

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

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: Rolfing® 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: Sangría & 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

Meal Hours: Saturday		Available Facilities*	
Breakfast	7:00 am to 9:00 am	*when no class is in session	
Lunch	11:30 am to 3:30 pm		
Dinner	5:30 pm to 7:30 pm		
Meal Hours: Sunday- Friday		<u>Milagro - Meditation Room</u>	
Breakfast	7:30 am to 9:00 am	6:00 am to 9:00 pm	
Lunch	12:00 pm to 1:30 pm		
Dinner	5:30 pm to 7:30 pm		
<u>Snack Times: Sunday- Friday</u>		<u>Azteca Gym - Weight Room</u>	
Fruit	10:30 am Main Lounge	Saturday: 6:30 am to 1:30 pm	
Smoothies	2:45 pm Juice Bar	Sunday – Friday: 7:00 am to 5:00 pm	
Veggies/Juice	4:30 pm Main Lounge	(closed daily 1-2 pm)	
<u>Bazar Del Sol: Saturday- Friday</u>		<u>Tennis & Pickleball Courts</u>	
6:00 am to 9:00 pm		Pickleball Courts Closed	
<u>Juice Bar: Sunday- Friday</u>		Su-F from 9 am to 12 pm	
9:00 am to 12:00 pm & 1:00 pm 4:00 pm			

WEDNESDAY DECEMBER 10	
<i>Class spaces are limited to first come first served.</i>	
6:05	<input type="checkbox"/> Organic Garden Breakfast Hike 4 Miles, Sign up with Concierge, Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo
6:30	<input type="checkbox"/> Meditation Hike: Rolling Hills 2 Miles, Gazebo
6:45	<input type="checkbox"/> Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo
9:00	<input type="checkbox"/> Specialty: Core strength and Functional Range Conditioning with Gay Gaspar (Su-F) Olmeca
	<input type="checkbox"/> Meditation (Su-F) Oaktree
	<input type="checkbox"/> Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/> Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree
	<input type="checkbox"/> Strength: Circuit Training (M,W,F) Azteca
	<input type="checkbox"/> Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
10:00	<input type="checkbox"/> Advanced: High Intensity Interval Training (Cardio) (30 Min) Tolteca
	<input type="checkbox"/> Barre (M,W,F) Pinetree
	<input type="checkbox"/> Dance: Intro to Salsa Kuchumaa
	<input type="checkbox"/> Strength: Circuit Training (M-F) Azteca
	<input type="checkbox"/> Tennis Clinic: Level 2 (M,W) Tennis Courts
	<input type="checkbox"/> Yoga Level 1 - Centering (Su-F) Montaña
	<input type="checkbox"/> Landscape Garden Walk with Enrique Ceballos Gazebo
11:00	<input type="checkbox"/> Specialty: Discover Tai Chi for Strength with Scott Cole (Su-F) Oaktree
	<input type="checkbox"/> Advanced: Full Body Strength (Su,W) Olmeca
	<input type="checkbox"/> Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
	<input type="checkbox"/> Cardio & Strength: Cycle Strength Pai Pai
	<input type="checkbox"/> Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Strength: TRX & Kettlebells Level 2 Tolteca
	<input type="checkbox"/> Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
	<input type="checkbox"/> Nature Walk with Rob Larson (60 Min) Meet at Gazebo
1:00	<input type="checkbox"/> From Foggy to Focused: Unlock Your Energy Naturally, with Shelley Malcolm, MS, CNS Olmeca
2:00	<input type="checkbox"/> Aquatic: Shallow Water (M,W,F) Activity Pool
	<input type="checkbox"/> Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
	<input type="checkbox"/> Mobility & Corrective: Postural Awareness (Su,W) Tolteca
	<input type="checkbox"/> Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa
	<input type="checkbox"/> Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
	<input type="checkbox"/> Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Five Basic Skills in Communication (PAUSE) with Linda Carroll Tipai (across Kuchumaa)
3:00	<input type="checkbox"/> Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
	<input type="checkbox"/> Longevity: Dynamic Mobility (M,W) Olmeca
	<input type="checkbox"/> Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
	<input type="checkbox"/> Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Sound Healing (Su,T,W,Th) Oaktree
	<input type="checkbox"/> 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	<input type="checkbox"/> Chant: Vocal Sound Practice (Su,W) Oaktree
	<input type="checkbox"/> Recovery: Stretch and Relax (M,W,F) Montaña
	<input type="checkbox"/> Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 2, with Jennifer Harris Library Lounge
	<input type="checkbox"/> 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.
	<input type="checkbox"/> 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	<input type="checkbox"/> Candlelight Labyrinth Meet at the Labyrinth in Emily's Forest
7:30	<input type="checkbox"/> Movie: <i>One Life</i> Library Lounge
8:00	<input type="checkbox"/> 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	
<i>Class spaces are limited to first come first served.</i>	
6:05	<input type="checkbox"/> 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	<input type="checkbox"/> Mountain Hike: 7-Mile Breakfast Challenging Sign up Gazebo
6:15	<input type="checkbox"/> Mountain Hike: Professor's Trail Advanced, 3.3 Miles Gazebo
6:30	<input type="checkbox"/> Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña
6:45	<input type="checkbox"/> Lowlands Hike: Woodlands Trail 2 Miles Gazebo
7:00	<input type="checkbox"/> Bird Walk (60 Min) Gazebo
9:00	<input type="checkbox"/> Specialty: Cardio and Strength Interval with Gay Gaspar (Su-F) Olmeca
	<input type="checkbox"/> Advanced: Cardio Muscle Blast (T,Th) Azteca
	<input type="checkbox"/> Meditation (Su-F) Oaktree
	<input type="checkbox"/> Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/> Pilates: Mat Foundations - Rotation (Su-F) Pinetree
10:00	<input type="checkbox"/> Dance: Cardio Drumming Kuchumaa
	<input type="checkbox"/> Pilates: Mat Level 2 (Su,T,Th) Pinetree
	<input type="checkbox"/> Strength: BOSU® Fit (Su,Th) Olmeca
	<input type="checkbox"/> Strength: Circuit Training (M-F) Azteca
	<input type="checkbox"/> Yoga Level 1 - Opening (Su-F) Montaña
10:30	<input type="checkbox"/> Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe. \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
11:00	<input type="checkbox"/> Specialty: Discover Tai Chi for Flexibility with Scott Cole (Su-F) Oaktree
	<input type="checkbox"/> Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
	<input type="checkbox"/> Cardio & Strength: Build & Bounce with Mini Trampoline Kuchumaa
	<input type="checkbox"/> Longevity: Strength Training (T,Th), Olmeca
	<input type="checkbox"/> Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
	<input type="checkbox"/> Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
12:00	<input type="checkbox"/> 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
	<input type="checkbox"/> Friends of Bill W. (12 steps - Participant-guided) Library Lounge
1:00	<input type="checkbox"/> Reduce Cravings Anywhere: No Willpower Required, with Shelley Malcolm, MS, CNS Olmeca
2:00	<input type="checkbox"/> Aquatic: Deep Water (Su,T,Th) Activity Pool
	<input type="checkbox"/> Longevity: Lecture - Planning your Home Practice Olmeca
	<input type="checkbox"/> Mobility: TRX Flexibility (M,Th) Pinetree
	<input type="checkbox"/> Pickleball Beginner's Clinic (Su-Th) Pickleball Courts
	<input type="checkbox"/> Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Recovery: Release & Mobilize (M,Th) Oaktree
	<input type="checkbox"/> Strength: Circuit Training (Su,Th) Azteca
	<input type="checkbox"/> Wholehearted Living and Loving: Cultivating True Presence and Three Magic Words, with Linda Carroll Tipai (across Kuchumaa)
3:00	<input type="checkbox"/> Longevity: Balance and Mindful Movement Tolteca
	<input type="checkbox"/> Pickleball Intermediate Clinic (Su-Th) Pickleball Courts
	<input type="checkbox"/> Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Sound Healing (Su,T,W,Th)Oaktree
	<input type="checkbox"/> Strength: TRX Core (30 Min) (M,Th) Pinetree
	<input type="checkbox"/> Yoga: Intro to Kundalini for All Levels Montaña
	<input type="checkbox"/> Spanish Lessons: Beginners Progressive Library Lounge
4:00	<input type="checkbox"/> Breathwork (Su,Th) Oaktree
	<input type="checkbox"/> Yoga: Restorative (Su,T,Th) Montaña
	<input type="checkbox"/> Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 3, with Jennifer Harris Library Lounge
4:45	<input type="checkbox"/> 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	<input type="checkbox"/> Intention Tree Meet in front of Dining Hall
7:30	<input type="checkbox"/> Movie: <i>Now You See Me</i> Library Lounge
8:00	<input type="checkbox"/> Candlelight Concert "Musical Love Triangle" with Monique Mead, Aloysia Friedmann, Desmond Hoebig, and Jon Kimura Parker Oaktree

FRIDAY DECEMBER 12	
<i>Class spaces are limited to first come first served.</i>	
<i>*Please confirm your transportation at the Admin Building or Concierge Desk.</i>	
6:05	<input type="checkbox"/> 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	<input type="checkbox"/> Mountain Hike: Coyote Trail Advanced, 5.5 or 4 Miles, Gazebo
6:30	<input type="checkbox"/> Meditation Hike: Alex's Oak Trail Moderate, 2 Miles, Gazebo
6:45	<input type="checkbox"/> Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo
9:00	<input type="checkbox"/> Specialty: Circuit Strength and Cardio with Gay Gaspar (Su-F) Olmeca
	<input type="checkbox"/> Meditation (Su-F) Oaktree
	<input type="checkbox"/> Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/> Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
	<input type="checkbox"/> Strength: Circuit Training (M,W,F) Azteca
10:00	<input type="checkbox"/> Advanced: Cardio Sculpt Express (30 min) (M,F) Olmeca
	<input type="checkbox"/> Barre (M,W,F) Pinetree
	<input type="checkbox"/> Dance: Cardio Hip Hop 90s Flashback Kuchumaa
	<input type="checkbox"/> Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
	<input type="checkbox"/> Strength: Circuit Training (M-F) Azteca
	<input type="checkbox"/> Yoga Level 1 - Integration (Su-F) Montaña
10:30	<input type="checkbox"/> Mercado Craft Sale: PH Cosmetics, PH Healthy Snacks, LUUM Essential Oils, Wayuu Bags/ Julie Garcia ongoing until 2:30 pm Mercado Patio
11:00	<input type="checkbox"/> Specialty: Discover Tai Chi for Stress Reduction with Scott Cole (Su-F) Oaktree
	<input type="checkbox"/> Advanced: TRX Strength & Cardio (M,F) Pinetree
	<input type="checkbox"/> Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
	<input type="checkbox"/> Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Strength: Kettlebells (30 Min) (M,F) Tolteca
	<input type="checkbox"/> Yoga Level 2 Slow Flow (75 Min) (Su-F) Montaña
	<input type="checkbox"/> Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa
1:00	<input type="checkbox"/> Set Your Return to Home Intention Tolteca
	<input type="checkbox"/> Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
2:00	<input type="checkbox"/> Aquatic: Shallow Water (M,W,F) Activity Pool
	<input type="checkbox"/> Longevity: Heart Rate Training (30 Min) Azteca
	<input type="checkbox"/> Mobility & Corrective: Balance & Coordination (T,F) Olmeca
	<input type="checkbox"/> Pickleball Open Play , unstaffed, please use proper footwear. Pickleball Courts
	<input type="checkbox"/> Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (M,F) Kuchumaa
2:45	<input type="checkbox"/> Live Music and Smoothies Juice Bar
3:00	<input type="checkbox"/> Pickleball Open Play , unstaffed, please use proper footwear. Pickleball Courts
	<input type="checkbox"/> Recovery: Foam Roller (M,F) Tolteca
	<input type="checkbox"/> Sound Healing: The Sound Journey (M,F) Oaktree
	<input type="checkbox"/> Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
	<input type="checkbox"/> Spanish Lessons: Beginners Progressive Library Lounge
4:00	<input type="checkbox"/> Inner Journey: Guided Meditation (T,F) Oaktree
	<input type="checkbox"/> Recovery: Stretch and Relax (M,W,F) Montaña
	<input type="checkbox"/> Flexing Your Creative Muscles: Using Storytelling to Stretch & Release, Session 4, with Jennifer Harris Library Lounge
6:00	<input type="checkbox"/> Live Music with Rancho La Puerta Fiesta Band (2 hrs) Dining Hall
6:15	<input type="checkbox"/> Shabbat Ceremony (led by guests), Los Olivos
<i>Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall</i>	