

Week of December 6, 2025

Discover Tai Chi with Scott Cole

Strength Training with Gay Gaspar

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 sound on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.
- **Sign-ups for classes** are posted on the Main Lounge clipboards.
- **Proper footwear is essential**: hiking boots with lugs for our hikes, court shoes for Pickleball and Tennis, and close-toed shoes for our strength classes are strongly recommended.
- **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.
- **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 | DECEMBER 6

- 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 proper footwear.
 - Pickleball Courts
 - 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
- 4:30 Ranch Tour (Recommended for first time guests) Gazebo
- 5:00 First Time Guest Orientation Olmeca
 - Returning Guest Update Tolteca
- 6:45 Meet the Presenters Dining Hall
- 7:15 Movie: *The Upside* Library Lounge
- 8:00 Candlelight Sound Bath with Monique (& St. Nick) Oaktree

Meal Hours: Saturday	Available Facilities*
Breakfast 7:00 am to 9:00 am	
Lunch 11:30 am to 3:30 pm	
Dinner 5:30 pm to 7:30 pm	
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	
Snack Times: Sunday- Friday	
Fruit 10:30 am Main Lounge	
Smoothies 2:45 pm Juice Bar	
Veggies/Juice 4:30 pm Main Lounge	
Bazar Del Sol: Saturday- Friday	
6:00 am to 9:00 pm	
Juice Bar: Sunday- Friday	
9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | DECEMBER 7

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,M) Arroyo
- 8:15 Ranch Tour and Orientation (For first time guests) Dining Hall Main Entrance
 - Fitness Concierge (30 Min) Dining Hall
- 9:00 Specialty: Strength - Total Body Conditioning with Gay Gaspar (Su-F) 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 Dance: Cardio Hip Hop Bodyrock Kuchumaa
 - Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: BOSU® Fit (Su,Th) Olmeca
 - Strength: Introduction to Circuit Training Azteca
 - Yoga Level 1 - Foundations (Su-F) Montaña
- 11:00 Specialty: Discover Tai Chi for Beginners with Scott Cole (Su-F) Oaktree
 - Advanced: Full Body Strength (Su,W) Olmeca
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Cardio: Cycle Hip Hop (30 Min) Pai Pai
 - Movement: Introduction to TRX Fundamentals Beginners Pinetree
 - Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
- 1:00 Master Your Metabolism with DeRahn Johnson Olmeca
 - Water Flow Therapy Demo South Pool
 - Spices for Flavor and Health, with Visiting Chef Linda Shiue, MD, Chef, Dip ABLM Tipai Tipai (across Kuchumaa)
- 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Longevity: Lecture. How to Own Your Aging Process Olmeca
 - Mobility & Corrective: Postural Awareness (Su,W) Tolteca
 - Mobility: Strength & Stretch with Stick Mobility (Su-W) Kuchumaa
 - Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
 - Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Circuit Training (Su,Th) Azteca
- 3:00 Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 - Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
 - Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Sound Healing (Su,T,W,Th) Oaktree
 - Yoga Workshop: Happy Hips & Low Back Montaña
- 4:00 Chant: Vocal Sound Practice (Su,W) Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Talk: Roling® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer Library Lounge
- 5:00 Candlelight Sound Healing Oaktree
- 7:15 Movie: Conclave Library Lounge
- 8:00 Love Secrets from the Masters, with Linda Carroll Oaktree

MONDAY | DECEMBER 8

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,M) Arroyo
- 9:00 Specialty: Strength - Below the Belt with Gay Gaspar (Su-F) Olmeca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pilates: Mat Foundations - Flexion (Su-F) Pinetree
 - Strength: Circuit Training (M,W,F) Azteca
 - Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
- 10:00 Advanced: Cardio Sculpt Express (30 min) (M,F) Olmeca
 - Barre (M,W,F) Pinetree
 - Dance: Latin Fusion Kuchumaa
 - Strength: Circuit Training (M-F) Azteca
 - Tennis Clinic: Level 2 (M,W) Tennis Courts
 - Yoga Level 1 - Balance (Su-F) Montaña
- 11:00 Specialty: Discover Tai Chi for Balance and Mobility with Scott Cole (Su-F) Oaktree
 - Advanced: TRX Strength & Cardio (M,F) Pinetree
 - Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 - Longevity: Cardio Zone 2 Training Azteca
 - Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Kettlebells (30 Min) (M,F) Tolteca
 - Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 - Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 - Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 1:00 Have Your Cake and Eat It Too: Balance Blood Sugar, Boost Metabolism, with Shelley Malcolm, MS, CNS Olmeca
 - Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- 2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 - Mobility: TRX Flexibility (M,Th) Pinetree
 - Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo
 - Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
 - Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Recovery: Release & Mobilize (M,Th) Oaktree
 - Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (M,F) Kuchumaa
 - The BIG SHIFT: Mindfulness in Life and Love, with Linda Carroll Tipai (across Kuchumaa)
- 3:00 Longevity: Dynamic Mobility (M,W) Olmeca
 - Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
 - Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Sound Healing: The Sound Journey (M,F) Oaktree
 - Strength: TRX Core (30 Min) (M,Th) Pinetree
- 4:00 Breathwork (M,Th) Oaktree
 - Recovery: Stretch and Relax (M,W,F) Montaña
 - 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 Steinway Spectacular with Jon Kimura Parker Oaktree

TUESDAY | DECEMBER 9

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 departure 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
- 9:00 Specialty: Strength - Above the Belt with Gay Gaspar (Su-F) Olmeca
 - Advanced: Cardio Muscle Blast (T,Th) Azteca
 - Meditation (Su-F) Oaktree
 - Mobility: Stretch (Su-F) Montaña
 - Pilates: Mat Foundations - Extension (Su-F) Pinetree
- 10:00 Advanced: BOSU® & Battle Ropes Olmeca
 - Dance: Cardio Disco Kuchumaa
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: Circuit Training (M-F) Azteca
 - Yoga Level 1 - Strength (Su-F) Montaña
- 11:00 Specialty: Discover Tai Chi - Yoga Tai Chi Combo with Scott Cole (Su-F) Oaktree
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Cardio: Mini Trampoline Express (30 Min) Kuchumaa
 - Longevity: Strength Training (T,Th) Olmeca
 - Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength & Cardio: Circuit TRX & Toys Tolteca
 - Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 - Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivan Mercado. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.
- 1:00 Diets Don't Work - Here's What to Do Instead, with Shelley Malcolm, MS, CNS Olmeca
 - Making a Smoothie Class with Chef César Juice Bar
- 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 - Longevity: Intro to Heart Rate Training Azteca
 - Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 - Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
 - Pilates: Reformer Level 2 Advanced Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Love Cycles in All Our Relationships, with Linda Carroll Tipai (across Kuchumaa)
- 3:00 Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
 - Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Recovery: Foam Roller (T,F) Tolteca
 - Sound Healing (Su,T,W,Th) Oaktree
 - Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
 - Yoga Workshop: Rope Wall Montaña
- 4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 1, with Jennifer Harris Library Lounge
 - Hands-On Cooking Class with Visiting Chef Linda Shiue, MD, Chef, Dip ABLM \$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, Meet at Dining Room entrance
- 7:15 Movie: Arthur, The King Library Lounge
- 8:00 Bingo & Games with Barry! Olmeca

WEDNESDAY | DECEMBER 10

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
 9:00 Specialty: Core strength and Functional Range Conditioning with Gay Gaspar (Su-F) 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
 Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
 10:00 Advanced: High Intensity Interval Training (Cardio) (30 Min) Tolteca
 Barre (M,W,F) Pinetree
 Dance: Intro to Salsa Kuchumaa
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 - Centering (Su-F) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo
 11:00 Specialty: Discover Tai Chi for Strength with Scott Cole (Su-F) Oaktree
 Advanced: Full Body Strength (Su,W) Olmeca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio & Strength: Cycle Strength Pai Pai
 Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: TRX & Kettlebells Level 2 Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 1:00 From Foggy to Focused: Unlock Your Energy Naturally, with Shelley Malcolm, MS, CNS Olmeca
 2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 Mobility & Corrective: Postural Awareness (Su,W) Tolteca
 Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa
 Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
 Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Five Basic Skills in Communication (PAUSE) with Linda Carroll Tipai (across Kuchumaa)
 3:00 Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 Longevity: Dynamic Mobility (M,W) Olmeca
 Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
 Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su,T,W,Th) Oaktree
 Traditional Mexican Posada, with the Tuna of the University of Baja California performers and José Guadalupe Flores, Ph.D. Join us in this fun celebration! Procession, Singing & Food Meet at Admin Bldg.
 4:00 Chant: Vocal Sound Practice (Su,W) Oaktree
 Recovery: Stretch and Relax (M,W,F) Montaña
 Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 2, with Jennifer Harris Library Lounge
 Hands-On Cooking Class with Visiting Chef Linda Shiue, MD, Chef, Dip ABLM \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Tasting of Guadalupe Valley Wines, includes cheese board (60min). \$45 Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
 5:00 Candlelight Labyrinth Meet at the Labyrinth in Emily's Forest
 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 | DECEMBER 11

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
 9:00 Specialty: Cardio and Strength Interval with Gay Gaspar (Su-F) Olmeca
 Advanced: Cardio Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree
 10:00 Dance: Cardio Drumming Kuchumaa
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: BOSU® Fit (Su,Th) Olmeca
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 - Opening (Su-F) Montaña
 10:30 Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe. \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
 11:00 Specialty: Discover Tai Chi for Flexibility with Scott Cole (Su-F) Oaktree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio & Strength: Build & Bounce with Mini Trampoline Kuchumaa
 Longevity: Strength Training (T,Th) Olmeca
 Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Yoga Level 2 Slow Flow (75 Min) (Su-F) 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 in Main Lounge Dining Hall at the Patio Terrace
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 1:00 Reduce Cravings Anywhere: No Willpower Required, with Shelley Malcolm, MS, CNS Olmeca
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture - Planning your Home Practice Olmeca
 Mobility: TRX Flexibility (M,Th) Pinetree
 Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
 Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (M,Th) Oaktree
 Strength: Circuit Training (Su,Th) Azteca
 Wholehearted Living and Loving: Cultivating True Presence and Three Magic Words, with Linda Carroll Tipai (across Kuchumaa)
 3:00 Longevity: Balance and Mindful Movement Tolteca
 Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
 Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su,T,W,Th) Oaktree
 Strength: TRX Core (30 Min) (M,Th) Pinetree
 Yoga: Intro to Kundalini for All Levels Montaña
 Spanish Lessons: Beginners Progressive Library Lounge
 4:00 Breathwork (Su,Th) Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 3, with Jennifer Harris Library Lounge
 4:45 Farm-to-Table Dining Experience, with Visiting Chef Linda Shiue, MD, Chef, Dip ABLM and Chef Vivian Mercado. \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
 5:15 Intention Tree Meet in front of Dining Hall
 7:30 Movie: *Now You See Me* Library Lounge
 8:00 Candlelight Concert "Musical Love Triangle" with Monique Mead, Aloysia Friedmann, Desmond Hoebig, and Jon Kimura Parker Oaktree

FRIDAY | DECEMBER 12

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
 9:00 Specialty: Circuit Strength and Cardio with Gay Gaspar (Su-F) Olmeca
 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
 10:00 Advanced: Cardio Sculpt Express (30 min) (M,F) Olmeca
 Barre (M,W,F) Pinetree
 Dance: Cardio Hip Hop 90s Flashback Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 - Integration (Su-F) Montaña
 10:30 Mercado Craft Sale: PH Cosmetics, PH Healthy Snacks, LUUM Essential Oils, Wayuu Bags/ Julie Garcia ongoing until 2:30 pm Mercado Patio
 11:00 Specialty: Discover Tai Chi for Stress Reduction with Scott Cole (Su-F) Oaktree
 Advanced: TRX Strength & Cardio (M,F) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
 Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa
 1:00 Set Your Return to Home Intention Tolteca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
 2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 Longevity: Heart Rate Training (30 Min) Azteca
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Pickleball Open Play, unstaffed, please use proper footwear. Pickleball Courts
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (M,F) Kuchumaa
 2:45 Live Music and Smoothies Juice Bar
 3:00 Pickleball Open Play, unstaffed, please use proper footwear. Pickleball Courts
 Recovery: Foam Roller (M,F) Tolteca
 Sound Healing: The Sound Journey (M,F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
 Spanish Lessons: Beginners Progressive Library Lounge
 4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 Recovery: Stretch and Relax (M,W,F) Montaña
 Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 4, with Jennifer Harris Library Lounge
 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