

Week of May 2, 2026

Aging Strong with Robert Sherman

Experience Dance with Angela Todaro

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:

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. *Use proper footwear*

- **HIKES:** Hiking boots with lugs.
- **PICKLEBALL & TENNIS:** Court Shoes.
- **STRENGTH CLASSES:** Close-Toed Shoes.
- **Classes are 1st come; 1st served** - Based on equipment availability.
- **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
- **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.
- For the **comfort and safety** of our fellow guests, no open swim during scheduled classes.
- **Sign-ups for classes** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted in the Pilates Studio at Arroyo Gym.

SATURDAY | MAY 2

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**, unstaffed, please use court shoes.
Pickleball Courts
 Dance: Latin Fusion Kuchumaa
 Yoga: All Levels Montaña

1:00 **Aquatic: Deep Water** Activity Pool
 Fitness Concierge (60 Min) Dining Hall
 Pickleball Open Play, unstaffed, please use court shoes.
Pickleball Courts

2:00 **Mobility: Stretch** Montaña
 Labyrinth Meet at Emily's Forest

3:00 **Sound Healing** Oaktree

5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
 Returning Guest Update Tolteca

5:30 **First Time Guest Orientation** Olmecca

6:45 **Meet the Presenters** Dining Hall

7:15 **Movie: *The Upside*** Library Lounge

8:00 **Hidden Communication: Master the Invisible Forces That Shape Your World, with Peter Glaser and Susan Glaser, PhDs** Olmecca

Meal Hours: 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	Available Facilities *when no class is in session
Meal Hours: Sunday- 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	Milagro - Meditation Room 6:00 am to 9:00 pm
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	Activity Pool 7:00 am to 6:00 pm * No open swim during scheduled classes
Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm	Azteca Gym - Weight Room 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 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	Tennis & Pickleball Courts, Open Play 7:00 am to 7:00 pm

SUNDAY | MAY 3

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** (15 min) (Su-F) Arroyo

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

9:00 **Advanced: Full Body Strength** (Su,W) Olmecca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes are recommended.
Pickleball Courts

Pilates: Mat Foundations All Levels Neutral & Spinal Articulation, Flexion, Extension, Lateral Flexion, Rotation, Review & Flow (Su-F) Pinetree
 Strength: Introduction to Circuit Training Azteca

10:00 **Specialty: Explore Dance - Hip Hop with Angela Todaro** (Su-F) Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 Longevity: Strength Training (Su,Th), Olmecca
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th)Pinetree
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña

11:00 **Specialty: Aging Strong - Assessment and Activation with Robert Sherman** (Su-F) Olmecca
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Longevity Cardio Lab: From Zone 2 to HIIT (Su,W) Azteca
 Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
 Pilates: Reformer Level 2 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 Art Class: Silk Painting with Roberto Colangeli. Sign up (1.5 hours) Art Studio

1:00 **Lecture: Master Your Metabolism with DeRahn T. Johnson, FNS, CES** Olmecca
 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 Olmecca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Circuit Training (Su,Th) Azteca

3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Tai Chi Montaña
 Art Class: Silk Painting with Roberto Colangeli. Sign up (1.5 hours) Art Studio

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Set Your Intention; Tips for a Magical Week Milagro
 Yoga: Restorative (Su,T,Th) Montaña
Power Listening: The Secret to Turning Tension into Trust, with Peter Glaser and Susan Glaser, PhDs Tipai

5:00 **Deborah's 104th Birthday Dinner Celebration**
Welcome Reception on the Dining Hall Lawn

7:15 **Movie: *F1 (Formula 1)*** Library Lounge

8:00 **Healthy Pleasures: Why Everything that Feels Good is Not Bad, with David S. Sobel, MD, MPH** Tipai

MONDAY | MAY 4

Class spaces are limited to first come first served.

6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 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** (15 min) (Su-F) Arroyo

9:00 **Meditation** (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
 Pilates: Mat Foundations All Levels - Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Strength: Total Body with Bands (M,F) Olmecca
 Tennis Clinic: Level 1 (M,W) Court shoes are recommended.
Tennis Courts

10:00 **Specialty: Explore Dance - Broadway with Angela Todaro** (Su-F) Kuchumaa
 Aquatic: H2O Boot Camp (Deep Water) (M,Th) Activity Pool
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Reformer Level 2 (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: Barbell Workout (M,W) Tolteca
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Court shoes are recommended.
Tennis Courts
 Yoga Level 1 - Balance (Su-F) Montaña

11:00 **Specialty: Aging Strong - Muscle and Movement Integration with Robert Sherman** (Su-F) Olmecca
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Cardio: Cycle Hip Hop (30 Min) Pai Pai
 Mobility: TRX Flexibility Pinetree
 Pilates: Reformer Level 1 (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Kettlebells (30 Min) (M,W) Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo

1:00 **Behavior Change Made Simpler: Health Benefits of Success & Confidence with David S. Sobel MD, MPH** Tipai
 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge

2:00 **Aquatic: Water Jogging (Deep Water)** (M,W) Activity Pool
 Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Recovery: Release & Mobilize (M,W,F) Oaktree
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks and long sleeves. Kuchumaa
 Inner Fitness: Philosophy, Poets, Mystics: Essential Skills for Thriving in Life and Love, with Linda Carroll Tipai

3:00 **Cardio: Mini Trampoline Express** (30 min) (M,Th) Kuchumaa
 Longevity: Dynamic Mobility Olmecca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree

4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Mobility: Stretch and Relax (M,W,F) Montaña
 Art Walk: Sculptures, with Rob Larson Meet at Gazebo
 Navigating Challenging Conversations: Turn Resistance into Connection, with Peter Glaser and Susan Glaser, PhDs Tipai

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

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

7:15 **Movie: *Shall We Dance?*** Library Lounge

8:00 **Nourishing Your Health by Living Green, with Victoria Maizes, MD** Tipai

TUESDAY | MAY 5

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 departs 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
6:20 **Ruck: Weighted Hiking** Intermediate, Sign up, 2 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
 Sunrise Ceremony for Blessings and Gratitude with Chimalli Wash Fernández and Maria Corona Villas Lawn

8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo
9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
 Barre (T,Th) Olmecca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree

10:00 **Specialty: Explore Dance - Bellydance with Angela Todaro** (Su-F) Kuchumaa
 Chant: A Vocal Sound Practice (T,F) Milagro
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: BOSU® Fit Olmecca
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 - Strength (Su-F) Montaña

11:00 **Specialty: Aging Strong - Reactive Training with Robert Sherman** (Su-F) Olmecca
 Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
 Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
 Pilates: Reformer Level 2 (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength & Cardio: TRX Circuit Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 Art Class: Silk Painting with Roberto Colangeli. Sign up (1.5 hours) Art Studio
 Workshop with Mary Gauthier: Saved by a Song Library Lounge

1:00 **Making a Smoothie Class with Chef César** Juice Bar
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
 Vibrantly Healthy Women, with Victoria Maizes, MD Tipai

2:00 **Aquatic: Deep Water** (Su,T,Th) Activity Pool
 Labyrinth (T,F) Meet at Emily's Forest
 Mobility & Corrective: Balance & Coordination (T,F) Olmecca
 Mobility: Strength & Stretch with Stick Mobility (T,Th) Kuchumaa
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
 Inner Fitness: Learning to Surf: The Healing Power of Accepting the Things We Cannot Change and Changing the Things We Can, with Linda Carroll Tipai

3:00 **Pilates: Tower Level 1** (Tu,F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: Core Express (30 Min) (T,F) Olmecca
 Yoga Workshop: Happy Hips & Low Back (T,F) Montaña
 Art Class: Silk Painting (1.5hours), with Roberto Colangeli Art Studio Sign up

4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Hands-On Cooking Class with Chef Joey Altman. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg

5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience.** Los Olivos
 Live Music with Sergio Ramos Bazar Del Sol

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

8:00 **Bingo and Games!** with Barry Olmecca

WEDNESDAY | MAY 6

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** (15 min) (Su-F) Arroyo
- 9:00 **Advanced: Full Body Strength** (Su,W), Olmecca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Lateral Flexion** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes are recommended. Tennis Courts
- Walk: Guardians and Ancestors of Rancho La Puerta with Chimalli Wash Fernández & María Corona** Gazebo
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- 10:00 **Specialty: Explore Dance Hip Hop with Angela Todaro** (Su-F) Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 2** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Barbell Workout** (M,W) Toluca
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes are recommended. Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00 **Specialty: Aging Strong - Recovery Strategies with Robert Sherman** (Su-F) Olmecca
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (M,W) Azteca
- Mobility: TRX Flexibility** Pinetree
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (M,W) Toluca
- Yoga Level 2 Slow Flow** (75 Min) (Su-F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Workshop with Mary Gauthier: Saved by a Song- Let's Write** Library Lounge
- Hands-On Cooking Class with Chef Joey Altman.** Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg
- 1:00 **Heal Faster: Apply the Principles of Integrative Medicine to Bounce Back Faster from Illness and Surgery, with Victoria Maizes, MD** Tipai
- 2:00 **Aquatic: Water Jogging (Deep Water)** (M,W) Activity Pool
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Tai Chi** Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (M,W,F) Kuchumaa
- Inner Fitness: The Hero's Journey in Life and Love, with Linda Carroll** Tipai
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Toluca
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Art Walk: Sculptures, with Rob Larson** Meet at Gazebo
- Salsa and Salsa: Dancing to the Beat of Flavor, with Head Chef Vivian Mercado and Manuel Velázquez.** Fee \$100. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min). Fee \$55 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 6 guests) Bazar del Sol
- 7:15 **Movie: *One Life*** Library Lounge
- 8:00 **In Conversation 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 | MAY 7

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 departs 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** (15 min) (Su-F) Arroyo
- 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (T,Th) Olmecca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Rotation** (Su-F) Pinetree
- 10:00 **Specialty: Explore Dance - Contemporary with Angela Todaro** (Su-F) Kuchumaa
- Aquatic: H2O Boot Camp (Deep Water)** (M,Th) Activity Pool
- Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
- Longevity: Strength Training** (M,Th) Olmecca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Level 2** (Su,T,Th) Pinetree
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Opening** (Su-F) Montaña
- 10:30 **Valle de Guadalupe Tour: Pijao Vineyard & Adobe Guadalupe.** Fee \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
- 11:00 **Specialty: Aging Strong - Circuit with Robert Sherman** (Su-F) Olmecca
- Aquatic: Strength & Tone** (Shallow Water) (Su,M,T,Th) Activity Pool
- Cardio: Cycle Express** (30 Min) Pai Pai
- Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
- Pilates: Reformer Level 2** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (Su-F) Montaña
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- Art Class: Silk Painting with Roberto Colangeli.** Sign up (1.5 hours) Art Studio
- 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
- 12:30 **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00 **Rx Healthy Sex: Is Sex Good Medicine? with David S. Sobel MD, MPH** 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
- Longevity: Lecture - Planning your Home Practice** Olmecca
- Mobility: Strength & Stretch with Stick Mobility** (T,Th) Kuchumaa
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- Inner Fitness: Five Life-Changing Communication Tools, Including the 60 Seconds that Make or Break a Conversation, with Linda Carroll** Tipai
- 3:00 **Cardio: Mini Trampoline Express** (30 min) (M,Th) Kuchumaa
- Longevity: Balance and Mindful Movement.** Olmecca
- Mobility & Corrective: Postural Awareness** (M,Th) Toluca
- Sound Healing** (Su-F) Oaktree
- Spanish Lessons: Beginners Progressive** Library Lounge
- Art Class: Silk Painting with Roberto Colangeli.** Sign up (1.5 hours) Art Studio
- 4:00 **Recovery: Foam Roller** (Su,T,Th) Toluca
- Yoga: Restorative** (Su,T,Th) Montaña
- Hike to the Residences (60 mins/wear comfortable shoes)** Meet at Bazar del Sol
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- Drum of Light Healing Session, with Maria Corona & Chimalli Wash Fernández** Oaktree
- 4:45 **Farm-to-Table Dining Experience with Chef Joey Altman and Head Chef Vivian q Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 5:00 **Live Music with Sergio Ramos** Bazar Del Sol
- 7:15 **Movie: *Now You See Me*** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00 **Mary Gauthier and Jaimee Harris in Concert!** Oaktree

FRIDAY | MAY 8

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
- 7:00 **Closing Ceremony and Blessings with Chimalli Wash Fernández and María Corona** Villas Lawn
- 8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo
- 9:00 **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Review & Flow** (Su-F) Pinetree
- Strength: Circuit Training** (M,W,F) Azteca
- Strength: Total Body with Bands** (M,F) Olmecca
- 10:00 **Specialty: Explore Dance Bollywood with Angela Todaro** (Su-F) Kuchumaa
- Advanced: BOSU® & Battle Ropes** Olmecca
- Chant: A Vocal Sound Practice** (T,F) Milagro
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 2** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration** (Su-F) Montaña
- 10:30 **Mercado Craft Sale,** ongoing until 2:30 pm Mercado Patio
- **Delicias Mexicanas, Tradicional Mexican Sweets**
 - **Punto & Nudo Home Decor,**
 - **Mapache Arts & Crafts,**
- 11:00 **Specialty: Aging Strong - Yoga with Robert Sherman** (Su-F) Olmecca
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: TRX & Kettlebells Level 2** Toluca
- Yoga Level 2 Slow Flow** (75 Min) (Su-F) Montaña
- 1:00 **Set Your Return to Home Intention** Toluca
- Stress: Avoid, Cope or Embrace? with David S. Sobel MD, MPH** Tipai
- 2:00 **Labyrinth** Meet at Emily's Forest
- Mobility & Corrective: Balance & Coordination** (T,F) Olmecca
- Recovery: Release & Mobilize** (M,W,F) Oaktree
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (M,W,F) Kuchumaa
- Inner Fitness: Chasing Wonder: Cultivating True Presence and Three Magic Words, with Linda Carroll** Tipai
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Pilates: Tower Level 1,(T,F)** Sign-up begins 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Strength: Core Express** (30 Min) (T,F) Olmecca
- Yoga Workshop: Happy Hips & Low Back** (T,F) Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- 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