

Week of November 8, 2025

Bone Health Week with Cynthia Bahmani & Lizz Smith

Pickleball with Vicki Foster

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.
- **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 | NOVEMBER 8

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 Oaktree
 Strength: Circuit Training Azteca
 11:00 Pickleball Open Play , unstaffed, please use proper footwear
 Pickleball Courts
 Yoga: All Levels Montaña
 12:00 Strength: Full Body Strength All Levels Olmeca
 1:00 Fitness Concierge (30 Min) Dining Hall
 2:00 Sound Healing Oaktree
 3:00 Mobility: Stretch Montaña
 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
 7:30 Movie: The Upside Library Lounge
 Set Your Intention; Tips for a Magical Week with Jill T. Tolteca
 8:00 Reclaiming Personal Power: Unleash Your Potential, with Angie Miller 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	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	
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	
	Tennis & Pickleball Courts - Open Play
	7:00 am to 7:00 pm

SUNDAY | NOVEMBER 9

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
 8:15 Ranch Tour and Orientation (For 1st time guests) Dining Hall
 Fitness Concierge (30 Min) Dining Hall
 9:00 Specialty: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Advanced: Full Body Strength (Su,W) 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
 Why's & How's of Hiking Poles: Bring your own or borrow ours
 Meet outside Arroyo
 10:00 Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Barre (M,W,F) Pinetree
 Dance: Cardio Hip Hop Bodyrock Kuchumaa
 Longevity: Strength Training (M,Th) Olmeca
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga: Level 1 – Balance (Su-F) Montaña
 11:00 Specialty: Bone Health - Posture and Balance with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
 Advanced: TRX Strength HIIT (M,Th) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 Pilates: Reformer Level 1 (M,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Drawing with Jennifer (2 hrs) Art Studio
 12:00 Aquatic: Swim Stroke Clinic (30 Min) Activity Pool
 1:00 Specialty: Bone Health Introduction Lecture with Cynthia Bahmani & Lizz Smith Tipai (across Kuchumaa)
 Master Your Metabolism with DeRahn Johnson Olmeca
 Water Flow Therapy Demo South Pool
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture. How to Own Your Aging Process Olmeca
 Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
 Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Strength: Circuit Training (Su,Th) Azteca
 Love Your Whole Life Mindset ~ THIS is IT, so powerful! with Ramona Master Tipai (across Kuchumaa)
 3:00 Advanced: Bodyweight Challenge (30 Min) (Su,Th) Tolteca
 Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Core (30 Min) (Su,W) Pinetree
 Yoga Workshop: Happy Hips & Low Back Montaña
 4:00 Chant: Sacred Sound Practice (Su,W) Milagro
 Sound Healing Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Mental Agility: Self-Awareness Strength Training, with Angie Miller Tipai (across Kuchumaa)
 7:30 Movie: Coco Library Lounge
 8:00 Concert with Karl Anthony. The Healing Arts Experience: Music as Medicine - An evening of calm, connection, and joy Oaktree

MONDAY | NOVEMBER 10

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
 9:00 Specialty: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pilates: Mat Foundations - Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Strength: Total Body with Bands (M,F) Olmeca
 Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
 10:00 Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Barre (M,W,F) Pinetree
 Dance: Cardio Hip Hop Bodyrock Kuchumaa
 Longevity: Strength Training (M,Th) Olmeca
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga: Level 1 – Balance (Su-F) Montaña
 11:00 Specialty: Bone Health - Posture and Balance with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
 Advanced: TRX Strength HIIT (M,Th) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 Pilates: Reformer Level 1 (M,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Drawing with Jennifer (2 hrs) Art Studio
 1:00 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST 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
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Mobility: TRX Flexibility (M,F) Pinetree
 Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo
 Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks and long sleeves. Kuchumaa
 Watercolor with Jennifer (2 hrs) Art Studio
 Love Your Self ~ The words we tell ourselves matter! with Ramona Master Tipai (across Kuchumaa)
 3:00 Longevity: Dynamic Mobility Olmeca
 Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Full Body Express (30 min) (M,Th) Pinetree
 4:00 Breathwork (M,Th) Oaktree
 Recovery: Stretch and Relax (M,W,F) Montaña
 Are You the Cause of Your Stress? with Angie Miller Tipai (across Kuchumaa)
 4:30 Guest Reception: Sangria & Guacamole Bazar del Sol
 6:15 Silent Dinner Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)
 7:30 Movie: Conclave Library Lounge
 8:00 Unstuff Your Life! with Andrew Mellen Olmeca

TUESDAY | NOVEMBER 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 dep. 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 Moderate, 2 Miles, Gazebo
 7:00 Bird Walk (60 Min) Gazebo
 9:00 Specialty: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Advanced: Interval Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pilates: Mat Foundations - Extension (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca
 10:00 Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Advanced: BOSU® & Battle Ropes Olmeca
 Dance: Intro to Salsa 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: Strength Training for Bone Health with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Longevity: Cardio Zone 2 Training Azteca
 Mobility: Stretch (T,F) Oaktree
 Strength: Kettlebells (30 Min) (T,F) Tolteca
 Yoga Sculpt: Level 2 Advanced (60 Min) Kuchumaa
 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.
 Landscape Sketching with Jennifer (2 hrs) Art Studio
 1:00 Making a Smoothie Class with Chef César Juice Bar
 More Love, Less Stuff, with Andrew Mellen Olmeca
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
 Pilates: Reformer Level 2 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Love Others, Without Losing Yourself ~ I love you and No... with Ramona Master Tipai (across Kuchumaa)
 Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio
 3:00 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-F) Oaktree
 Strength: Upper Body Express (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
 Hands-On Cooking Class with Visiting Chef Zuliya Khawaja. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Beyond Kegels: How Fit is Your Pelvic Floor? with Kathe Wallace Olmeca
 Energy Vampires: Protect Your Positive Energy, with Angie Miller Tipai (across Kuchumaa)
 4:30 Aerial Hammock Sound Bath (Restorative) Please wear socks and long sleeves. Sign-up in person starting on Monday at 12pm in the Gazebo. Limited availability. Kuchumaa
 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance
 7:30 Movie: Coco Library Lounge
 8:00 Bingo & Games with Barry! Olmeca

WEDNESDAY | NOVEMBER 12

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: Pickleball Beginner's Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Advanced: Full Body Strength (Su,W) 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 Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Barre (M,W,F) Pinetree
 Dance: Country Line 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
 10:30 Big Mercado Sale 50-75% - Ongoing until 2pm. Mercado Patio
 11:00 Specialty: Pilates for Bone Health with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
 Advanced: Tabata HIIT (30 Min) Tolteca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Balance and Core Kuchumaa
 Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Yoga: TRX Vinyasa Flow Pinetree
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 1:00 Lighten Your Load by Living Your Values, with Andrew Mellen Olmeca
 Hormones Through the Ages, with Nancy Cetel Library Lounge
 2:00 Aquatic: Shallow Water (M,W,F) Activity Pool
 Living Your Intention with Jill T. Milagro
 Lowlands Hike: Woodlands Trail Moderate 2 Miles, Gazebo
 Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks and long sleeves. Kuchumaa
 Love Your Past and Present~ Take back your power! with Ramona Master. Tipai (across Kuchumaa)
 3:00 Mobility: Dynamic Stretch Olmeca
 Pilates: Reformer Level 2 (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Core (30 Min) (Su,W) Pinetree
 Spanish Lessons: Beginners Progressive Library Lounge
 4:00 Chant: Sacred Sound Practice (Su,W) Milagro
 Recovery: Stretch and Relax (M,W,F) Montaña
 Hands-On Cooking Class with Visiting Chef Zulyia Khawaja. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Tasting of Guadalupe Valley Wines, includes cheese boards and chocolate (60min). Fee \$45. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
 Beyond Kegels: How Do I Kegel? with Kathe Wallace Olmeca
 Overcome Mental Barriers to Maximize Performance, with Angie Miller Tipai (across Kuchumaa)
 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 | NOVEMBER 13

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 dep. 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: Pickleball Beginner's Clinic with Vicki Foster (Su-Th) Pickleball Courts
 Advanced: Interval Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca
 10:00 Specialty: Pickleball Intermediate Clinic with Vicki Foster (Su-Th)
 Pickleball Courts
 Cardio Drum Dance Kuchumaa
 Longevity: Strength Training (M,Th) Olmeca
 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: Pijoan Vineyard & Adobe Guadalupe. Register at Ext.640/625. Return 5:30 pm. Fee \$290. Meet at Admin Bldg.
 11:00 Specialty: Bone Health - Healthy Feet & Ankles with Cynthia Bahmani & Lizz Smith (M-F) Olmeca
 Advanced: TRX Strength HIIT (M,Th) Pinetree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio: Cycle Hip Hop (30min) Pai Pai
 Pilates: Reformer Level 1 (M,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
 Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 12:00 Lunch with Fundación La Puerta: You are invited to learn about our 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+tax, Dining Hall Balcony
 Our Hormones and our Overall Health and Wellness, with Nancy Cetel Library Lounge
 2:00 Aquatic: Deep Water (Su,T,Th) Activity Pool
 Longevity: Lecture - Planning your Home Practice Olmeca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Mobility: Strength & Stretch with Stick Mobility (Su,T,Th) Kuchumaa
 Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength: Circuit Training (Su,Th) Azteca
 Love Your Future ~ The most important work of your life starts NOW! with Ramona Master Tipai (across Kuchumaa)
 3:00 Advanced: Bodyweight Challenge (30 Min) (Su,Th) Tolteca
 Longevity: Balance and Mindful Movement Olmeca
 Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: TRX Full Body Express (30 Min) (M,Th) Pinetree
 Yoga: Intro to Kundalini Yoga for All Levels Montaña
 Spanish Lessons: Beginners Progressive Library Lounge
 4:00 Breathwork (Su,Th) Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 Beyond Kegels: Self-Care for Bowel & Bladder, with Kathe Wallace Olmeca
 4:45 Farm-to-Table Dining Experience with Visiting Chef Zulyia Khawaja and Head Chef Vivian Mercado. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
 7:15 Prayer Arrows with Tim Hinchliff, Main Lounge
 7:30 Movie: Now You See Me Library Lounge
 8:00 Concert with Karl Anthony. The Healing Arts Experience: The Heart of Service. An evening of rhythm, gratitude, and inspiration Oaktree

FRIDAY | NOVEMBER 14

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 2 Miles, Gazebo
 6:45 Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo
 9:00 Pickleball Tournament: All Levels Welcome (2 Hrs) with Vicki Foster Pickleball Courts
 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
 Strength: Total Body with Bands (M,F) Olmeca
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up, Fee for Art Kit \$60+tax, Art Studio
 10:00 Advanced: Battle Ropes HIIT (30 Min) Olmeca
 Barre (M,W,F) Pinetree
 Dance: Cardio Hip Hop 90's Flashback Kuchumaa
 Strength: Circuit Training (M-F) Azteca
 Yoga: Level 1 – Integration (Su-F) Montaña
 11:00 Specialty: Dance for Bone Health: Broadway Style! with Cynthia Bahmani & Lizz Smith Olmeca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 Mobility: Stretch (Tu,F) Oaktree
 Pilates: Reformer Level 1 (M,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo
 Strength: Kettlebells (30 Min) (T,F) Tolteca
 Yoga: Slow Flow Level 2 (75 Min) (S,M,W,Th,F) Montaña
 Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio
 Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa
 1:00 Set Your Return to Home Intention with Jill T. 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
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: TRX Flexibility (M,F) Pinetree
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks and long sleeves. Kuchumaa
 Mandala with Jennifer (60 Min) Art Studio
 2:45 Live Music and Smoothies Juice Bar
 3:00 Recovery: Foam Roller (T,F) Tolteca
 Sound Healing (Su-F) Oaktree
 Strength: Upper Body Express (30 Min) (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
 Navigating Pelvic Health & Pleasure from Midlife On, with Kathe Wallace Olmeca
 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