

**Mindfulness Meditation: Sylvia Boorstein**  
**Find your Inner Athlete: Stephanie & Thomas**  
**May 20, 2023**

**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 clipboards under the screens.
  - **Classes are limited** based on social distancing and equipment availability.
  - **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

**SATURDAY | May 20**

- 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
- 1:00 ☐ **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** Olmeca (also 7:15 pm Los Olivos)
- 5:00 ☐ **Ranch Tour** (recommended for first time guests) Gazebo  
☐ **Returning Guest Update** Tolteca
- 5:30 ☐ **First Time Guest Orientation** Olmeca
- 6:45 ☐ **Meet the Presenters** Dining Hall
- 7:15 ☐ **Set Your Ranch Intention** (Can bring Dessert upstairs) Los Olivos
- 7:30 ☐ **Movie: Emma** Library Lounge
- 8:00 ☐ **Letting Go of Anxiety, with Victoria Maizes, MD** Olmeca

<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>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>UNSTAFFED PICK UP GAMES</b>
<b>Juice Bar /Monday-Friday</b> 9 am & 4pm /Smoothies: 2:45 pm	<b>Pickleball</b> 11am Su & 9 am M,W
	<b>Sand Volleyball</b> 4 pm Su - F

**SUNDAY | May 21**

*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,Tu) 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  
☐ **Full Body Strength: Level 2** (Su,W) Olmeca  
☐ **Mindfulness Meditation with Sylvia** (Su-F) Oaktree  
☐ **Pickleball: Beginner** (Su,T,Th,F also M 11am) please wear court shoes Pickleball Courts  
☐ **Stretch** (Su-F) Montaña  
☐ **TRX Fundamentals** (Su, also Su at 11 am) Tolteca  
☐ **The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su,also Th at 11) Meet outside Arroyo
- 10:00 ☐ **Chant** (Su,F) Arroyo (patio behind)  
☐ **Core & More** (Su, also M at 11) Olmeca  
☐ **Dance: Latin Fusion** (Su) Kuchumaa  
☐ **Inner Athlete Workout: Fitness with a Goal** (Su,M,T,Th,F) Tolteca  
☐ **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  
☐ **Powerful Posture: Feldenkrais** (Su-T) Oaktree  
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 ☐ **Cycle 30: All Levels** (Su,T,Th) Pai Pai  
☐ **Gyrokinesis®** (Su,M) Pinetree  
☐ **Mini trampoline Express:** 30 mins (Su,W) Kuchumaa  
☐ **Pickleball: Open Play** (Su) \*unsupervised\* please wear court shoes Pickleball Courts  
☐ **Pilates Reformer: Fundamentals** (Su,M,F, also Su at 2&3) Pilates Studio  
☐ **Shallow Water Workout** (Su,T,F) Activity Pool  
☐ **Stretch** (Su,T,Th) Oaktree  
☐ **TRX Fundamentals** (Su) Tolteca  
☐ **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- 12:00 ☐ **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
- 1:00 ☐ **Feldenkrais: Improving Posture and Balance, with Donna Wood** Oaktree  
☐ **Nourishing Your Health by Living Green, with Victoria Maizes, MD** Olmeca  
☐ **Water Flow Therapy Demo** South Pool
- 2:00 ☐ **Cardio Drum Dance** (Su,also W at 10) Kuchumaa  
☐ **Deep Water** (Su,Th) Activity Pool  
☐ **Powerful Posture: Feldenkrais** (Su, also 1pm M) Oaktree  
☐ **Find Your Inner athlete (Lecture)-** Forging a Path to Discover Our Best Selves (Su,M,T,Th,F) Tolteca  
☐ **Pilates Reformer: Fundamentals** (also Su at 3, and M, F at 11) Pilates Studio  
☐ **Ranch Ropes HIIT:** 30 mins (Su) Olmeca
- 3:00 ☐ **Aqua Ease** (Su,W) Activity Pool  
☐ **Core Challenge** 30 mins (Su,T,F) Olmeca  
☐ **Pilates Reformer: Fundamentals** (also M,F at 11am) Pilates Studio  
☐ **Ranch Sound Healing** (Su,M,F, also Su at 4) Oaktree  
☐ **Tai Chi** (Su,W) Montaña  
☐ **Inner Fitness Program. Lesson 1: Change Your Mind, with Emily Boorstein** Arroyo
- 4:00 ☐ **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
☐ **Ranch Sound Healing** (Su, also M,F) Oaktree  
☐ **Restorative Yoga** (Su) Montaña
- 7:30 ☐ **Movie Ticket to Paradise** Library Lounge
- 8:00 ☐ **Cultivating Purpose, Meaning and Action, with William Rosenzweig** Olmeca

**MONDAY | May 22**

*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,Th) (60 mins) 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  
☐ **Circuit Training** (M,W,F) Azteca  
☐ **Mindfulness Meditation with Sylvia** (Su-F) Oaktree  
☐ **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
☐ **Stretch** (Su-F) Montaña  
☐ **Tennis Clinic: Level 1** (M,W) Tennis Courts  
☐ **Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root** Gazebo
- 10:00 ☐ **Circuit Training** (M-F) Azteca  
☐ **Dance: Cardio Hip Hop: Bodyrock** (M,F) Kuchumaa  
☐ **Inner Athlete Workout: Fitness with a Goal** (Su,M,T,Th,F) Tolteca  
☐ **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
☐ **Powerful Posture: Feldenkrais** (Su-T) Oaktree  
☐ **Ranch Cycling: All Levels** (M) Pai Pai  
☐ **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) Olmeca  
☐ **Dance: Move Groove and Funk!** (M) Kuchumaa  
☐ **Gyrokinesis®** (Su,M) Pinetree  
☐ **Pickleball: Beginner** (M, also T,Th,F 9 am) please wear court shoes Pickleball Courts  
☐ **Pilates Reformer: Fundamentals** (M,F) Pilates Studio  
☐ **TRX Flexibility** (M) Tolteca  
☐ **Water Jogging:** deep water workout (M,W) Activity Pool  
☐ **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña  
☐ **Drawing with Jennifer** (2 hours) Art Studio
- 1:00 ☐ **Powerful Posture: Feldenkrais** (M) Oaktree  
☐ **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca  
☐ **Food as Medicine, with Jill Nussinow** Olmeca
- 2:00 ☐ **Aqua Strength & Tone** (M) Activity Pool  
☐ **Balance & Coordination** (M,Th) Olmeca  
☐ **Find Your Inner athlete (Lecture)-** Fueling for Success Part 1- A Simplification of Eating the BEST Way for YOU (Su,M,T,Th,F) Tolteca  
☐ **Release & Mobilize** please wear socks (M,W,also F at 11) Oaktree  
☐ **Travel Journaling, with Jennifer** 2 hours Art Studio
- 3:00 ☐ **Pilates Reformer: Level 2** (M,W) Pilates Studio  
☐ **Ranch Sound Healing** (Su,M,F) Oaktree  
☐ **Stability Ball** 30 mins (M,W) Olmeca  
☐ **Swim Stroke Clinic** 30 mins (M,also Th at 12) Activity Pool  
☐ **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge  
☐ **Inner Fitness Program. Lesson 2: Healthy Inner Dialogue, with Emily Boorstein** Arroyo
- 4:00 ☐ **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
☐ **Stretch & Relax** (M,W,F) Montaña  
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- 5:00 ☐ **Fiesta at the Bazar! All invited! Sangria & guacamole** 60mins Bazar del Sol
- 7:30 ☐ **Documentary Kiss the Ground** (90 mins) Library Lounge
- 8:00 ☐ **Concert with Jazz guitarist Mimi Fox and bassist Daniel Fabricant** Oaktree

**TUESDAY | May 23**

- 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 Hike: Alex's Oak** 2 Miles (Su,Tu) Gazebo  
☐ **Mountain Trail Run** (2 to 4 Miles) (T) Gazebo
- 6:45 ☐ **Circuit Training** (T,Th) Azteca  
☐ **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 ☐ **Bootcamp** (T) Kuchumaa  
☐ **BOSU® Fit** (T,Th) Olmeca  
☐ **Mindfulness Meditation with Sylvia** (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 ☐ **Aqua Board** (T,Th also T,Th at 11) Central Pool  
☐ **Circuit Training** (M-F) Azteca  
☐ **Dance: Salsa** (T) Kuchumaa  
☐ **H2O Bootcamp:** deep water workout (T,Th) Activity Pool  
☐ **Inner Athlete Workout: Fitness with a Goal** (Su,M,T,Th,F) Tolteca  
☐ **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
☐ **Pilates On the Stability ball: Level 2** (T) Olmeca  
☐ **Powerful Posture: Feldenkrais** (Su-T) Oaktree  
☐ **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00 ☐ **Aqua Board** (T,Th, also Th at 10) Central Pool  
☐ **Cycle 30: All Levels** (Su,T,Th) Pai Pai  
☐ **Mini trampoline: Balance and Core** (T) Kuchumaa  
☐ **Kettlebells** 30 mins (T,F) Tolteca  
☐ **Shallow Water Workout** (Su,T,F) Activity Pool  
☐ **Stretch** (Su,T,Th) Oaktree  
☐ **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. 640/625. Fee. Departs from Admin Bldg.  
☐ **Superfoods and Supplements: What Do You Really Need? with Jill Nussinow** Olmeca
- 2:00 ☐ **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,W,F) Kuchumaa  
☐ **Circuit Training** (T,Th) Azteca  
☐ **Find Your Inner athlete (Lecture)-** Small Ways to Make A Major Impact with Adjusting our Self Talk (Su,M,T,Th,F) Tolteca  
☐ **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio  
☐ **Water Polo on the Noodle** (T, also Th at 3) Activity Pool  
☐ **Collage Card Making with Jennifer** 2 hours Art Studio
- 3:00 ☐ **Core Challenge** 30 mins (Su,T,F) Olmeca  
☐ **Postural Awareness** (T,Th) Tolteca  
☐ **Reformer/Cadillac Combo: Level 2** (T, also W at 11) \*prior reformer/Cadillac experience required Pilates Studio  
☐ **Sound Healing with Jeny** (T,W,Th) Oaktree  
☐ **Yoga Workshop: for happy hips and low back** (T) Montaña  
☐ **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge  
☐ **Inner Fitness Program. Lesson 3: Permission to Feel, with Emily Boorstein** Arroyo
- 4:00 ☐ **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
☐ **Yin Yoga** (T,Th) Montaña  
☐ **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef David Cohen.** Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 6:15 ☐ **Silent Dinner** (T) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 ☐ **Movie The Woman King** Library Lounge
- 8:00 ☐ **Mindful Gardening: Soil to Soul with Sylvia Boorstein and William Rosenzweig** Oaktree

## WEDNESDAY | May 24

*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**  **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**  **Circuit Training** (M,W,F) Azteca  
 **Dance: Zumba** (W) Kuchumaa  
 **Full Body Strength: Level 2** (Su,W) Olmeca  
 **Mindfulness Meditation with Sylvia** (Su-F) Oaktree  
 **Outdoor Bootcamp** (W) Sand Volleyball Court  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Stretch** (Su-F) Montaña  
 **Tennis Clinic: Level 1** (M,W) Tennis Courts
- 10:00**  **Cardio Drum Dance** (W) Kuchumaa  
 **Circuit Training** (M-F) Azteca  
 **Cycle Strength: All Levels** (W) Pai Pai  
 **Full Body Strength: Level 1** (W) Olmeca  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **TRX HIIT - Circuit** (W, also Th at 11) Tolteca  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña  
 **Landscape Garden Walk** (W) Gazebo
- 11:00**  **Booty Blast:** 30 mins (W) Olmeca  
 **Mini trampoline Express:** 30 mins (Su,W) Kuchumaa  
 **Reformer/Cadillac Combo: Level 2** (W) \*prior reformer/Cadillac experience required Pilates Studio  
 **Treadmill HIIT** (W) Azteca  
 **Water Jogging:** deep water workout (M,W) Activity Pool  
 **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña  
 **Landscape Sketching with Jennifer** 2 hours Art Studio
- 1:00**  **Friends of Bill W. (12 steps - Participant-guided)** Library Lounge  
 **Nutrition for Best Brain Health and Good Sleep, with Jill Nussinow** Olmeca
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,W,F) Kuchumaa  
 **Aqua Burst HIIT Intervals** (W) Activity Pool  
 **Knitting for Wellness** (W) 60 min Sign up Gazebo  
 **Release & Mobilize** please wear socks (M,W, also F at 11) Oaktree  
 **Mandala with Jennifer** 1 hour Art Studio
- 3:00**  **Aqua Ease** (Su,W) Activity Pool  
 **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Sound Healing with Jeny** (T,W,Th) Oaktree  
 **Stability Ball** 30 mins (M,W) Olmeca  
 **Tai Chi** (Su,W) Montaña  
 **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge  
 **Inner Fitness Program. Lesson 4: The Joy of Responsibility, with Emily Boorstein** Arroyo
- 4:00**  **Inner Journey: Guided Meditation** (M,W,F) Oaktree  
 **Journaling for Joy** (W) Milagro  
 **Stretch & Relax** (M,W,F) Montaña  
 **Becoming a More Enlightened Eater, with William Rosenzweig** Olmeca  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef David Cohen.** Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:00**  **Concert with Jazz guitarist Mimi Fox and bassist Daniel Fabricant** Oaktree
- 7:30**  **Movie *Gigi & Nate***
- 8:00**  **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, hosted by Barry Shingle, Director of Guest Experiences** Oaktree

## THURSDAY | May 25

- 6:05**  **Organic Garden Breakfast Hike** (T,W,Th,F ) Moderate 4 Miles Sign Up Gazebo \*Option to tour Professor Park / RLP Foundation, back by 9am. \* Option to ride the van to and from the Ranch.
- 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
- 6:30**  **Sunrise Yoga** (60 mins) (M,Th) Montaña
- 6:45**  **Circuit Training** (T,Th) Azteca  
 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00**  **BOSU® Fit** (T,Th) Olmeca  
 **Cardio Kickboxing** (Th) Kuchumaa  
 **Mindfulness Meditation with Sylvia** (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**  **Aqua Board** (T,Th also Th at 11) Central Pool  
 **Circuit Training** (M-F) Azteca  
 **Dance: Burlesque** (Th) Kuchumaa  
 **Inner Athlete Workout: Fitness with a Goal** (Su,M,T,Th,F) Tolteca  
 **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  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Aqua Board** (T,Th) Central Pool  
 **Cycle Hip Hop 30: All Levels** (Th) Pai Pai  
 **Functional Strength: level 2** (Th) Olmeca  
 **Step Aerobics** (Th) Kuchumaa  
 **Stretch** (Su,T,Th) Oaktree  
 **The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su,Th) Meet outside Arroyo  
 **TRX HIIT - Circuit** (Th) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- 12:00**  **Swim Stroke Clinic** 30 mins (Th) Activity Pool  
 **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. 640, 625, 626 Fee. Departs promptly from Admin Bldg.  
 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$60 art kit fee) Sign up Dining Hall balcony  
 **Your Gut, Your Health: Probiotics and Beyond, with Jill Nussinow** Olmeca
- 2:00**  **Balance & Coordination** (M,Th) Olmeca  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,Th) Activity Pool  
 **Find Your Inner athlete (Lecture)-** Fueling for Success Part 2- A Simplification of Eating the BEST Way for YOU (Su,M,T,Th,F) Tolteca  
 **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- 3:00**  **Mobility Sticks** (Th) Pinetree  
 **Postural Awareness** (T,Th) Tolteca  
 **Sound Healing with Jeny** (T,W,Th) Oaktree  
 **Water Polo on the Noodle** (Th) Activity Pool  
 **Yoga Workshop: Rope Wall** \*previous yoga experience (Th )Montaña  
 **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge  
 **Inner Fitness Program. Lesson 5: Create and Manifest Your Best Life, with Emily Boorstein** Arroyo
- 4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Yin Yoga** (T,Th) Montaña  
 **Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol  
 **Bean-to-Bar Chocolate Class** 90 mins Register at Ext. 640/625. Fee. Departs promptly from Admin Bldg.  
 **Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef David Cohen.** Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.  
 **Idea gardening: How to Transform Your Idea into a Purpose-Driven Business, with William Rosenzweig** Olmeca
- 7:00**  **Yoga Nidra: all levels** 60 mins (Th) Montaña
- 7:15**  **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30**  **Movie: *The Good House*** Library Lounge
- 8:00**  **Game Night: Rancho Feud with CeCe** Olmeca

## FRIDAY | May 26

*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**  **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**  **Barbell Strength: Level 2** (M,F) Tolteca  
 **Circuit Training** (M,W,F) Azteca  
 **Mindfulness Meditation with Sylvia** (Su-F) Oaktree  
 **Pickleball: Beginner** (Su,T,Th,F) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Running Clinic** (F) Running Track (outside Kuchumaa)  
 **Stretch** (Su-F) Montaña  
 **A presentation about The Residences, our wellness residential community** (also 10 am and 11 am) Maya Lounge
- 10:00**  **Cardio Sculpt Express : 30 mins** (F) Olmeca  
 **Chant** (Su,F) Arroyo (patio behind)  
 **Circuit Training** (M-F) Azteca  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 **Inner Athlete Workout: Fitness with a Goal** (Su,M,T,Th,F) Tolteca  
 **Pilates Mat: Level 2** (Su,M,W,F) Pinetree  
 **Yoga Fundamentals: All Levels** (Su-F) Montaña
- 11:00**  **Cardio Boxing** (F) Kuchumaa  
 **Kettlebells** 30 mins (W,F) Tolteca  
 **Pilates Reformer: Fundamentals** (F) Pilates Studio  
 **Release & Mobilize** please wear socks (F) Oaktree  
 **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) Tolteca  
 **Vibrantly Healthy Women, with Victoria Maizes, MD** Olmeca
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (F) Kuchumaa  
 **Find Your Inner athlete (Lecture)-** The Foundation for Continued Fitness Success at Any Level - Fortifying the Mission (F) Tolteca  
 **Labyrinth** (F) Labyrinth
- 3:00**  **Core Challenge** 30 mins (F) Olmeca  
 **Ranch Sound Healing** (F) Oaktree  
 **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge
- 4:00**  **Inner Journey: Guided CHAKRA Meditation** (F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña
- 6:00**  **Music with Rancho La Puerta Fiesta Band** 120 mins 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*