

90's Cardio Dance Party with Old School Skinny

Pilates with Sarah Bertucelli Lampro

July 20, 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 20

- 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
 Pickleball: Open Play all levels (Su,T,Th,F)
- 10:15 **Ranch Tour** 30 mins Start outside Dining Hall
- 11:00 **Yoga: All levels** Montaña
- 12:00 **Core Express** 30 mins Olmeca
- 1:00 **Fitness Concierge** 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** 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
- 8:00 **Learning to Live with Less and Why it Matters, with Amy Carstensen** Olmeca

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

<u>AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION</u>	
Milagro - Meditation Room 6:00 am to 9:00 pm	
Activity Pool - Lap Swim 7:00 am to 6:00 pm	
Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm	

<u>UNSTAFFED PICK-UP GAMES</u>	
Pickleball 11:00am on Su,T,Th,F 9:00 am on M,W	

SUNDAY | July 21

*** 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,W,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, also F at 10am) Olmeca
 Introduction to Circuit Training (Su) Azteca
 Pilates Specialty: Mat Level 1 (Su-F) Pinetree
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F also M at 11a) please wear court shoes Pickleball Courts
 Stretch (Su-F) Montaña
 Nature Walk with Rob Larson Meet at Gazebo
- 10:00 **Chant** (Su) Milagro
 Dance Specialty: Cardio 90's Hip Hop (Su,M,W, F also T&Th at 2p) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Specialty: Mat Level 2 (Su-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 Blast: Level 2** (Su) Azteca
 Mini Trampoline: Balance and Core (Su,also 30 min on 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 2&3p) Pilates Studio
 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
- 12:00 **Swim Stroke Clinic:** 30 mins (Su, Th) 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 Tolteca
 Water Flow Therapy Demo South Pool
- 2:00 **Deep Water** (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (also Su at3, M,W,F at 11) Pilates Studio
 Ranch Ropes HIIT: level 2 30 mins (Su) Olmeca
 Organic Tea Tasting (30 mins) Juice Bar
 Inner Fitness: Discovering Your Creative Inspired Life, with Laura West Arroyo
- 3:00 **Pilates Reformer: Fundamentals** (also M,W,F at 11a) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su) Montaña
 Decluttering: 10 Items to Let Go of Today, with Amy Carstensen Arroyo
- 5:00 **Christian Gathering** (led by guests) Los Olivos
- 8:00 **Amazing Oceans of Life, with Mark Hixon, Ph.D.** Olmeca
 Outdoor Movie: *The Greatest Showman* Lawn in front of Dining Hall

MONDAY | July 22

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 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 Specialty: Mat Level 1 (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance Specialty: Cardio 90's Hip Hop (M, W, F also T &Th at 2pm) Kuchumaa
 Pilates Specialty: Mat Level 2 (Su-F) Pinetree
 Ranch Cycling: All Levels (M) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 H2O Boot Camp: deep water workout (M,W) 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,W) Olmeca
 Bungee Fitness: *must be comfortable jumping – also includes harness apparatus (M,W) Pinetree
 Cardio Drum Dance (M, also Th at 9am) Kuchumaa
 Pickleball: Beginner (M, also T, Th, F at 9a) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,W,F) Pilates Studio
 Shallow Water Workout (M,W,F) Activity Pool
 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
 Digestive Wellness with Ayurveda, with Siva Mohan, MD, MPH Olmeca
 Secrets to Better Pickleball (M) Arroyo
- 2:00 **Aerial Yoga: Gentle Low hammock** please wear socks and short/long sleeves (M,Tu,also F at 3 also active Th at 11am) Kuchumaa
 Balance and Coordination (M, also Tuat10am & That2pm Olmeca) Tolteca
 Release & Mobilize please wear socks (M,W also F at 11a) Oaktree
 Ranch Barre (M) Olmeca
 Watercolor, with Jennifer 2 hours Art Studio
 Inner Fitness: Opening Your Intuition for Greater Guidance, with Laura West Arroyo
- 3:00 **Pilates Reformer: Level 2** (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Mini Trampoline Express (M, W) Kuchumaa
 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
 Get Your Nature Groove on! Be Dazzled by Signs of Wildlife up Close and Personal, with Judie Lincer, M.S. Ed. Olmeca
- 5:00 **Guest Reception. Join us for Sangria, Guacamole & Live Music with Sergio Ramos** 60mins Bazar del Sol
 Pickleball: Round Robin 90 mis (M,W) please wear court shoes Pickleball Courts
- 7:15 **Movie: *La La Land*** Library Lounge
- 8:00 **Karl Anthony in Concert: Open My Eyes** Oaktree

TUESDAY | July 23

- 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
 Mountain Hike: Alex's Oak 2 Miles (Su,W,F) Gazebo
 Sunrise Outdoor Yoga (60 mins) (T) Meet Outside Montaña
 Woodlands Hike 2 Miles (Su,T,Th) Gazebo
- 6:45 **Whose Scat is That? And Other Signs of Wildlife, with Judie Lincer, M.S. Ed.** 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 Specialty: Mat Level 1 (Tu-F) Pinetree
 Stretch (Su-F) Montaña
 Nature Walk with Rob Larson Meet at Gazebo
- 10:00 **Aqua Board** (T,Th also 11 am T,Th) Central Pool
 Balance and Coordination (Tu, also Th at 2pm) Olmeca
 Circuit Training (M-F) Azteca
 Dance: Latin Fusion (Tu) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Specialty: Mat Level 2 (Su-F) Pinetree
 Yoga Fundamentals (Su-T) Montaña
 Complimentary Shiatsu or Reflex Massage (5 mins/10a – 12:30p) Villas Pool
- 11:00 **Aqua Board** (T,Th also 10 am Th) Central Pool
 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
 Aqua Strength & Tone Shallow Water Workout (Tu, Th) Activity Pool
 Yoga Sculpt: Level 2 60 mins (T, also) Olmeca
 Landscape Sketching, with Jennifer 120 mins Juice Bar
- 11:15 **Hands-On Cooking Classes with Chef Fran Costigan** Register at Ext.640/625. Fee. Depart 11:15 am; return by 2:30 pm. Meet at Admin Bldg.
- 1:00 **Eating for Healthy Aging, with Siva Mohan, MD, MPH** Olmeca
- 2:00 **Circuit Training** (T,Th) Azteca
 Dance Specialty: Cardio 90's Hip Hop (Tu,Th, also W,F at 10a) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (T, also Th at 11am) Pilates Studio
 Postural Awareness (T,W) Tolteca
 Watercolor Collage Cards with Jennifer 2 hours Art Studio
 Inner Fitness: Open to the Flow of More Abundance, with Laura West Arroyo
- 3:00 **Decompress & Motion:** 30 mins (T) Pinetree
 Healthy Back Secrets (T) Tolteca
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (Su,T) Olmeca
 Tai Chi (Tu, Th) Montaña
 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,Th) Oaktree
 Knitting For Wellness (Sign up – max 8) 60 mins (Su,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
- 5:00 **Handpan Singing Drum- Harmonic Bliss with Karl Anthony** Gazebo
- 7:15 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00 **Coral Reefs: Rainforests and Canaries of the Seas, with Mark Hixon, Ph.D.** Olmeca

WEDNESDAY | July 24

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, also Fri at 10am) Olmeca
- Meditation** (Su-F) Oaktree
- Pickleball: Open Play all levels** (W, also Th,F at 11) *unsupervised please wear court shoes Pickleball Courts
- Pilates Specialty: Mat Level 1** (W-F) Pinetree
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- TRX Core:** 30 mins (W) Tolteca
- Medicine Circle with Mark Hixon** Meet outside Kuchumaa Gym

- 10:00 **Circuit Training** (M-F) Azteca
- Dance Specialty: Cardio Hip Hop 90's** (M,W,F also T & Th at 2p) Kuchumaa
- Full Body Strength: Level 1** (W) Olmeca
- H2O Bootcamp:** deep water workout (W) Activity Pool
- Pilates Specialty: Mat Level 2** (Su-F) Pinetree
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX Fundamentals** (W) Tolteca
- 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 **Booty Blast** 30 min (W) Olmeca
- Bungee Fitness: *must be comfortable jumping – also includes harness apparatus** (W) Pinetree
- Mini Trampoline Express:** 30 mins (W) Kuchumaa
- 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

- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall Entrance

- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Emotional Basis of Digestive Disorders, with Siva Mohan, MD, MPH** Olmeca
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up (\$60 art kit fee) Dining Hall balcony

- 2:00 **Postural Awareness** (W) Tolteca
- Release & Mobilize** please wear socks (M,W, also F at 11a) Oaktree
- Water Polo on the Noodle** (W) Activity Pool
- Inner Fitness: Unlock Your Creativity, with Laura West** Arroyo

- 3:00 **Core Express** 30 mins (W,F) Olmeca
- Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su-F) 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
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins Bazar del Sol
- Hands-On Cooking Classes with Chef Fran Costigan.** Register at Ext.640/625. Fee. Depart 4pm; return 7:30pm. Meet at Admin Bldg.

- 5:00 **Pickleball:** Round Robin 1.5 hrs (M,W) please wear court shoes Pickleball Courts

- 6:30 **Sunset Mountain Hike: Alex's Oak** 2 Miles (W) Gazebo
- 6:45 **Toast to celebrate the Travel + Leisure Award** Dining Hall

- 7:00 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:15 **Movie *The Farewell*** Library Lounge

- 8:00 **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 25

- 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) Olmeca
- Cardio Drum Dance** (Th) Kuchumaa
- Meditation** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F) please wear court shoes Pickleball Courts
- Pilates Specialty: Mat Level 1** (Th, F) Pinetree
- Stretch** (Su-F) Montaña
- Nature Walk with Rob Larson** Meet at Gazebo

- 10:00 **Aqua Board** (also at 11 am Th) Central Pool
- BOSU® Fit** Olmeca
- Circuit Training** (M-F) Azteca
- Dance: Pop, Funk, Jazz** (Th) Kuchumaa
- Pickleball: Intermediate** (Su,T,Th) please wear court shoes Pickleball Courts
- Pilates Specialty: Mat Level 2** (Su-F) Pinetree
- TRX Flexibility** Stretch & Mobility (Th) Tolteca
- Yoga: Level 1** W-F) Montaña

- 11:00 **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
- Cycle Hip Hop 30: All Levels** (Th,) 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
- 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

- 12:00 **Swim Stroke Clinic:** 30 mins (Su, Th) Activity Pool

- 2:00 **Balance & Coordination** (Th) Olmeca
- Circuit Training** (T,Th) Azteca
- Dance Specialty: Cardio 90's Hip Hop** (Th, also F at 10am) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Cooking Demo** 30 mins Juice Bar
- Inner Fitness: Expand Your Life with Gratitude and Love, with Laura West** Arroyo

- 3:00 **Sound Healing** (Su-F) Oaktree
- Dynamic Stretch** Pinetree
- Tai Chi** (Tu, Th) Montaña
- Spanish lessons at the Ranch: beginners** (M-F) Library Lounge

- 4:00 **Foam Roller Recovery** Please wear socks (Th) Tolteca
- Yoga Nidra** (Th) Montana
- Drumming with Karl Anthony** (Sign up) Kuchumaa

- 4:45 **Summer Plant-Based Delights, with Chef Fran Costigan and Chef Reyna Venegas.** Register at Ext. 640/625. Fee. Depart 4:45pm; return 7:30pm. Meet at Admin Bldg.

- 6:15 **Silent Dinner** (Th) Sign up, Los Olivos (via Dining Hall balcony)

- 7:00 **Movie: *The Fabelmans*** (2 hrs, 31 min) Library Lounge

- 8:00 **Abyss: Bizarre Creatures of the Deep Sea, with Mark Hixon, Ph.D.** Olmeca

FRIDAY | July 26

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 Specialty: Mat Level 1** (F) Pinetree
- Stretch** (Su-F) Montaña
- Total Body with Bands** Strength (F) Olmeca

- 10:00 **Aqua Groove** (F) Activity Pool
- Circuit Training** (F) Azteca
- Dance Specialty: Cardio 90's Hip Hop** (F) Kuchumaa
- Full Body Strength: Level 2** (Su,W, also Fri at 10am) Olmeca
- Pilates Specialty: Mat Level 2** (Su-F) Pinetree
- Cycle 30: All Levels** Pai Pai
- 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 Min (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

- 11:30 **Mexican Artisans Market** (11:30 am to 2:30 pm) at The Gazebo and The Mercado

- 1:00 **Ayurveda Superfoods, with Siva Mohan, MD, MPH** Library Lounge
- 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

- 2:00 **Beginner Ballet** (F) Olmeca
- Labyrinth** (F) Labyrinth
- Mandala with Jennifer** (60 mins) Art Studio

- 2:45 **Live Music and Smoothies** Juice Bar

- 3:00 **Core Express** 30 mins (F) Olmeca
- Sound Healing** (Su-F) 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) 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