

WEDNESDAY | Sample

- 6:00 **Organic Garden Breakfast Hike** (4 miles / Sign up)
Lounge (Hands-on-gardening offered – see sign up for details)
- 6:15 **Mountain Hike: Pilgrim Hike** (3.5 miles) Lounge
- 6:30 **Mountain Hike: Quail Two Hike** (2.5 miles) Lounge
- 7:00 **Quail One Hike** (2 miles) Lounge
- Open Weight Room** (2hrs) Azteca
- 9:00 **Body Bar: Level 2** (M,W,F) Olmeca
- Pilates Matwork: Level 1 / Progressive** (Tu,W,Th,F) Pinetree
- Smart Weight Lifting** (sign up) Azteca
- Stretch** Montaña
- Tennis Clinic: Level 1** (Su,M,Tu,W) Tennis Court
- 10:00 **Dance Class** Kuchumaa
- Circuit Training** Azteca
- Pilates Matwork: Level 2** (Su,M,W,F) Pinetree
- Tennis Clinic: Level 2** (Su,M,Tu,W) Tennis Court
- Wave Run** (M,W,F) Activity Pool
- Yoga Fundamentals: Level 1 / Progressive** Montaña
- 11:00 **Cardio Boot Camp: Level 2** (W) Kuchumaa
- Core Workout:** Recommended for Men (M,W,F) Olmeca
- Open Weight Room** (Su,Tu,W,Th) Azteca
- Release & Mobilize** / please wear socks (M,W,F)Tolteca
- Water Works** (M,W,F) Activity Pool
- Yoga: Level 2** (75 min) Montaña
- Hands-On Cooking Class with Visiting Teacher**
Alisa Barry (Register at ext. 625, fee, 3.5 hrs w/transportation)
Meet at [Administration Building](#) for prompt departure.
- 1:00 **Making Yourself Stress Hardy: Nutrition & Strategies**
Tolteca
- 2:00 **Aqua Plus** (M,W) Activity Pool
- Chant : Sacred Sound Practice** (W) Milagro
- Circuit Training** (Su,M,W,F) Azteca
- Dance Class** Kuchumaa
- Sleep Well: Tips for a Better Night's Sleep! Part I** (W,F) Oaktree
- 2:30 **Landscape Sketching** Art Studio
- 3:00 **L.A.B. Circuit: Legs, Abs, & Backs / 30 min** (W,F) Olmeca
- Open Weight Room** Azteca
- Pilates Reformer: Level 1** (M,W,F)
(Sign up at Sun. Intro, fee) Pilates Studio
- Sand Volleyball** (M,W,F) Sand Court
- Tai Chi** (Tu,W,Th) Montaña
- Lighten Up: Role of Calorie Restriction, Juice Fasting & Inner Cleansing on Health & Longevity**
Library Lounge
- 4:00 **Foam Roller** (M,W,F) Olmeca
- Open Weight Room** Azteca
- Restorative Yoga** (M,W,F) Montaña
- Inner Journey: Guided Meditation** Oaktree
- Hands-On Cooking Class with Visiting Teacher**
Alisa Barry (Register at ext. 625, fee, 3.5 hrs w/transportation)
Meet at [Administration Building](#) for prompt departure.
- Writing Workshop with Myra Klahr** Library Lounge
- 7:30 **Design Your Own Jewelry, with Jennifer Brandt**
(Sign up) Art Studio
- 7:40 **History of Rancho La Puerta** (DVD 12 min.)
Library Lounge
- 8:00 **Bingo with Barry!** Tolteca
- Movie: Love Happens** Library Lounge

THURSDAY | Sample

- 6:00 **Organic Garden Breakfast Hike** (4 miles / Sign up)
Lounge
- 6:15 **7 Mile Mountain Breakfast Hike** (sign up) Lounge
- Mountain Hike: Professor's Hike** (3.5 miles) Lounge
- 6:30 **Meditation Hike: Dove Hike** (1.2 miles) Lounge
- 7:00 **Woodlands Hike** (2 miles) Lounge
- Open Weight Room** (2hrs) Azteca
- 9:00 **Men's Circuit Training** (M,Tu,Th,F) Azteca
- Pilates Matwork: Level 1 / Progressive** (Tu,W,Th,F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,Tu,Th) Olmeca
- Stretch** Montaña
- 10:00 **Dance Class** Kuchumaa
- Cardio Cycling: Level I / sign up** (Tu,Th) Maya
- Circuit Training** Azteca
- Pilates on the Arc Barrel /sign up** (Tu,Th) Pinetree
- Sculpt and Strengthen: Level 1** (Su,Th) Olmeca
- Yoga Fundamentals: Level 1 / Progressive** Montaña
- 11:00 **Aqua Plus** (Su,Tu,Th) Activity Pool
- Cardio Boxing** (Th) Kuchumaa
- Open Weight Room** Azteca
- Strength Training without Weights** (Su,Th) Olmeca
- Stretch** (Su,Tu,Th) Tolteca
- Yoga: Level 2** (75 min) Montaña
- 12:00 **L.A.B. Circuit: Legs, Abs, & Backs / 30 min** (Tu,Th) Olmeca
- Meditation / 30 min** (Su,Th) Milagro
- World Drumming** (sign up) (W) Kuchumaa
- 1:00 **Road to Wellness** Olmeca
- Sculpting Workshop with José Ignacio Castañeda** (Sign up) Art Studio
- 2:00 **Dance Class** Kuchumaa
- Balance and Coordination** (Su,Th) Tolteca
- Open Weight Room**
- Stretch / Recommended for men** (Su,Th) Arroyo
- Water Works** (Su,Tu,Th) Activity Pool
- 2:30 **Watercolor** (Sign up) Art Studio
- 3:00 **Aqua "Flow and Flexibility"** (Su,Tu,Th) Activity Pool
- Fitball** (M,Th) Tolteca
- Landscape Garden Walk** Gazebo
- Pilates Reformer: Level 2** (Tu,Th)
(Sign up at Sun. Intro, fee) Pilates Studio
- Tai Chi** (Tu,W,Th) Montaña
- Trekking: Treadmill Workout** (Tu,Th) Azteca
- Whatever Happened to School Food?**
with Janet Poppendieck, Library Lounge
- 4:00 **Open Weight Room** Azteca
- Inner Journey: Guided Meditation** Oaktree
- Stretch & Relax** (Su,Tu,Th) Montaña
- Hands-On Cooking Class with Visiting Teacher**
Alisa Barry (Register at ext. 625 fee, 3.5 hrs w/transportation)
Meet at [Administration Building](#) for prompt departure.
- Writing Workshop with Myra Klahr** Library Lounge
- 5:00 **Art of Hummingbirds, with Phil Pryde** Olmeca
- 6:15 **Silent Dinner** (Sign up) Los Olivos (Dining Hall Balcony)
- 7:30 **Design Your Own Jewelry, with Jennifer Brandt**
(Sign up) Art Studio
- 8:00 **Your Future, Your Body and You, with Deborah Szekely** Oaktree
- Movie: The Time Traveler's Wife** Library Lounge

FRIDAY | Sample

- 6:00 **Mountain Hike: Coyote Hike** (5.5 miles) Lounge
- 6:15 **Mountain Hike: Pilgrim Hike** (3.5 miles) Lounge
- Road Runner Trail / WALK** (5 mile) Lounge
- 6:30 **Mountain Hike: Quail Two Hike** (2.5 miles) Lounge
- 7:00 **Quail One Hike** (2 miles) Lounge
- Open Weight Room** (2hrs) Azteca
- 9:00 **Bird Walk** (M,F) Gazebo
- Body Bar: Level 2** (M,W,F) Olmeca
- Crystal Bowl: Sound Healing** (F) Milagro
- Men's Circuit Training** (M,Tu,Th,F) Azteca
- Pilates Matwork: Level 1 / Progressive**
(Tu,W,Th,F) Pinetree
- Stretch** Montaña
- 10:00 **Dance Class** Kuchumaa
- Cardio Cycling: Level 2 / sign up** (M ,F) Maya
- Circuit Training** Azteca
- Pilates Matwork: Level 2** (Su,M,W,F) Pinetree
- Wave Run** (M,W,F) Activity Pool
- Yoga Fundamentals: Level 1 / Progressive** Montaña
- 11:00 **Cardio Drumming** (Su,Tu,F) (sign up) Kuchumaa
- Core Workout for Men** (M,W,F) Olmeca
- Release & Mobilize / please wear socks** (M,W,F) Tolteca
- Super Cross Training** (M,F) Azteca
- Water Works** (M,W,F) Activity Pool
- Yoga: Level 2** (75 min) Montaña
- 12:00 **Labyrinth** 30 min (M,F) Labyrinth
- 1:00 **Take the Ranch Home** Tolteca
- Food Inc. (DVD, 91 minutes)** Library Lounge
- 2:00 **Dance Class** Kuchumaa
- Circuit Training** (Su,M,W,F) Azteca
- Healthy Backs** (F) Olmeca
- Sleep Well: Siesta Time Part II** (W,F) Oaktree
- 2:30 **Watercolor** (Sign up) Art Studio
- 3:00 **L.A.B. Circuit: Legs, Abs, & Backs / 30 min** (W,F) Olmeca
- Open Weight Room** Azteca
- Sand Volleyball** (M,W,F) Sand Court
- Dance with Yuichi Sugiyama!** Kuchumaa
- Pilates Reformer: Level 1** (M,W,F)
(Sign up at Sun. Intro, fee) Pilates Studio
- Yoga for Men** (M,F) Montaña
- 4:00 **Foam Roller** (M,W,F) Olmeca
- Inner Journey: Guided Meditation** Oaktree
- Open Weight Room** Azteca
- Restorative Yoga** (M,W,F) Montaña
- Writing Workshop with Myra Klahr** Library Lounge
- 5:00 **Native Peoples of Baja California: Ancient Cultures, Living Traditions, with Michael Wilken**
Olmeca
- 6:00 **Dine & Dance to the Rancho La Puerta Fiesta Band. Special Performance by the Legendary Yuichi!** Dining Hall
- 8:00 **Movie: The Wild Parrots of Telegraph Hill**
Library Lounge



YOUR SCHEDULE THIS WEEK

FOR ALL...
CLASSES & ACTIVITIES
LECTURES & ENTERTAINMENT



Sample Week

Your Week Begins...

In 1940, Rancho La Puerta initiated the "Fitness Week"—different classes every hour on the hour. The classes have changed since then, but the essence of the Ranch experience is timeless—a balance between fitness and renewal, achieved via a host of new challenges, relaxation and stretching, learning experiences, and surprises! You'll soon discover that a hammock can be as important as an exercise mat and Mount Kuchumaa has secrets that can be revealed only when you leave the gyms behind.

Use this schedule to plan your Personal Program for the week...but stay flexible—there's so much to experience! Classes begin on time and are of 45-minute duration unless otherwise indicated. Please check the board in the lounge for details and sign up sheets. Above all enjoy your week with us!

SATURDAY | Sample Arrival Day

- 6:15 **Mountain Hike: Professor's Hike** (3.5 miles) Lounge
- 7:00 **Quail One Hike** (2 miles) Lounge
 Open Weight Room (4.5 hrs) Azteca
- 9:00 **Stretch** Pinetree
 Bird Walk Gazebo
- 10:15 **Circuit Training** Azteca
 Yoga Fundamentals: All Levels Montaña
- 11:15 **Open Weight Room** Azteca
 Water Works Activity Pool
- 1:00 **Navigator Program: Sign up for a 30-minute Consultation with a Fitness Specialist** (Appointments available from 1:00 pm - 3:00 pm) Dining Room
- 2:00 **Afternoon Hike** (2 miles) Lounge
- 3:00 **Stretch** Pinetree
- 4:15 **Men's Program Orientation** Library Lounge
- 5:00 **Ranch Tour** Departs from Lounge
 Returnee Guest Update Tolteca
- 5:30 **Ranch Orientation** Olmeca
- 8:00 **The Birds of Rancho La Puerta, with Joe Sweeney** Olmeca
 Movie: Julie and Julia Library Lounge

MEAL HOURS

SATURDAY

Breakfast 7:00 am to 9:00 am
Lunch 11:30 am to 3:30 pm
Dinner 6:00 pm to 7:30 pm

SUNDAY THROUGH FRIDAY

Breakfast 7:30 to 9:00 am
Lunch 12:00 pm to 1:30 pm
Dinner 6:00 pm to 7:30 pm

SUNDAY | Sample

- 6:15 **Mountain Hike: Professor's Hike** (3.5 miles) Lounge
- 6:30 **Mountain Hike: Quail Two Hike** (2.5 miles) Lounge
- 7:00 **Quail One Hike** (2 miles) Lounge
 Open Weight Room (2hrs) Azteca
- 8:15 **Meet the Presenters** Dining Hall
- 9:00 **Feldenkrais** (Su,M,Tu) Oaktree
 Introduction to Men's Circuit Training Azteca
 Introduction to Pilates Matwork (Su,M) / Progressive Pinetree
 Sculpt & Strengthen: Level 2 (Su,Tu,Th) Olmeca
 Stretch Montaña
 Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
- 10:00 **Introduction to Circuit Training** Azteca
 Pilates Matwork: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (Su,Th) Olmeca
 Dance Class Kuchumaa
 Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court
 Yoga Fundamentals: Level 1 / Progressive Montaña
- 11:00 **Aqua Plus** (Su,Tu,Th) Activity Pool
 Cardio Drumming (Su,Tu,F) (sign up) Kuchumaa
 Strength Training without Weights (Su,Th) Olmeca
 Stretch (Su,Tu,Th) Tolteca
 Trekking: Treadmill Workout / sign up (Su) Azteca
 Yoga: Level 2 (75 min) Montaña
- 12:00 **First Time Spa Goers Lunch** Los Olivos (Dining Hall Balcony)
 Meditation / 30 min (Su,Th) Milagro
 Swim Clinic / 30 min (Su,Tu) Activity Pool
- 1:00 **What is Feldenkrais?** Tolteca
- 1:30 **Orientation and sign up for Pilates Reformer** (20 min) Pilates Studio
- 2:00 **Balance and Coordination** (Su,Th) Olmeca
 Dance Class Kuchumaa
 Introduction to Circuit Training (Su,M,W,F) Azteca
 Stretch / Recommended for Men (Su,Th) Arroyo
 Water Works (Su,Tu,Th) Activity Pool
 Magnify Your Health: What is Craniosacral Therapy? Tolteca
- 3:00 **Aqua "Flow and Flexibility"** (Su,Tu,Th) Activity Pool
 Crystal Bowl: Sound Healing (Su) Milagro
 Feldenkrais (Su,M,Tu) Oaktree
 Open Weight Room Azteca
- 4:00 **Bird Walk** (Su) Gazebo
 Inner Journey: Guided Meditation Oaktree
 Open Weight Room Azteca
 Stretch and Relax (Su,Tu,Th) Montaña
 Mexico: The Magic of its Past, the Reality of its Present, with José Flores, Ph.D. Tolteca
- 8:00 **All for the Birds, Recital with Elena Durán, Flute and Betty Woo, Piano** Oaktree
 Amelia Library Lounge

MONDAY | Sample

- 6:15 **Mountain Hike: Pilgrim Hike** (3.5 miles) Lounge
- 6:30 **Woodlands Meditation Hike** (2 miles) Lounge
- 6:45 **Road Runner Trail / RUN** (5 mile run) Lounge
- 7:00 **Quail One Hike** (2 miles) Lounge
 Open Weight Room (2hrs) Azteca
- 8:00 **Navigator Program** (M) Dining Hall
- 8:55 **Fit Check / sign up – 50 min** (M) Kuchumaa
- 9:00 **Bird Walk** (M,F) Gazebo
 Body Bar: Level 2 (M,W,F) Olmeca
 Feldenkrais (Su,M,Tu) Oaktree
 Introduction to Pilates Matwork / Progressive (Su,M) Pinetree
 Men's Circuit Training (M,Tu,Th,F) Azteca
 Stretch Montaña
 Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
- 10:00 **Dance Class** Kuchumaa
 Cardio Cycling: Level 2 / sign up (M,F) Maya
 Circuit Training Azteca
 Pilates Matwork: Level 2 (Su,M,W,F) Pinetree
 Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court
 Wave Run (M,W,F) Activity Pool
 Yoga Fundamentals: Level 1 / Progressive Montaña
- 11:00 **Core Workout: Recommended for Men** (M,W,F) Olmeca
 Release & Mobilize / please wear socks (M,W,F) Tolteca
 Super Cross Training (M,F) Azteca
 Water Works (M,W,F) Activity Pool
 Yoga: Level 2 (75 min) Montaña
- 12:00 **Labyrinth 30 min** (M,F) Labyrinth
- 1:00 **Nutrition: Protein- How Much is Enough?** Tolteca
- 2:00 **Aqua Plus** (M,W) Activity Pool
 Dance Class Kuchumaa
 Circuit Training (Su, M,W,F) Azteca
 Par Cour: Obstacle Course 60- 75 minutos Meet at the Entrance to Kuchumaa Gym
 Postural Therapy (M,Tu) Tolteca
- 3:00 **Feldenkrais** (Su,M,Tu) Oaktree
 Fitball (M,Th) Tolteca
 Pilates Reformer: Level 1 (M,W,F) (Sign up at Sun. Intro, fee) Pilates Studio
 Open Weight Room Azteca
 Sand Volleyball (M,W,F) Sand Court
 Yoga for Men (M,F) Montaña
 Nutrition: Carbs – Fuel or Fat Maker LibraryLounge
- 4:00 **Foam Roller** (M,W,F) Olmeca
 Inner Journey: Guided Meditation Oaktree
 Open Weight Room Azteca
 Restorative Yoga (M,W,F) Montaña
 Ranch Spanish Library (M,Tu)
 The Internet: How It Can (And Should) Make Your Life Easier, with Maneesh Arora Library Lounge
- 5:00 **Guest Reception** Lounge
- 8:00 **Images of Alaska, with Neil Solomon** Olmeca
 Movie: Up in the Air Library Lounge

TUESDAY | Sample

- 6:00 **Mountain Hike: Coyote Hike** (5.5 miles) Lounge
 Organic Garden Breakfast Hike (4 miles / Sign up) Lounge
- 6:15 **Mountain Hike: Professor's Hike** (3.5 miles) Lounge
- 7:00 **Woodlands Hike** (2 miles) Lounge
 Open Weight Room (2hrs) Azteca
- 9:00 **Feldenkrais** (Su,M,Tu) Oaktree
 Men's Circuit Training (M,Tu,Th,F) Azteca
 Pilates Matwork: Level 1 / Progressive (Tu,W,Th,F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,Tu,Th) Olmeca
 Stretch Montaña
 Tennis Clinic: Level 1 (Su,M,Tu,W) Tennis Court
 Mexican Folk Art and Sculpture Walk Dining Hall
- 10:00 **Cardio Cycling: Level 1 / sign up** (Tu,Th) Maya
 Circuit Training Azteca
 Pilates on the Arc Barrel /sign up (Tu,Th) Pinetree
 Dance Class Kuchumaa
 Tennis Clinic: Level 2 (Su,M,Tu,W) Tennis Court
 Yoga Fundamentals: Level 1 / Progressive Montaña
- 11:00 **Aqua Plus** (Su,Tu,Th) Activity Pool
 Cardio Drumming (Su,Tu,F) (sign up) Kuchumaa
 Open Weight Room (Su,Tu,W,Th) Azteca
 Stretch (Su,Tu,Th) Tolteca
 Yoga: Level 2 (75 min) Montaña
- 12:00 **Healthy Breathing** (30 min) Arroyo
 L.A.B. Circuit: Legs, Abs, & Backs / 30 min (Tu,Th) Olmeca
 Swim Clinic / 30 min (Su,Tu) Activity Pool
- 1:00 **Weight Loss Strategies for Becoming a Better Burning Machine** Tolteca
 Sculpting Workshop with José Ignacio Castañeda (Sign up) Art Studio
- 2:00 **Dance Class** Kuchumaa
 Crystal Bowl: Sound Healing (Tu) Milagro
 Open Weight Room Azteca
 Postural Therapy (Tu,M) Tolteca
 Water Works (Su,Tu,Th) Activity Pool
- 2:30 **Design Your Own Jewelry** (Sign up) Art Studio
- 3:00 **Aqua "Flow and Flexibility"** (Su,Tu,Th) Activity Pool
 Feldenkrais (Su,M,Tu) Oaktree
 Pilates Reformer: Level 2 (Tu,Th) (Sign up at Sun. Intro, fee) Pilates Studio
 Running Clinic (Tu) Running Track
 Tai Chi (Tu,W,Th) Montaña
 Trekking: Treadmill Workout (Tu,Th) Azteca
 Nutrition: Fats – The Good, The Bad and The Ugly Library Lounge
- 4:00 **Inner Journey: Guided Meditation** Oaktree
 Open Weight Room Azteca
 Stretch and Relax (Su,Tu,Th) Montaña
 Ranch Spanish Library (M,Tu)
 The Internet: How It Can (And Should) Make Your Life Easier, PART II, with Maneesh Arora Library Lounge
- 5:00 **Jam Session** Lounge
- 7:30 **Design Your Own Jewelry, with Jennifer Brandt** (Sign up) Art Studio
- 8:00 **What is Inside Shines Out, with Myra Klahr** Oaktree
 Movie: Vicky Cristina Barcelona Library Lounge