> (\$60 art kit fee) Sign up Dining Hall balcony
	<input type="checkbox"/> <b>Bean-to-Bar Chocolate Class</b> 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
2:00	<input type="checkbox"/> <b>Aerial Yoga: Gentle, Low hammock</b> please wear socks and short/long sleeves (M,T,Th) Kuchumaa
	<input type="checkbox"/> <b>Booty Blast:</b> 30 mins (Th) Olmeca
	<input type="checkbox"/> <b>Circuit Training</b> (T,Th,F) Azteca
	<input type="checkbox"/> <b>Feldenkrais</b> (Th, F) Oaktree
	<input type="checkbox"/> <b>Deep Water</b> (Su,T,Th) Activity Pool
	<input type="checkbox"/> <b>Pilates Cadillac: Fundamentals</b> (T,Th) Arroyo
	<input type="checkbox"/> <b>5 Steps to Create What You Want, with Christine Boyd-Smith, Ph.D.</b> Library Lounge
3:00	<input type="checkbox"/> <b>Mobility Sticks</b> (T,Th) Pinetree
	<input type="checkbox"/> <b>Ranch Barre</b> (Th) Olmeca
	<input type="checkbox"/> <b>Sound Healing</b> (Su-F) Oaktree
	<input type="checkbox"/> <b>Yoga Workshop: Rope Wall</b> (Th) *previous yoga experience Montaña
4:00	<input type="checkbox"/> <b>Foam Roller Recovery</b> Please wear socks (Su,T,Th) Tolteca
	<input type="checkbox"/> <b>Yoga Nidra</b> (Th) Montaña
	<input type="checkbox"/> <b>Art, Stories and Poetry, with Tim Hinchliff</b> 90 mins Bazar del Sol
	<input type="checkbox"/> <b>Bean-to-Bar Chocolate Class</b> 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
	<input type="checkbox"/> <b>Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Kristine Kidd.</b> Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
5:00	<input type="checkbox"/> <b>Volcanoes in the Sea, with Paul Atkins ASC</b> Director/Cinematographer Olmeca
7:15	<input type="checkbox"/> <b>Prayer Arrows with Tim Hinchliff</b> Main Lounge
7:30	<input type="checkbox"/> <b>Documentary <i>The Hidden Life of Trees</i></b> Library Lounge
8:00	<input type="checkbox"/> <b>Food for Thought: How to Stave Off Alzheimer’s and other Neurodegenerative Diseases, with Robert Vogel</b> Olmeca

FRIDAY | December 9

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

6:05	<input type="checkbox"/> <b>Organic Garden Breakfast Hike</b> (T,W,Th,F ) Moderate 4 Miles Sign Up, Gazebo
6:15	<input type="checkbox"/> <b>Mountain Hike: Coyote</b> Advanced 5.5 or 4 Miles (T,F) Gazebo
6:30	<input type="checkbox"/> <b>Mountain Meditation Hike: Alex Oak</b> 2 Miles (F) Gazebo
	<input type="checkbox"/> <b>Sunrise Yoga</b> 60 mins (W,F) Montaña
6:45	<input type="checkbox"/> <b>Quail Hike</b> 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
9:00	<input type="checkbox"/> <b>Barbell Strength: Level 2</b> (M,F) Tolteca
	<input type="checkbox"/> <b>Bootcamp</b> (F) Kuchumaa
	<input type="checkbox"/> <b>Circuit Training</b> (M,W,F) Azteca
	<input type="checkbox"/> <b>Meditation</b> (Su-F) Oaktree
	<input type="checkbox"/> <b>Pickleball: Beginner</b> (F) please wear court shoes Pickleball Courts
	<input type="checkbox"/> <b>Pilates Mat: Fundamentals</b> Progressive (M-F) Pinetree
	<input type="checkbox"/> <b>Stretch</b> (Su-F) Montaña
	<input type="checkbox"/> <b>The Residences</b> , a community dedicated to wellness, friendships, & sustainable living 60 mins (Sign up in Main Lounge) Meet at Luna 12
10:00	<input type="checkbox"/> <b>Circuit Training</b> (M-F) Azteca
	<input type="checkbox"/> <b>Dance: Disco</b> (F) Kuchumaa
	<input type="checkbox"/> <b>Feldenkrais</b> (Th,F) Oaktree
	<input type="checkbox"/> <b>Pilates Mat: Level 2</b> (Su,M,W,F) Pinetree
	<input type="checkbox"/> <b>Pilates Reformer: Fundamentals</b> (F) Arroyo
	<input type="checkbox"/> <b>TRX HIIT - Circuit</b> (Tu,F) Tolteca
	<input type="checkbox"/> <b>Yoga Fundamentals: All Levels</b> (Su -F) Montaña
11:00	<input type="checkbox"/> <b>Cardio Boxing</b> (F) Kuchumaa
	<input type="checkbox"/> <b>Gyrokinesis® 75 mins</b> (Su-F) Pinetree
	<input type="checkbox"/> <b>Kettlebells</b> 30 mins (W,F) Tolteca
	<input type="checkbox"/> <b>Release &amp; Mobilize</b> please wear socks(F) Oaktree
	<input type="checkbox"/> <b>Shallow Water Workout</b> (F) Activity Pool
	<input type="checkbox"/> <b>Treadmill HIIT</b> (M,F) Azteca
	<input type="checkbox"/> <b>Yoga: Level 2</b> 75 mins (Su,M,T,Th, F) Montaña
1:00	<input type="checkbox"/> <b>Set Your Return to Home Intention</b> (also 5pm F) Tolteca
	<input type="checkbox"/> <b>Documentary: Tree of Life, The Living Legacy of Edmond Szekely</b> Library Lounge
2:00	<input type="checkbox"/> <b>Chair Yoga</b> (Su,W,F) Montaña
	<input type="checkbox"/> <b>Circuit Training</b> (T,Th,F) Azteca
	<input type="checkbox"/> <b>Feldenkrais</b> (Th, F) Oaktree
	<input type="checkbox"/> <b>Labyrinth</b> (F) Labyrinth
	<input type="checkbox"/> <b>Where Am I? The fascinating natural history of Tecate, Baja California, and Mexico, with Mike Wilken</b> Library Lounge
3:00	<input type="checkbox"/> <b>Buteyko Breathing Method</b> (M,F) Tolteca
	<input type="checkbox"/> <b>Core Challenge</b> 30 mins (F) Olmeca
	<input type="checkbox"/> <b>Sound Healing</b> (Su-F) Oaktree
4:00	<input type="checkbox"/> <b>Inner Journey: Guided Meditation</b> (M,W,F) Oaktree
	<input type="checkbox"/> <b>Stretch &amp; Relax</b> (M,W,F) Montaña
5:00	<input type="checkbox"/> <b>Set Your Return to Home Intention</b> (F) Tolteca
6:00	<input type="checkbox"/> <b>Music with Rancho La Puerta Fiesta Band</b> Dining Hall
7:30	<input type="checkbox"/> <b>Documentary <i>The Truffle Hunters</i></b> Library Lounge

Tomorrow’s Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall