**Dance Week ‘ Get Groove Fit’ with Heather**

**Full body Strength Week with Sherri**

**February 4, 2023 - 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|February 4

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

**Yoga: All levels** Montaña

**12:15** **Ranch Tour (**30 mins) Start outside Dining Hall

**2:00**  **Woodlands Hike** 2 Miles Gazebo

**3:00**   **Sound Healing** Oaktree

**Stretch** Pinetree

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

 (also 7:15 pm 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 Week**

 (Can bring Dessert upstairs) Los Olivos

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

**8:00** **Love Secrets from the Masters, with Linda Carroll** Oaktree

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**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 | February 5

 *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,T) 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** **Full Body Strength Specialty** (Su-F) Olmeca

**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 @11am) please wear

 court shoes Pickleball Courts

**Stretch** (Su-F) Montaña

 **TRX HIIT - Circuit** (Su,W) Tolteca

**The Whys and Hows of Pole Use for Hiking** Bring your

* hiking poles (Su) Meet outside Arroyo

**10:00** **Chant** (Su,F) Milagro

  **Core & More!** (Su,Th, also M@11am) Olmeca

* **Dance Specialty: Get Groove Fit** (Su,M,W,F)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

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

**11:00** **Cardio Muscle Blast** (Su) Azteca

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

**Gyrokinesis®** (Su,M,T)Pinetree

**Pilates Reformer: Fundamentals**

(Su,M,W & F@10, also Su@2&3) Arroyo

 **Ranch Barre** (Su,also F@10 am) Olmeca

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

**Stretch** (Su,T,Th) Kuchumaa

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

**12:00**  **Gyrotonic Tower Demo** 30 mins(Su) Arroyo

**Mini trampoline Express:** 30 mins (Su,W) Kuchumaa

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

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

* ***Edmond Szekely*** Library Lounge

**2:00**  **Deep Water** (Su,T,Th) Activity Pool

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

* **Pilates Reformer: Fundamentals**

 (also Su @3,M,W @ 11, F@10) Arroyo

* **Posture Awareness** (Su,M) Tolteca

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

**The BIG SHIFT: Mindfulness in Life and Love, with Linda**

 **Carroll** Library Lounge

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

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

* **Pilates Reformer: Fundamentals** (also M,W @ 11, F@10)
* Arroyo
* **Sound Healing** (Su-F) Oaktree

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

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

 **Meditation & Live Music, with Corinna da Fonseca-Wollheim and**

 **Gryphon Trio** Oaktree

**7:00** **Full Moon Yoga:** Snow Moon(Su)Montaña

**7:30** **Movie *Ticket to Paradise*** Library Lounge

**8:00** **Opening Night: Gardens and Galaxies, with WindSync** Oaktree

 MONDAY | February 6

*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

**Sunrise Yoga** (M,W) 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

  **Feldenkrais** (M,T) Kuchumaa

**Full Body Strength Specialty** (Su-F) Olmeca

**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 Specialty: Get Groove Fit** (Su,M,W,F)Kuchumaa

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

**Ranch Cycling: All Levels** (M) Pai Pai

**Sculpt & Strengthen: Level 1** (M,W) Olmeca

**Tennis Clinic: Level 2** (M,W) Tennis Courts

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

**Jewelry Making with Alejandro** 60mins (M, also 11am F)

 Sign up Art Studio

**11:00**   **Core & More!** (M, also Th @10am) Olmeca

**Gyrokinesis®** (Su,M,T)Pinetree

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

 court shoes Pickleball Courts

* **Pilates Reformer: Fundamentals** (M,W also F@10) Arroyo
*  **Release & Mobilize** please wear socks (M,W, also F@2pm) Kuchumaa
* **Treadmill HIIT** (M,Th) Azteca
* **TRX Fundamentals** (M,W) Tolteca
* **Water Jogging** (M,W) Activity Pool
*  **Yoga: Level 2** 75 mins(Su,M,W,Th,F) Montaña

**Drawing with Jennifer (**2 hours) Art Studio

**1:00** **Feldenkrais** (M) Kuchumaa

**Chakra Health: Opening and Balancing Exercises for**

* **Your Energy Centers with Jonelle Rutkauskas** Tolteca

**2:00**  **Aqua Burst HIIT Intervals** (M) Activity Pool

* **Dance: Cardio Hip Hop Bodyrock** (T)Kuchumaa
* **Posture Awareness** (Su,M) Tolteca

**Woodlands Hike** (M)2 Miles Gazebo

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

 **Love Cycles in All Our Relationships, with Linda Carroll** Olmeca

**3:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

 sleeves (M,T,Th, also F@11 ) Kuchumaa

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

* **Sound Healing with Monique Mead and Patricia O’Callaghan**
* Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
* **Tai Chi** (M,W) Montaña
*

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

**Stretch & Relax** (M,W,F) Montaña

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

 60mins Bazar del Sol

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

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

**8:00** **Concert: Broken Hearts and Madmen, with Gryphon Trio and Patricia**

 **O’Callaghan** Oaktree

 TUESDAY | February 7

**6:05**  **Organic Garden Breakfast Hike** + **Concert at La Cocina - WindSync:**

 **“Breakfast & Bolero”** Back by 10am (TW) Moderate 4 Miles Sign up Gazebo

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

Gazebo

**6:30**  **Mountain Hike: Alex’s Oak** 2 Miles (Su,T) Gazebo

**Mountain Trail Run (**2 to 4 Miles) (T) Gazebo

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

**9:00**  **Feldenkrais** (M,T) Kuchumaa

**Full Body Strength Specialty** (Su-F) Olmeca

**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

* **The Residences,** a community dedicated to wellness, friendships,
* and sustainable living60 min (T,F) Sign up Meet at Bazar del Sol.

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

**Dance: Latin Fusion** (Tu) 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** (Tu) Olmeca

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

**11:00** **Cycle 30: All Levels** (Su,T,Th) Pai Pai

**Gyrokinesis®** (Su,M,T)Pinetree

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

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

**Stretch** (Su,T,Th) Kuchumaa

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

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

**1:00** **Bean-to-Bar Chocolate class** 90 mins. Register at ext.

 631/640. Fee/ Departs from Admin Bldg

*  **Sedentary Lifestyle is the New Smoking, with Lee Rice, MD** Olmeca

**2:00**  **Breathing Basics** (T) Tolteca

**Circuit Training** (T,Th) Azteca

* **Dance Specialty: Gentle Groves: Restorative flow** (T,Th)Kuchumaa

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

* **Pilates Cadillac: Fundamentals** (T,Th) Arroyo
* **Yoga Workshop: for hip and low back** (T) \*previous yoga experience

 Montaña

**Collage Card Making with Jennifer** 2 hours Art Studio

**The Art of Listening, with Corinna** **da Fonseca-Wollheim**

 Library Lounge

**3:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

 sleeves (T,Th, also F@11 ) Kuchumaa

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

**Mobility Sticks** (T) Pinetree

* **Reformer/Cadillac Combo: Level 2** (T,Th) \*prior reformer/cadillac
* experience required Arroyo
* **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** **Jeanne Kelley.** Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

**5:00**  **Epic Trios Part 1,** presenting epic moments of the piano trio repertoire

 in a program that expresses the very essence of love, death, and renewal,

 **with Gryphon Trio** Oaktree

**7:30** **Movie *The Woman King*** Library Lounge

**8:00** **Epic Trios Part 2,** performing two timeless trios by Beethoven and

 Brahms, **with Gryphon Trio** Oaktree

  WEDNESDAY | February 8

*Class spaces are limited to first come first served*

**6:05**  **Organic Garden Breakfast Hike** + **Concert at La Cocina - WindSync:**

 **“Breakfast & Bolero”** Back by 10am (TW) Moderate 4 Miles Sign up

 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** (M,W) 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

**Full Body Strength Specialty** (Su-F) Olmeca

**Meditation** (Su-F) Oaktree

**Pilates Mat: Fundamentals** Progressive (M-F) Pinetree

  **Stretch** (Su-F) Montaña

**Tennis Clinic: Level 1** (M,W) Tennis Courts

 **TRX HIIT - Circuit** (Su,W) Tolteca

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

**Cycle Strength 45:** All Levels(W) Pai Pai

* **Dance Specialty: Get Groove Fit** (Su,M,W,F)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

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

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

**11:00** **Booty Blast:** 30 mins (Th) Olmeca

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

 **Release & Mobilize** please wear socks (M,W, also F@2pm) Kuchumaa

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

**Water Jogging** (M,W,F) Activity Pool

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

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

**12:00** **Mini trampoline Express:** 30 mins (Su,W) Kuchumaa

 **Swim Stroke Clinic** 30 mins(W) Activity Pool

**1:00** o **Friends of Bill W.** **(12 steps - Participant-guided)** Library Lounge

  **Writing Workshop: Memoir through Music, with Corinna**

 **da Fonseca-Wollheim,** Tolteca

**2:00** **Balance & Coordination** (W) Olmeca

 **Cardio Drum Dance** (W) Kuchumaa

* **Chair Yoga** (W,F) Montaña
* **Knitting for Wellness** (Su,W) 60 min Sign up Gazebo
* **Mountain Hike: Alex’s Oak** 2 Miles (W) Gazebo

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

* **Five Basic Skills in Communication (PAUSE), with Linda**
* **Carroll** Tolteca

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

* **Sound Healing** (Su-F) Oaktree
* **Stability Ball** 30 mins(M,W) Olmeca
* **Tai Chi** (M,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 Jeanne Kelley**. Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

 **OPEN rehearsal: Large Ensemble Pieces, Rhapsody in Blue (walk-in,**

 **walk-out) Q& A 120 min** Oaktree

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**7:30** **Movie *Gigi & Nate***

**8:00** **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta,**

 **and Sarah Livia Brightwood Szekely, President, Hosted by Barry**

 **Shingle, Director of Guest Experiences** Oaktree

 THURSDAY | February 9

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

 Gazebo \*Option to tour Professor Park / RLP Foundation,

 back by 9. \* Option to 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

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

**9:00**  **Cardio Kickboxing** (Th) Kuchumaa

**Full Body Strength Specialty** (Su-F) Olmeca

**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

  **Core & More!** (Th) Olmeca

* **H2O Bootcamp:** deep water workout(T,Th) Activity Pool
* **Mini trampoline: Balance and Core** (Th) Kuchumaa
* **Pickleball: Intermediate** (Su,T,Th) please wear
* court shoes Pickleball Courts
* **Pilates Arc Barrel: Level 2** (Th)Pinetree
* **Yoga Fundamentals: All Levels** (Su-F) Montaña

**11:00** **Cycle 30: All Levels** (Su,T,Th) Pai Pai

**Pilates/Yoga** (Th) Pinetree

* **Ranch Ropes HIIT:** 30 mins(Th) Olmeca
* **Stretch** (Su,T,Th) Kuchumaa

**Treadmill HIIT** (M,Th) Azteca

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

**12:00** **Documentary *Tree of Life, The Living Legacy of***

* ***Edmond Szekely*** Library Lounge

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

**1:00** **Bean-to-Bar Chocolate Class** 90 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 upDining Hall balcony

**2:00** **Cardio Sculpt Express:** 30 mins(Th) Olmeca

**Circuit Training** (T,Th)Azteca

**Dance Specialty: Gentle Groves: Restorative flow** (T,Th)Kuchumaa

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

* **Pilates Cadillac: Fundamentals** (T,Th) Arroyo
* **Yoga Workshop: Rope Wall** (Th) \*previous yoga experience
* Montaña
* **Wholehearted Living and Loving; Cultivating True Presence**
* **and Three Magic Words, with Linda Carroll** Tolteca

**3:00** **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

 sleeves (Th, also F@11 ) Kuchumaa

**Reformer/Cadillac Combo: Level 2** (T,Th) \*prior reformer/cadillac

* experience required Arroyo

**Sound Healing** (Su-F) Oaktree

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

*  **Yoga Nidra** (Th) Montaña
* **Hands-on Cooking Class at La Cocina Que Canta with**
* **Visiting Chef Jeanne Kelley.**  Register at Ext. 631/640. Fee.
* Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

**Bean-to-Bar Chocolate Class** 90 mins Register at ext. 631/640

 Fee/ Departs promptly from Admin Bldg

  **Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol

  **Mindful Music Stroll**: Begin at either the **Labyrinth with Monique** or

 **Gazebo with Jill** for a 30-minute mindful stroll through the grounds,

 discovering music along the way and culminating with joyful music at the

 Villas Pool.  (If the weather is too cold or raining, we will have to cancel.)

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

**7:30** **Movie: *The Good House*** Library Lounge

**8:00** **Festive Finale & Champagne Toast.** All 10 musicians join forces

 for a concert featuring Gershwin’s Rhapsody in Blue. Champagne

 toast to follow. Oaktree

 FRIDAY | February 10

 *Please sign up or confirm your return transportation at*

*the Admin Building or Concierge Desk*

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

 Sign up Gazebo

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

**6:30**  **Mountain Meditation Hike: Alex’s Oak** 2 Miles (F) Gazebo

**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

**Full Body Strength Specialty** (Su-F) Olmeca

**Meditation & Live Music, with Corinna da Fonseca-**

 **Wollheim and Monique Mead** Oaktree

**Pickleball: Beginner** (Su,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 min (T,F) Sign up Meet at Bazar del Sol

**10:00**  **Chant** (F) Milagro

**Circuit Training** (M-F)Azteca

* **Dance Specialty: Get Groove Fit** (Su,M,W,F)Kuchumaa

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

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

 **Ranch Barre** (F) Olmeca

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

**11:00**  **Aerial Yoga: Gentle,** **Low hammock** please wear socks and

 sleeves (F) Kuchumaa

**Cardio Boxing** (F) Kuchumaa

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

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

 **Yoga Level 2** 75 mins(Su,M,W,Th,F) Montaña

**Jewelry Making with Alejandro** 60mins (F)

 Sign up Art Studio

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

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

**Labyrinth** (F) Labyrinth

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

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

**Sound Healing with Monique Mead** **and Patricia O’Callaghan**

 Oaktree

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**4:00** **Inner Journey: Guided CHAKRA Meditation** (F) Oaktree

**Stretch & Relax** (M,W,F) Montaña

* **Where Am I? The fascinating natural history of Tecate,**
* **Baja California, and Mexico, with Mike Wilken** Library Lounge

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

**6:00** **Music with Rancho La Puerta Fiesta Band** Dining Hall

**7:30** **Movie: *Jerry and Marge*** Library Lounge

*Tomorrow’s Saturday schedule can be found on bulletin boards in*

*the Main Lounge, Concierge, Front Desk and the Dining Hall*