

Pickleball Week with Kim Evans & Thea Froehling March 30, 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 | March 30

- 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** **Walking for Fun and Fitness, with Lynn Weigand, Ph.D.** Olmecca

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
Veggies & Juice:	4:30 pm
Tierra Alegre Juice Bar /Su-F	
Smoothies:	2:45 pm

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

Aztecca Gym - Weight Room
Saturday: 6:30 am to 1:30 pm
Sunday – Friday:
7:00 am to 5:00 m

SUNDAY | March 31

* **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
 Circuit Training (Su,W) Azteca
 Woodlands Hike 2 Miles (Su,T,Th) Gazebo
- 6:45** **Docent Led Tour and Orientation** Dining Hall
 Fitness Concierge 30 mins (Su) Dining Hall
- 8:15** **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
- 9:30** **Easter Mass at Nuestra Señora de Guadalupe** Prompt departure 9:30 am for 10 am mass (also 1:30 pm departure for 2pm mass). Please sign up in Lounge.
- 10:00** **BOSU® Fit** (Su) Olmecca
 Chant (Su,W) Milagro
 Dance: Cardio Hip Hop: Bodyrock (Su,F) Kuchumaa
 Feldenkrais: Improve Posture & Balance (Su, M) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Yoga Fundamentals (Su-T) 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,F also Su at 2p & 3p) Pilates Studio
 Ranch Barre (Su, also Tu at 9) Olmecca
 Stretch (Su,T,Th) Oaktree
 Swim Total Immersion with Steven Katz (Su-Th also 3pm) Sign up Activity Pool
- 1:00** **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree
 Secrets to Better Pickleball Tolteca
 Water Flow Therapy Demo South Pool
- 2:00** **Cardio Drum Dance** (Su, also T at 11am) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Feldenkrais: Improve Posture & Balance (Su, also 1pm M) Oaktree
 Pilates Reformer: Fundamentals (also Su at 3 & M,T,F at 11a) Pilates Studio
 Ranch Ropes HIIT 30 mins (Su) Olmecca
 Inner Fitness: Love Secrets from the Masters, with Linda Carroll Arroyo
 Organic Tea Tasting (30 mins) Juice Bar
- 3:00** **Dynamic Stretch: 30 mins** (Su, also w at 11am) Pinetree
 Pilates Reformer: Fundamentals (also M,T,F at 11a) Pilates Studio
 Sound Healing (Su-F, also 4pm Su) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 Swim Total Immersion with Steven Katz (Su-Th also 11am) Sign up Activity Pool
- 4:00** **Tai Chi** (Su,T) Montaña
 Foam Roller Recovery Please wear socks (Su,T,Th, also 2pm F) Tolteca
 Restorative Yoga (Su,T) Montaña
 Sound Healing (also M-F at 3pm) Oaktree
 Creating Walkable Places, with Lynn Weigand, Ph.D. Arroyo
- 7:15** **Movie: *Emma*** Library Lounge
- 7:45** **Concert by Jaeger & Reid** Oaktree

MONDAY | April 1

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
 Circuit Training (M,W,F) Azteca
 Core & More (M, also F at 11am) Olmecca
 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** **Circuit Training** (M-F) Azteca
 Dance: Intro to Salsa (M) Kuchumaa
 Feldenkrais: Improve Posture & Balance (Su, M) Oaktree
 Full Body Strength: Level 1 (M,W) Olmecca
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Ranch Cycling: All Levels (M) Pai Pai
 Shallow Water Workout (M,W, also F at 11) Activity Pool
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-T) Montaña
- 11:00** **Booty Blast:** 30 mins (M,W) 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,F) Pilates Studio
 Swim Total Immersion with Steven Katz (Su-Th also 3pm) Sign up Activity Pool
 TRX Flexibility (M, also Th at 10) Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
- 1:00** **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
 Feldenkrais: Improve Posture & Balance (M) Oaktree
 Macronutrients, Blood Sugar, and Energy Levels: Navigating Health and Breaking Free from Sugar "Addiction," with Jodie Goodman Block, MS, RDN, CDN Olmecca
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,F also Th at 11 am) Kuchumaa
 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
 How to Race Walk & Power Walk part 1 with Alan Poisner (also Th at 1pm) Olmecca (*part 2 on the running track Tuesday 9 am*)
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Arroyo
- 3:00** **Core Express** 30 mins (M,W,F) Olmecca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Swim Total Immersion with Steven Katz (Su-Th also 11am) Sign up Activity Pool
 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
- 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** **Blood, Biotechnology and Well-Being – Overviews of Genetics, Cellular Therapies and Aging, with David Wellis, Ph.D.** Olmecca

TUESDAY | April 2

- 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.
- 6:15** **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
 Race Walking & Power Walking for fun & fitness (T, also F at 10) Running track (outside Kuchumaa)
 Ranch Barre (T) Olmecca
 Stretch (Su-F) Montaña
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Latin Fusion (T) Kuchumaa
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates on the Stability Ball: Level 2 (T) Olmecca
 TRX Strength HIIT (T) Tolteca
 Yoga Fundamentals (Su-T) Montaña
 Divino Cacao: Exploring Mexican Craft & History of Chocolate-A 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** **Cardio Drum Dance** (T) Kuchumaa
 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,F) Pilates Studio
 Stretch (Su,T,Th) Oaktree
 Swim Total Immersion with Steven Katz (Su-Th also 3pm) Sign up Activity Pool
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3p) Olmecca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 1:00** **Balancing What You Want and Should Eat: Dieting Versus Intuitive Eating, with Jodie Goodman Block, MS, RDN, CDN** Olmecca
 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 Th at 11 am) Kuchumaa
 Balance & Coordination (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: Love Cycles in All Our Relationships, with Linda Carroll Arroyo
- 3:00** **Healthy Back Secrets** (T) Tolteca
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 Swim Total Immersion with Steven Katz (Su-Th also 11am) Sign up Activity Pool
 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, also 2pm F) Tolteca
 Restorative Yoga (Su,T) Montaña
 Knitting for Wellness (T) Main Lounge
 Harvesting Mindfulness: Hands-On Cooking Classes with Gyll Turteltaub, Psy.D. & La Cocina's Executive Chef Reyna Venegas. Register at Ext. 640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 Walking to Boost Your Brain Power, with Lynn Weigand, Ph.D. Arroyo
- 5:00** **A Conversation with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President, hosted by Barry Shingle, Director of Guest Experiences** Oaktree
- 7:15** **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 7:45** **The Interior Journey: Listening to Your Life, with Jeannie DuBose** Olmecca

WEDNESDAY | April 3

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** **Circuit Training** (W) Azteca
 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** **Chant** (W) Milagro
 Circuit Training (M-F) Azteca
 Dance: Burlesque (W) Kuchumaa
 Full Body Strength: Level 1 (M,W) Olmeca
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Shallow Water Workout (W, also F at 11) Activity Pool
 Yoga Level 1 (W-F) Montaña
 Landscape Garden Walk (W) Gazebo
 Harvesting Mindfulness: Hands-On Cooking Classes with Gyll Turteltaub, Psy.D. & La Cocina's Executive Chef Reyna Venegas. Register at Ext. 640/625. Fee. Depart 10am; return 1:30pm. Meet at Admin Bldg.
- 11:00** **Booty Blast:** 30 mins (M,W) Olmeca
 Cycle Strength: All Levels (W) Pai Pai
 Dynamic Stretch: 30 mins (W) Pinetree
 Mini Trampoline Express: 30 mins (M,W) Kuchumaa
 Pickleball: Beginner (W, also Th,F at 9a) please wear court shoes Pickleball Courts
 Swim Total Immersion with Steven Katz (Su-Th also 3pm) Sign up Activity Pool
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
- 1:00** **Ranch Tour** 30 mins Start outside Dining Hall
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Let's Talk Smoothies: And Other Natural Foods and How They Enhance Our Gut and Overall Health...Q/A", with Jodie Goodman Block, MS, RDN, CDN Juice Bar
- 2:00** **Aqua Ease** Shallow Water Workout (W) Activity Pool
 Dance: Zumba (W) Kuchumaa
 Decompress & Motion: 30 mins (W) Pinetree
 Mountain Hike: Alex's Oak 2 Miles (W) Gazebo
 Release & Mobilize please wear socks (M,W, also F at 11a) Oaktree
 Inner Fitness: Five Basic Skills in Communication (PAUSE), with Linda Carroll Arroyo
- 3:00** **Core Express** 30 mins (M,W,F) Olmeca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Swim Total Immersion with Steven Katz (Su-Th also 11am) Sign up Activity Pool
 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
 Harvesting Mindfulness: Hands-On Cooking Classes with Gyll Turteltaub, Psy.D. & La Cocina's Executive Chef Reyna Venegas. Register at Ext. 640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 Loving Midlife and Beyond, with Jeannie DuBose Arroyo
- 7:15** **Movie Jerry and Marge** Library Lounge
- 7:45** **Blood, Biotechnology and Well-Being – DNA and Genetics, with David Wellis, Ph.D.** Olmeca

THURSDAY | April 4

- 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
 Step Aerobics (Th) Kuchumaa
 Stretch (Su-F) Montaña
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk (Th) Kuchumaa
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Arc Barrel: Level 2 (Th)Pinetree
 TRX Flexibility (Th) Tolteca
 Yoga Level 1 (W-F) Montaña
- 11:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th, also F at 2pm) Kuchumaa
 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
 Stretch (Su,T,Th) Oaktree
 Swim Total Immersion with Steven Katz (Th also 3pm) Activity Pool
 TRX Fundamentals (Su,Th) Tolteca
 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
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **How to Race Walk & Power Walk part 1 with Alan Poisner** (also Th at 1pm) Olmeca (*part 2 on the running track Tuesday 9 am*)
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up (\$60 art kit fee) Dining Hall balcony
- 2:00** **Balance & Coordination** (T,Th) Olmeca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Cooking Demo 30 mins Juice Bar
 Inner Fitness: Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words, with Linda Carroll Arroyo
- 3:00** **Labyrinth** (Th) Labyrinth
 Sound Healing (Su-F) Oaktree
 Swim Total Immersion with Steven Katz (Th) Sign up Activity Pool
 Yoga Sculpt: Level 2 (Th) Olmeca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00** **Foam Roller Recovery** Please wear socks (Th, also 2pm F) Tolteca
 Yoga Nidra (Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Portals in Wonder and Awe, with Jeannie DuBose Arroyo
- 4:45** **Harvesting Mindfulness: Dining Experience with Gyll Turteltaub, Psy.D. & La Cocina's Executive Chef Reyna Venegas. Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.**
- 5:00** **Blood, Biotechnology and Well-Being – Cellular Therapies, with David Wellis, Ph.D.** Olmeca
- 7:00** **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: A Haunting in Venice Library Lounge
- 7:45** **Concert by Jaeger & Reid** Oaktree

FRIDAY | April 5

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
 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** **Circuit Training** (F) Azteca
 Dance: Cardio Hip Hop: Flashback 90's (F) Kuchumaa
 Pickleball: Intermediate (F) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (F) Pinetree
 Race Walking & Power Walking for fun & fitness (F) Running track (outside Kuchumaa)
 Total Body with Bands: level 2 (F) Olmeca
 Yoga Level 1 (W-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
 Release & Mobilize please wear socks (F) Oaktree
 Shallow Water Workout (F) Activity Pool
 Yoga Level 2 75 mins (F) Montaña
 Make an Ancestor Altar, with Jennifer (2 hours) Art Studio
 Indigenous Wisdom Walk with Norma Meza, Kumeyaay, and Mike Wilken, naturalist 110 mins Meet at Outside Kuchumaa Gym
- 1:00** **Take the Ranch Home** (F) Tolteca
 Documentary Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
 Blood, Biotechnology and Well-Being – Aging, with David Wellis, Ph.D. Olmeca
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
 Foam Roller Recovery Please wear socks (F) Tolteca
 Mandala with Jennifer (60 mins) Art Studio
 The Inner Pilgrimage to Beauty, with Jeannie DuBose Arroyo
- 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
 Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken Library Lounge
- 6:00** **Music with Rancho La Puerta Fiesta Band** 120 mins Dining Hall
- 6:15** **Shabbat Service 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