

Week of March 7, 2026

Iyengar Yoga with Kitty Franklin

Pickleball with Kim Evan & Thea Froehling

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.

IMPORTANT INFORMATION FOR THE WEEK:

1. RLP is 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 Building.
2. **Sign-ups for classes** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted in Pilates at Arroyo Gym.
3. **Use proper footwear – HIKES:** Hiking boots with lugs. **PICKLEBALL & TENNIS:** Court Shoes. **STRENGTH CLASSES:** Close-Toed Shoes.
4. **Classes are 1st come, 1st served** - Based on equipment availability.
5. **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
6. **Advanced - Difficulty level** - previous experience with the format is essential to your safety and guest experience. Please choose a Fundamentals / Level 1 option if you are new to a discipline.

SATURDAY | MARCH 7

6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo

6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

9:00 **Mobility: Stretch** Montaña

10:00 **Meditation** Milagro
 Strength: Circuit Training Azteca

11:00 **Pickleball Open Play*** Pickleball Courts

* Unstaffed, please use court shoes.

Yoga: All Levels Montaña

1:00 **Fitness Concierge** (30 Min) Dining Hall

2:00 **Strength: Full Body All Levels** Olmeca

3:00 **Mobility: Stretch** Montaña
 Sound Healing Oaktree

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: *The Upside*** Library Lounge

8:00 **Journeying with the Mandala with Joy Khoo** Olmeca

Meal Hours: Saturday	Available Facilities*
Breakfast 7:00 am to 9:00 am	*when no class is in session
Lunch 11:30 am to 3:30 pm	
Dinner 5:30 pm to 7:30 pm	
Meal Hours: Sunday- Friday	Milagro - Meditation Room
Breakfast 7:30 am to 9:00 am	6:00 am to 9:00 pm
Lunch 12:00 pm to 1:30 pm	
Dinner 5:30 pm to 7:30 pm	
Snack Times: Sunday- Friday	Activity Pool - Lap Swim
Fruit 10:30 am Main Lounge	7:00 am to 5:00 pm
Smoothies 2:45 pm Juice Bar	
Veggies/Juice 4:30 pm Main Lounge	
Bazar Del Sol: Saturday- Friday	Azteca Gym - Weight Room
6:00 am to 9:00 pm	Saturday: 6:30 am to 1:30 pm
	Sunday – Friday: 7:00 am to 5:00 pm
	(closed daily 1-2)
Juice Bar: Saturday - Friday	Tennis & Pickleball Courts - Open Play
9:00 am to 12:00 pm & 1:00 pm 4:00 pm	7:00 am to 5:00 pm

SUNDAY | MARCH 8

Class spaces are limited to first come first served.

6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo

6:30 **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo

6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

7:00 **Bird Walk** (60 Min) Gazebo

8:00 **Pilates Concierge** (Su-F) Arroyo

8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
 Ranch Tour and Orientation (For first time guests) Dining Hall

9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Advanced: Full Body Strength (Su,W) Olmeca

Meditation (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree

Strength: Introduction to Circuit Training Azteca

10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Aquatic: Shallow Water (Su,T,F) Activity Pool

Dance: Latin Fusion Kuchumaa

Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree

Pilates: Mat Level 2 (Su,T,Th) Pinetree

Strength: BOSU® Fit Olmeca

Strength: Introduction to Circuit Training Azteca

Yoga Level 2 Slow Flow (Su-F) Montaña

11:00 **Specialty: Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña

Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool

Cardio: Cycle Hip Hop (30 Min) Pai Pai

Longevity: Strength Training (Su,Th) Olmeca

Mobility: Stretch (Su,T,F) Oaktree

Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree

Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Mandala Journey Part 1 – Designing Your Circle, with Joy Khoo Art Studio

1:00 **Master Your Metabolism with DeRahn Johnson** Olmeca

Friends of Bill W. (12 steps - Participant-guided) Library Lounge

Water Flow Therapy Demo South Pool

2:00 **Aquatic: Deep Water** (Su,T,Th) Activity Pool

Longevity: Lecture. How to Own Your Aging Process Olmeca

Mobility: TRX Flexibility (Su,W) Pinetree

Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Recovery: Release & Mobilize (Su,W) Oaktree

Strength: Circuit Training (Su,Th) Azteca

Empower Yourself to Live a Life of Purpose, Value and Vision, with Anne Van de Water Tipai

3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca

Breathwork: Your Hidden Power - A Lecture with Brighton Sage Loughlin Tipai

Longevity: Intro to Heart Rate Training Azteca

Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Sound Healing (Su-F) Oaktree

Tai Chi (Su,W) Montaña

4:00 **Chant: Vocal Sound Practice** (Su,W) Milagro

Sound Healing Oaktree

Yoga: Restorative (Su,T,Th) Montaña

5:00 **Set Your Intention; Tips for a Magical Week** Tolteca

7:15 **Movie: *Conclave*** Library Lounge

8:00 **Foundations and Applications of Naturopathic Medicine, with Amanda Watters, ND** Olmeca

MONDAY | MARCH 9

Class spaces are limited to first come first served.

6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo

6:20 **Ruck: Weighted Hiking** Intermediate, Sign up, 2 Miles, Gazebo

6:30 **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo

6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

8:00 **Pilates Concierge** (Su-F) Arroyo

9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Meditation (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pilates: Mat Foundations - Flexion (Su-F) Pinetree

Strength: Circuit Training (M,W,F) Azteca

Strength: Total Body with Bands (M,F) Olmeca

10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Advanced: Battle Ropes HIIT (30 Min) Olmeca

Barre (M,W,F) Pinetree

Dance: Cardio Drumming Kuchumaa

Strength: Circuit Training (M-F) Azteca

Yoga Level 2 Slow Flow (Su-F) Montaña

11:00 **Specialty: Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña

Advanced: TRX Strength & Cardio (M,W) Pinetree

Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool

Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa

Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Strength: Kettlebells (30 Min) (M,W) Tolteca

Friends of Bill W. (12 steps - Participant-guided) Library Lounge

Nature Walk with Rob Larson (60 Min) Meet at Gazebo

Mandala Journey Part 2 – Connecting, with Joy Khoo Art Studio

12:00 **Musical Meditation with Brice Martin and Natalie Dalschaert** (30 mins) Oaktree

1:00 **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge
 Hydrotherapy: The Healing Power of Water, with Amanda Watters, ND Tipai

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool

Assessing Your Longevity (M,Th) Pinetree

Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo

Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (M,W) Kuchumaa

Get Clear About Your Life Purpose, with Anne Van de Water Tipai

Our Bodies: Sacred Sites of Memory, Sanity and Joy, with Gloria Simoneaux and Laura Beers, Art Studio (120 min)

3:00 **Longevity: Cardio Zone 2 Heart Rate Training** Azteca

Mobility & Corrective: Postural Awareness (M,Th) Olmeca

Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Sound Healing (Su-F) Oaktree

Strength: TRX Core (30 Min) (M,Th) Tolteca

Yoga Workshop: Intro to Kundalini for All Levels Montaña

4:00 **Immersive Breathwork Experience with Brighton Sage** Loughlin (M,Th) Oaktree

Recovery: Stretch and Relax (M,W,F) Montaña

"In Your Own Skin" Documentary by Kathryn Trenshaw Library Lounge

(also Wednesday 5 pm)

5:00 **Guest Reception: Sangria & Guacamole** Bazar del Sol

6:15 **Silent Dinner** Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)

7:15 **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

8:00 **Unstuff Your Life! with Andrew Mellen** Olmeca

TUESDAY | MARCH 10

Class spaces are limited to first come first served.

6:05 **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available dep. at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.

6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo

6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña

6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

7:00 **Bird Walk** (60 Min) Gazebo

8:00 **Pilates Concierge** (Su-F) Arroyo

9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Advanced: Cardio Muscle Blast (T,Th) Azteca

Meditation (Su-F) Oaktree

Mobility: Stretch (Su-F) Montaña

Pilates: Mat Foundations - Extension (Su-F) Pinetree

Strength: Barbell Workout (T,Th) Tolteca

10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts

Aquatic: Shallow Water (Su,T,F) Activity Pool

Dance: Disco Kuchumaa

Breathing-First Fitness Class with Brighton Sage Loughlin Tolteca

Pilates: Mat Level 2 (Su,T,Th) Pinetree

Strength: BOSU® Fit (Su,T) Olmeca

Strength: Circuit Training (M-F) Azteca

Yoga Level 2 Slow Flow (Su-F) Montaña

11:00 **Specialty: Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña

Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool

Cardio: Cycle Express (30 Min) Pai Pai

Mobility: Stretch (Su,T,F) Oaktree

Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Strength: Core & More Olmeca

Strength: TRX & Kettlebells Level 2 Tolteca

Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100.

Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

Mandala Journey Part 3 – Deepening, with Joy Khoo Art Studio

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

1:00 **Making a Smoothie Class with Chef César** Juice Bar

Hydration: When Water Isn't Enough, with Amanda Watters, ND Tipai

Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony

2:00 **Aquatic: Deep Water** (Su,T,Th) Activity Pool

Mobility & Corrective: Balance & Coordination (T,F) Olmeca

Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa

Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

Living in Alignment with Your Core Values, with Anne Van de Water Tipai

Our Bodies: Sacred Sites of Memory, Sanity and Joy, with Gloria Simoneaux and Laura Beers Art Studio (120 min)

3:00 **Pilates: Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

WEDNESDAY | MARCH 11

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30 **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (Su-F) Arroyo
- 9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Full Body Strength** (Su,W), Olmeca
 - Meditation** (Su-F) Oaktree
 - Mobility: Stretch** (Su-F) Montaña
 - Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
 - Strength: Circuit Training** (M,W,F) Azteca
- 10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Cardio Sculpt Express** (30 Min) (W,F) Olmeca
 - Barre** (M,W,F) Pinetree
 - Dance: Move & Groove Funk!** Kuchumaa
 - Strength: Circuit Training** (M-F) Azteca
 - Yoga Level 2 Slow Flow** (Su-F) Montaña
 - Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00 **Specialty: Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña
- Advanced: TRX Strength & Cardio** (M,W) Pinetree
 - Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
 - Cardio & Strength: Mini Trampoline Build & Bounce** (M,W) Kuchumaa
 - Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Kettlebells** (30 Min) (M,W) Tolteca
 - Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 1:00 **Mindful Eating: An Experiential Journey with Food, with Amanda Watters,** ND Tipai
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins)** Library Lounge
- 2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool
- Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
 - Mobility: TRX Flexibility** (Su,W) Pinetree
 - Pilates: Jumpboard** (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Recovery: Release & Mobilize** (Su,W) Oaktree
 - Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (Su,W) Kuchumaa
 - Your Message is Your Magic, with Anne Van de Water** Tipai
 - Our Bodies: Sacred Sites of Memory, Sanity and Joy, with Gloria Simoneaux and Laura Beers,** Art Studio (120 min)
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
- Pilates: Reformer Level 2** (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Sound Healing** (Su-F) Oaktree
 - Tai Chi** (Su,W) Montaña
 - Lighten Your Load by Living Your Values, with Andrew Mellen** Tipai
- 4:00 **Chant: A Vocal Sound Practice** (Su,W) Milagro
- Recovery: Stretch and Relax** (M,W,F) Montaña
 - Set & Live Your Intention** Tolteca
 - Hands-On Cooking Class with Chef Janina Garay \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg**
 - Tasting of Guadalupe Valley Wines, includes cheese board** (60min). \$45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
- 5:00 **"In Your Own . Skin" Documentary by Katheryn Trenshaw** Library Lounge
- 7:15 **Movie: One Life** Library Lounge
- 8:00 **An Evening with Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | MARCH 12

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available dep. at 6:45 from Admin bldg. Option to tour of award-winning Parque del Profesor after breakfast. Learn about Rancho La Puerta's work in the community. Back by 9 am.
- 6:10 **Mountain Hike: 7-Mile Breakfast** Challenging, Sign up Gazebo
- 6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles Gazebo
- 6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo
- 8:00 **Pilates Concierge** (Su-F) Arroyo
- 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Cardio Muscle Blast** (T,Th) Azteca
 - Meditation** (Su-F) Oaktree
 - Mobility: Stretch** (Su-F) Montaña
 - Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
 - Strength: Barbell Workout** (T,Th) Tolteca
- 10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: BOSU® & Battle Ropes** Olmeca
 - Dance: Intro to Salsa** Kuchumaa
 - Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
 - Pilates: Mat Level 2** (Su,T,Th) Pinetree
 - Strength: Circuit Training** (M-F) Azteca
 - Yoga Level 2 Slow Flow** (Su-F) Montaña
- 10:30 **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** Register at Ext.640/625. Return 5:30 pm. \$290 per person. Meet at Admin Bldg.
- 11:00 **Specialty: Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña
- Aquatic: Strength & Tone** (Shallow Water) (Su,T,Th) Activity Pool
 - Cardio & Strength: Cycle Strength** Pai Pai
 - Longevity: Strength Training** (Su,Th) Olmeca
 - Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
 - Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
 - Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- 12:00 **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Sign up in Main Lounge. Dining Hall at the Patio Terrace
- 2:00 **Aquatic: Deep Water** (Su,T,Th) Activity Pool
- Longevity: Lecture - Planning your Home Practice** Olmeca
 - Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Circuit Training** (Su,Th) Azteca
 - Your Big Vision is Calling You, with Anne Van de Water** Tipai
- 3:00 **Longevity: Heart Rate Training** (30 Min) Azteca
- Mobility & Corrective: Postural Awareness** (M,Th) Olmeca
 - Pilates: Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Sound Healing** (Su-F) Oaktree
 - Strength: TRX Core** (30 Min) (M,Th) Tolteca
 - Spanish Lessons: Beginners Progressive** Library Lounge
 - Calling BS on Busy!, with Andrew Mellen** Tipai
- 4:00 **Immersive Breathwork Experience with Brighton Sage Loughlin** (M,Th) Oaktree
- Yoga: Restorative** (Su,T,Th) Montaña
 - Hike to the Residences (60 mins/wear comfortable shoes)** Meet at Bazar del Sol
- 4:45 **Borderless Farm-to-Table with Chef Janina Garay.** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 7:15 **Movie: Now You See Me** Library Lounge
- 8:00 **Classics and Originals for Flute and Piano, with Brice Martin and Natalie Dalschaert** Oaktree

FRIDAY | MARCH 13

Class spaces are limited to first come first served.

**Please confirm your transportation at the Admin Building or Concierge Desk.*

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge, Gazebo
- *Option: to stay and work in the Garden with Salvador 8 to 10am will walk to the Garden and Van back to the Ranch (F only).
- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (Su-F) Arroyo
- 9:00 **Specialty Pickleball: Fun Round Robin Play for Beginner's with Kim & Thea** Court shoes and safety glasses are recommended. Pickleball Courts
- Meditation** (Su-F) Oaktree
 - Mobility: Stretch** (Su-F) Montaña
 - Pilates: Mat Foundations - Review and Flow** (Su-F) Pinetree
 - Strength: Circuit Training** (M,W,F) Azteca
 - Strength: Total Body with Bands** (M,F) Olmeca
- 10:00 **Specialty Pickleball: Fun Round Robin Play for Adv. Beginners & Intermediate with Kim & Thea** Court shoes and safety glasses are recommended. Pickleball Courts
- Advanced: Cardio Sculpt Express** (30 min) (W,F) Olmeca
 - Aquatic: Shallow Water** (Su,T,F) Activity Pool
 - Barre** (M,W,F) Pinetree
 - Strength: Circuit Training** (M-F) Azteca
 - Yoga Level 2 Slow Flow** (Su-F) Montaña

10:30 Mercado Craft Sale ongoing until 2:30 pm Mercado Patio

- 11:00 **Specialty: Iyengar Yoga with Kitty Franklin** (75 Min) (Su-F) Montaña
- Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool
 - Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
 - Mobility: Stretch** (Su,T,F) Oaktree
 - Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Core Express** (30 Min) Olmeca
 - Strength & Cardio: TRX Circuit** Tolteca
- 1:00 **Set Your Return to Home Intention** Tolteca
- 2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool
- Assessing Your Longevity** (M,F) Tolteca
 - Mobility & Corrective: Balance & Coordination** (T,F) Olmeca
 - Mobility: Strength & Stretch with Stick Mobility** (T,F) Kuchumaa
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Sound Healing** (Su-F) Oaktree
- Strength: The ABC's - Arms/Butt/Core** (T,F) Olmeca
 - Yoga Workshop: Happy Hips & Low Back** Montaña
 - Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (T,F) Milagro
- Recovery: Foam Roller** (T,F) Tolteca
 - Recovery: Stretch and Relax** (M,W,F) Montaña
- 6:00 **Live Music with Rancho La Puerta Fiesta Band** (2 hrs) Dining Hall
- 6:15 **Shabbat Ceremony** (led by guests), Los Olivos

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall