

Pickleball with Nancy Meyer

May 4, 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 4

- 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** **Mah Jongg • The Beauty and Soul of Mah Jongg, with Toby Salk** Olmeca

<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		Azteca Gym - Weight Room	
Main Lounge / Sunday – Friday		Saturday: 6:30 am to 1:30 pm	
Fruit: 10:30 am		Sunday – Friday: 7:00 am to 5:00 pm	
Veggies & Juice 4:30 pm		UNSTAFFED PICK-UP GAMES	
Tierra Alegre Juice Bar /S-F		Pickleball	
Smoothies: 2:45 pm		Open Play all levels 11am Su,T,Th,F and 9am M,W	

SUNDAY | May 5

* **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
- 10:00** **BOSU® Fit** (Su) Olmeca
 Chant (Su,F) Milagro
 Dance: Cardio Hip Hop -Bodyrock (Su,F) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th,F) 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) 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,W,F also Su 2 & 3p) Pilates Studio
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th,F) Activity Pool
 TRX Fundamentals (Su) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 The Whys & How's of Hiking Poles (Su) (bring your own poles, or borrow ours) Arroyo (outside)
- 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** **Deep Water** (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3 & M,W,F at 11) Pilates Studio
 Ranch Ropes HIIT 30 mins (Su) Olmeca
 Walking Fundamentals (Su,T,W) Walking Track (Outside Kuchumaa)
 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 (Su-F, also Su at 4pm) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
- 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
 Beginners Mah Jongg–American Style, with Toby Salk. Must be present for this first class if you really want to learn and attend the full workshop Sign up (60 min) Arroyo
 Rolfing® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider Olmeca
- 7:15** **Movie: A Haunting in Venice** Library Lounge
- 7:45** **Solo Flute Classical Masterpieces, infused with elements of improvisation and folk melodies, with Dominyka Šeibok** Oaktree

MONDAY | May 6

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 (also T at 10, 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
 Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root Gazebo
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: NIA (M) Kuchumaa
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates on the Stability Ball: Level 2 (M) Olmeca
 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
 Mini Trampoline Express: 30 mins (M,W) Kuchumaa
 Pickleball: Beginner (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts
 Outdoor Bootcamp: Level 2 (M) Sand Volleyball Court
 Pilates Reformer: Fundamentals (M,W,F) Pilates Studio
 TRX Flexibility (M, also 2pm, and Th at 10am) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
- 12:00** **Musical Interlude: A Contemplative and Ethereal Improvisation, with Dominyka Šeibok** 30 mins Oaktree
- 1:00** **Optimizing Your Circadian Rhythm and Cardiovascular Health through Intermittent Fasting, with Pam Taub, MD** Olmeca
- 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
 TRX Flexibility (M also Th at 10 am) Tolteca
 Water Polo on the Noodle (M) Activity Pool
 Woodlands Afternoon Hike 2 Miles (M) Gazebo
 Watercolor, with Jennifer 2 hours Art Studio
- 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
 Tai Chi (M,W) Montaña
 Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
 Golden Hour Photo Walk, with Melba Levick (M,W) Gazebo
- 4:00** **Healthy Shoulder & Rotator Cuff Secrets** (M) Tolteca
 Inner Journey Guided Meditation (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Beginners Mah Jongg–American Style with Toby Salk Sign up (60 min) Arroyo
- 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** **Bold Futures - Moving to Personal Mastery! Introduction to our SPIRE framework (Spiritual, Physical, Intellectual, Relational, Emotional), with Barbara Healy** Olmeca

TUESDAY | May 7

- 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** **Dance: Zumba** (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
 Whose Scat is That? And Other Signs of Wildlife: Nature Field Experience with Judie Lincer Gazebo
- 10:00** **Circuit Training** (M-F) Azteca
 Core & More (also F at 11am) Olmeca
 Dance: Intro to Salsa (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,T,W,F) Pinetree
 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** **Cardio Drum Dance** (T, also F at 9am) 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
 Shallow Water Workout (Su,T,Th,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3pm) Olmeca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 1:00** **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 active Th at 11 am) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Walking Fundamentals (Su,T,W) Walking Track/Outside Kuchumaa
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 A Roadmap for creating our personal Vision/Mission-Part 2, with Barbara Healy Arroyo
- 3:00** **Healthy Back Secrets** (T) Tolteca
 Decompress & Motion: 30 mins (T) Pinetree
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
 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) Montaña
 Knitting For Wellness (T) Gazebo
 Beginners Mah Jongg–American Style with Toby Salk Sign up (60 min) Arroyo
 Hands-On Cooking Classes with Chef Dan Hayes. Register at Ext.640/625/Fee/Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 7:15** **Documentary Kiss the Ground** (90 mins) Library Lounge
- 7:45** **A Conversation with Sarah Livia Brightwood Szekely, President & CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

WEDNESDAY | May 8

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, also Th at 10) Tolteca
- Ethnobotany-How Native Americans Used Plants for Food, Shelter, Medicine, and more. Nature Field Experience, with Judie Lincer** Gazebo
- 10:00 **Circuit Training** (M-F) Azteca
- Dance: Latin Fusion** (W) Kuchumaa
- Full Body Strength: Level 1** (M,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) Main Lounge
- 11:00 **Booty Blast:** 30 mins (M,W) Olmeca
- Cycle Strength: All Levels** (W) Pai Pai
- Dynamic Stretch:** 30 mins (Th) 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,F) Pilates Studio
- 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
- Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
- 2:00 **Balance & Coordination** (W) Olmeca
- Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
- Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree
- Walking Fundamentals** (W) Walking Track/Outside Kuchumaa
- Courageous Relationships, with Barbara Healy** Arroyo
- 3:00 **Aqua Strength & Tone** Shallow Water Workout (W) Activity Pool
- Core Express** 30 mins (M,W,F) Olmeca
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Tai Chi** (M,W) Montaña
- Spanish lessons at the Ranch: beginners progressive** (M-F) Library Lounge
- Golden Hour Photo Walk, with Melba Levick** Gazebo
- 4:00 **Inner Journey Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Journaling for Joy** (W) Milagro
- Beginners Mah Jongg--American Style with Toby Salk** Sign up (60 min) Arroyo
- Hands-On Cooking Classes with Chef Dan Hayes. Register at** Ext.640/625/Fee/Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- 7:15 **Movie: *The Farewell*** Library Lounge
- 7:45 **Art in Its Moment, Part 1, with Hugh Levick** Oaktree

THURSDAY | May 9

- 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: level 2** 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
- Sculpt & Step** (Th) Kuchumaa
- 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
- TRX Flexibility** (Th) Tolteca
- Water Jogging:** deep water workout (Th) Activity Pool
- Yoga: Level 1** (W-F)) Montaña
- 11:00 **Active Aerial Yoga: Level 2, Low hammock** please wear socks and short/long sleeves (Th, also gentle 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
- 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 **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
- Pilates Cadillac Fundamentals** (T,Th) Pilates Studio
- Cooking Demo** 30 mins Juice Bar
- Emotions and Self-Compassion, with Barbara Healy** Arroyo
- 3:00 **Labyrinth** (Th) Labyrinth
- Postural Awareness** (M) Tolteca
- Sound Healing** (Su-F) Oaktree
- Yoga Sculpt: Level 2** (Th) Olmeca
- Spanish lessons at the Ranch: beginners progressive**(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 **Tres Estrellas Meets Mediterranean Dinner, with Chef Dan Hayes.** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
- 5:00 **Art in its Moments, Part 2, with Hugh Levick** Oaktree
- 7:00 **Prayer Arrows with Tim Hinchliff** Main Lounge
- Movie: *The Fabelmans*** (2hrs 31 min) Library Lounge
- 7:45 **Get Your Nature Groove on! Be Dazzled by Signs of Wildlife up Close and Personal, with Judie Lincer** Olmeca

FRIDAY | May 10

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
- Birding & Nature Walk. Nature Field Experience, with Judie Lincer** Gazebo
- 10:00 **Chant** (F) Milagro
- Circuit Training** (F) Azteca
- Dance: Cardio Hip Hop Flashback 90's** (Su,F) Kuchumaa
- Pickleball: Intermediate** (F) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (F) Pinetree
- Total Body with Bands** 30 mins (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 **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
- Wrapping it up - Personal Mastery and Well Being, with Barbara Healy** 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 progressive** (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