

# SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

## SAMPLE SCHEDULE

**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

- 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  **Sound Healing** Oaktree  
 **Woodlands Hike** 2 Miles Gazebo
- 3:00  **Stretch** Pinetree
- 5:00  **Ranch Tour** (recommended for first time guests) Gazebo  
 **Returning Guest Update** Tolteca
- 5:30  **First Time Guest Orientation** Olmecca
- 6:45  **Meet the Presenters** Dining Hall
- 7:15  **Movie: Ticket to Paradise** Library Lounge
- 7:45  **The Mediterranean Diet: A Way of Life, Talk and Slide Show with Paulette Mitchell** Olmecca

## SUNDAY

\* **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  **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: Level 2** (Su,W) Olmecca  
 **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,W at 11a) please wear court shoes Pickleball Courts  
 **Stretch** (Su-F) Montaña  
 **TRX Strength HIIT** (Su, also T at 10) Tolteca
- 10:00  **Bender Ball Pilates Mat:** all levels (Su-F) Pinetree  
 **BOSU® Fit** (Su) Olmecca  
 **Chant** (Su,F) Milagro  
 **Dance: Cardio Hip Hop: Bodyrock** (Su,F) Kuchumaa  
 **Introduction to Circuit Training** (Su) Azteca  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Yoga: Level 2** (Su-F) Montaña
- 11:00  **Cardio Muscle Blast** (Su) Azteca  
 **Mini Trampoline: Balance and Core** (Su) Kuchumaa  
 **Pickleball: Open Play all levels** (Su,T,Th,F also M,W at 9) \*Unsupervised please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (Su,M,T,Th,F also Su at 2 & 3p) Pilates Studio  
 **Ranch Barre** (Su, also Tu at 9) Olmecca  
 **Stretch** (Su,T,Th) Oaktree  
 **Shallow Water Workout** (Su,T,Th,F) Activity Pool  
 **TRX Fundamentals** (Su,also 9 am Th) Tolteca  
 **Prime of Life Yoga** all levels 75 mins (Su-F) Montaña  
 **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 12:00  **Secrets to Better Pickleball** Tolteca  
 **Water Flow Therapy Demo** South Pool
- 1:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Su,T,F also Th at 11 am Level 2) Kuchumaa  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Reformer: Fundamentals** (also Su at 3 & M,T,Th,F at 11a) Pilates Studio  
 **Ranch Ropes HIIT** 30 mins (Su) Olmecca  
 **Organic Tea Tasting** (30 mins) Juice Bar  
 **Inner Fitness: The Art of Tricky Conversations, with Amy Matthews** Arroyo
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Su,T,F also Th at 11 am Level 2) Kuchumaa  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Reformer: Fundamentals** (also Su at 3 & M,T,Th,F at 11a) Pilates Studio  
 **Ranch Ropes HIIT** 30 mins (Su) Olmecca  
 **Organic Tea Tasting** (30 mins) Juice Bar  
 **Inner Fitness: The Art of Tricky Conversations, with Amy Matthews** Arroyo
- 3:00  **Dynamic Stretch: 30 mins** (Su, also W at 11am ) Pinetree  
 **Pilates Reformer: Fundamentals** (also M,T,Th,F at 11a) Pilates Studio  
 **Sound Healing** (Su-F, also 4pm Su) Oaktree  
 **Stability Ball** 30 mins (Su,T) Olmecca  
 **Tai Chi** (Su,T) Montaña
- 4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Sound Healing** (also M-F at 3pm) Oaktree  
 **Travel Photography: Tips for Pleasing Composition (which apply to a camera or cell phone), with Paulette Mitchell** Olmecca
- 7:15  **Movie: Emma** Library Lounge
- 7:45  **Concert: The Heart of Americana, with Claudia Russell & Bruce Kaplan** Oaktree

## MONDAY

**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** (60 mins) (M,Th) 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  
 **Core & More** (M, also Th at 10, F at 11am) Olmecca  
 **Circuit Training** (M,W,F) Azteca  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Open Play all levels** (M,W, also T,Th,F at 11) \*Unsupervised please wear court shoes Pickleball Courts  
 **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  **Bender Ball Pilates Mat:** all levels (Su-F) Pinetree  
 **Circuit Training** (M-F) Azteca  
 **Dance: Latin Fusion** (M) Kuchumaa  
 **Feldenkrais: Improve Posture & Balance** (M,T also T at 1pm) Oaktree  
 **Full Body Strength: Level 1** (M,W) Olmecca  
 **H2O Bootcamp:** deep water workout (M,W) Activity Pool  
 **Ranch Cycling: All Levels** (M) Pai Pai  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga: Level 2** (Su-F) Montaña
- 11:00  **Booty Blast: Bender Ball** (M) Olmecca  
 **Mini Trampoline Express:** 30 mins (M,W) Kuchumaa  
 **Pickleball: Beginner** (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (M,T,Th,F) Pilates Studio  
 **Shallow Water Workout** (Su,M,W,F) Activity Pool  
 **TRX Flexibility** (M, also Th at 10) Tolteca  
 **Prime of Life Yoga** all levels 75 mins (Su-F) Montaña  
 **Drawing with Jennifer** (2 hours) Art Studio
- 1:00  **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree  
 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca  
 **Understanding Foods That Are Delicious AND Fantastic for Your Body, with Sabrina Falquier, MD, CCMS, DipABLM** Olmecca
- 2:00  **Cardio Drum Dance** (M, also F at 9am) Kuchumaa  
 **Partner Brains & Balance** (M) Olmecca  
 **Release & Mobilize** please wear socks (M,W also F at 11a) Oaktree  
 **Water Polo on the Noodle** (M) Activity Pool  
 **Woodlands Afternoon Hike** 2 Miles (M) Gazebo  
 **Watercolor, with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Power + Confidence, with Amy Matthews** Arroyo
- 3:00  **Aqua Ease** Shallow Water Workout (M,W) Activity Pool  
 **Core Express** 30 mins (M,W,F) Olmecca  
 **Improving Posture: Stretch & Strengthen** (M) Tolteca  
 **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  **Healthy Shoulder & Rotator Cuff Secrets** (M) Tolteca  
 **Inner Journey Guided Meditation** (M,W,F) Oaktree  
 **Stretch & Relax** (M,W,F) Montaña  
 **Travel Photography: Capture Ambience of Cities and Emotions in People (when using a camera or cell phone), with Paulette Mitchell** Olmecca
- 5:00  **Guest Reception. Join us for Sangria, 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: What Happens Later** Library Lounge
- 7:45  **Giants of 20th Century Mexican Mural Art, with Diane Arkin** Olmecca

## TUESDAY

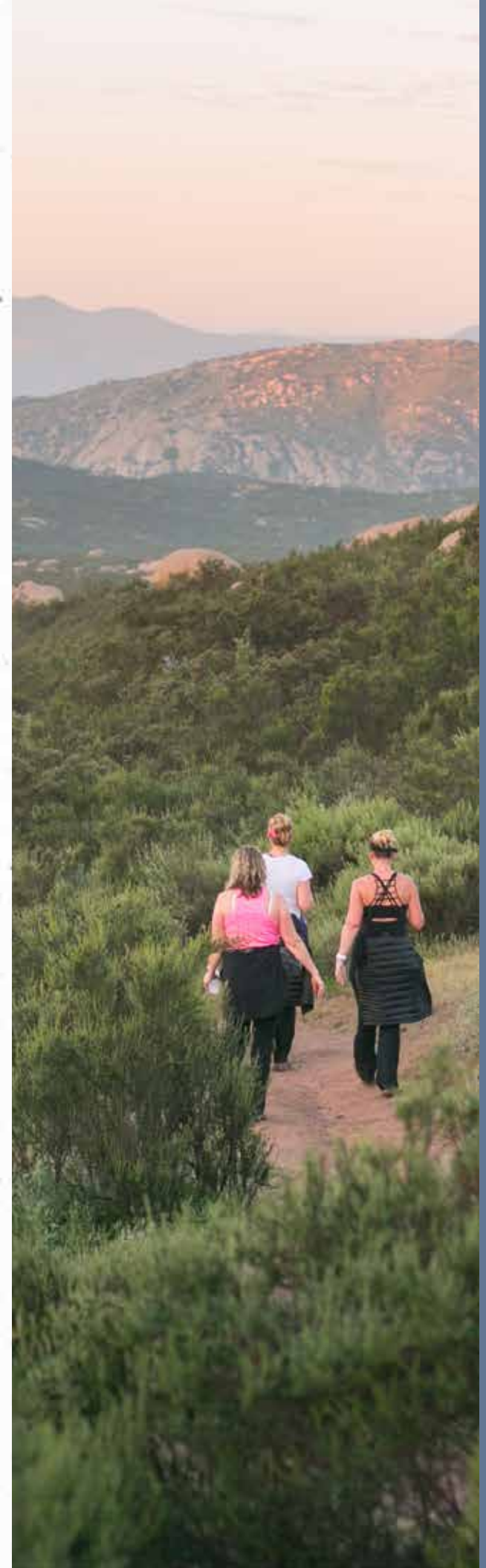
- 6:05  **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15  **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30  **Mountain Trail Run** (2 to 4 Miles) (T) Gazebo
- 6:45  **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00  **Bootcamp: Level 2** (T) Kuchumaa  
 **Meditation** (Su-F) Oaktree  
 **Pickleball: Beginner** (Su,T,Th,F, also W at 11a) please wear court shoes Pickleball Courts  
 **Pilates Mat: Fundamentals** Progressive (M-F) Pinetree  
 **Ranch Barre** (T) Olmecca  
 **Stretch** (Su-F) Montaña
- 10:00  **Bender Ball Pilates Mat:** all levels (Su-F) Pinetree  
 **Circuit Training** (M-F) Azteca  
 **Dance: Intro to Salsa** (T) Kuchumaa  
 **Feldenkrais: Improve Posture & Balance** (also T at 1pm) Oaktree  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **TRX Strength HIIT** (T) Tolteca  
 **Yoga: Level 2** (Su-F) Montaña  
 **Divino Cacao: Exploring Mexican Craft & History of Chocolate: Hands-on Class with Executive Chef Reyna Venegas at La Cocina que Canta.** Register at Ext. 640/625. Fee. Depart 10am; return by 12:30 pm. Meet at Admin Bldg.
- 11:00  **Cycle 30: All Levels** (T,Th) Pai Pai  
 **Kettlebells** 30 mins (T,F) Tolteca  
 **Pickleball: Open Play all levels** (T,Th,F also W at 9) \*unsupervised please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (T,Th,F) Pilates Studio  
 **Prime of Life Yoga** all levels 75 mins (Su-F) Montaña  
 **Shallow Water Workout** (Su,T,Th,F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **Yoga Sculpt: Level 2** 60 mins (T, also Th at 3p) Olmecca  
 **Landscape Sketching, with Jennifer** 120 mins Juice Bar
- 1:00  **Feldenkrais: Improve Posture & Balance** (Tu) Oaktree  
 **Grounding Yourself with Pillars of Wellness, with Sabrina Falquier, MD, CCMS, DipABLM** Olmecca  
 **Documentary: Tree of Life, The Living Legacy of Edmond Szekeley** (26 mins) Library Lounge
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,F, also Th at 11 am level 2) Kuchumaa  
 **Brain Training: Balance & Coordination Focus** (T,Th) Olmecca  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac Fundamentals** (T,Th) Pilates Studio  
 **Watercolor Collage Cards with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Mental Traps that Hijack Joy + Ease, with Amy Matthews** Arroyo
- 3:00  **Decompress & Motion:** 30 mins (T) Pinetree  
 **Sound Healing** (Su-F) Oaktree  
 **Stability Ball** 30 mins (Su,T) Olmecca  
 **Tai Chi** (Su,T) Montaña  
 **Spanish lessons at the Ranch: beginners progressive** (M-F) Library Lounge
- 4:00  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su,T,Th) Montaña  
 **Sound Healing** (Su,T,Th) Oaktree  
 **Travel Photography: Capture Ambience of Cities and Emotions in People (when using a camera or cell phone), with Paulette Mitchell** Olmecca
- 7:15  **Documentary Kiss the Ground** (90 mins) Library Lounge
- 7:45  **The Techy Traveler, with Brett Mitchell** Olmecca

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

# SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE



YOUR WEEKLY SCHEDULE OF FITNESS CLASSES & ACTIVITIES



## WEDNESDAY

*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
- Full Body Strength: level 2** (Su,W) Olmeca
- Meditation** (Su-F) Oaktree
- Pickleball: Open Play all levels** (W, also Th,F at 11) \*unsupervised please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- TRX Core:** 30 mins (W) Tolteca
- 10:00  **Bender Ball Pilates Mat:** all levels (Su-F) Pinetree
- Circuit Training** (M-F) Azteca
- Dance: Burlesque** (W) Kuchumaa
- Full Body Strength: Level 1** (M,W) Olmeca
- H2O Bootcamp:** deep water workout (M,W) Activity Pool
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Water Jogging:** deep water workout (W) Activity Pool
- Yoga: Level 2** (Su-F) Montaña
- Landscape Garden Walk** (W) Main Lounge
- 11:00  **Booty Blast:** 30 mins (W) Olmeca
- Cycle Strength: All Levels** (W) Pai Pai
- Mini Trampoline Express:** 30 mins (M,W) Kuchumaa
- Dynamic Stretch:** 30 mins (W) Pinetree
- Pickleball: Beginner** (W, also Th,F at 9a) please wear court shoes Pickleball Courts
- Prime of Life Yoga** all levels 75 mins (Su-F) Montaña
- Shallow Water Workout** (Su,M,W,F) Activity Pool
- 1:00  **Ranch Tour** 30 mins Start outside Dining Hall
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Top Anti-Inflammatory Foods, with Sabrina Falquier, MD, CCMS, DipABLM** Olmeca
- 2:00  **Bender Ball CORE** (W) Pinetree
- Dance: Zumba** (W) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
- Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree
- Inner Fitness: Creating Your Authentic Brand, with Amy Matthews** Arroyo
- 3:00  **Aqua Ease** Shallow Water Workout (M,W) Activity Pool
- Core Express** 30 mins (M,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Spanish lessons at the Ranch: beginners** (M-F) Library Lounge
- Security While Traveling, with Brett Mitchell** Arroyo
- 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 Katie Morford.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Artists in Love, with Diane Arkin** Olmeca
- 7:15  **Movie Jerry and Marge** Library Lounge
- 7:45  **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

## THURSDAY

- 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  **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00  **BOSU@ & Ropes** 30 mins (Th) 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
- TRX Fundamentals** (Th) Tolteca
- The Whys & How's of Hiking Poles** (Th) Arroyo (outside)
- 10:00  **Bender Ball Pilates Mat:** all levels (Su-F) Pinetree
- Circuit Training** (M-F) Azteca
- Core & More** (Th, also F at 11) Olmeca
- Dance: Move, Groove & Funk** (Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- TRX Flexibility** (Th) Tolteca
- Water Jogging:** deep water workout (Th) Activity Pool
- Yoga: Level 2** (Su-F) Montaña
- 11:00  **Active Aerial Yoga: Level 2, Low hammock** please wear socks and short/long sleeves (Th) Kuchumaa
- Assessing your Longevity** (Th) Tolteca
- Cycle Hip Hop 30: All Levels** (Th) Pai Pai
- Functional Strength: level 2** (Th) Olmeca
- Pickleball: Open Play all levels** (Th,F) \*unsupervised please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Th,F) Pilates Studio
- Prime of Life Yoga** all levels 75 mins (Su-F) Montaña
- Shallow Water Workout** (Su,T,Th,F) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson** Gazebo
- 12:30  **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00  **Optimizing Your Time in the Kitchen, with Sabrina Falquier, MD, CCMS, DipABLM** Olmeca
- Documentary Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up (\$60 art kit fee) Dining Hall balcony
- 2:00  **Brain Training: Balance & Coordination Focus** (T,Th) Olmeca
- Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Pilates Cadillac Fundamentals** (T,Th) Pilates Studio
- Inner Fitness: Finding Your Purpose, with Amy Matthews** Arroyo
- Cooking Demo** 30 mins Juice Bar
- 3:00  **Labyrinth** (Th) Labyrinth
- Postural Awareness** (Th) Tolteca
- Sound Healing** (Su-F) Oaktree
- Yoga Sculpt: Level 2** (Th) Olmeca
- Spanish lessons at the Ranch: beginners** (M-F) Library Lounge
- Challenge the Techy Traveler, with Brett Mitchell** Arroyo
- 4:00  **Foam Roller Recovery** Please wear socks (Th) Tolteca
- Restorative Yoga** (Th) Montaña
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- Enjoying Modern Art, with Diane Arkin** Olmeca
- 4:45  **Nourishing Spring Goodness Dinner with Chef Katie Morford & La Cocina's Executive Chef Reyna Venegas.** 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: A Haunting in Venice** Library Lounge
- 7:45  **Concert: The Heart of Americana, Part II, with Claudia Russell and Bruce Kaplan** Oaktree

## FRIDAY

*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
- Cardio Drum Dance** (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  **Bender Ball Pilates Mat:** all levels (Su-F) Pinetree
- Chant** (F) Milagro
- Circuit Training** (F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa
- Total Body with Bands: level 2** (F) Olmeca
- Yoga: Level 2** (Su-F) Montaña
- 11:00  **Core & More** (F) Olmeca
- Kettlebells** 30 mins (F) Tolteca
- Pickleball: Open Play all levels** (F) \*unsupervised please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (F) Pilates Studio
- Prime of Life Yoga** all levels 75 mins (Su-F) Montaña
- Release & Mobilize** please wear socks (F) Oaktree
- Shallow Water Workout** (F) Activity Pool
- Make an Ancestor Altar, with Jennifer** (2 hours) Art Studio
- 1:00  **Set Your Return to Home Intention** (F) Tolteca
- 2:00  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
- Release Stress with Tapping** (F) Oaktree
- Mandala with Jennifer** (60 mins) Art Studio
- 2:45  **Live Music and Smoothies** Juice Bar
- 3:00  **Core Express** 30 mins (F) Olmeca
- Sound Healing** (F) Oaktree
- Spanish lessons at the Ranch: beginners** (M-F) Library Lounge
- 4:00  **Inner Journey Guided Meditation** (F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- 6:00  **Music with Rancho La Puerta Fiesta Band** 120 mins Dining Hall
- 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*