

Yoga Pilates Fusion with Helen Vanderburg Trail Running with Donnie & Tom Flahaven June 1, 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 | June 1

- 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
- 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 **Celebrating the Power of the Story, with Cliff Mayotte** Olmecca

<u>MEAL HOURS</u>		<u>AVAILABLE FACILITIES</u>	
SATURDAY		WHEN NO CLASS IS IN SESSION	
Breakfast	7:00 am to 9:00 am	Milagro - Meditation Room	
Lunch	11:30 am to 3:30 pm	6:00 am to 9:00 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		
<u>SNACK TIMES</u>		<u>UNSTAFFED PICK-UP GAMES</u>	
Main Lounge / Sunday – Friday		Pickleball: Open Play all levels	
Fruit: 10:30 am		M,W: 9:00am	
Veggies & Juice 4:30 pm		Su,T,Th,F: 11:00am	
Tierra Alegre Juice Bar /Su-F			
Smoothies: 2:45 pm			

SUNDAY | June 2

* **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 M at 11am) Tolteca
 The Whys & How's of Hiking Poles Bring your own poles or borrow ours (Su) Arroyo (outside)
- 10:00 **BOSU® Fit** (Su) Olmecca
 Chant (Su,F) Milagro
 Dance: Latin Fusion (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Yoga Fundamentals (Su-T) Montaña
 Yoga Pilates Fusion: Fusion A'line (Su,W) Pinetree
- 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,Th,F also Su 2p & 3p) Pilates Studio
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 TRX Fundamentals (Su, also Th at 10am) Tolteca
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
- 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 **Cardio Drum Dance** (Su, also 11 am M, F at 9) Kuchumaa
 Deep Water (Su,T,W,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3 & M,W,Th,F at 11a) Pilates Studio
 Postural Awareness (Su) Tolteca
 Ranch Ropes HIIT 30 mins (Su) Olmecca
 Inner Fitness: Live Your Great Story! with Jeanine Mancusi, CPCC, LMCC 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,Th,F at 11a) Pilates Studio
 Sound Healing (Su-F, also 4pm) 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 (Su, also M-F at 3pm) Oaktree
 "What's Your Story?", with Cliff Mayotte (Su,M,W) Arroyo
- 5:00 **Christian Gathering** (led by guests) Los Olivos
 7:15 **Movie: A Haunting in Venice** Library Lounge
 7:45 **Genius Breakdown: Inside the Minds of the Classical Composers. Performance/lecture with pianist, composer and YouTuber Nahre Sol** Oaktree

MONDAY | June 3

Class spaces are limited to first come first served

- 6:10 **Trail Run with Donnie & Tom Flahavan: Professor's** challenging 3.3 Miles (M,Th) Main Lounge
- 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
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop Bodyrock (M,Th) Kuchumaa
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Trail Running Clinic with Donnie & Tom: Run Form (M,T,Th) Meet outside of Kuchumaa Gym
 Yoga Fundamentals (Su-T) Montaña
 Yoga Pilates Fusion: Fusion Refine (M,Th) Pinetree
- 11:00 **Booty Blast** 30 min (M,Th) Olmecca
 Cardio Drum Dance (M, also F at 9am) Kuchumaa
 Pickleball: Beginner (M,W also T, Th, F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,W,Th,F) Pilates Studio
 Shallow Water Workout (Su,M,W,F) Activity Pool
 TRX Strength HIIT (M) 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
 Unwinding Anxiety, with Victoria Maizes, MD Olmecca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T, also active Th at 11 am) Kuchumaa
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Release Stress with Tapping (M, also F in Oaktree) Arroyo
 Water Polo on the Noodle (M) Activity Pool
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Jeanine Mancusi, CPCC, LMCC Arroyo
- 3:00 **Core Express** 30 mins (M,W,F) Olmecca
 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
- 4:00 **Healthy Shoulder & Rotator Cuff Secrets** (M) Tolteca
 Inner Journey Guided Meditation (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 The Art of Oral History Interviewing, with Cliff Mayotte (Su,M,W) 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 **Gems of Brazilian Music, with Kristen Strom and Scott Sorkin** Oaktree

TUESDAY | June 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 **Trail Run with Donnie & Tom Flahavan: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **Meditation** (Su-F) Oaktree
 Outdoor Bootcamp: Level 2 (T) Sand Volleyball Court
 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 **Aqua Board** (T,Th also 11 am T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Core & More (T, also F at 11) Olmecca
 Dance: Salsa (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Trail Running Clinic: Uphill/ Downhill Skills with Donnie & Tom (M,T,Th) Meet outside of Kuchumaa Gym
 TRX Flexibility (T, also Th at 3pm) Tolteca
 Yoga Fundamentals (Su-T) Montaña
 Yoga Pilates Fusion: Fusion D'fine (T,F) Pinetree
 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
 Dance: Zumba (T) Kuchumaa
 Cycle 30: All Levels (T,Th also F at 10 am) 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
 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
- 1:00 **Nourishing Your Health by Living Green, with Victoria Maizes, MD** 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 (T, also active Th at 11 am) Kuchumaa
 Balance & Coordination (T,Th) Olmecca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,W,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 Inner Fitness: Emotional Fluency – Permission to Feel, with Jeanine Mancusi, CPCC, LMCC Arroyo
- 3:00 **Aqua Ease: Gentle Movement & Stretch in shallow water** (T,Th) Activity Pool
 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
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (T) Montaña
 Knitting For Wellness (T) Gazebo
 Hands-On Cooking Classes with Chef Tamie Cook. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 How to Listen to Classical Music: A Beginner's Guide, with Nahre Sol Oaktree
- 6:30 **Sunset Mountain Hike: Alex's Oak** 2 Miles (T) Gazebo
- 7:15 **Documentary Kiss the Ground** (90 mins) Library Lounge
- 7:45 **Hold Me Tight: Seven Conversations for A Lifetime of Love, with Peggie Dickens MA, LMHC** (W,Th,F 11am Arroyo) Olmecca

WEDNESDAY | June 5

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
- Trail Run with Donnie & Tom Flahavan: Organic Garden Breakfast Hike** 4 miles, Sign up Main Lounge
- 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 **Circuit Training** (M-F) Azteca
- Dance: Burlesque** (W) Kuchumaa
- Full Body Strength: level 1** (W) Olmeca
- H2O Bootcamp:** deep water workout (M,W) Activity Pool
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Trail Running: Global Run Day! Woodlands Fun Run with Donnie & Tom** (W) Meet outside of Kuchumaa Gym
- Yoga Level 1** (W-F) Montaña
- Yoga Pilates Fusion: Fusion A'line** (Su,W) Pinetree
- Landscape Garden Walk** (W) Main Lounge
- 11:00 **Bodyweight Challenge: Level 2** 30 mins (Th) Olmeca
- Cycle Strength: All Levels** (W) Pai Pai
- Dynamic Stretch:** 30 mins (W) 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,Th,F) Pilates Studio
- Shallow Water Workout** (Su,M,W,F) Activity Pool
- Yoga Level 2** 75 mins (Su,M,W,Th,F) Montaña
- Hold Me Tight: Conversations 2 and 3, with Peggie Dickens MA, LMHC** (W,Th 1am and F 1pm) Arroyo
- 11:30 **Painting Demonstration, with Jennifer** Art Studio
- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- Vibrantly Healthy Women, with Victoria Maizes, MD** Olmeca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 2:00 **Dance: Swing** (W) Kuchumaa
- Deep Water** (Su,T,W,Th) Activity Pool
- Forest Bathing** (W) Meet at the Labyrinth
- Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree
- Inner Fitness: Powerful You – Ownership and Responsibility, with Jeanine Mancusi, CPCC, LMCC** Arroyo
- 3:00 **Aqua Fit** shallow & deep 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
- 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
- Hands-On Cooking Classes with Chef Tamie Cook.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Oral History Story Circle, with Cliff Mayotte** (Su,M,W) Arroyo
- 6:30 **Join Deborah Szekely in a Toast to Rancho La Puerta's 84th Anniversary!** Dining Hall
- 7:15 **Movie *The Farewell*** 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 | June 6

- 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
- Trail Run with Donnie & Tom Flahavan: Professor's** challenging 3.3 Miles (M,Th) Main Lounge
- 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
- Low Impact Aerobics** (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: Cardio Hip Hop Flashback 90's** (Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Trail Running Clinic: Mastering up & Down -Alex Oak with Donnie & Tom** (Su,T,Th) Meet outside of Kuchumaa Gym
- TRX Fundamentals** (Th) Tolteca
- Yoga Level 1** (W-F) Montaña
- Yoga Pilates Fusion: Fusion Refine** (M,Th) Pinetree
- 11:00 **Active Aerial Yoga: Level 2, Low hammock** please wear socks and short/long sleeves (Th) Kuchumaa
- Aqua Board Yoga** (Th) Central Pool
- Aqua Strength & Tone** shallow water workout (T,Th) Activity Pool
- Booty Blast:** 30 mins (M,Th) Olmeca
- Cycle 30: All Levels** (Th, also F at 10am) Pai Pai
- Pickleball: Open Play all levels** (Th,F) *unsupervised please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Th,F) Pilates Studio
- 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
- Hold Me Tight: Conversations 4 and 5, with Peggie Dickens MA, LMHC** (W,Th, 11am, F 1 pm) Arroyo
- 12:00 **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** 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 **Documentary *Tree of Life, The Living Legacy of Edmond Szekely 2*** 26 mins Library Lounge
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Arroyo 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,W,Th) Activity Pool
- Pilates Cadillac Fundamentals** (T,Th) Pilates Studio
- Cooking Demo** 30 mins Juice Bar
- Inner Fitness: Create Your Best Life – How to Manifest Your Dreams, with Jeanine Mancusi, CPCC, LMCC** Arroyo
- 3:00 **Aqua Ease: Gentle Movement & Stretch** shallow water workout (T,Th) Activity Pool
- Sound Healing** (Su-F) 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
- Sacred Circle** (Th) Meet at Labyrinth
- Yoga Nidra** (Th) Montaña
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- Tea with Phyllis** Gazebo
- 4:45 **Mindful Dining Dinner, with Chef Tamie Cook.** 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 **Duo Jazz Magic, with Kristen Strom and Scott Sorkin** Oaktree

FRIDAY | June 7

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
- 6:10 **Trail Run with Donnie & Tom Flahavan: Coyote** Advanced 5.5 or 4 Miles (T,F) Main Lounge
- 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
- 10:00 **Chant** (F) Milagro
- Circuit Training** (F) Azteca
- Cycle Hip Hop 30: All Levels** (Th) Pai Pai
- Dance Disco** (F) Kuchumaa
- Total body with Bands** (F) Olmeca
- Yoga Level 1** (W-F) Montaña
- Yoga Pilates Fusion: Fusion D'fine** (T,F) Pinetree
- 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
- Indigenous Wisdom Walk with Norma Meza, Kumeyaay, and Mike Wilken, naturalist** 110 mins Meet Outside Kuchumaa Gym
- 1:00 **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree
- Set your Return to Home Intention** (F) Tolteca
- Hold Me Tight: Conversations 6 and 7, with Peggie Dickens MA, LMHC** Arroyo
- 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** (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 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