

Dance Week with Galit Friedlander

May 25, 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 | May 25

- 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 Pickleball Courts
 Yoga: All levels Montaña
- 1:00 **Fitness Concierge** 30 mins Dining Hall
 Ranch Tour 30 mins Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
 Stability Ball 30 mins Olmecca
- 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 **Explore the Power of Your Uniqueness, with Candace Gray** Olmecca

<u>MEAL HOURS</u>		<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>	
SATURDAY		Milagro - Meditation Room	
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		
SUNDAY THROUGH FRIDAY		Activity Pool - Lap Swim	
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		
SNACK TIMES		UNSTAFFED PICK-UP GAMES	
Main Lounge / Sunday – Friday		Pickleball: Open Play all levels 1	
Fruit: 10:30 am		11:00 am: Su,T,Th,F	
Veggies & Juice 4:30 pm		9:00 am: M,W	
Tierra Alegre Juice Bar /Su-F			
Smoothies: 2:45 pm			

SUNDAY | May 26

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) Tolteca
- 10:00 **BOSU® Fit** (Su) Olmecca
 Chant (Su,F) Milagro
 Dance Specialty: Hip Hop Grooves Class (Su,M,W,Th) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 Yoga Fundamentals (Su-T) Montaña
- 11:00 **Cardio Muscle Blast: Level 2** (Su) Azteca
 Mini Trampoline: Balance and Core (Su,also 30 min W) 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 2p & 3p) Pilates Studio
 Ranch Barre (Su, also T at 9am) Olmecca
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,M,W,F) Activity Pool
 TRX Fundamentals (Su, also Th at 10am) Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Explore Your Purpose; Assess Your Current Season, with Candace Gray Arroyo
- 12:00 **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 1:00 **Secrets to Better Pickleball** Tolteca
 Water Flow Therapy Demo South Pool
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Su,M, also active Th at 11 am) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3 & M,W,F at 11) Pilates Studio
 Postural Awareness (Su) Tolteca
 Ranch Ropes HIIT 30 mins (Su) Olmecca
 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, also W at 11am) Pinetree
 Pilates Reformer: Fundamentals (also M,W,F at 11) Pilates Studio
 Sound Healing with Jeny (Su-W,F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Relaxing Stretch + Sound Healing with Jeny (Su,Th) Oaktree
 Restorative Yoga (S,T) Montaña
 Hand-Binding a Sketchbook with Clayton Merrell, MFA 90 mins Art Studio
- 5:00 **Christian Gathering** (led by guests) Los Olivos
- 7:15 **Movie: *A Haunting in Venice*** Library Lounge
- 7:45 **Latin Fire: Exotic Dance Music for Four Hands, One Piano, with DUO MUNDI GEORGE & GULI** Oaktree

MONDAY | May 27

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
- 9:00 **Barbell Strength: Level 2** (M,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Core & More (M, also T at 10, F at 11) 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 Specialty: Hip Hop Grooves Class (Su,M,W,Th) Kuchumaa
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates on Stability Ball: Level 2 (M) Olmecca
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-T) Montaña
- 11:00 **Booty Blast** 30 min (M,Th) Olmecca
 Cardio Drum Dance (M, also T at 2pm, F at 10am) 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 (M, also T at 10am, Th at 3pm) Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
 Examine Simple Ways to Make a Meaningful Difference, with Candace Gray Arroyo
- 1:00 **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, also active Th at 11 am) Kuchumaa
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Walking Fundamentals (M,W) Walking Track/Outside Kuchumaa
 Water Polo on the Noodle (M,W) Activity Pool
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein Arroyo
- 3:00 **Core Express** 30 mins (M,W,F) Olmecca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sand Volleyball (M,W) Sand Volleyball Court
 Sound Healing with Jeny (Su-W,F) Oaktree
 Tai Chi (M,W) Montaña
 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
 Color Perception: New Eyes, with Clayton Merrell, MFA (75 mins) Meet at Arroyo, then to Art Studio
- 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 **Boosting Brain Health, with Samantha Heller, MS, RDN** Olmecca

TUESDAY | May 28

- 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 **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
 Outdoor Bootcamp: Level 2 (T) Sand Volleyball Court
 Ranch Barre (T) Olmecca
 Stretch (Su-F) Montaña
- 10:00 **Aqua Board** (T,Th also 11 am T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Core & More (T, also F at 11a) Olmecca
 Dance Specialty: Vogue (T, also W 2pm) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 TRX Flexibility (T, also Th at 3p) 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 **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) Pai Pai
 Dance: Zumba (T) Kuchumaa
 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 3pm) Olmecca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
 Design Your Impact, with Candace Gray Arroyo
- 1:00 **Living with a Healthy Heart, with Samantha Heller, MS, RDN** Olmecca
 Documentary: *Tree of Life, The Living Legacy of Edmond Szekeley* 26 mins Library Lounge
- 2:00 **Cardio Drum Dance** (T, also F at 10) Kuchumaa
 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
 Whose Scat is That? And Other Signs of Wildlife: Nature Field Experience with Judie Lincer Gazebo
- 3:00 **Aqua Ease: Gentle Movement & Stretch** in shallow water (T,Th) Activity Pool
 Decompress & Motion: 30 mins (T) Pinetree
 Healthy Back Secrets (T) Tolteca
 Sound Healing with Jeny (Su-W,F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 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 (S,T) Montaña
 Knitting For Wellness Sign up (T) Gazebo
 Color Preferences: Learning to Love All Colors, with Clayton Merrell, MFA (75 mins) Meet at Arroyo, then to Art Studio
 Hands-On Cooking Classes with Chef Vaughn Vargus. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 6:30 **Sunset Mountain Hike: Alex's Oak** 2 Miles (T) Gazebo
- 7:15 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 7:45 **What I Learned about Love and Marriage from "Married at First Sight!" with Pepper Schwartz, Ph.D.** Olmecca

WEDNESDAY | May 29

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
- Ethnobotany-How Native Americans Use Plants for Food, Shelter, Medicine, and more. Nature Field Experience, with Judie Lincer** Gazebo
- 10:00 **Circuit Training** (M-F) Azteca
- Dance Specialty: Hip Hop Grooves Class** (Su,M,W,Th) Kuchumaa
- Full Body Strength level 1** (W) Olmeca
- H2O Bootcamp:** deep water workout (M,W) Activity Pool
- Pilates Mat: Level 2** (Su,T,W,F) Pinetree
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Yoga: Level 1** (W-F) Montaña
- Landscape Garden Walk** (W) Gazebo
- 11:00 **Bodyweight Challenge: Level 2** 30 mins (Th) Olmeca
- Cycle Strength: All Levels** (W) Pai Pai
- Dynamic Stretch:** 30 mins (Th) Pinetree
- Mini Trampoline Express:** 30 mins (W) Kuchumaa
- Pickleball: Beginner** (W, also Th,F at 9a) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (W,F) Pilates Studio
- 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 **Ranch Tour** 30 mins Start outside Dining Hall
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Secrets to a Healthy Life, with Samantha Heller, MS, RDN** Olmeca
- 2:00 **Dance Specialty: Vogue** (W) Kuchumaa
- Forest Bathing** (W) Meet at the Labyrinth
- Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree
- Walking Fundamentals** (W) Walking Track/Outside Kuchumaa
- Water Polo on the Noodle** (M,W) Activity Pool
- Inner Fitness: How We Grow and Learn! with Emily Boorstein** Arroyo
- 3:00 **Aqua Fit** shallow & deep water workout (W) Activity Pool
- Core Express** 30 mins (M,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sand Volleyball** (M,W) Sand Volleyball Court
- Sound Healing with Jeny** (W,F) Oaktree
- Tai Chi** (M,W) Montaña
- 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
- Complicated Color: Looking Closer with Clayton Merrell, MFA** (75 mins) Meet at Arroyo, then to Art Studio
- Hands-On Cooking Classes with Chef Vaughn Vargus.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 7:15 **Movie *The Farewell*** 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 | May 30

- 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 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **BOSU® & Ropes level 2** 30 mins (Th) Olmeca
- Dance: Latin Fusion** (Th) Kuchumaa
- 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
- 10:00 **Aqua Board** (also 11 am Th) Central Pool
- Circuit Training** (M-F) Azteca
- Dance Specialty: Hip Hop Grooves Class** (Su,M,W,Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (Th) Pinetree
- TRX Fundamentals** (Th) Tolteca
- Yoga Level 1** (W-F) Montaña
- 11:00 **Active Aerial Yoga: Level 2, Low hammock** please wear socks and short/long sleeves (Th) Kuchumaa
- Aqua Board** (Th) Central Pool
- Aqua Strength & Tone** shallow water workout (T,Th) Activity Pool
- Booty Blast:** 30 mins (M,Th) Olmeca
- Cycle Hip Hop 30: All Levels** (Th) 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
- The Whys & How's of Hiking Poles** Bring your own poles or borrow ours (Th) Arroyo (outside)
- Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson** Gazebo
- 12:00 **Lunch with Fundación La Puerta** Dining Hall Patio Terrace by Koi Pond Sign up in Main Lounge
- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00 **Sex, Intimacy, Health & Happiness, with Pepper Schwartz, Ph.D.** 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 **Balance & Coordination** (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: Create and Manifest Your Best Life, with Emily Boorstein** Arroyo
- 3:00 **Aqua Ease: Gentle Movement & Stretch** shallow water workout (T,Th) Activity Pool
- Ranch Sound Healing** (Th) Oaktree
- TRX Flexibility** (Th) Tolteca
- 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
- Relaxing Stretch + Sound Healing with Jeny** (Su,Th) Oaktree
- Sacred Circle** (Th) Meet at Labyrinth
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- Natural and Artificial Color: Making Paint from Local Pigments, with Clayton Merrell, MFA** (75 mins) Meet at Arroyo, then to Art Studio
- 4:45 **Cali-Co Culinary Fiesta, with Chef Vaughn Vargus. 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
- 7:45 **From Scott Joplin & George Gershwin to Billy Joel, with George Lopez** Oaktree

FRIDAY | May 31

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
- Dance: Cardio Hip Hop w/ Connie** (F) Kuchumaa
- 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 **Cardio Drum Dance** (F) Kuchumaa
- Chant** (F) Milagro
- Circuit Training** (F) Azteca
- Pilates Mat: level 2** (F) Pinetree
- Tabata HIIT 30** strength & cardio (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 (Su,M,W,Th,F) Montaña
- Make an Ancestor Altar, with Jennifer** (2 hours) Art Studio
- 1:00 **Set your Return to Home Intention** (F) Tolteca
- Snap Strategies for Common Relationship Issues, with Pepper Schwartz, Ph.D.** Olmeca
- 2:00 **Aqua Groove** shallow water workout (F) Activity Pool
- 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
- Labyrinth** (Th) Labyrinth
- Sound Healing with Jeny** (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
- 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