

GYROKINESIS® with Karen Burka

The BURN Bootcamp with Tony Lattimore

January 4th, 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 | JANUARY 4

- 6:15 **Mountain Hike: Professor's Trail** Challenging, 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 **Yoga: All Levels** Montaña
- Pickleball Open Play**, Staffed, please use proper footwear. Pickleball Courts

- 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

- 7:15 **Movie: What Happens Later** Library Lounge

- 7:30 **Set Your Intention; Tips for a Magical Week** with Jill Tolteca

- 8:00 **Listen UP! The Art of Sacred Listening: The Three Levels of Listening** with Keith Macpherson Olmeca

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 5:00 pm Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 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	UNSTAFFED PICK-UP GAMES Pickleball open play: all levels 11am: Su,T,Th,F 9am: M,W
SNACK TIMES	
SUNDAY THROUGH FRIDAY Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	

SUNDAY | JANUARY 5

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00 **Bird Walk** (60min) 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
- The BURN Bootcamp:** All Levels, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- Why's and How's of Hiking Poles** BYOP or borrow ours, Arroyo (Outside)

- 10:00 **Assessing Your Longevity**, Olmeca
- Chant**, Milagro
- Circuit Training**, Azteca
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle**, Pai Pai
- TRX Strength HIIT: Level 2**, Tolteca
- Yoga: Fundamentals**, Montaña

- 11:00 **GYROKINESIS®** (60 min), Pinetree
- Pilates: Reformer Fundamentals**, Pilates Studio
- Rebounder: Express** (30 min), Kuchumaa
- Shallow Water Workout**, Activity Pool
- Strength for Longevity**, Olmeca
- Stretch**, 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
- Strength and Stretch with Stick Mobility**, Pinetree
- Upper Body Blast All Levels** (30 min), Tolteca

- 3:00 **Brain Training: Balance & Coordination Focus**, Tolteca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Sound Healing**, Oaktree

- 4:00 **Foam Roller Recovery**, Tolteca
- Restorative Yoga**, Montaña
- Sound Healing**, Oaktree
- Listen UP! Workshop 2: Listen to the Music**, with Keith Macpherson Arroyo
- Too Much Holiday Spirit? Come try Mocktails**, with Jean Courtney Bazar del Sol

- 4:30 **Live Music with Sergio Ramos** (60 Min), Bazar del Sol

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

- 8:00 **Wild Women of Jazz and Blues**, with Pamela Rose, vocals, Ruth Davies, bass, Kristin Strom, saxophone, Daria Johnson, percussion and Scott Sorkin, guitar Oaktree

MONDAY | JANUARY 6

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Professor's Trail** Challenging, 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

- 9:00 **Barbell Strength: Level 2**, Tolteca
- The BURN Bootcamp:** All Levels, Olmeca
- Circuit Training**, Azteca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts

- 10:00 **Circuit Training**, Azteca
- Dance: Cardio Hip Hop Bodyrock**, Kuchumaa
- H2O Boot Camp: Deep Water Work**, Activity Pool
- Improving Posture: Stretch & Strengthen**, Tolteca
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Tennis Clinic: Level 2**, Tennis Courts
- Vertical Core**, Olmeca
- Yoga: Fundamentals**, Montaña

- 11:00 **Booty Blast** (30 Min), Olmeca
- Bungee Fitness**, 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
- TRX & Kettlebells**, Tolteca
- Yoga: Level 2** (75 min), Montaña
- Drawing with Jennifer** (2 hrs), Art Studio
- Nature Walk with Rob Larson** 60 min Meet at Gazebo

- 1:00 **Pickleball Strategy: Secrets for Beginners**, Tolteca
- Chakra Health: Opening and Balancing Exercises for Your Energy Centers** with Jonelle Rutkauskas, Olmeca

- 2:00 **GYROKINESIS®** (60 min), Pinetree
- Lowlands Hike: Woodlands** 2 Miles, Gazebo
- Release & Mobilize**, Oaktree
- TRX Flexibility**, Tolteca
- Watercolor with Jennifer** (2 hrs), Art Studio

- 3:00 **Pilates: Reformer Level 2**, Pilates Studio
- Sound Healing**, Oaktree
- Stability Ball** (30 Min), Olmeca
- Tai Chi**, Montaña
- Spanish Lessons: Beginner's Progressive**, Library Lounge

- 4:00 **Inner Journey: Guided Meditation**, Oaktree
- Stretch and Relax**, Montaña
- Listen UP! Workshop 3: Coming Home to Yourself**, with Keith Macpherson Arroyo

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

- 5:30 **Rosca de Reyes: Celebration of Three Kings Day in Mexico** 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 **Love Secrets from the Masters**, with Linda Carroll Oaktree

TUESDAY | JANUARY 7

Class spaces are limited to first come first served

- 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.

- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Sunrise Yoga: All Levels (60 Min)**, Montaña
- Mountain Trail Run** 2-4 miles, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

- 7:00 **Bird Walk** (60min) Gazebo

- 9:00 **Cardio Boxing**, Kuchumaa
- The BURN Bootcamp:** All Levels, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Postural Awareness**, Tolteca
- Stretch**, Montaña

- 10:00 **Circuit Training**, Azteca
- Dance: Intro to Salsa**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates on the Stability Ball Level 2**, Olmeca
- Stretch for Active Aging**, Pinetree
- Tabata HIIT** (30 Min), Tolteca
- Yoga: Fundamentals**, Montaña

- 11:00 **Aerial Yoga: Level 2 Active (Low Hammock)**, Please wear socks & sleeved Kuchumaa
- Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
- Cycle Express:** (30 Min) Pai Pai
- GYROKINESIS®** (60 min), Pinetree
- Kettlebells** (30 Min), Tolteca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Stretch**, Oaktree
- Yoga Sculpt: Level 2** (60 Min), Olmeca
- Landscape Sketching with Jennifer** (120 Min) Art Studio
- Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Chef Reyna**. Register at Ext. 640/625. Fee. Return 2:30 pm. Meet at Admin Bldg.

- 1:00 **Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins), Library Lounge

- 2:00 **Breathwork**, Oaktree
- Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Healthy Shoulder and Rotator Cuff Secrets**, Olmeca
- Pilates: Cadillac Fundamentals**, Pilates Studio
- Watercolor Collage Cards with Jennifer** (2 Hrs) Art Studio
- The BIG SHIFT: Mindfulness in Life and Love**, with Linda Carroll Arroyo

- 3:00 **Core Express** (30 Min), Olmeca
- Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Sound Healing**, Oaktree
- Spanish Lessons: Beginner's Progressive**, Library Lounge

- 4:00 **Foam Roller Recovery**, Tolteca
- Mind-Flow 101: Mindfulness Through Improv**, Oaktree
- Restorative Yoga**, Montaña
- Enjoy a tasting of Guadalupe Valley wines**, \$35 per person. Sign up required, call Ext. 600. Bazar del Sol
- Hands-on Cooking Class with Chef Sara Polczynski**. Register at Ext.640/625. Fee. Return at 7:30pm. Admin Bldg.
- Listen UP! Workshop 4: Listen to the Inner Dream**, with Keith Macpherson Arroyo

- 5:00 **First Timers Reception with Barry!** Los Olivos
- Sing-Along, with Pamela and Daria**, vocals, **Scott on guitar and Kris on the sax**. Main Lounge

- 7:30 **Movie: La La Land** Library Lounge
- 8:00 **Which Element Are You? Understanding Your Ayurvedic Constitution**, with Laura Plumb Olmeca

WEDNESDAY | JANUARY 8

- 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 **Meditation Hike: Meadow Trail** 1.2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 **Circuit Training**, Azteca
- The BURN Bootcamp**, Olmeca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- TRX Fundamentals**, Tolteca

- 10:00 **Circuit Training**, Azteca
- Cycle Strength**, Pai Pai
- Dance: Move & Groove Funk!**, Kuchumaa
- H2O Boot Camp (Deep Water Workout)**, Activity Pool
- Pilates: Mat Level 2**, Pinetree
- Ranch Barre**, Olmeca
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge

- 11:00 **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts Kuchumaa
- Full Body Strength Level 2**, Olmeca
- GYROKINESIS®** (60 min), Pinetree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2** (75 min), Montaña
- Nature Walk with Rob Larson** 60 min Meet at Gazebo

- 1:00 **Pickleball Strategy: Secrets for Intermediate Players**, Tolteca
- The Six Tastes – Ayurveda’s Key to Optimal Nutrition & Digestion**, with Laura Plumb Olmeca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

- 2:00 **Balance and Coordination**, Olmeca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Mountain Hike: Alex’s Oak Trail** Moderate, 2 Miles, Gazebo
- Release & Mobilize**, Oaktree
- Stick Mobility**, Pinetree
- Love Cycles in All Our Relationships**, with Linda Carroll Arroyo
- What is Energy Medicine** Mariah Slingerland Library Lounge

- 3:00 **Pilates: Reformer Level 2**, Pilates Studio
- Rebounder Express** (30 Min), Kuchumaa
- Sound Healing**, Oaktree
- Tai Chi**, Montaña
- Spanish Lessons: Beginner’s** Progressive, Library Lounge
- Intention Setting: Sound Healing, Journaling and Affirming one's new practices for the New Year**, with Jill Thiry (90 min) Arroyo

- 4:00 **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Stretch and Relax**, Montaña
- Hands-on Cooking Class with Chef Sara Polczinski**.
- Register at Ext.640/625. Fee. Return at 7:30pm. Meet at Admin Bldg.

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

- 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 | JANUARY 9

- 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 Trail** Challenging, 3.3 Miles, Gazebo
- 6:20 **Ruck: Weighted Hiking** Intermediate, 2.0 Miles, Sign Up, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

- 7:00 **Bird Walk** 60min Gazebo

- 9:00 **The BURN Bootcamp:** All Levels, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginning**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña

- 10:00 **BOSU® & Ropes: Level 2** (30 Min), Olmeca
- Chant**, Milagro
- Circuit Training**, Azteca
- Dance: Burlesque**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Arc Barrel Levels 2**, Pinetree
- TRX Fundamentals**, Tolteca
- 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 **Bungee Fitness**, Sign Up., Requires the use of a harness device, please wear long pants. Pinetree
- Cycle Hip Hop** (30 Min), Pai Pai
- Cardio Drum Dance**, Kuchumaa
- Fascial Fitness (30 Min)**, Olmeca
- Pilates Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Stretch**, 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 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up, \$60 art kit fee, Dining Hall Balcony
- The 85th Anniversary Memory Book**, with Jill Thiry Library Lounge

- 2:00 **Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- GYROKINESIS®** (60 min), Pinetree
- Pilates: Cadillac Fundamentals**, Pilates Studio
- TRX Flexibility**, Tolteca
- Five Basic Skills in Communication (PAUSE)**, with Linda Carroll Arroyo

- 3:00 **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Sound Healing**, Oaktree
- Strength & Stretch with Stick Mobility**, Pinetree
- Core Express 30 mins**, Olmeca
- Spanish Lessons: Beginner’s** Progressive, Library Lounge

- 4:00 **Foam Roller Recovery**, Tolteca
- Yoga Nidra**, Oaktree
- Art, Stories and Poetry**, with Tim Hinchliff 90 mins, Bazar del Sol

- 5:00 **Farm to Table Feast! with Chef Sara Polczinski and Chef Reyna Venegas.** Register at Ext. 640/625. Fee. Return 7:30 p.m. Meet at Admin Bldg.

- 7:00 **Candlelight Yoga & Meditation**, Montaña
- Prayer Arrows with Tim Hinchliff**, Main Lounge

- 7:30 **Movie: Emma** Library Lounge

- 8:00 **Wild Women of the 60’s!** with Pamela Rose, vocals, Ruth Davies, bass, Kristin Strom, saxophone, Daria Johnson, percussion and Scott Sorkin, guitar Oaktree

FRIDAY | JANUARY 10

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

- 6:05 **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, 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). Gazebo

- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Mountain Hike: Alex’s Oak Trail** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 **Barbell Strength: Level 2**, Tolteca
- The BURN Bootcamp:** All Levels, Olmeca
- Circuit Training**, Azteca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña

- 10:00 **Brain Training: Balance & Coordination Focus**, Tolteca
- Circuit Training**, Azteca
- Dance: Cardio Hip Hop Bodyrock**, Kuchumaa
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 1**, Montaña

- 11:00 **BOSU® Fit: All Levels**, Olmeca
- Cycle Express** (30 Min), Pai Pai
- GYROKINESIS®** (60 min), Pinetree
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2** (75 min), Montaña
- Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio

- 11:30 **Mercado’s Craft Sale** ongoing until 2:30 pm, Mercado

- 1:00 **Set Your Return to Home Intention with Jill**, Tolteca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

- 2:00 **Aerial Yoga: Level 1 Gentle (Low Hammock)**, Please wear socks & sleeved shirts. Kuchumaa
- Breathwork**, Oaktree
- Forest Bathing**, Labyrinth
- Stability Ball (30 Min)**, Olmeca
- Mandala with Jennifer** (60 Min) Art Studio
- Wholehearted Living and Loving - Cultivating True Presence and Three Magic Words**, with Linda Carroll, Arroyo

- 2:45 **Live Music and Smoothies** Juice Bar

- 3:00 **Sound Healing**, Oaktree
- Strength & Stretch with Stick Mobility**, Pinetree
- 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 **Movie: Barbie** Library Lounge

- 7:30 **Labyrinth with Jill**, Depart from Dining Hall to Labyrinth

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