SAMPLE SCHEDULE - CLASSES AND TIMES ARE SUBJECT TO CHANGE

Summer Sample Schedule 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.*
- ***Level 2 classes are an 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 newer to a discipline.*

SATURDAY

6:15 ☐ **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
9:00 ☐ **Stretch** Pinetree

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

11:00 ☐ **Pickleball Open Play** Pickleball Courts
☐ **Yoga: All Levels** Montaña

1:00 ☐ **Fitness Concierge** Dining Hall

2:00 ☐ **Core Express** (30 Min) Olmeca

3:00 ☐ **Sound Healing** Oaktree
☐ **Stretch** Pinetree

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

5:00 ☐ **First Time Guest Orientation** Olmeca
☐ **Returning Guest Update** Tolteca
6:45 ☐ **Meet the Presenters** Dining Hall

7:30 ☐ **Movie: The Upside** Library Lounge
☐ **Set Your Intention; Tips for a Magical Week with Jill Thiry,** Tolteca

8:00 ☐ **Fall in Love with Your Life, with Elena Sonnino** Oaktree

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 **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 **SNACK TIMES** **SUNDAY THROUGH FRIDAY** Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge **JUICE BAR** 9:00 am to 12:00 pm & 1:00 pm 4:00 pm **BAZAR DEL SOL** 6:00 am to 9:00 pm	**Milagro - Meditation Room** 6:00 am to 9:00 pm **Activity Pool - Lap Swim** 7:00 am to 5:00 pm **Azteca Gym - Weight Room** Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm **UNSTAFFED PICK-UP GAMES** **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 Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
6:25 ☐ **Trail Run: Alex's Oak Trail** Intermediate, 2 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

7:30 ☐ **Fitness Concierge** (30 Min) Villas Pool

8:15 ☐ **Ranch Tour and Orientation** (For 1st time guests) Dining Hall Main Entrance
☐ **Fitness Concierge** (30 Min) Dining Hall

9:00 ☐ **Specialty: Pilates Mat Fundamentals Progressive with Diane Wheatley** Pinetree
☐ **Circuit Training** Azteca
☐ **Full Body Strength** Olmeca
☐ **Meditation** Oaktree
☐ **Pickleball Clinic: Beginner's** Pickleball Courts
☐ **Stretch** Montaña
☐ **TRX Fundamentals** Tolteca

10:00 ☐ **Specialty: Pilates Mat Level 2 with Diane Wheatley** Pinetree
☐ **BOSU® Core & More** Olmeca
☐ **Circuit Training** Azteca
☐ **Dance: Cardio Hip Hop** Kuchumaa
☐ **Pickleball Clinic: Intermediate** Pickleball Courts
☐ **Yoga Level 1** Montaña

11:00 ☐ **Cycle Hip Hop** (30 Min) Pai Pai
☐ **Kettlebells** (30 Min) Tolteca
☐ **Mini Trampoline Balance & Core** Kuchumaa
☐ **Pilates Reformer Fundamentals** Beginners, Pilates Studio
☐ **Shallow Water Workout** Activity Pool
☐ **Stretch** Oaktree
☐ **Yoga Level 2** Advanced (75 min) Montaña

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

1:00 ☐ **Documentary: Kiss the Ground** (1.5 hr) Library Lounge
☐ **How to Use Essential Oils in Self-Care Rituals for Beauty, Balance and Well-Being, with Tara Grodjesk** Arroyo
☐ **Nutrition Wellness: Metabolism and Healthy Weight, with Jody Miller, Registered Clinical Exercise Physiologist** Tolteca
☐ **Water Flow Therapy Demo** South Pool

2:00 ☐ **Deep Water Training** Activity Pool
☐ **Pilates Reformer Fundamentals Beginners,** Pilates Studio
☐ **Ranch Ropes HIIT** (30 Min) Olmeca
☐ **Strength & Stretch with Stick Mobility** Kuchumaa
☐ **Inner Fitness: Get Rooted, with Elena Sonnino** Arroyo

3:00 ☐ **Gentle Aerial Yoga*** (Low Hammock) Please wear socks & short/long sleeves. Kuchumaa
☐ **Pilates Reformer Fundamentals Advanced,** Pilates Studio
☐ **Sound Healing** Oaktree
☐ **TRX Core** (30 Min) Tolteca
☐ **Yoga Workshop: Happy Hips & Low Back** Montana

4:00 ☐ **Chant: Sacred Sound Practice** Milagro
☐ **Foam Roller Recovery** Tolteca
☐ **Restorative Yoga** Montaña
☐ **Sound Healing** Oaktree
☐ **Beginner's Ukulele/Progressive with Pamela Polland.** Sign up required. Library Lounge

5:00 ☐ **Music of Hope – Orquesta Guadalupana with the children of Tijuana, conducted by musical director Ron Wakefield** Oaktree

7:30 ☐ **Movie: What Happens Later** Library Lounge

8:00 ☐ **Laughter is the Best Medicine! Joseph B. Weiss, MD, FACP, FACG, AGAF** Olmeca

MONDAY

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
7:00 ☐ **Pickleball Clinic: Beginner's** Pickleball Courts

9:00 ☐ **Specialty: Pilates Mat Fundamentals Progressive with Diane Wheatley** Pinetree
☐ **Barbell Strength** Tolteca
☐ **Circuit Training** Azteca
☐ **Meditation** Oaktree
☐ **Stretch** Montaña
☐ **Tennis Clinic: Level 1** Tennis Courts

10:00 ☐ **Specialty: Pilates Mat Level 2 with Diane Wheatley** Pinetree
☐ **Cardio Drum Dance** Kuchumaa
☐ **Circuit Training** Azteca
☐ **H2O Boot Camp (Deep Water Workout)** Activity Pool
☐ **Pickleball Clinic: Intermediate** Pickleball Courts
☐ **Ranch Barre** Olmeca
☐ **TRX Full Body** Tolteca
☐ **Tennis Clinic: Level 2** Tennis Courts
☐ **Yoga Level 1** Montaña

11:00 ☐ **Aqua Strength & Tone** (Shallow Water Workout) Activity Pool
☐ **Cardio Sculpt Express** (30 min) Olmeca
☐ **Cycle Strength** Pai Pai
☐ **Pilates Reformer Fundamentals** Beginner, Pilates Studio
☐ **TRX Strength HIIT** Tolteca
☐ **Yoga Level 2** Advanced (75 min) Montaña
☐ **Nature Walk with Rob Larson** (60 min) 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,** Tolteca
☐ **How to Maintain Your Skin's Radiance and Vibrancy at Any Age, with Tara Grodjesk** Arroyo
☐ **The Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins), Library Lounge

2:00 ☐ **Active Aerial Yoga** (Low Hammock)**.** Please wear socks & short/long sleeves. Kuchumaa
☐ **Cardio HIIT with Jody Miller** Azteca
☐ **Pilates Tower Fundamentals** Beginners, Pilates Studio
☐ **Release & Mobilize** Oaktree
☐ **TRX Flexibility** Tolteca
☐ **Water Polo on a Noodle** Activity Pool
☐ **Inner Fitness: Prioritize THIS. Not That, with Elena Sonnino** Arroyo
☐ **Watercolor with Jennifer** (2 hrs)**,** Art Studio

3:00 ☐ **Dynamic Stretch** Pinetree
☐ **Pilates Tower Level 2** Advanced, Pilates Studio
☐ **Sound Healing** Oaktree
☐ **Stability Ball** (30 Min) Olmeca
☐ **Yoga Workshop: Rope Wall** Montaña
☐ **Spanish Lessons: Beginner's Progressive** Library Lounge

4:00 ☐ **Inner Journey: Guided Meditation** Oaktree
☐ **Stretch and Relax** Montaña
☐ **Beginner's Ukulele/Progressive with Pamela Polland. Sign up required.** Library Lounge

5:00 ☐ **Guest Reception: Sangría & Guacamole,** Bazar del Sol
6:15 ☐ **Silent Dinner** Sign up, Los Olivos (via Dining Hall balcony)
7:15 ☐ **Wicked** Library Lounge
8:00 ☐ **What Does a Conductor Actually Do? with conductor James Conlon** Olmeca

TUESDAY

Class spaces are limited to first come first served

6:05 ☐ **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge,
* 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 Trail** Advanced, 5.5 or 4 Miles, Gazebo
6:30 ☐ **Mountain Trail Run** Advanced 2-4 miles, Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
7:00 ☐ **Bird Walk** (60min) Gazebo

9:00 ☐ **Specialty: Pilates Mat Fundamentals Progressive with Diane Wheatley** Pinetree
☐ **Bootcamp** Kuchumaa
☐ **Meditation** Oaktree
☐ **Pickleball Clinic: Beginner's** Pickleball Courts
☐ **Stretch** Montaña
☐ **Total Body Strength with Bands** Olmeca

10:00 ☐ **Specialty: Pilates Mat Level 2 with Diane Wheatley** Pinetree
☐ **Aqua Board** Central Pool
☐ **BOSU® Fit** Olmeca
☐ **Broadway Dance** Kuchumaa
☐ **Circuit Training** Azteca
☐ **Pickleball Clinic: Intermediate** Pickleball Courts
☐ **Yoga Level 1** Montaña

11:00 ☐ **Aqua Board,** Central Pool
☐ **Cycle Express** (30 Min) Pai Pai
☐ **Lower Body Blast** (30 Min) Olmeca
☐ **Pilates Reformer Fundamentals** Beginners, Pilates Studio
☐ **Stretch** Oaktree
☐ **Yoga Sculpt: Level 2** Advanced (60 Min) Kuchumaa
☐ **Landscape Sketching with Jennifer** (2 hrs) Art Studio

1:00 ☐ **Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
Hormones Through the Ages, with Nancy Cetel, MD Olmeca

2:00 ☐ **Circuit Training** Azteca
☐ **Deep Water Training** Activity Pool
☐ **Pilates Reformer Fundamentals** Beginners, Pilates Studio
☐ **Postural Awareness** Tolteca
☐ **Strength & Stretch with Stick Mobility** Kuchumaa
☐ **Inner Fitness: Get Curious, with Elena Sonnino** Arroyo
☐ **Watercolor Collage Cards with Jennifer** (2 hrs) Art Studio

3:00 ☐ **Aqua Ease & Stretch** (30 mins) (Shallow Water) Activity Pool
☐ **Core Express** (30 Min) Olmeca
☐ **Pilates Reformer Level 2** Advanced, Pilates Studio
☐ **Sound Healing** Oaktree
☐ **Yoga Workshop: Chair Intermediate,** Montaña
☐ **Spanish Lessons: Beginner's Progressive**, Library Lounge

4:00 ☐ **Breathwork** Oaktree
☐ **Foam Roller Recovery** Tolteca
☐ **Restorative Yoga** Montaña
☐ **Beginner's Ukulele/Progressive with Pamela Polland -Sign up required.** Library Lounge
☐ **Hands-on Cooking Class with Visiting Teacher Denise Marchessault.** Register at ext.640/625. Fee $145. Return at 7:30pm. Admin Bldg.

5:00 ☐ **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience,** Los Olivos

7:00 ☐ **Floating Sound Bath** Central Pool
7:30 ☐ **Movie: Conclave** Library Lounge
8:00 ☐ **Bingo & Games with Barry!** Olmeca

SAMPLE SCHEDULE - CLASSES ARE SUBJECT TO CHANGE

WEDNESDAY

- 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
- ☐ **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45 ☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 7:00 ☐ **Pickleball Clinic: Beginner's,** Pickleball Courts
- 9:00 ☐ **Specialty: Pilates Mat Fundamentals Progressive with Diane Wheatley** Pinetree
  - ☐ **Assessing Your Longevity** Olmeca
  - ☐ **Circuit Training** Azteca
  - ☐ **Meditation** Oaktree
  - ☐ **Stretch** Montaña
  - ☐ **Tennis Clinic Level 1** Tennis Courts
  - ☐ **TRX Full Body** Tolteca
  - ☐ **Why's & How's of Hiking Poles,** Bring your own or borrow ours. Meet Outside Arroyo
- 10:00 ☐ **Specialty: Pilates Mat Level 2 with Diane Wheatley** Pinetree
  - ☐ **Circuit Training** Azteca
  - ☐ **Core & More** Olmeca
  - ☐ **Dance: Cardio Disco** Kuchumaa
  - ☐ **H2O Boot Camp (Deep Water Workout)** Activity Pool
  - ☐ **Pickleball Clinic: Intermediate** Pickleball Courts
  - ☐ **Tennis Clinic: Level 2** Tennis Courts
  - ☐ **Yoga Level 1** Montaña
  - ☐ **Landscape Garden Walk** Main Lounge
- 11:00 ☐ **Cycle Strength** Pai Pai
  - ☐ **Mini Trampoline Express** (30 Min) Kuchumaa
  - ☐ **Pilates: Reformer Fundamentals** Beginner, Pilates Studio
  - ☐ **Shallow Water Workout** Activity Pool
  - ☐ **Upper Body Blast** (30 Min) Olmeca
  - ☐ **Yoga Level 2:** Advanced (75 Min) Montaña
  - ☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 1:00 ☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
  - ☐ **Our Hormones & Our Overall Health and Wellness, with Nancy Cetel, MD** Olmeca
- 2:00 ☐ **Active Aerial Low Hammock: Stretch & Mobility.** Please wear socks & short/long sleeves. Kuchumaa
  - ☐ **Balance & Coordination** Olmeca
  - ☐ **Pilates Tower Fundamentals** Beginner, Pilates Studio
  - ☐ **Release & Mobilize** Oaktree
  - ☐ **Water Jogging** Activity Pool
  - ☐ **Inner Fitness: Say YES to Your Aliveness, with Elena Sonino** Arroyo
- 3:00 ☐ **Dynamic Stretch** Pinetree
  - ☐ **Lower Body Blast** (30 Min) Olmeca
  - ☐ **Pilates Tower Level 2 Advanced** Pilates Studio
  - ☐ **Sound Healing** Oaktree
  - ☐ **Yoga Workshop: Happy Hips & Low Back** Montaña
  - ☐ **Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00 ☐ **Inner Journey: Guided Meditation** Oaktree
  - ☐ **Stretch and Relax** Montaña
  - ☐ **Beginner's Ukulele/Progressive with Pamela Polland -Sign up required** Library Lounge
  - ☐ **Hands-on Cooking Class with Visiting Teacher Denise Marchessault.** Fee $145. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
  - ☐ **Tasting of Guadalupe Valley Wines, includes cheese boards and chocolate** (60min)**.** $45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
  - ☐ **What Happens When Art Collides with Society? with James Conlon** Olmeca
- 5:00 ☐ **Light Jazz with Ross Gualco, piano** Bazar del Sol
- 6:30 ☐ **Golden Hour Sunset Hike: Alex's Oak Trail** 2 Miles, Gazebo
- 7:30 ☐ **Movie: One Life** 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** 4 Miles, Sign up with Concierge,
  * Option to tour Professor Park / RLP Foundation, back by 9am
  * Option to ride the van to and from the Ranch. Gazebo
- 6:10 ☐ **Mountain Hike: 7-Mile Breakfast** Challenging, Sign up, Gazebo
- 6:10 ☐ **Trail Run: Professor's** Advanced 3.3 miles, Gazebo
- 6:15 ☐ **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo
- 6:30 ☐ **Sunrise Yoga** (60 Min) Montaña
- 6:45 ☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00 ☐ **Bird Walk** (60 Min) Gazebo
- 9:00 ☐ **Specialty: Pilates Mat Fundamentals Progressive with Diane Wheatley** Pinetree
  - ☐ **Chant: Sacred Sound Practice** Milagro
  - ☐ **Meditation** Oaktree
  - ☐ **Pickleball Clinic: Beginner's** Pickleball Courts
  - ☐ **Stretch** Montaña
  - ☐ **Total Body Strength with Bands** Olmeca
  - ☐ **TRX Fundamentals** Tolteca
- 10:00 ☐ **Specialty: Pilates Mat Level 2 with Diane Wheatley** Pinetree
  - ☐ **Aqua Board** Central Pool
  - ☐ **BOSU® & Battle Ropes** (30 Min) Olmeca
  - ☐ **Circuit Training** Azteca
  - ☐ **Dance: Intro to Salsa** Kuchumaa
  - ☐ **Pickleball Clinic: Intermediate** Pickleball Courts
  - ☐ **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. Meet at Admin Bldg.
- 11:00 ☐ **Aqua Board** Central Pool
  - ☐ **Cardio Sculpt Express** (30 min) Olmeca
  - ☐ **Cycle Hip Hop** (30 Min) Pai Pai
  - ☐ **Pilates Reformer Fundamentals** Beginner, Pilates Studio
  - ☐ **Stretch** Oaktree
  - ☐ **Yoga Level 2** Advanced (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 ☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, Fee for Art Kit $60 plus tax, Dining Hall Balcony
- 2:00 ☐ **Circuit Training** Azteca
  - ☐ **Deep Water Training** Activity Pool
  - ☐ **Pilates Reformer Fundamentals** Beginner, Pilates Studio
  - ☐ **Postural Awareness** Tolteca
  - ☐ **Strength & Stretch with Stick Mobility** Kuchumaa
  - ☐ **Living your Intention with Jill Thiry** Milagro
- 3:00 ☐ **Aqua Ease** (30 mins) Shallow Water Stretch, Activity Pool
  - ☐ **Mini Trampoline Express** (30 Min) Kuchumaa
  - ☐ **Pilates Reformer Level 2** Advanced, Pilates Studio
  - ☐ **Sound Healing** Oaktree
  - ☐ **TRX Core** (30 Min) Tolteca
  - ☐ **Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00 ☐ **Breathwork** Oaktree
  - ☐ **Foam Roller Recovery** Tolteca
  - ☐ **Restorative Yoga** Montaña
  - ☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- 4:45 ☐ **Farm-to-Table Dining Experience: with Visiting Teacher Denise Marchessault and Chef Reyna Venegas.** Register at Ext.640/625. Fee $150. Return 7:30pm. Meet at Admin Bldg.
- 7:15 ☐ **Prayer Arrows with Tim Hinchliff,** Main Lounge
- 7:30 ☐ **Movie: The Boys in the Boat** Library Lounge
- 8:00 ☐ **Concert Jazz and Love Songs with Pamela Polland and Ross Gualco** Oaktree

FRIDAY

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** Moderate, 2 Miles, Gazebo
- 6:45 ☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00 ☐ **Specialty: Pilates Mat Fundamentals Progressive with Diane Wheatley** Pinetree
  - ☐ **Assessing Your Longevity** Olmeca
  - ☐ **Barbell Strength** Tolteca
  - ☐ **Circuit Training** Azteca
  - ☐ **Meditation** Oaktree
  - ☐ **Pickleball Clinic: Beginner's** Pickleball Courts
  - ☐ **Stretch** Montaña
- 10:00 ☐ **Specialty: Pilates Mat Level 2 with Diane Wheatley** Pinetree
  - ☐ **Circuit Training** Azteca
  - ☐ **Dance: Cardio Hip Hop 90's Flashback** Kuchumaa
  - ☐ **Pickleball Clinic: Intermediate** Pickleball Courts
  - ☐ **Ranch Barre** Olmeca
  - ☐ **Yoga Level 1** Montaña
- 10:30 ☐ **Mercado's Craft Sale, Ph Cosmetics Patricia & Hayde, Patricia's Healthy Snacks.** Ongoing until 2 pm, Mercado Patio
- 11:00 ☐ **Aqua Strength & Tone** (Shallow Water Workout) Activity Pool
  - ☐ **Cardio Drum Dance** Kuchumaa
  - ☐ **Cycle Express** (30 Min) Pai Pai
  - ☐ **Kettlebells** (30 Min) Tolteca
  - ☐ **Pilates Reformer Fundamentals** Beginners, Pilates Studio
  - ☐ **Yoga Level 2** Advanced (75 Min) Montaña
  - ☐ **Make an Ancestor Altar with Jennifer** (90 Min) Art Studio
- 12:00 ☐ **Lunch Celebrating 85th Anniversary of Rancho La Puerta** Central Pool
- 1:00 ☐ **Set Your Return to Home Intention with Jill Thiry** Tolteca
- 2:00 ☐ **Balance & Coordination** Olmeca
  - ☐ **Gentle Aerial Yoga** (Low Hammock) Please wear socks & long sleeves. Kuchumaa
  - ☐ **Pilates Reformer Fundamentals** Beginners, Pilates Studio
  - ☐ **TRX Flexibility** Tolteca
  - ☐ **Mandala with Jennifer** (60 min) Art Studio
- 2:45 ☐ **Live Music and Smoothies** Juice Bar
- 3:00 ☐ **Sound Healing** Oaktree
  - ☐ **Upper Body Blast** (30 Min) Olmeca
  - ☐ **Yoga Workshop: Chair** Intermediate, Montaña
  - ☐ **Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00 ☐ **Inner Journey: Guided Meditation** Oaktree
  - ☐ **Stretch and Relax** Montaña
- 5:00 ☐ **Labyrinth Walk: Celebrating a Quarter of a Century of Labyrinth Walking at the Ranch, with Jill Thiry** Labyrinth
- 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 ☐ **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

YOUR WEEKLY SCHEDULE OF

FITNESS CLASSES & ACTIVITIES