



## RANCHO LA PUERTA SATURDAYS AT THE RANCH

- 7:30am **Bus leaves San Diego Visitor Center on East Mission Bay.**  
Rancho La Puerta Granola and bottled water to be provided.
- 9:00am **Fresh Breakfast Snack Buffet, Welcome Tour and Health Center Introduction.**  
Spa lockers provided.
- 10:00am to 12:00pm **Open Weight Room – Azteca Gym**  
Come enjoy our weight room at your own pace. Work out on HOIST state-of-the-art fitness equipment plus treadmills, bikes, free weights, ellipticals and more.
- 10:15am **Labyrinth (30 mins)**  
A walking ritual on our classic labyrinth set in an ancient oak grove.
- Tai Chi – Montaña Gym (45 min)**  
This gentle ancient Chinese martial art is an easy-to-learn moving meditation that improves balance and body awareness
- 11:00am\* **Dance Class – Kuchumaa (45 min)**  
Country line, hip-hop, striptease, Latin, African and other styles for fun and fitness. (Style will vary)
- Yoga - Montaña Gym (45 min)**  
This classic practice is designed to revitalize the body physically, mentally and spiritually.
- 11:30am to 2:30pm **Mediterranean Buffet Lunch – Dining Hall**  
Please note any allergies and other food concerns to the Maître D'.
- 12:00pm **Circuit: Azteca (40 min)**  
Ten minute cardio warm up segment followed by a vigorous balance/strength/coordination workout around a multi-station circuit.
- Release & Mobilize – Pinetree (45 min)**  
Learn new ways to unlock stiffness and increase range of motion using tennis balls.
- 1:00pm **Stretch – Pinetree (45 min)**  
A soothing top-to-toe stretch with relaxation. Full body stretches for everyone.
- Ranch History and Campus Stroll – Gazebo (60 minutes)**  
Join our Bird expert, Nature guide and Ranch Expert for an educational stroll around the Ranch Property.
- 2:30 pm **Nature Hike to Tres Estrellas Farm and La Cocina Que Canta Cooking School and Culinary Center (2 miles) – Meet in the Lounge**  
A 2-mile hike that winds across the meadow and through the stream bed ending at the Cocina Que Canta for the Demo. Bring all of your personal belongings with you, preferably in a light backpack.
- 3:30pm **Farm Tour and Cooking Demonstration.**
- 6:00pm **Enjoy the Food from the Cooking Demonstration in an Appetizer Buffet**
- 6:30pm **Depart for San Diego.**  
Surprise gift!
- 8:00pm **Anticipated arrival in San Diego.**

*\* Individual spa treatments will be scheduled between 11am and 1pm. Choice of Massages: Classic Relaxation or Therapeutic.*