

# Gyrokinesis Cardio Breathing with Karen Burka Dance with Anna Bo Tunga

**April 20, 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 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**  **Pickleball: Open Play all Levels** \*supervised please wear court shoes Pickleball Courts  
 **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
- 4:00**  **Set your Intention: Tips for a Magical Week** Olmeca
- 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  
**7:45**  **Handwriting Analysis: The Secret in Your Script, with Lena Rivkin** Olmeca

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

## SUNDAY | April 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, F) 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**  **Full Body Strength: Level 2** (Su,W) Olmeca  
 **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) Olmeca  
 **Chant** (Su,W) Milagro  
 **Dance Specialty: FUNdamentals** of hip hop dance, movements & choreography (Su-F) Kuchumaa  
 **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  
 **Yoga Fundamentals** (Su-T) Montaña
- 11:00**  **Cardio Muscle Blast** (Su) Azteca  
 **Gyrokinesis Cardio Breathing Specialty** 60 min (Su-F) Pinetree  
 **Mini Trampoline: Balance and Core** (Su) 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, also Su 2 & 3p, F at 10) Pilates Studio  
 **Ranch Barre** (Su, also Tu at 9) Olmeca  
 **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** Oaktree  
 **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  
 **Pilates Reformer: Fundamentals** (also Su at 3 & M,W at 11, F at 10) Pilates Studio  
 **Ranch Ropes HIIT** 30 mins (S, also 10 am F) Olmeca  
 **Inner Fitness: Change Your Mind, Change Your Life, with Emily Boorstein** Arroyo  
 **Organic Tea Tasting** (30 mins) Juice Bar
- 3:00**  **Dynamic Stretch: 30 mins** (Su,Th ) Pinetree  
 **Pilates Reformer: Fundamentals** (also M,W at 11, F at 10a) Pilates Studio  
 **Sound Healing** (Su-F, also 4pm Su) Oaktree  
 **Stability Ball** 30 mins (Su,T) Olmeca  
 **Tai Chi** (Su,W) Montaña
- 4:00**  **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca  
 **Restorative Yoga** (Su) Montaña  
 **Sound Healing** (also M-F at 3pm) Oaktree  
 **From Brushstrokes to Pen Strokes – Handwriting analysis of influential and famous artists, with Lena Rivkin** Library Lounge
- 7:15**  **Movie: Emma** Library Lounge  
**7:45**  **The Writing Life: New York Times** bestselling novelist, Amanda Eyre Ward will speak about her life as an author and read from her new novel Oaktree

## MONDAY | April 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** (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) Olmeca  
 **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 Specialty: FUNdamentals** of hip hop dance, movements & choreography (Su-F) 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  
 **Ranch Cycling: All Levels** (M) Pai Pai  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga Fundamentals** (Su-T) Montaña
- 11:00**  **Booty Blast** (M,W) Olmeca  
 **Gyrokinesis Cardio Breathing Specialty** 60 min (Su-F) Pinetree  
 **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,W, also F at 10) Pilates Studio  
 **TRX Flexibility** (M, also Th at 2, F at 10am) Tolteca  
 **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña  
 **Drawing with Jennifer** (2 hours) Art Studio  
 **Writing Craft: Tell Me Your Story, with Amanda Eyre Ward** Library Lounge
- 1:00**  **A Perfect Lifestyle: Food, Wine, Sex and Chocolate, with Robert Vogel, MD** Olmeca  
 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
- 2:00**  **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,F also active 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  
 **Watercolor, with Jennifer** 2 hours Art Studio  
 **Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein** Arroyo
- 3:00**  **Aqua Yoga** (M) 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 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  
 **The Write Note – What handwriting analysis reveals about musicians and composers, with Lena Rivkin** Library Lounge
- 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**  **Women World Leaders – Lessons of Leadership Stories of Women Presidents and Prime Ministers, with Laura Liswood** Olmeca

## TUESDAY | April 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 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) Olmeca  
 **Stretch** (Su-F) Montaña
- 10:00**  **Circuit Training** (M-F) Azteca  
 **Dance Specialty: FUNdamentals** of hip hop dance, movements & choreography (Su-F) Kuchumaa  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Pilates on the Stability Ball** (T) Olmeca  
 **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  
 **Dance: Latin Fusion** (T) Kuchumaa  
 **Gyrokinesis Cardio Breathing Specialty** 60 min (Su-F) Pinetree  
 **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  
 **Shallow Water Workout** (Su,T,Th,F) Activity Pool  
 **Stretch** (Su,T,Th) Oaktree  
 **Yoga Sculpt: Level 2** 60 mins (T) Olmeca  
 **Landscape Sketching, with Jennifer** 120 mins Juice Bar  
 **Writing Craft: How to Research, with Amanda Eyre Ward** Library Lounge
- 1:00**  **Shopping for Food: Label Lies and Nutritional Information, with Robert Vogel, MD** 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 (T,F, also Th at 11 am) Kuchumaa  
 **Balance & Coordination** (T) Olmeca  
 **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: 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) Olmeca  
 **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  
 **Yoga Nidra** (T,Th) Oaktree  
 **Knitting For Wellness** (T) Main Lounge  
 **Hands-On Cooking Classes with Chef Kim O'Donnel.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.  
 **Lessons and Myths of Leadership, with Laura Liswood** Arroyo
- 7:15**  **Documentary Kiss the Ground** (90 mins) Library Lounge
- 7:45**  **Concert: The Heart of Americana, with Claudia Russell & Bruce Kaplan** Oaktree

## WEDNESDAY | April 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  
 **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 Specialty: FUNdamentals** of hip hop dance, movements & choreography (Su-F) 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  
 **Tennis Clinic: Level 2** (M,W) Tennis Courts  
 **Yoga: Level 1** (W-F)) Montaña  
 **Landscape Garden Walk** (W) Main Lounge
- 11:00**  **Booty Blast:** 30 mins (M,W) Olmeca  
 **Cycle Strength: All Levels** (W) Pai Pai  
 **Gyrokinesis Cardio Breathing Specialty** 60 min (Su-F) Pinetree  
 **Mini Trampoline Express:** 30 mins (M,W) Kuchumaa  
 **Pickleball: Beginner** (W, also Th,F at 9a) please wear court shoes Pickleball Courts  
 **Pilates Reformer: Fundamentals** (W also F at 10) Pilates Studio  
 **Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña  
 **Writing Craft: The Three-Act Structure, with Amanda Eyre Ward** Library Lounge
- 11:30**  **Painting Demonstration, with Jennifer** Art Studio
- 1:00**  **Exercise, How to Get the Most out of Your Work-out, with Robert Vogel, MD** Olmeca  
 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
 **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00**  **Dance: Zumba** (W) Kuchumaa  
 **Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo  
 **Postural Awareness** (W) Tolteca  
 **Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree  
 **Inner Fitness: How We Grow and Learn! with Emily Boorstein** Arroyo
- 3:00**  **Aqua Strength & Tone** Shallow Water Workout (W) Activity Pool  
 **Core Express** 30 mins (M,W,F) Olmeca  
 **Decompress & Motion:** 30 mins (W) Pinetree  
 **Pilates Reformer: Level 2** (M,W) Pilates Studio  
 **Sound Healing** (Su-F) Oaktree  
 **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 Kim O'Donnel.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.  
 **Finding the Leader Within You, with Laura Liswood** Arroyo
- 7:15**  **Movie *Jerry and Marge*** Library Lounge
- 7:45**  **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, hosted by Barry Shingle, Director of Guest Experiences** Oaktree

## THURSDAY | April 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**  **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 Specialty: FUNdamentals** of hip hop dance, movements & choreography (Su-F) Kuchumaa  
 **Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts  
 **Pilates Arc Barrel:** level 2 (Th) Pinetree  
 **Sculpt & Step** (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  
 **Gyrokinesis Cardio Breathing Specialty** 60 min (Su-F) Pinetree  
 **Pickleball: Open Play all levels** (Th,F) \*unsupervised please wear court shoes Pickleball Courts  
 **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  
 **The Business of Writing, with Amanda Eyre Ward** Library Lounge
- 12:30**  **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00**  **Documentary *Tree of Life, The Living Legacy of Edmond Szekely*** (26 mins) Library Lounge  
 **Food for Thought: How to Stave Off Alzheimer's and other Neurodegenerative Diseases, with Robert Vogel** Olmeca  
 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up (\$60 art kit fee) Dining Hall balcony
- 2:00**  **Breathwork: relax the mind** (Th) Montaña  
 **Circuit Training** (T,Th) Azteca  
 **Deep Water** (Su,T,Th) Activity Pool  
 **Pilates Cadillac Fundamentals** (T,Th) Pilates Studio  
 **TRX Flexibility** (Th, also F at 10) Tolteca  
 **Inner Fitness: Create and Manifest Your Best Life, with Emily Boorstein** Arroyo  
 **Cooking Demo** 30 mins Juice Bar
- 3:00**  **Dynamic Stretch:** 30 mins (Th) Pinetree  
 **Labyrinth** (Th) Labyrinth  
 **Sound Healing** (Su-F) Oaktree  
 **Spanish lessons at the Ranch: beginners** (M-F) Library Lounge
- 4:00**  **Foam Roller Recovery** Please wear socks (Th) Tolteca  
 **Yoga Nidra** (T,Th) Oaktree  
 **Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol  
 **Cultivating a Growth Mindset in Your Life and Work, with Laura Liswood** Arroyo
- 4:45**  **Meat Lover's Meatless Dinner with Chef Kim O'Donnel.** 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 | April 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  
 **Cardio Boxing** (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**  **Circuit Training** (F) Azteca  
 **Dance Specialty: FUNdamentals** of hip hop dance, movements & choreography (Su-F) Kuchumaa  
 **Pilates Mat:** level 2 (F) Pinetree  
 **Pilates Reformer: Fundamentals** (F) Pilates Studio  
 **Ranch Ropes HIIT** 30 mins (F) Olmeca  
 **TRX Flexibility** (F) Tolteca  
 **Yoga: Level 1** (W-F)) Montaña
- 11:00**  **Core & More** (F) Olmeca  
 **Dance: Cardio Hip Hop: Flashback 90's** (F) Kuchumaa  
 **Gyrokinesis Cardio Breathing Specialty** 60 min (Su-F) Pinetree  
 **Kettlebells** 30 mins (F) Tolteca  
 **Pickleball: Open Play all levels** ,(F) \*unsupervised please wear court shoes Pickleball Courts  
 **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
- 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  
 **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
- 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*