



**GUIDE TO
ACTIVITIES & FITNESS CLASSES**



MAKING THE MOST OF YOUR WEEK

TOUR THE RANCH AND RELAX WHEN YOU FIRST ARRIVE

Consider taking a self-guided meditative walk through the peace and silence of the oak groves to our amphitheater-like sculpture known as Kuchumaa Passage. Here you can become a part of our “family tradition”—a way of starting your week by greeting the mountain, silently reflecting on your life, and affirming your intentions for this week and the future. Traveling to or from the Passage, you may also wish to walk the Labyrinth. A magical beginning!

ENJOY A FIRST-TIME SPA-GOERS LUNCHEON

On Sunday meet at the top of the spiral staircase in the dining room, get your lunch there, and proceed to our private dining room “Los Olivos.” Meet other first-time guests and get additional tips for making the most of your week.

MEET OUR FITNESS NAVIGATOR

Our Fitness Navigator is in the dining room upon your arrival on Saturday to provide expert advice on how to create a week-long program.

JOIN A RANCH ORIENTATION AND TOUR

This informational session covers classes, activities and hikes plus indispensable advice on how to balance your week. All guests are encouraged to attend on Saturday.

RETURNEE UPDATE

Ranch “veterans” will enjoy this abbreviated version of the Ranch Orientation designed for guests with more than three prior (and fairly recent) visits.

ATTEND A GUEST RECEPTION

Socialize with other guests while feasting on Ranch guacamole (our amazing lower-fat recipe), chips, veggies and fruit. Day and time will be announced.

TRAIN ONE-ON-ONE WITH A FITNESS SPECIALIST

Our fitness staff professionals are available for private training sessions in their areas of expertise. Contact the staff member of your choice directly or call the fitness office at ext.623. (Additional fee)

TAKE THE RANCH HOME

This inspiring key lecture helps you adopt the healthy lifestyle changes you have begun at the Ranch. Learn the successful strategies that have inspired so many guests to make the transition to a year-round Rancho La Puerta way of mind-body-spirit integration.

CREATIVE EXPRESSION

Make something beautiful to take home! Our resident art teacher offers afternoon and evening programs throughout the week including daily workshops in jewelry making, landscape sketching, water colors and sculpting.

WALKS, RUNS & HIKES

ART WALK

Join our resident artist for a walking tour that highlights some of the museum-quality Mexican folk art and contemporary sculptures on display throughout the Ranch.

BIRD WALK

A guided stroll during which you'll identify and learn about local and migrating birds of the season. Binoculars provided.

LANDSCAPE GARDEN WALK

Tour the central grounds with our naturalist and learn about the historic, practical, and aesthetic reasons for the Ranch's xeriscape (low-water-use) gardens.

NATURE WALK

Take an easy stroll to learn about natural landscapes, native plants, wild flowers, and the ecosystems surrounding the Ranch. Learn how indigenous Baja people used their habitat for food, medicine, tools, shelter, and ceremony.

— MODERATE HIKES —

DOVE HIKE

A little over a mile long, this silent hike gently climbs to the first ridge of our mountains to a lovely meditation area. It then winds back down to Kuchumaa Passage, leaving hikers another time for reflection. A great introduction to the mountain.

ORGANIC GARDEN BREAKFAST HIKE

A 4-mile round trip trek over rolling hills to Tres Estrellas, our organic vegetable farm. Enjoy a garden breakfast, followed by a garden tour with our resident horticulturist. If you don't wish to walk, transportation to Tres Estrellas is offered one day during the week and may be arranged through the concierge. (Back by 9 a.m.)

“QUAIL ONE” HIKE

A 2-mile lowland hike over undulating terrain; also a perfect hike for someone who is not quite ready for the mountain or would like to have a lighter hiking day. (Optional .5-mile hill to base of mountain)

WOODLANDS HIKE

A 2-mile lowland hike meandering through the river basin among the oaks; great for beginners or those wishing to pace themselves for a full day of exercise. (Sometimes offered as a silent hike)

— CHALLENGING HIKES —

Note: Hiking boots or hiking shoes with lugged tread required on all mountain hikes.

ALEX'S OAK TRAIL

A 2-mile hike climbing about 350 feet in elevation to Alex's Oak before looping back down.

MOUNTAIN HIKE (PILGRIM TRAIL)

A 3.5-mile mountain hike up the Pilgrim Trail (700 ft. gain) and returning downhill via the Professor's Trail.

MOUNTAIN HIKE (PROFESSOR'S TRAIL)

A 3.3-mile loop mountain hike over moderately steep terrain with a 700 ft. elevation gain and loss.

“QUAIL TWO” HIKE

A 2.5-mile hike that winds across the meadow and along a stream before climbing up to the base of the mountain. Returns via the oak grove.

ROADRUNNER TRAIL RUN

A 5-mile lowland trail weaving through our meadows and chaparral. Attending a group run is suggested before running it with a buddy.

— VERY CHALLENGING HIKES —

COYOTE HIKE

A 5.5-mile strenuous hike winding up the mountain between the Pilgrim and the Professor routes and then looping back along the flanks of Mt. Kuchumaa. Elevation gain of 800+ feet.

EXTENDED WEEKLY HIKE

Join us once a week during the months of November through March for a 9-mile mountain hike. Being comfortable on the Pilgrim or Coyote hikes is a prerequisite for this hike. Breakfast is provided in a daypack.

SEVEN-MILE MOUNTAIN BREAKFAST HIKE

A group-paced hike of 3½ hours over steep, rugged terrain—3.5 miles out, stop for breakfast, and 3.5 miles back. Breakfast is provided in a daypack. Sign-up required. “Pilgrim” or “Professor's” hikes are a prerequisite.

FITNESS CLASSES

BALANCE AND COORDINATION

Stimulate postural awareness and improve balance and coordination with integrated and challenging movements.

BODY-BAR WORKOUT

Use a weighted bar and your own body weight to add variety to full-body resistance workouts.

CARDIO BOXING

Learn basic moves and punches using focus mitts and boxing gloves.

CARDIO CYCLING

Ride the “open road,” climb a “mountain,” and do sprints while enjoying the stability of a stationary bike.

CARDIO DRUMMING

A fun cardio workout using fitballs, drumsticks, high energy drum music and choreography. No drumming experience necessary.

CARDIO MUSCLE BLAST

A high energy interval class that includes intermittent cardio and strength intervals using cardio equipment, your own body weight, and free weights. Be prepared to elevate your heart rate and sweat.

CIRCUIT TRAINING

A 15-minute cardio segment followed by a vigorous balance/strength/coordination workout around a multi-station circuit. Introductory classes available on Sunday.

CORE WORKOUT—RECOMMENDED FOR MEN

Improve core strength, balance, and total body function using a foam roller, fitball, and various gravity-resisting exercises. (All levels)

DANCE

Country line, hip-hop, striptease, Latin, African and other steps for fun and fitness. (Style varies daily)

DANCE WITH YUICHI

Join our Hollywood choreographer for his once-a-week Broadway dance class and party. A tradition!

FITBALL

Improve core strength, balance, and stability through fun exercises on a large inflated exercise ball.

FIT CHECK

Periodic checks of your fitness level can motivate you to stick with a program. In this class we perform basic standard tests so that you can see where you are right now. These tests can then be repeated at home and during future visits to track your progress.

FOAM ROLLER

Improve balance, core muscles, stability, and total body function as you move and stabilize the roller in different body positions. Release muscular tension through rolling massage to increase flexibility. Helps relieve pain and improve posture.

GLIDE

Unique gliding discs energize and transform the way you move. This class incorporates balance, flexibility, core, and cardio all while sliding and having a great time.

HEALTHY BACKS

Postural techniques, stretches, strength, and endurance exercises along with helpful tips for a healthier back and better quality of life.

L.A.B. CIRCUIT

Target your abdominal, back, and lower body muscles (legs and glutes) in a circuit format. (30 minutes)

NIA (NEUROMUSCULAR INTEGRATIVE ACTION)

Low-impact aerobic workout uses movement, melody, and rhythm inspired by jazz, modern, and Eastern dance forms. Strengthens, improves balance, and nourishes the spirit. (Shoes optional)

OPEN WEIGHT ROOM

Work out in Azteca Gym on state-of-the-art HOIST fitness equipment, plus treadmills, bikes, free weights, ellipticals, and more.

PAR COUR

A 2-mile trail with challenge/obstacle stations placed throughout. Join us for a guided class and then do it on your own with fellow guests during the week.

PARTNER THAI MASSAGE

A combination of massage, assisted stretching, joint stimulation, & acupressure. You will be guided through a series of take home techniques that you and your friend / partner will practice on each other during the class.

PILATES MATWORK

Strength training emphasizing torso stabilization while improving flexibility. (Levels 1 & 2)

PILATES REFORMER

Reformer class taught in groups of six: emphasis on core strength and muscle balance. Main prerequisite is your participation in our Pilates Matwork Class and attendance at the Orientation Pilates Reformer Class. (Levels 1 & 2: additional fee) Pilates apparatus circuit class also takes place on select days.

POSTURAL THERAPY

Bring the body back to its natural alignment by finding and addressing muscle imbalances using release techniques, re-firing muscles, and various gentle stretching modalities.

RANCH BOOTCAMP

Improve speed, strength, and agility through quick and powerful athletic drills. Walk, run, step, jump, and shuffle your way to a healthier heart and stronger body. Pace and intensity varies in this indoor/ outdoor class.

RELEASE & MOBILIZE

Experience deep muscle release increased mobility by using tennis balls on specific trigger points and myofascial junctions with the goal of decreasing tightness and muscle spasms.

RUNNING CLINIC

How to run in general, and ways to improve your stride. Learn techniques from an expert on how to reduce injuries, wasted energy, and fatigue.

SAND VOLLEYBALL

A brief warm-up and introduction to techniques followed by fun, energetic games,

SCULPT & STRENGTHEN

Increase strength, metabolism, and bone density while learning resistance exercises with tubing, Dyna-Bands®, and dumbbells.

SMART WEIGHT TRAINING

Learn correct weight-lifting techniques. Each class provides various exercises that improve body awareness, muscle recruitment, strength, and endurance.

STRENGTH TRAINING WITHOUT WEIGHTS

Use your body's resistance to strengthen, define, and challenge your muscles.

STRETCH & RELAX

A soothing top-to-toe stretch with relaxation. Full body stretches for everyone.

STRETCH—RECOMMENDED FOR MEN

Full body stretches for men.

T'AI CHI

This gentle, ancient Chinese martial art is an easy-to-learn moving meditation that improves balance and body awareness.

TREKKING ON THE TREADMILL

An inspiring workout for walkers or runners using speed and incline intervals to spice up your cardio training.

YOGA SCULPT

Total body workout using dumbbells (of your selection) as you move through yoga postures. This intense, but easy-to-follow program compliments your regular yoga practice while pushing your strength and flexibility to new heights.

WORLD DRUMMING

Lively fun drumming in a group.

YOGA

RESTORATIVE YOGA

All welcome. Fundamental yoga poses practiced while supporting the body with props, allowing you a deeper sensation of “being in the moment.” A beautiful way toward relaxation, restoration, and renewal.

YOGA/FUNDAMENTALS: LEVEL ONE

Ideal for beginners or guests interested in a slower paced class that addresses fundamental skills and terminology. (Progressive)

YOGA: LEVEL TWO

For experienced practitioners with a current yoga practice. Expect to do Sun Salutations, Pranyama, yoga philosophy, inversions, backbends, and twists. The poses move in succession linked by the harmonious flow of breath. An invigorating and creative practice. (75 minutes)

YOGA FOR MEN

Designed for the specific needs of men. We break down various basic yoga poses and make them easily accessible and beneficial. (All Levels)

WATER PROGRAM

PRESENTED BY HYDRO-FIT®

H2O SPORT CONDITIONING

Learn how to improve physical function and enhance your natural abilities in our playful, deep-water "boot camp" workout. Rediscover your inner child and have fun as you achieve a great cardiovascular, strength, and agility workout that will leave you feeling good, not sore, and exhausted.

THE WAVE

Fun and invigorating wave action in the pool! Harness the power of liquid resistance and experience a body-friendly workout that truly feels good. Our low-impact, shallow water class targets aerobic endurance, muscular strength, balance, and flexibility.

HYDRO-FIT DEEP-WATER TRAINING

Deep-water training is an ideal non-impact addition to your Ranch week. Specialized HYDRO-FIT buoyancy and resistance equipment strengthens and tones your entire body while pushing fat-burning systems into high gear. No swimming skill is required, although comfort in deep water is recommended.

SWIM CONDITIONING

Improve your stroke technique and enjoy a great swim conditioning workout. Our coach is "on deck" to help you get the most from your swimming experience. All levels are welcome—from beginner to masters level. (30-minutes)

H2O POOL PILATES

Experience Pilates-inspired training in the pool. Simple buoyancy equipment and water's natural assistance and resistance can train the deepest muscle layers in your body. Develops core strength for improved posture, balance, and coordination.

AQUA EASE

A soothing session in the pool to ease muscle soreness and body aches as you discover how water provides support, assistance, and resistance. Improve balance, enhance flexibility, and restore mobility through gentle movement.

TENNIS

IMPROVE YOUR GAME OR LEARN TO PLAY

Each clinic is designed to focus on a specific stroke or aspect of your game. Time is allotted for practice drills. Sign-up sheets are located at the Tennis Office. All clinics held on Courts 3 & 4.

LEVEL ONE (BEGINNERS) / LEVEL TWO (INTERMEDIATE)

DAY 1

9:00–9:45 Level 1 - Forehand & Backhand

10:00–10:45 Level 2 - Round Robin Play

DAY 2

9:00–9:45 Level 1 - Serve

10:00–10:45 Level 2 - Forehand & Backhand

DAY 3

9:00–9:45 Level 1 - Volley

10:00–10:45 Level 2 - Serve

DAY 4

9:00–9:45 Level 1 - Overhead

10:00–10:45 Level 2 - Volley

THE FOLLOWING ARE AVAILABLE BY APPOINTMENT SUNDAY THROUGH FRIDAY. SEE ONE OF OUR TENNIS PROFESSIONALS. (ADDITIONAL FEE)

- Private and semi-private lessons (50 minutes)
- Doubles Strategy: (Minimum of three players and maximum of eight: 50 minutes)

PRIVATE TRAINING

PRIVATE SESSIONS

Ranch Fitness Staff experts are available in all fitness modalities offered on the guest schedule. Our instructors do not solicit private sessions. If you are interested, please ask the instructor of your choice directly and find a time that is convenient for both of you. (Additional fee)

MEN'S PROGRAM

These classes are especially well-suited for men. (Note: men are welcome in all other classes on the schedule as well.)

- ANY MORNING HIKE
- CIRCUIT TRAINING
- CORE WORKOUT FOR MEN
- STRENGTH TRAINING WITHOUT WEIGHTS
- MEN'S STRETCH
- MEN'S YOGA
- SMART WEIGHT TRAINING
- SAND VOLLEYBALL
- WATER POLO (SEASONAL)

THE INNER SELF

CHANT: SACRED SOUND PRACTICE

Create harmony and communion with a meditation of sacred song and chants from various traditions.

CRYSTAL BOWLS (SOUND HEALING)

Crystal bowls emit pure sound waves that resonate throughout the body's tissues and organs. These sounds and vibrations affect brain wave activity causing the release of powerful neurohormones that suppress pain, heighten the immune system, and produce deep relaxation.

INNER JOURNEY

Learn how to bring peacefulness, enhanced consciousness, and mindfulness to your daily life through meditation.

LABYRINTH

A powerful walking ritual to open your consciousness, set deep in an ancient oak grove on our full-scale replica of the classic labyrinth found at Chartres Cathedral. A healing and transformative experience!

MEDITATION PRACTICE

Unravel the mystery of meditation during a gentle and comfortable practice. Minimal instruction. (30 minutes)

REFLEXOLOGY ON "THE SPIRAL"

A walk over smooth riverstones set into spiraling stone pathways located near the entrance to Women's Health Center. (Self-guided)

SILENT DINNER

A meditative meal enjoyed without conversation, accompanied by inspirational music.

HOLISTIC HEALING THERAPIES

Private sessions available through our health centers. Subject to availability; additional fees apply.

ACUPUNCTURE

Acupuncture is part of a comprehensive medical system that emerged in China over the past 2,000 years through empirical study and observation of the body's "life force" energy (*Qi* or *chi*). Hair-thin needles placed into specific points on the body located along a network of pathways ("meridians") can clear blockages allowing the body's *Qi* to flow, creating a more healthy and balanced state of wellness.

CRANIOSACRAL THERAPY

Biodynamic craniosacral therapy is a light-touch healing method evolved from the cranial osteopathy. The therapist "listens" with his/her hands to the subtle rhythmic pulsations generated by the nervous system. Places of held trauma or pathology will generate perturbation in the fluids. These can be detected and treated while the client rests comfortably. (Lecture offered; see schedule for days/times)

CHIROPRACTIC

Our chiropractor uses a holistic and eclectic approach that includes an evaluation for the root causes of discomfort, followed by treating with soft tissue massage, chiropractic adjustments and flexibility exercises. Constructive advice is given for self-treatment at home.

FELDENKRAIS®*

Revolutionary method created by Moshe Feldenkrais in the mid-20th century improves body mobility and enhances human functioning through gentle movement and directed "attention." (Group classes and lecture offered; see schedule for days/times)

WATSU

Watsu is the leading therapeutic aquatic healing technique. This passive work is done while the body is supported and gently moved through warm water in graceful and fluid movements. Watsu promotes a deep state of relaxation and often dramatic changes in the autonomic nervous system.

PRESENTATIONS, ACTIVITIES, TALKS & CONSULTATIONS

COOKING CLASSES AT LA COCINA QUE CANTA

Enjoy a choice of hands-on and/or demonstration classes taught by well known guest teachers. All meals and “tastes” included. Come with a healthy appetite! All Rancho La Puerta guests have the option of taking one or more Cocina healthy cooking classes. Our Hands-On Class lasts three hours. (Additional fee)



EVENING LECTURES & PRESENTATIONS

A wide variety of inspiring, educational, and often just-plain-fun topics presented throughout the week by noted experts, authors, and adventurers.

FOUNDER DEBORAH SZEKELY'S "WATCH YOURSELF GROW YOUNGER" EVENING TALK

Meet Rancho La Puerta's co-founder (and still very active Creative Director) as she shares tales and knowledge reaped from the past 89 years. She offers her insights on how to change your life so that the years to come will be challenging, happy, and fulfilling.

HANDS-ON GARDENING

Join our gardeners, get your hands dirty, and see how the food we serve makes it to your dinner plate. This two-hour experience is an extension of the Organic Garden Breakfast Hike and takes place out at our farm “Tres Estrellas.” (See sign up board for details)

HEALTHY BREATHING

Proper breathing for exercise, relaxation, and revitalization. (30 minutes)

MAKE-UP LESSON

Discover your personal palette and enjoy a make-up session with an expert esthetician.

NUTRITION CONSULTATION

Personal advice on creating a nutrition program that fits your everyday life. (Additional fee)

NUTRITION TALKS

Inightful exploration into the world of organic food and health with Yvonne Nienstadt, Director of Nutrition. (Details posted in Lounge)

RANCH SPANISH

Enjoy learning basic Español. (See schedule for days offered)

SLEEP WELL—SIESTA TIME

Learn about possible barriers to a good night's sleep, and the helpful things you can do to ensure the quality sleep needed for optimal health and enjoyment of life.

TOUR LAS PIEDRAS ENVIRONMENTAL EDUCATION CENTER

Visit “Las Piedras,” our Nature Interpretive Center, and adjacent Professor's Park after the Garden Breakfast Hike. Vans will be available to take you from Tres Estrellas to Las Piedras and back to the Ranch in time for a 9 a.m. class. (Days of tour vary)

