

SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

Sample Schedule Winter 2024-2025

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 Building.

- "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 ups** for classes are posted in the Main Lounge clipboards.

- **Classes are on a 1st come; 1st served** based on equipment availability.

- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY

6:15 Mountain Hike: Professor's Challenging, 3.3 Miles, Gazebo

6:45 Lowlands Hike: Woodlands 2 Miles, Gazebo

9:00 Stretch Pinetree

10:00 Circuit Training Azteca

Meditation Milagro

11:00 Yoga: All Levels Montaña

Pickleball Open Play, *Unsupervised, please use proper footwear.
Pickleball Courts

1:00 Fitness Concierge Dining Hall

2:00 Core Express (30 Min) Olmecca

3:00 Sound Healing Oaktree

Stretch Pinetree

4:30 Ranch Tour (Recommended for 1st time guests) Gazebo

5:00 First Time Guest Orientation Olmecca

Returning Guest Update Tolteca

6:45 Meet the Presenters Dining Hall

7:15 Movie: What Happens Later Library Lounge

7:30 Set your Ranch Intention; Tips for a Magical Week, Tolteca

8:00 It All Starts with YOU—and How You Come Across to Others, with Denise Dudley, Olmecca

MEAL HOURS	AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION
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	Milagro - Meditation Room 6:00 am to 9:00 pm Activity Pool - Lap Swim 7:00 am to 6:00 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	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday - Friday: 7:00 am to 5:00 pm
SNACK TIMES	UNSTAFFED PICK-UP GAMES
SUNDAY THROUGH FRIDAY Fruit 10:30 am Central Pool Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Lounge	Pickleball open play: all levels 11am: Su, T, Th, F 9am: M, W

SUNDAY

* Class spaces are limited to first come first served

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

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

6:45 Lowlands Hike: Woodlands 2 Miles, Gazebo

7:00 Bird Walk 60mins Gazebo

8:15 Ranch Tour and Orientation Recommended for 1st time guests
Dining Hall

Fitness Concierge (30 Min) Dining Hall

9:00 Circuit Training, Azteca

Full Body Strength: Level 2, Olmecca

Meditation, Oaktree

Pickleball Clinic: Beginner, Pickleball Courts

Pilates: Mat Fundamentals Progressive, Pinetree

Stretch, Montaña

TRX Fundamentals, Tolteca

Why's and How's of Hiking Poles, Arroyo (Outside)

10:00 BOSU@ Fit, Olmecca

Chant, Milagro

Circuit Training, Azteca

Dance: Cardio Hip Hop Bodyrock, Kuchumaa

Pickleball Clinic: Intermediate, Pickleball Courts

Pilates: Mat Level 2, Pinetree

Stretch, Oaktree

TRX Strength HIIT: Level 2, Tolteca

Yoga: Fundamentals, Montaña

11:00 Cardio Muscle Blast Level 2, Azteca

Kettlebells (30 Min), Tolteca

Pilates: Reformer Fundamentals, Pilates Studio

Rebounder: Balance & Core Level 2, Kuchumaa

Shallow Water Workout, Activity Pool

Tai Chi Specialty, Oaktree

Yoga: Level 2 (75 min), Montaña

12:00 Swim Stroke Clinic (30 Min), Activity Pool

1:00 Feldenkrais: Improving Posture & Balance - Lecture with Donna Wood Oaktree

Water Flow Therapy Demo South Pool

2:00 Deep Water Training, Activity Pool

Pilates: Reformer Fundamentals, Pilates Studio

Postural Awareness, Tolteca

Ranch Ropes HIIT (30 Min), Olmecca

Love Secrets from the Masters, with Linda Carroll Arroyo

Organic Tea Tasting, 30min Juice Bar

3:00 Pilates: Reformer Fundamentals, Pilates Studio

Sound Healing, Oaktree

Stability Ball (30 Min), Olmecca

Strength & Stretch w/ Stick Mobility, Pinetree

Rolwing® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Library Lounge

4:00 Foam Roller Recovery, Tolteca

Journaling for Joy, Milagro

Restorative Yoga, Montaña

Sound Healing, Oaktree

Live Music with Sergio Ramos (60 Min), Bazar del Sol

Personal Response Styles: Passive Aggressive and Assertive, with Denise Dudley, Olmecca

7:00 Film: Miracle in a Box, narrated by John Lithgow (56 min) Library Lounge

8:00 The Power of Meaning and Purpose, with Lee Rice, MD

MONDAY

* Class spaces are limited to first come first served

6:15 Mountain Hike: Professor's Challenging, 3.3 Miles, Gazebo

6:30 Meditation Hike: Dove 1.2 Miles, Gazebo

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

9:00 Barbell Strength: Level 2, Tolteca

Circuit Training, Azteca

Meditation, Oaktree

Pilates: Mat Fundamentals Progressive, Pinetree

Stretch, Montaña

Tennis Clinic: Level 1, Tennis Courts

Total Body Strength with Bands, Olmecca

Chinese Calligraphy as Self Expression, with Li Huai (90 mins) Art Studio

10:00 Circuit Training, Azteca

Dance: Latin Fusion, Kuchumaa

H2O Boot Camp (Deep Water Workout), Activity Pool

Pilates: Mat Level 2, Pinetree

Ranch Cycle: All Levels, Pai Pai

Tennis Clinic: Level 2, Tennis Courts

Total Body Strength with Bands, Olmecca

Yoga: Fundamentals, Montaña

11:00 Booty Blast (30 Min), Olmecca

Bungee Fitness, * 10 Spaces - Sign Up., Pinetree

Requires the use of a harness device, please wear long pants

Cardio Drum Dance, Kuchumaa

Pickleball Clinic: Beginner, Pickleball Courts

Pilates: Reformer Fundamentals, Pilates Studio

Shallow Water Workout, Activity Pool

Tai Chi Specialty, Oaktree

TRX & Kettlebells, Tolteca

Yoga: Level 2 (75 min), Montaña

Nature Walk with Rob Larson 60min Meet at Gazebo

Drawing with Jennifer (2 hrs), Art Studio

1:00 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas, Library Lounge

From Garden to Table: Seasonal Ingredients for Longevity, with Chef Nina Curtis Olmecca

2:00 Aerial Silks: Stretch & Mobility Active Level 2, Kuchumaa

Healthy Shoulder & Rotator Cuff Secrets, Olmecca

Lowlands Hike: Woodlands 2 Miles, Gazebo

Pilates: Reformer Fundamentals, Pilates Studio

Release & Mobilize, Oaktree

TRX Flexibility, Tolteca

Watercolor with Jennifer (2 hrs), Art Studio

The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Arroyo

3:00 Pilates: Reformer Level 2, Pilates Studio

Rebounder Express (30 Min), Kuchumaa

Sound Healing, Oaktree

Spanish Lessons: Beginner's Progressive, Library Lounge

4:00 Inner Journey: Guided Meditation, Oaktree

Stretch and Relax, Montaña

4:30 Guest Reception. Join us for Sangría and Guacamole, Bazar del Sol

5:15 Intention Tree & Stone Ceremony Tree in front of Dining Hall

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

7:30 Documentary: Kiss the Ground (1.5 hr) Library Lounge

8:00 Introduction to iPhoneography, with Yoni Mayeri Olmecca

TUESDAY

* Class spaces are limited to first come first served

6:05 Organic Garden Breakfast Hike Moderate, 4 Miles, Sign up,
* Option to tour Professor Park / RLP Foundation, back by 9am

* Option to ride the van to and from the Ranch. Gazebo

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

6:30 Qi Gong Specialty, Montaña

Mountain Trail Run 2 to 3.5 Miles, Gazebo

6:45 Lowlands Hike: Woodlands 2 Miles, Gazebo

7:00 Bird Walk 60min Gazebo

9:00 Cardio Kickboxing, Kuchumaa

Meditation, Oaktree

Pickleball Clinic: Beginner, Pickleball Courts

Pilates: Mat Fundamentals Progressive, Pinetree

Postural Awareness, Tolteca

Ranch Barre, Olmecca

Stretch, Montaña

10:00 Circuit Training, Azteca

Core & More, Olmecca

Cardio Disco Dance, Kuchumaa

Pickleball Clinic: Intermediate, Pickleball Courts

Pilates: Mat Level 2, Pinetree

Stretch, Oaktree

Yoga: Fundamentals, Montaña

11:00 Aqua Strength & Tone (Shallow Water Workout), Activity Pool

Breathwork, Arroyo

Cycle Express: (30 Min), Pai Pai

Dance: Burlesque, Kuchumaa

Kettlebells (30 Min), Tolteca

Pilates: Reformer Fundamentals, Pilates Studio

Tai Chi Specialty, Oaktree

Yoga Sculpt: Level 2 (60 Min), Olmecca

Landscape Sketching with Jennifer (120 Min) Art Studio

Documentary: Tree of Life, The Living Legacy of Edmond Szekely

26 mins, Library Lounge

Hands-On Cooking Classes: Tamales, a Holiday Tradition by Chef Reyna Venegas - Register at Ext.640/625. Fee. Return 2:30 pm. Meet at Admin Bldg.

1:00 Your DNA is NOT Your Destiny! with Lee Rice, MD Olmecca

2:00 Aerial Yoga: Level 1 Gentle (Low Hammock), Please wear socks and sleeved shirts Kuchumaa

Circuit Training, Azteca

Deep Water Training, Activity Pool

Healthy Back Secrets, Olmecca

Pilates: Cadillac Fundamentals, Pilates Studio

Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio

Love Cycles in All Our Relationships, with Linda Carroll Arroyo

3:00 Core Express (30 Min), Olmecca

Pilates: Reformer & Cadillac Combo, Pilates Studio

Sound Healing, Oaktree

Spanish Lessons: Beginner's Progressive, Library Lounge

4:00 Foam Roller Recovery, Tolteca

Restorative Yoga, Montaña

Hands-On Cooking Classes by Chef Nina Curtis,

Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.

Unlock the potential of the camera in your iPhone, with Yoni Mayeri Olmecca

5:00 First Timers Guest Reception with Barry Los Olivos

7:30 Movie: La La Land Library Lounge

8:00 Holiday Bingo/Games with Barry! Olmecca

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

WEDNESDAY

- 6:05 **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30 **Meadow Meditation Hike**, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00 **Cardio Boxing**, Kuchumaa
- Circuit Training**, Azteca
- Full Body Strength Level 2**, Olmeca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- TRX Strength HIIT: Level 2**, Tolteca
- Chinese Calligraphy as Self Expression, with Li Huai** (90 mins) Art Studio
- 10:00 **Circuit Training**, Azteca
- Cycle Strength**, Pai Pai
- Dance: Move & Groove, Funk!**, Kuchumaa
- Full Body Strength: Level 1**, Olmeca
- H2O Boot Camp (Deep Water Workout)**, Activity Pool
- Pilates: Mat Level 2**, Pinetree
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge
- 11:00 **BOSU® Fit**, Olmeca
- Bungee Fitness**, *10 Spaces - Sign Up., Pinetree
Requires the use of a harness device, please wear long pants
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Tai Chi Specialty**, Oaktree
- Yoga: Level 2 (75 min)**, Montaña
- Nature Walk with Rob Larson** 60 min Meet at Gazebo
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 1:00 **Master the Art of Organizing and Editing your Photos, with Yoni Mayeri** Olmeca
- 2:00 **Aerial Yoga: Level 1 Gentle (Low Hammock)**; Please wear socks & sleeved shirts Kuchumaa
- Balance and Coordination**, Olmeca
- Mountain Hike: Alex's Oak** Moderate, 2 Miles, Gazebo
- Release & Mobilize**, Oaktree
- Stretch for Active Aging**, Pinetree
- Water Jogging (Deep Water Workout)**, Activity Pool
- Five Basic Skills in Communication (PAUSE)**, with Linda Carroll, Arroyo
- 3:00 **Pilates: Reformer Level 2**; Pilates Studio
- Practice your Intention**, Milagro
- Sound Healing**, Oaktree
- TRX Flexibility**, Tolteca
- Spanish Lessons: Beginner's Progressive**, Library Lounge
- 4:00 **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Stretch and Relax**, Montaña
- Women in Chinese Silent Cinema, with Paul Pickowicz** Library Lounge
- Hands-On Cooking Classes with by Chef Nina Curtis**
Register at Ext.640/625. Fee. \$145. Return 7:30pm.
Meet at Admin Bldg.
- 7:30 **Movie: Past Lives** 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

- 6:05 **Organic Garden Breakfast Hike** 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, Prerequisites, Sign up, Gazebo
- 6:15 **Mountain Hike: Professor's** Challenging, 3.3 Miles, Gazebo
- 6:30 **Sunrise Yoga (60 Min)** Montaña
- 6:45 **Lowlands Hike: Woodlands** 2 Miles Gazebo
- 7:00 **Bird Walk** 60min, Gazebo
- 9:00 **BOSU® & Ropes: Level 2 (30 Min)**, Olmeca
- Cardio Boxing**, Kuchumaa
- Chant**, Milagro
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- 10:00 **Circuit Training**, Azteca
- Dance: Broadway**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Mat Level 2**, Pinetree
- Stretch**, Oaktree
- TRX Core (30 Min)**, Tolteca
- Upper Body Blast: All Levels (30 Min)**, Olmeca
- Why's and How's of Hiking Poles** Bring your own, or borrow ours, Meet outside Arroyo
- Yoga: Level 1**, Montaña
- 10:30 **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe**
Register at Ext.640/625. Return 5:30 pm. \$290 per person (tax included), Meet at Admin. Bldg.
- 11:00 **Booty Blast (30 Min)**, Olmeca
- Cardio Drum Dance**, Kuchumaa
- Cycle Hip Hop (30 Min)**, Pai Pai
- Shallow Water Workout**, Activity Pool
- Tai Chi Specialty**, Oaktree
- Yoga: Level 2 (75 min)**, Montaña
- 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, Dining Hall at the Patio Terrace.
- 12:30 **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00 **Sedentary Lifestyle is the New Smoking, with Lee Rice, MD** Olmeca
- Top Ten Tips for iPhoneography, with Yoni Mayeri** Library Lounge
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, \$60 art kit fee, Dining Hall Balcony
- 2:00 **Balance and Coordination**, Olmeca
- Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Pilates: Cadillac Fundamentals**, Pilates Studio
- Holiday Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
- Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words, with Linda Carroll** Arroyo
- 3:00 **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Sound Healing**, Oaktree
- Strength & Stretch with Stick Mobility**, Pinetree
- Yoga Sculpt: Level 2**, Olmeca
- Spanish Lessons: Beginner's Progressive**, Library Lounge
- 4:00 **Dance: Floorwork**, Arroyo
- Foam Roller Recovery**, Tolteca
- Yoga Nidra**, Oaktree
- Unofficial Filmmaking in Early 21st Century China, with Paul Pickowicz** Library Lounge
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- 5:00 **5 Course Dinner Experience with Chef Nina Curtis and Chef Reyna Venegas.** Register at Ext. 640/625. Fee. Return 7:30 pm. Meet at Admin Bldg.
- 7:00 **Candlelight Yoga & Meditation**, Montaña
- Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30 **Movie: Coco** Library Lounge
- 8:00 **Chopin Recital featuring Sonata No 3 in B minor and Ballade No 3, with Aleck Karis** Oaktree

FRIDAY

Please confirm your return transportation at the

- 6:05 **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, Gazebo
- 6:15 **Mountain Hike: Coyote** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Mountain Meditation Hike: Alex's Oak** Moderate 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00 **Barbell Strength: Level 2**, Tolteca
- Circuit Training**, Azteca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Ranch Barre**, Olmeca
- Sculpt & Step**, Kuchumaa
- Stretch**, Montaña
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 10:00 **Circuit Training**, Azteca
- Core and More**, Olmeca
- Dance: Cardio Hip Hop Flashback**, Kuchumaa
- Journaling for Joy**, Milagro
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 1**, Montaña
- Release Stress with Tapping**, Oaktree
- 11:00 **BOSU® Fit: All Levels**, Olmeca
- Kettlebells (30 Min)**, Tolteca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Tai Chi Specialty**, Oaktree
- Yoga: Level 2 (75 min)**, Montaña
- Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio
- 11:30 **Mercado's Craft Sale** Until 2:30 pm, Mercado
- 1:00 **Set Your Return to Home Intention**, Tolteca
- 2:00 **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts Kuchumaa
- Forest Bathing**, Labyrinth
- Core Express (30 Min)**, Olmeca
- Mandala with Jennifer** (60 Min) Art Studio
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Sound Healing**, Oaktree
- Upper Body Blast: All Levels (30 Min)**, Olmeca
- Spanish Lessons: Beginner's Progressive**, Library Lounge
- 4:00 **Inner Journey: Guided Chakra Meditation**, Oaktree
- Stretch and Relax**, Montaña
- Natural Wine Tasting with Sergio Medal** Main Lounge
- 6:00 **Live Music with Rancho La Puerta Fiesta Band** (2 Hrs), Dining Hall
- 6:15 **Shabbat Ceremony** (led by guests), Los Olivos
- 7:30 **Candlelight Holiday Labyrinth**, Labyrinth
- 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

