

Gyrokinesis with Donna Place

Yoga with Stacy McCarthy

June 22, 2024 **DRAFT**

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 22

- 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
- 12:00 **Local Designer Event with Patti Lopez (12 to 4 pm)** Mercado
- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00 **Core Express** 30 mins Olmecca
 Sound Healing Oaktree
- 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 **Radical Acceptance: Tapping into Life, with Rachel Fleischman** Olmecca

MEAL HOURS	AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION
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	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
	Aztecca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday - Friday: 7:00 am to 5:00 pm
SNACK TIMES	UNSTAFFED PICK-UP GAMES
Main Lounge / Sunday - Friday Fruit: 10:30 am Veggies & Juice 4:30 pm	Pickleball 11 am Sun 9 am M,W
Tierra Alegre Juice Bar /Su-F Smoothies: 2:45 pm	

SUNDAY | June 23

* **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 Fundamentals (Su, also Th at 10am) Tolteca
 The Whys & How's of Hiking Poles Bring your own poles or borrow ours (Su) Arroyo (outside)
- 10:00 **BOSU® Fit** (Su) Olmecca
 Dance: Cardio Hip Hop: Flashback 90's (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat Level 2 (Su,T,Th,F) Pinetree
 TRX Strength HIIT: level 2 (Su) Tolteca
 Yoga Level 2 (Su-F) Montaña
- 11:00 **Cardio Muscle Blast: level 2** (Su) Azteca
 Mini Trampoline: Balance and Core (Su,also 30 min on W, also M at 3pm) 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) Pilates Studio
 Ranch Barre (Su, also Th at 10 am) Olmecca
 Shallow Water Workout (Su,M,W,F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga Flow Specialty all levels 75 mins (Su-F) Montaña
- 12:00 **Swim Stroke Clinic:** 30 mins (Su) Activity Pool
- 1:00 **Feldenkrais: Improving Posture and Balance - Lecture with Donna Wood** Oaktree
 Nutrition Wellness: Metabolism and Healthy Weight, with Jody Miller, MA, RCEP Olmecca
 Water Flow Therapy Demo South Pool
- 2:00 **Deep Water** (Su,T,Th) Activity Pool
 Gyrokinesis Specialty (Su,M,W,F also 11 am T,Th) Pinetree
 Pilates Reformer: Fundamentals (also M,W,F at 11) Pilates Studio
 Ranch Ropes HIIT: level 2 30 mins (Su) Olmecca
 Paying Attention: Using Mindfulness to Come to Presence, with Rachel Fleischman Library Lounge
 Organic Tea Tasting (30 mins) Juice Bar
- 3:00 **Postural Awareness** (Su) Tolteca
 Sound Healing (Su,M,W,F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Release Stress with Tapping (Su) Oaktree
 Restorative Yoga (Su) Montaña
 Plein Air Painting in The Golden Hour, with Ken and Stephanie Goldman (up to 2 hours) Meet at Art Studio
- 5:00 **Christian Gathering** (led by guests) Los Olivos
 Workshop #1: Intro to Improv...The Power of Agreement, with Arlene Matthews Olmecca
- 7:15 **Movie: *A Haunting in Venice*** Library Lounge
- 7:45 **Concert with Cahill and Delene** Oaktree

MONDAY | June 24

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 F at 10) 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: Cardio Disco Dance (M) Kuchumaa
 H2O Bootcamp: deep water workout (M,W) Activity Pool
 Pilates on the Stability Ball: Level 2 (M) Pinetree
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 2 (Su-F) Montaña
- 11:00 **Booty Blast** 30 min (M,Th) Olmecca
 Cardio Drum Dance (M, also W at 2pm, Th at 9am) 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 10, Th at 3) Tolteca
 Yoga Flow Specialty all levels 75 mins (Su-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
 Macronutrients, Blood Sugar, and Energy Levels: Navigating Health and Breaking Free from Sugar "Addiction," with Jodie Goodman Block, MS, RDN, CDN Olmecca
- 2:00 **Balance and Coordination** (M,Th) Olmecca
 Gyrokinesis Specialty (Su,M,W,F also 11 am T,Th) Pinetree
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Water Polo on the Noodle (M,W) Activity Pool
 Watercolor, with Jennifer 2 hours Art Studio
 Self-Compassion: Being Awake for Your Life, with Rachel Fleischman Library Lounge
- 3:00 **Mini Tramp and Core** : 30 mins (M, also W at 11) Kuchumaa
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su,M,W,F) Oaktree
 Spanish lessons at the Ranch: beginners progressive (M-F) Library Lounge
- 4:00 **Inner Journey Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Plein Air Painting in The Golden Hour, with Ken and Stephanie Goldman (up to 2 hours) Meet at Art Studio
 Improv - Workshop #2: Follow the Fun, with Arlene Matthews Olmecca
- 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 **Exploring the Complexities of the Mother-Daughter Dynamic, with Diane Danvers Simmons and Natalie Danvers Simmons** Olmecca

TUESDAY | June 25

- 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 **Dance: Burlesque** (T) Kuchumaa
 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
 Stretch (Su-F) Montaña
- 10:00 **Aqua Board** (T,Th also 11 am T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Dance: Latin Fusion (T) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat Level 2 (Su,T,Th,F) Pinetree
 Tabata HIIT 30: level 2 (T) Olmecca
 TRX Flexibility (T, also Th at 3pm) Tolteca
 Yoga Level 2 (Su-F) Montaña
- 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, also F at 10) Pai Pai
 Gyrokinesis Specialty (T,Th also W,F at 2pm) 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
 Stretch (Su,T,Th) Oaktree
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3pm) Olmecca
 Yoga Flow Specialty all levels 75 mins (Su-F) Montaña
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 1:00 **Balancing What You Want and Should Eat: Dieting Versus Intuitive Eating, with Jodie Goodman Block, MS, RDN, CDN** Olmecca
 The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D. Library Lounge
- 2:00 **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (T,F also Th at 11 am) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T,Th) Pilates Studio
 On Purpose Gratitude: Happy for No Reason, with Rachel Fleischman Library Lounge
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
- 3:00 **Aqua Ease: Gentle Movement & Stretch** (T,Th) Activity Pool
 Release Stress with Tapping (F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 Tai Chi (T,W) 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) Montaña
 Knitting For Wellness (Sign up - max 8) 60 mins (T) Gazebo
 Hands-On Cooking Classes with Chef Deborah Schneider. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Empathizing with Our Mother, with Diane Danvers Simmons and Natalie Danvers Simmons** Arroyo
 Plein Air Painting in The Golden Hour, with Ken and Stephanie Goldman (up to 2 hours) Meet at Art Studio
- 5:00 **Improv - Workshop #3: Group Games, Group Mind, with Arlene Matthews** Olmecca
- 6:30 **Sunset Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
- 7:15 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 7:45 **Concert with Cahill and Delene** Oaktree

WEDNESDAY | June 26

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 **Circuit Training** (M-F) Azteca
- Dance: Intro to Salsa** (W) Kuchumaa
- Full Body Strength: level 1** (W) Olmeca
- H2O Bootcamp:** deep water workout (M,W) Activity Pool
- Pilates Arc Barrel: Level 2** (W) Pinetree
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Yoga Level 2** (Su-F) Montaña
- Landscape Garden Walk** (W) Main Lounge
- 11:00 **Bodyweight Challenge: level 2** 30 mins (W) 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 Flow Specialty** all levels 75 mins (Su-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
- Let's Talk Smoothies: And Other Natural Foods and How They Enhance Our Gut and Overall Health...Q/A", with Jodie Goodman** Block, MS, RDN, CDN Juice Bar
- 2:00 **Cardio Drum Dance** (also Th at 9am) Kuchumaa
- Gyrokinesis Specialty** (W,F also 11 am Th) Pinetree
- Forest Bathing** (W) Meet at the Labyrinth
- Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree
- Embodiment; The Goal, with Rachel Fleischman** Library Lounge
- Water Polo on the Noodle** (M,W) Activity Pool
- 3:00 **Core Express** 30 mins (W,F) Olmeca
- Decompress & Motion:** 30 mins (W) Pinetree
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su,M,W,F) Oaktree
- Tai Chi** (T,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 Deborah Schneider.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Breaking Generational Patterns, with Diane Danvers Simmons and Natalie Danvers Simmons** Arroyo
- Plein Air Painting in The Golden Hour, with Ken and Stephanie Goldman (up to 2 hours)** Meet at Art Studio
- 5:00 **Improv - #4: We've Got Your Back! , with Arlene Matthews** Oaktree
- 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 | June 27

- 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
- Cardio Drum Dance** (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: Zumba** (Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Mat Level 2** (Su,T,Th,F) Pinetree
- Ranch Barre** (Th) Olmeca
- TRX Fundamentals** (Th) Tolteca
- Yoga Level 2** (Su-F) Montaña
- 11:00 **Aqua Board** (Th) Central Pool
- Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (Th, also F at 2pm) Kuchumaa
- Aqua Strength & Tone** shallow water workout (T,Th) Activity Pool
- Gyrokinesis Specialty** (Th, also F at 2pm) Pinetree
- Booty Blast:** 30 mins (M,Th) Olmeca
- Cycle Hip Hop 30: All Levels** (Th, also F at 10) Pai Pai
- Pickleball: Open Play all levels** (Th,F) *unsupervised please wear court shoes Pickleball Courts
- Stretch** (Su,T,Th) Oaktree
- Yoga Flow Specialty** all levels 75 mins (Su-F) Montaña
- Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson** Gazebo
- 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
 - The Tree of Life: The Living Legacy of Edmond Szekely, with Ludwig Max Fischer, Ph.D.** Library Lounge
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up (\$60 art kit fee) Dining Hall balcon
- 2:00 **Balance & Coordination** (M,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
- 3:00 **Aqua Ease: Gentle Movement & Stretch** (T,Th) Activity Pool
- 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
- Yoga Nidra** (Th) Montaña
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- Intergenerational Conversations, with Diane Danvers Simmons and Natalie Danvers Simmons** Arroyo
- Plein Air Painting in The Golden Hour, with Ken and Stephanie Goldman (up to 2 hours)** Meet at Art Studio
- 4:45 **Mexican Flair Fiesta, with Chef Deborah Schneider.** 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 **Improv Night Live! Arlene Matthew and Guests** Oaktree

FRIDAY | June 28

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 **MountainHike: 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
- Sculpt & Step** (F) Kuchumaa
- Stretch** (Su-F) Montaña
- 10:00 **Chant** (F) Milagro
- Circuit Training** (F) Azteca
- Core & More** (F) Olmeca
- Cycle 30: All Levels** (F) Pai Pai
- Dance: FLASH MOB** (F) Kuchumaa
- Pilates Mat Level 2** (F) Pinetree
- Yoga Level 2** (Su-F) Montaña
- 11:00 **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
- Total body with Bands** (F) Olmeca
- Yoga Flow Specialty** all levels 75 mins (F) Montaña
- Make an Ancestor Altar, with Jennifer** (2 hours) Art Studio
- Indigenous Wisdom Walk with Norma Meza, Kumeyaay, & Mike Wilken, naturalist** 110 mins/ Meet 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
- Gyrokinesis Specialty** (F) Pinetree
- Mandala with Jennifer** (60 mins) Art Studio
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Library Lounge
- 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 CHAKRA meditation** (F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Twelve Aphorisms of Edmond Szekely, and How They Can Change our Lives. Meet Professor Ludwig Max Fischer for wine and conversation** Bazar del Sol
- 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