

Pickleball with Pat Angelicchio Tai Chi & QiGong with Cari Shurman

April 13, 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 | April 13

- 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 **Pickleball: Beginner** please wear court shoes Pickleball Courts
 Yoga: All levels Montaña
- 12:00 **Core Express:** 30 mins Olmecca
- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo
- 3:00 **Stretch** Pinetree
- 4:00 **Set your Intention: Tips for a Magical Week** Olmecca
- 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 **Falling Asleep with Qigong, with Cari Shurman** Oaktree

MEAL HOURS	AVAILABLE FACILITIES
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	WHEN NO CLASS IS IN SESSION Milagro - Meditation Room 6:00 am to 9:00 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	Activity Pool - Lap Swim 7:00 am to 6:00 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	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm

SUNDAY | April 14

*** 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
 The Whys & How's of Hiking Poles (Su) Arroyo (outside)
- 10:00 **BOSU® Fit** (Su) Olmecca
 Chant (Su,W) Milagro
 Dance: Cardio Hip Hop: Bodyrock (Su,F) Kuchumaa
 Feldenkrais: Improve Posture & Balance (Su, M) Arroyo
 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
 Tai Chi Specialty (Su-F) Oaktree
 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,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
 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** Arroyo
 Secrets to Better Pickleball Tolteca
 Water Flow Therapy Demo South Pool
- 2:00 **Cardio Drum Dance** (M) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Feldenkrais: Improve Posture & Balance (Su, also 1pm M) Arroyo
 Pilates Reformer: Fundamentals (also Su at 3 & M,T,Th,F at 11a) Pilates Studio
 Qi Gong Specialty (Su-F) Oaktree
 Ranch Ropes HIIT 30 mins (Su) Olmecca
 Organic Tea Tasting (30 mins) Juice Bar
 Inner Fitness: Change Your Mind, Change Your Life, with Emily Boorstein 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
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña
 Sound Healing (also M-F at 3pm) Oaktree
- 7:15 **Movie: *Emma*** Library Lounge
 7:45 **Transitions—Embrace Them! with Shirley Buccieri** Olmecca

MONDAY | April 15

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
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Latin Fusion (M) Kuchumaa
 Feldenkrais: Improve Posture & Balance (Su, M) Arroyo
 Full Body Strength: Level 1 (M,W) Olmecca
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates Mat: level 2 (Su,M,W,F) Pinetree
 Ranch Cycling: All Levels (M) Pai Pai
 Tai Chi Specialty (Su-F) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-T) Montaña
- 11:00 **Booty Blast** (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,Th,F) Pilates Studio
 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) Arroyo
 Nutritional Resilience and Performance with Patti T. Milligan, PhD, RD, CNS Olmecca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,F also Th at 11 am) Kuchumaa
 Qi Gong Specialty (Su-F) Oaktree
 Release & Mobilize please wear socks (M,W also F at 11a) Arroyo
 Water Polo on the Noodle (M) Activity Pool
 Woodlands Afternoon Hike 2 Miles (M) Gazebo
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein Arroyo
- 3:00 **Aqua Ease** Shallow Water Workout (M,W) Activity Pool
 Core Express 30 mins (M,W,F) Olmecca
 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
 Transformation—How Shirleyfest Can Become “[your name here] Fest” with Shirley Buccieri Arroyo
- 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: *What Happens Later*** Library Lounge
 7:45 **California Dreaming: An Armchair Tour of the State's Most Celebrated Gardens, with Nan Sterman** Olmecca

TUESDAY | April 16

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) * Option to tour Professor Park / RLP Foundation, back by 9am. * Option to ride the van to and from the Ranch. 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 **Circuit Training** (M-F) Azteca
 Dance: Burlesque (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates on the Stability Ball (T) Olmecca
 Tai Chi Specialty (Su-F) Oaktree
 TRX Strength HIIT (T) Tolteca
 Yoga Fundamentals (Su-T) 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
 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
- 12:00 **Musical Meditation, with Natalie Dalschaert, piano, and Brice Martin, flute** Oaktree
- 1:00 **Documentary: *Tree of Life, The Living Legacy of Edmond Szekeley*** (26 mins) Library Lounge
 Unlocking the Keys to EAT this WAY and FEEL That! with Patti T. Milligan, PhD, RD, CNS Tolteca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (T,F, also Th at 11 am) Kuchumaa
 Balance & Coordination Focus (T) Olmecca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Qi Gong Specialty (Su-F) Oaktree
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 Inner Fitness: Emotions! How To Feel Fully and Communicate Wisely! with Emily Boorstein Arroyo
- 3:00 **Healthy Back Secrets** (T) Tolteca
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
 Travel - The Art of Becoming a Local with Shirley Buccieri Arroyo
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T) Montaña
 Hands-On Cooking Classes with Chef Kristine Kidd. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 Garden the Mediterranean Way: Cultivate Beauty in a Dry Climate, with Nan Sterman Olmecca
- 7:15 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
 7:45 **Change Your Genes, Change Your Life: Living to 100 and Beyond, with Ken Pelletier, MD** Olmecca

WEDNESDAY | April 17

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** ☐ **Chant** (W) Milagro
 ☐ **Circuit Training** (M-F) Azteca
 ☐ **Dance: Salsa** (W) Kuchumaa
 ☐ **Full Body Strength: Level 1** (M,W) Olmeca
 ☐ **H2O Bootcamp:** deep water workout (M,W) Activity Pool
 ☐ **Pilates Mat:** level 2 (Su,M,W,F) Pinetree
 ☐ **Tai Chi Specialty** (Su-F) Oaktree
 ☐ **Tennis Clinic: Level 2** (M,W) Tennis Courts
 ☐ **Yoga: Level 1** (W-F)) Montaña
- 11:00** ☐ **Booty Blast:** 30 mins (M,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
 ☐ **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
 ☐ **Unlocking the Keys to EAT this WAY and FEEL That! Part II with Patti T. Milligan, PhD, RD, CNS** Juice Bar
- 2:00** ☐ **Dance: Zumba** (W) Kuchumaa
 ☐ **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
 ☐ **Postural Awareness** (W) Tolteca
 ☐ **Qi Gong Specialty** (Su-F) Oaktree
 ☐ **Release & Mobilize** please wear socks (M,W, also F at 11a) Olmeca
 ☐ **Inner Fitness: How We Grow and Learn! with Emily Boorstein** 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
 ☐ **Travel—The Nuts and Bolts of Travel Technology with Shirley Buccieri** 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 Kristine Kidd** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 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 | April 18

- 6:05** ☐ **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Sign Up * Option to tour Professor Park / RLP Foundation, back by 9am * Option to ride the van to and from the Ranch. Gazebo
- 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
- 10:00** ☐ **Circuit Training** (M-F) Azteca
 ☐ **Dance: Move, Groove & Funk** (Th) Kuchumaa
 ☐ **Pickleball: Intermediate** (Su,T,Th,F) please wear court shoes Pickleball Courts
 ☐ **Pilates Arc Barrel:** level 2 (Th) Pinetree
 ☐ **Tai Chi Specialty** (Su-F) Oaktree
 ☐ **TRX Flexibility** (Th) Tolteca
 ☐ **Water Jogging:** deep water workout (Th) Activity Pool
 ☐ **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
 ☐ **Pilates Reformer: Fundamentals** (Th,F) Pilates Studio
 ☐ **Shallow Water Workout** (Su,T,Th,F) Activity Pool
 ☐ **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
- 12:30** ☐ **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** ☐ **Cultivate Flavor – Grow Your Own Kitchen Herbs and Spices, with Nan Sterman** 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 balcon
- 2:00** ☐ **Breathwork: Relax the Mind** (Th) Montaña
 ☐ **Circuit Training** (T,Th) Azteca
 ☐ **Deep Water** (Su,T,Th) Activity Pool
 ☐ **Qi Gong Specialty** (Su-F) Oaktree
 ☐ **Pilates Cadillac Fundamentals** (T,Th) Pilates Studio
 ☐ **Cooking Demo** 30 mins Juice Bar
 ☐ **Inner Fitness: Create and Manifest Your Best Life, with Emily Boorstein** Arroyo
- 3:00** ☐ **Labyrinth** (Th) Labyrinth
 ☐ **Sound Healing** (Su-F) Oaktree
 ☐ **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) Tolteca
 ☐ **Sacred Circle Practice** (Th) Meet at Labyrinth will walk to Circle
 ☐ **Yoga Nidra** (Th) Montaña
 ☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- 4:45** ☐ **Spring Delights Dinner with Chef Kristine Kidd.** 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: Classics and Originals for Flute and Piano, with Natalie Dalschaert, piano, and Brice Martin, flute** Oaktree

FRIDAY | April 19

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
 ☐ **Step Aerobics** (F) Kuchumaa
 ☐ **Stretch** (Su-F) Montaña
 ☐ **Discover the Gorgeous Gardens of Rancho La Puerta, with Nan Sterman** Gazebo
- 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
 ☐ **Tabata HIIT 30** cardio & strength (F) Olmeca
 ☐ **Tai Chi Specialty** (Su-F) Oaktree
 ☐ **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
- 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
 ☐ **Qi Gong Specialty** (F) Oaktree
 ☐ **Release Stress with Tapping** (F) Arroyo
 ☐ **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 CHAKRA 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