

Dance with Milo Levell

Pilates with Karen Sanzo

Meditation with Jacques-Pierre Cole

August 10, 2024

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

SATURDAY | August 10

- 6:15** **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45** **Low Lands Hike: Woodlands** 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** **Pickleball: Open Play all Levels**
*unsupervised: please wear court shoes Pickleball Courts
- Yoga: All Levels** Montaña
- 12:00** **Core Express** 30 mins Olmeca
- 1:00** **Fitness Concierge** Dining Hall
- Ranch Tour** 30 mins Start outside Dining Hall
- 2:00** **Sound Healing** Oaktree
- 3:00** **Stretch** Pinetree
- 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** **Movie: Ticket to Paradise** Library Lounge
- 8:00** **Inner Fitness: Live Your Great Story! with Jeanine Mancusi, CPCC, LMCC** Oaktree

<u>MEAL HOURS</u>		<u>AVAILABLE FACILITIES</u>	
SATURDAY		WHEN NO CLASS IS IN SESSION	
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 pm	
Dinner	5:30 pm to 7:30 pm	Activity Pool - Lap Swim	
		7:00 am to 6:00 pm	
SUNDAY THROUGH FRIDAY		Azteca Gym - Weight Room	
Breakfast	7:30 am to 9:00 am	Saturday: 6:30 am to 1:30 pm	
Lunch	12:00 pm to 1:30 pm	Sunday – Friday: 7:00 am to 5:00 pm	
Dinner	5:30 pm to 7:30 pm		
<u>SNACK TIMES Sunday -Friday</u>		<u>UNSTAFFED PICK-UP GAMES</u>	
Fruit	10:30 am Central Pool	Pickleball open play: all levels	
Electrolytes	10:30 am Gazebo	11am: Su,T,Th,F	
Smoothies	2:45 pm Juice Bar	9am: M,W	
Veggies/Juice	4:30 pm Lounge		

SUNDAY | August 11

* **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,F) Gazebo
- 6:45** **Low Lands Hike: Woodlands** 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
- Full Body Strength: Level 2** (Su,W,F) Olmeca
- Specialty: Meditation** w/ Jacques-Pierre Cole (Su-F) Oaktree
- Pickleball: Beginners** (Su,T,Th,F also M,W at 11a) please wear court shoes Pickleball Courts
- Specialty: Pilates Mat: Level 1** w/ Karen Sanzo Progressive (Su-F) Pinetree
- Stretch** (Su-F) Montaña
- TRX Fundamentals** (Su, also M,Th at 10am) Tolteca
- Nature Walk with Rob Larson** Meet at Gazebo
- 10:00** **BOSU® Fit** (Su) Olmeca
- Introduction to Circuit Training** (Su) Azteca
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Specialty: Dance** w/ Milo Levell (Su-F) Kuchumaa
- Specialty: Pilates Mat: Level 2** w/ Karen Sanzo (Su,T,Th,F) Pinetree
- TRX Strength HIIT: Level 2** (Su) Tolteca
- Yoga Fundamentals** (Su-Tu) Montaña
- Complimentary Shiatsu or Reflex Massage (5 mins/10am – 12:30pm)** Villas Pool
- 11:00** **Cardio Blast: Level 2** (Su) Azteca
- Mini Trampoline: Balance and Core: Level 2** (Su, also 30 min on M at 3pm & W at 11am) Kuchumaa
- Pickleball: Open Play all Levels** (Su,T,Th,F also M,W at 9a) *unsupervised - please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Su,M,W,F also Su at 2&3pm) Pilates Studio
- Ranch Barre** (Su, also M,Th at 10am, W at 3pm) Olmeca
- Shallow Water Workout** (Su,M,W,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) Activity Pool
- 1:00** **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree
- Water Flow Therapy Demo** South Pool
- Hormones through the Ages, with Nancy Cetel, MD** Library Lounge
- 2:00** **Breathwork:** (Su, also M at 11am) Oaktree
- Deep Water** (Su,T,Th) Activity Pool
- Pilates Reformer: Fundamentals** (also Su at 3p, M,W,F at 11p) Pilates Studio
- Ranch Ropes HIIT: Level 2** 30 mins (Su) Olmeca
- Organic Tea Tasting** (30 mins) Juice Bar
- Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Jeanine Mancusi, CPCC, LMCC** Arroyo
- 3:00** **Pilates Reformer: Fundamentals** (also M,W,F at 11a) Pilates Studio
- Postural Awareness** (Su) Tolteca
- Sound Healing** (Su,M,W,Th,F, also Su at 4pm) Oaktree
- Stability Ball** 30 mins (Su,T) Olmeca
- 4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (Su,T) Montaña
- Sound Healing** (also M,W,Th,F at 3pm) Oaktree
- 5:00** **Christian Gathering** (led by guests) Los Olivos
- 7:15** **Movie: What Happens Later** Library Lounge
- 8:00** **Laughter is the Best Medicine, with Joe Weiss, MD** Olmeca

MONDAY | August 12

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
- 6:45** **Quail Hike** 2 Miles with an option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 7:00** **Nature Walk with Rob Larson** Meet at Gazebo
- 9:00** **Barbell Strength** (M) Tolteca
- Circuit Training** (M,W,F) Azteca
- Core & More** (M) Olmeca
- Specialty: Meditation** w/ Jacques-Pierre Cole (Su-F) Oaktree
- Pickleball: Open Play all Levels** (M,W, also T,Th,F at 11) *unsupervised please wear court shoes Pickleball Courts
- Specialty: Pilates Mat: Level 1** w/ Karen Sanzo Pinetree
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- 10:00** **Circuit Training** (M-F) Azteca
- Specialty: Dance** w/ Milo Levell (Su-F) Kuchumaa
- H2O Bootcamp:** deep water workout (M,W) Activity Pool
- Specialty: Pilates Mat: Level 2** w/ Karen Sanzo (Su-F) Pinetree
- Ranch Cycling: All Levels** (M) Pai Pai
- Ranch Barre** (M,Th at 10am, W at 3pm) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX Fundamentals:** (M,Th) Tolteca
- Yoga Fundamentals** (Su-T) Montaña
- Complimentary Shiatsu or Reflex Massage (5 mins/10 am – 12:30pm)** Villas Pool
- Complimentary Back & Shoulders Massage (5 mins/10 am – 12:30pm)** Central Pool
- 11:00** **Booty Blast:** 30 min (M,Th) Olmeca
- Breathwork** (M) Oaktree
- Dance: Latin Fusion** (M) Kuchumaa
- Pickleball: Beginner** (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (M,W,F) Pilates Studio
- Shallow Water Workout** (Su,M,W,F) Activity Pool
- TRX Flexibility** (also Th at 3pm) Tolteca
- Yoga Level 2** 75 mins (Su,M,W,Th,F) Montaña
- Drawing with Jennifer** (2 hours) Art Studio
- 1:00** **Macronutrients: Managing Blood Sugar, Boosting Energy and Breaking Free from "Sugar Addiction," with Jodie Goodman** Block, MS, RDN, CDN Olmeca
- Documentary *Tree of Life, The Living Legacy of Edmond Szekely*** (26 mins) Library Lounge
- 2:00** **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (M,T,F also active Th at 11a) Kuchumaa
- Balance and Coordination** (M,Th) Olmeca
- Water Polo on a Noodle** (M) Activity Pool
- Watercolor, with Jennifer** 2 hours Art Studio
- Inner Fitness: Emotional Fluency – Permission to Feel, with Jeanine Mancusi, CPCC, LMCC** Arroyo
- 3:00** **Mini Trampoline Express:** 30 mins (M) Kuchumaa
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Spanish lessons at the Ranch: beginners progressive** (M-F) Library Lounge
- 4:00** **Inner Journey Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- 5:00** **Guest Reception. Join us for Sangría, Guacamole & Live Music with Sergio Ramos** 60mins Bazar del Sol
- 6:15** **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)
- 7:15** **Movie: La La Land** Library Lounge
- 8:00** **Body Intelligence: Listen to Your Innate Wisdom for Longevity, with Dr. Cindy Tsai, MD** Olmeca

TUESDAY | August 13

- 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** **Low Lands Hike: Woodlands** 2 Miles (Su,T,Th) Gazebo
- 9:00** **Beach Bootcamp** (T) Sand Volleyball Court
- Dance: Burlesque** (T) Kuchumaa
- Specialty: Meditation** w/ Jacques-Pierre Cole (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F, also W at 11a) please wear court shoes Pickleball Courts
- Specialty: Pilates Mat: Level 1** w/ Karen Sanzo Pinetree
- Stretch** (Su-F) Montaña
- Nature Walk with Rob Larson** Meet at Gazebo
- 10:00** **Aqua Board** (T,Th also at 11a T,Th) Central Pool
- Circuit Training** (M-F) Azteca
- Specialty: Dance** w/ Milo Levell (Su-F) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Specialty: Pilates Mat: Level 2** w/ Karen Sanzo (Su-F) Pinetree
- Cardio Scuptl Express:** Level 2 30 min (T) Olmeca
- TRX Flexibility** (T, also Th at 3p) Tolteca
- Yoga Fundamentals** (Su-T) Montaña
- Complimentary Shiatsu or Reflex Massage (5 mins/10a – 12:30p)** Villas Pool
- 11:00** **Aqua Board** (T,Th also 10 am Th) Central Pool
- Aqua Strength & Tone** shallow water workout (T,Th) Activity Pool
- Cycle 30: All Levels** (T,Th,F) Pai Pai
- Kettlebells** 30 mins (T,F) Tolteca
- Pickleball: Open Play all Levels** (T,Th,F also W at 9a) *unsupervised please wear court shoes Pickleball Courts
- Stretch** (Su,T,Th) Oaktree
- Yoga Sculpt: Level 2** 60 mins (T, also Th at 3p) Olmeca
- Landscape Sketching, with Jennifer** 120 mins Juice Bar
- Our Hormones and our Overall Health and Wellness, with Nancy Cetel, MD** Library Lounge
- 11:15** **Hands-On Cooking Classes with Chef Gino Garcia.** Register at Ext.640/625. Fee. Depart 11:15 am; return by 2:30 pm. Meet at Admin Bldg.
- 1:00** **Let's Talk Smoothies and Other Natural Foods: How They Enhance Our Gut and Overall Health. Q/A with Jodie Goodman** Block, MS, RDN, CDN Juice Bar
- 2:00** **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (T,F also active Th at 11 am, also restorative F at 2p) Kuchumaa
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Pilates Cadillac Fundamentals** (Tu,Th) Pilates Studio
- Watercolor Collage Cards with Jennifer** 2 hours Art Studio
- Inner Fitness: Powerful You – Ownership and Responsibility, with Jeanine Mancusi, CPCC, LMCC** Arroyo
- 3:00** **Aqua Ease** (Tu,Th) Activity Pool
- Stability Ball** 30 mins (Su,T) Olmeca
- Release & Mobilize** please wear socks (Tu, also W at 2p) Oaktree
- Tai Chi** (Tu) Montaña
- Spanish lessons at the Ranch: beginners progressive** (M-F) Library Lounge
- 4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
- Yoga Nidra** (Tu, Th) Montaña
- Knitting For Wellness (Sign up – max 8)** 60 mins (T) Gazebo
- Salsa and Salsa with Chef Reyna Venegas and Manuel Velazquez.** Fee. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Wine & Chocolate. Enjoy a tasting of Guadalupe Valley wines and artisanal chocolate from Oaxaca. \$25 per person. Sign up required, call Ext. 600.** Bazar del Sol
- 6:30** **Sunset Mountain Hike: Alex's Oak** 2 Miles (T) Gazebo
- 7:15** **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 7:45** **Let's Get Batty! Bat viewing & facts, with Judie Lincer** Meet at Gazebo

WEDNESDAY | August 14

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 **Low Lands Hike: Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 7:00 **Nature Walk with Rob Larson** Meet at Gazebo
- 9:00 **Circuit Training** (M,W,F) Azteca
 Specialty: Meditation w/ Jacques-Pierre Cole (Su-F) Oaktree
 Pickleball: Open Play all Levels (W, also Th,F at 11a) *unsupervised please wear court shoes Pickleball Courts
 Specialty: Pilates Mat: Level 1 w/ Karen Sanzo Pinetree
 Stretch (Su-F) Montaña
 Full Body Strength: Level 2 (W) Olmecca
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 TRX Core: 30 mins (W) Toluca
- 10:00 **Circuit Training** (M-F) Azteca
 Specialty: Dance w/ Milo Levell (Su-F) Kuchumaa
 Full Body Strength: Level 1 (W) Olmecca
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Specialty: Pilates Mat: Level 2 w/ Karen Sanzo (Su-F) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga: Level 1 (W-F) Montaña
 Landscape Garden Walk (W) Main Lounge
 Complimentary Back & Shoulders Massage (5 mins/10 am – 12:30pm) Central Pool
- 11:00 **Bodyweight Challenge:** Level 2 30 mins (W) Olmecca
 Cycle Strength: All Levels (W) Pai Pai
 Bungee Fitness: wearing pants encouraged (W) Pinetree
 Pickleball: Beginners (W, also Th,F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (W,F) Pilates Studio
 Release Stress with Tapping (W) Oaktree
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
- 11:30 **Painting Demonstration, with Jennifer** Art Studio
- 1:00 **Better, Brain, & Spine Class** (W) Olmecca
 Ranch Tour 30 mins Start outside Dining Hall
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Balancing What You Want to Eat with What You Should Eat: Dieting Versus Intuitive Eating, with Jodie Goodman Block, MS, RDN, CDN Arroyo
- 2:00 **Cardio Drum Dance** (W) Kuchumaa
 Forest Bathing (W) Meet at the Labyrinth
 Release & Mobilize please wear socks (W) Oaktree
 Water Jogging: Deep Water Workout (W) Activity Pool
 Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Jeanine Mancusi, CPCC, LMCC Arroyo
- 3:00 **Core Express** 30 mins (W, also F in Olmecca) Toluca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Decompress & Motion: 30 mins (W) Pinetree
 Sound Healing (W,Th,F at 3pm) Oaktree
 Ranch Barre (W, also Th at 10am, F at 9am) Olmecca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00 **Inner Journey Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Journaling for Joy (W) Milagro
 Hands-On Cooking Classes with Chef Gino Garcia. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 Natural Wine Tasting - The Universe is Conspiring in Your Favor, with Sergio Medal Swing by Central Pool
- 7:15 **Movie *The Farewell*** Library Lounge
- 8:00 **Defining Self-Compassion, with Julie Kangas, Ph.D.** Olmecca

THURSDAY | August 15

- 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) (Th) Montaña
- 6:45 **Low Lands Hike: Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **Cardio Kickboxing** (Th) Kuchumaa
 Specialty: Meditation w/ Jacques-Pierre Cole (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
 Specialty: Pilates Mat: Level 1 w/ Karen Sanzo Pinetree
 BOSU® & Battle Ropes: Level 2 (30 mins) (Th) Olmecca
 Stretch (Su-F) Montaña
 Nature Walk with Rob Larson Meet at Gazebo
- 9:30 **Valle de Guadalupe Tour. Pijoan Vineyard, first stop. Adobe Guadalupe, second stop and lunch destination.** Register at Ext.640/625. Depart 9:30 am; back by 5:30 pm. Cost is \$290 per person (tax included). Meet at Admin. Bldg.
- 10:00 **Aqua Board** (also 11 am Th) Central Pool
 Circuit Training (M-F) Azteca
 Specialty: Dance w/ Milo Levell (Su-F) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Specialty: Pilates Mat: Level 2 w/ Karen Sanzo (Su-F) Pinetree
 Ranch Barre (Th, also F at 9am) Olmecca
 TRX Fundamentals (Th) Toluca
 Yoga Level 1 (W-F) Montaña
- 11:00 **Active Aerial Yoga: Level 2 Low hammock** please wear socks and short/long sleeves (Th, also gentle F at 2pm) Kuchumaa
 Aqua Board (Th) Central Pool
 Aqua Strength & Tone shallow water workout (T,Th) Activity Pool
 Booty Blast: 30 mins (Th) Olmecca
 Cycle Hip Hop 30: All Levels (Th,F) Pai Pai
 Pickleball: Open Play all Levels (Th,F) *unsupervised please wear court shoes Pickleball Courts
 Stretch (Su,T,Th) Oaktree
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson Gazebo
- 12:00 **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Dining Hall Patio Terrace by Koi Pond/Sign up in Main Lounge
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up (\$60 art kit fee) Dining Hall balcony
- 1:00 **Hormonal Health and Being Your Own Self Advocate for Optimal Health, with Nancy Cetel, MD** Library Lounge
- 2:00 **Balance & Coordination** (M,Th) Olmecca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (Th) Pilates Studio
 Cooking Demo 30 mins Juice Bar
- 3:00 **Aqua Ease** (Th) Activity Pool
 Sound Healing (Th,F) Oaktree
 TRX Flexibility (Th) Toluca
 Yoga Sculpt: Level 2 (45 min) (Th) Olmecca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00 **Foam Roller Recovery** Please wear socks (Th) Toluca
 Yoga Nidra (Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Experiencing Self-Love, with Julie Kangas, Ph.D. Arroyo
- 4:45 **Farm-to-Table Dinner Experience with Chef Gino Garcia.** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
- 7:00 **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: *The Fabelmans* (2hrs 31 min) Library Lounge
- 8:00 **Summer Serenade: Elena Durán, flute** Oaktree

FRIDAY | August 16

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 **Low Lands Hike: 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
 Specialty: Meditation w/ Jacques-Pierre Cole (Su-F) Oaktree
 Pickleball: Beginner (F) please wear court shoes Pickleball Courts
 Specialty: Pilates Mat: Level 1 w/ Karen Sanzo Pinetree
 Full Body Strength: Level 2 (F) Olmecca
 Stretch (Su-F) Montaña
- 10:00 **Chant** (F) Milagro
 Circuit Training (F) Azteca
 Cycle 30: All Levels (F) Pai Pai
 Sculpt & Step (F) Toluca
 Specialty: Dance w/ Milo Levell (Su-F) Kuchumaa
 Specialty: Pilates Mat: Level 2 w/ Karen Sanzo (Su-F) Pinetree
 Yoga Level 1 (F) Montaña
 Complimentary Back & Shoulders Massage (5 mins/10 am – 12:30pm) Central Pool
- 11:00 **Total Body with Bands** (F) Olmecca
 Kettlebells 30 mins (F) Toluca
 Pickleball: Open Play all Levels ,(F) *unsupervised please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (F) Pilates Studio
 Shallow Water Workout (F) Activity Pool
 Yoga Level 2 75 mins (F) Montaña
- 11:30 **Mexican Artisans Market** (11:30 am to 2:30 pm) at The Gazebo and The Mercado
- 1:00 **Take the Ranch Home** (F) Toluca
 Documentary *Tree of Life, The Living Legacy of Edmond Szekely* (26 mins) Library Lounge
- 2:00 **Aerial Yoga: Restorative - Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
 The Yin and Yang of Self-Compassion, with Julie Kangas, Ph.D. Arroyo
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Core Express** 30 mins (F) Olmecca
 Labyrinth (Th) Labyrinth
 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
 Indigenous Wisdom Walk with Norma Meza, Kumeyaay, 110 mins Meet Outside Kuchumaa Gym
- 6:00 **Music with Rancho La Puerta Fiesta Band** 120 mins Dining Hall
- 6:15 **Shabbat Ceremony (led by guests)** Los Olivos
- 7:15 **Movie: *Barbie*** Library Lounge

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