

Water Week with Craig Stuart

Dance ‘Groove’ Week with Heather Winia

July 6, 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 | July 6

- 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 **Fitness Concierge** Dining Hall
 Ranch Tour 30 mins Start outside Dining Hall
- 2:00 **Core Express** 30 mins Olmecca
 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 **Sleep: Secrets and Strategies, with Sarah Zallek, MD** Olmecca

MEAL HOURS	
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
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
SNACK TIMES Sunday -Friday	
Fruit	10:30 am Central Pool
Electrolytes	10:30 am Gazebo
Smoothies	2:45 pm Juice Bar
Veggies/Juice	4:30 pm Lounge

SUNDAY | July 7

* **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) 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)
 Nature Walk with Rob Larson Meet at Gazebo
 Chasing Sleep: A Do-it-Yourself Guide to Overcoming Insomnia, with Sarah Zallek, MD Library Lounge
- 10:00 **Chant** (Su,F) Milagro
 BOSU® Fit (Su) Olmecca
 Dance: Latin Fusion (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 Fundamentals (Su-T) Montaña
 Complimentary Shiatsu or Reflex Massage (5 mins/10am – 12:30pm) Villas Pool
- 11:00 **Cardio Muscle Blast: level 2** (Su) Azteca
 Mini Trampoline: Balance and Core Level 2 (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 also Su 2&3) Pilates Studio
 Ranch Barre (Su) Olmecca
 Stretch (Su,T,Th) Oaktree
 WAVE Shallow Water Workout (Su-F) Activity Pool
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Inner Fitness: Change Your Mind, Change Your Life, with Emily Boorstein Arroyo
- 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 **Cardio Drum Dance** (Su, also M at 11am, Th at 9am) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at 3, M,W, at 11) Pilates Studio
 Ranch Ropes HIIT: level 2 30 mins (Su) Olmecca
 Organic Tea Tasting (30 mins) Juice Bar
- 3:00 **Pilates Reformer: Fundamentals** (also M,W, at 11) Pilates Studio
 Ranch Sound Healing (Su,T,F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 Tai Chi (Su,T) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Outdoor Silent Disco Party 30 mins (Su,Th) Dining Hall (grassy area)
 Restorative Yoga (Su,Th) Montaña
 Sound Healing with Anne (Su, also M,W,Th at 3pm) Oaktree
- 5:00 **Christian Gathering** (led by guests) Los Olivos
- 7:45 **How Many Mondays Do You Have Left? with Jodi Wellman** Olmecca
- 8:00 **Outdoor Movie: The Greatest Showman** Lawn in front of Dining Hall

MONDAY | July 8

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 and More (M, also F at 10am) 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
 Sleep and Performance: Strategize Your Sleep to Maximize Physical and Mental Potential, with Sarah Zallek, MD Library Lounge
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop Flashback 90's (M) Kuchumaa
 Pilates on the Stability Ball: Level 2 (M) Olmecca
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Water Jogging: deep water workout (M,F) Activity Pool
 Yoga Fundamentals (Su-T) Montaña
 Complimentary Shiatsu or Reflex Massage (5 mins/10 am – 12:30pm) Villas Pool
 Complimentary Back & Shoulders Massage (5 mins/10 am – 12:30pm) Central Pool
- 11:00 **Booty Blast** 30 min (M,Th) Olmecca
 Cardio Drum Dance (M, also 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) Pilates Studio
 TRX Flexibility (M, also T at 10am, Th at 3pm) Tolteca
 WAVE Shallow Water Workout (Su-F) Activity Pool
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
 Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein Arroyo
- 1:00 **Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas** Tolteca
 Hormones through the Ages, with Nancy Cetel, MD Arroyo
 Secrets to Better Pickleball Juice Bar
- 2:00 **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (M,W,F also active T at 2pm) Kuchumaa
 Aqua Groove Specialty: shallow water workout (M, also W at 3pm) Activity Pool
 Balance and Coordination (M,Th) Olmecca
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Watercolor, with Jennifer 2 hours Art Studio
 Widening and Deepening Your Life with Vitality and Meaning, with Jodi Wellman Arroyo
- 3:00 **Mini Tramp with Handles and Core** : 30 mins (M, also W at 11) Kuchumaa
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing with Anne (M,W,Th) Oaktree
 Water Polo on the Noodle (M, also W at 2pm) Activity Pool
 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
- 5:00 **Guest Reception. Join us for Sangría, Guacamole & Live Music with Sergio Ramos** 60mins Bazar del Sol
- 7:15 **Movie: What Happens Later** Library Lounge
- 7:45 **Piano Concert: Juan Pablo Andrade plays Chopin** Oaktree

TUESDAY | July 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.
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30 **Mountain Trail Run** (2 to 4 Miles) (T) Gazebo
- 6:30 **Sunrise Outdoor Yoga** (60 mins) (T) Montaña
- 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
 Nature Walk with Rob Larson Meet at Gazebo
 Lifestyle for Life, with Sarah Zallek, MD Library Lounge
- 10:00 **Aqua Board** (T,Th also 11 am T,Th) Central Pool
 Circuit Training (M-F) Azteca
 Dance Specialty: The Groove F.I.T. (T,F) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat Level 2 (Su,T,Th,F) Pinetree
 Total Body with Bands (T) Olmecca
 Yoga Fundamentals (Su-T) Montaña
 Complimentary Shiatsu or Reflex Massage (5 mins/10 a – 12:30p) Villas Pool
- 11:00 **Aqua Board** (T,Th also 10 am Th) Central Pool
 Bungee Fitness: *must be comfortable jumping – also includes harness apparatus (T,Th) Pinetree
 Cycle 30: All Levels (T,Th,F) 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
 WAVE Shallow Water Workout (Su-F) Activity Pool
 Yoga Sculpt: Level 2 60 mins (T, also Th at 3pm) Olmecca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
 Inner Fitness: Emotions! How To Feel Fully and Communicate Wisely! with Emily Boorstein Arroyo
- 11:30 **Hands-On Cooking Classes with Chef Vasudha Viswanath.** Register at Ext.640/625. Fee. Depart 10 am; return 1:30pm. Meet at Admin Bldg.
- 1:00 **Our Hormones and our Overall Health and Wellness, with Nancy Cetel, MD** Arroyo
 Part I: The Tree of Life. The Living Legacy of Edmond Szekely – The screening of the film and the vision behind Rancho La Puerta, with Ludwig Max Fischer, Ph.D. Library Lounge
- 2:00 **Active Aerial Yoga: Level 2 Low hammock** please wear socks and short/long sleeves (T, also gentle W,F at 2pm) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T, also Th at 11) Pilates Studio
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 Living a Regret-Free Life, with Jodi Wellman Arroyo
- 3:00 **Healthy Back Secrets** (T) Tolteca
 Ranch Sound Healing (Su,T,F) Oaktree
 Stability Ball 30 mins (Su,T) Olmecca
 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) Montaña
 Knitting For Wellness (Sign up – max 8) 60 mins (T) Gazebo
 Salsa and Salsa with Chef Reyna Venegas and Manuel Velazquez. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
- Wine & Chocolate. Enjoy a tasting of Guadalupe Valley wines and artisanal chocolate from Oaxaca. \$25 per person. Sign up at Main Lounge** 45 mins Bazar del Sol
- 6:30 **Sunset Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
- 7:15 **Documentary Kiss the Ground** (90 mins) Library Lounge
- 7:45 **Today Matters: Why Today Impacts Tomorrow's Success – Introduction, with Mark Wuttke** Olmecca

WEDNESDAY | July 10

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) Olmecca
 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) Olmecca
 H2O Bootcamp: deep water workout (W) Activity Pool
 Pilates Arc Barrel: Level 2 (W) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 (W-F) Montaña
 Landscape Garden Walk (W) Main Lounge
 Complimentary Back & Shoulders Massage (5 mins/10 am – 12:30pm) Central Pool
- 11:00 **Bodyweight Challenge: Level 2** 30 mins (W) Olmecca
 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) Pilates Studio
 WAVE Shallow Water Workout (Su-F) Activity Pool
 Yoga Level 2 75 mins (Su,M,W,Th,F) Montaña
 Inner Fitness: How We Grow and Learn! with Emily Boorstein Arroyo
- 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
 Hormonal Health and Being Your Own Self Advocate for Optimal Health, with Nancy Cetel, MD Arroyo
- 2:00 **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (W,F) Kuchumaa
 Forest Bathing (W) Meet at the Labyrinth
 Release & Mobilize please wear socks (M,W, also F at 11a) Oaktree
 Water Polo on the Noodle (W) Activity Pool
 What Kind of Legacy Do You Want to Leave Behind? with Jodi Wellman Arroyo
- 3:00 **Aqua Groove Specialty:** shallow water workout (W) Activity Pool
 Core Express 30 mins (W,F) Olmecca
 Decompress & Motion: 30 mins (W) Pinetree
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing with Anne (M,W,Th) 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 Vasudha Viswanath. Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.
 Today Matters Session 2: Attitude and Priorities, with Mark Wuttke Arroyo
- 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 | July 11

- 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
- 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **BOSU® & Ropes level 2** 30 mins (Th) Olmecca
 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
 Nature Walk with Rob Larson Meet at Gazebo
- 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
 TRX Fundamentals (Th) Tolteca
 Yoga Level 1 (W-F) Montaña
- 11:00 **Aqua Board** (Th) Central Pool
 Booty Blast: 30 mins (M,Th) Olmecca
 Bungee Fitness: **must be comfortable jumping – also includes harness apparatus* (T,Th) Pinetree
 Cycle Hip Hop 30: All Levels (Th,F) Pai Pai
 Pickleball: Open Play all levels (Th,F) *unsupervised please wear court shoes Pickleball Courts
 Pilates Cadillac Fundamentals (Th) Pilates Studio
 Stretch (Su,T,Th) Oaktree
 WAVE Shallow Water Workout (Su-F) Activity Pool
 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
 Inner Fitness: Create and Manifest Your Best Life, with Emily Boorstein 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 **Part II. Edmond Szekely's Eight Ways to Harmonize Civilization and Nature for Superior Health and Longevity, with Ludwig Max Fischer, Ph.D.** Library Lounge
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff Sign up (\$60 art kit fee) Dining Hall balcony
- 2:00 **Balance & Coordination** (M,Th) Olmecca
 Breathwork: Find your Calm (Th) Montaña
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Cooking Demo 30 mins Juice Bar
 Well-Being That Actually Works, with Jodi Wellman Arroyo
- 3:00 **Sound Healing with Anne** (M,W,Th) Oaktree
 TRX Flexibility (Th) Tolteca
 Yoga Sculpt: Level 2 (Th) Olmecca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00 **Foam Roller Recovery** Please wear socks (Th) Tolteca
 Outdoor Silent Disco Party 30 mins (Su,Th) Dining Hall (grassy area)
 Restorative Yoga (Su,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Today Matters Session 3: Health and Family, with Mark Wuttke Arroyo
- 4:45 **Tres Estrellas Garden Feast, with Chef Vasudha Viswanath and Chef Reyna Venegas.** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.
- 5:00 **Sacred Circle** (Th) Meet at Labyrinth
- 6:15 **Silent Dinner** (Th) Sign up, Los Olivos (via Dining Hall balcony)
- 7:00 **Prayer Arrows with Tim Hinchliff** Main Lounge
 Movie: *The Fabelmans* (2hrs 31 min) Library Lounge
- 7:45 **Piano Concert: Juan Pablo Andrade plays Latin American Music** Oaktree

FRIDAY | July 12

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
 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** (Su,F) Milagro
 Circuit Training (F) Azteca
 Core & More (F) Olmecca
 Cycle 30: All Levels (F) Pai Pai
 Dance Specialty: The Groove F.I.T. (T,F) Kuchumaa
 Pilates Mat Level 2 (F) Pinetree
 Water Jogging: deep water workout (F) Activity Pool
 Yoga Level 1 (F) Montaña
 Complimentary Back & Shoulders Massage (5 mins/10 am – 12:30pm) Central Pool
- 11:00 **Cardio Sculpt Express : level 2** 30 mins (F) Olmecca
 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
 WAVE Shallow Water Workout (F) Activity Pool
 Yoga Level 2 75 mins (F) Montaña
 Make an Ancestor Altar, with Jennifer (2 hours) Art Studio
- 1:00 **Set your return 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
 Part III. Professor Szekely Speaks Pearls of Wisdom: Quotes from the prophetic practical voice of a great holistic ecological Visionary, with Professor Ludwig Max Fischer Library Lounge
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Core Express** 30 mins (F) Olmecca
 Labyrinth (Th) Labyrinth
 Ranch 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
 Today Matters Session 4: Thinking and Growth, with Mark Wuttke Arroyo
- 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