

Week of January 10, 2026

Funtensity & Strength Braining with Jonathan Ross

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.
- ***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.
- ***Sign-ups for classes*** are posted on 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.
- ***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 | JANUARY 10

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 All Levels Olmeca

1:00 ☐ Fitness Concierge (30 Min) Dining Hall

2:00 ☐ Sound Healing Oaktree

3:00 ☐ Mobility: Stretch Montaña

4:00 ☐ Set Your Intention; Tips for a Magical Week with Jill T. Tolteca

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 ☐ REJUVENATE Your Eyes: Discover the Vision, Wisdom, and Endurance of Frida Kahlo and Deborah Szekely, with Renee Sandell, PhD Olmeca

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 - Lap Swim 7:00 am to 5:00 pm
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 5:00 pm

SUNDAY | JANUARY 11

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,Th) Arroyo

8:15 ☐ Fitness Concierge (30 Min) (Su,Th) Dining Hall

☐ Ranch Tour and Orientation (For first time guests) Dining Hall Main Entrance

9:00 ☐ Specialty: Funtensity - Lose Yourself in Play; Find Yourself In Fitness, with Jonathan Ross (Su,T,Th) Olmeca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

☐ Pickleball Clinic: Beginners (Su-Th) Pickleball Courts

☐ 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 ☐ Dance: Move & Groove, Funk! (Su,W) Kuchumaa

☐ Free Flow: Rooted In Feldenkrais (Su,F) Oaktree

☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts

☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree

☐ Strength: BOSU® Fit Olmeca

☐ Strength: Introduction to Circuit Training Azteca

☐ Yoga Level 1 - Foundations (Su-F) Montaña

11:00 ☐ Advanced: High Intensity Interval Training (30 Min) (Su,Th) Tolteca

☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool

☐ Gyrokinesis (Su,T,Th) Pinetree

☐ Longevity: Strength Training (Su,Th) Olmeca

☐ Mobility: Stretch (Su,T,F) Oaktree

☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña

☐ REFRESH Your Discernment: “Conversing” with Mexican Artworks (60 min), with Renee Sandell, PhD Art Studio

1:00 ☐ 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: TRX Flexibility (Su,Th) Pinetree

☐ Mobility & Corrective: Postural Awareness (Su,W) Tolteca

☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Strength: Circuit Training (Su,Th) Azteca

☐ Being Present with Yourself, with Laura Francis Tipai (across Kuchumaa)

☐ Freeing your Speaking Voice, with Judith Shahn Oaktree

3:00 ☐ Specialty Lecture: Brain Fitness Research Roundup with Jonathan Ross Tipai (across Kuchumaa)

☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca

☐ Longevity: Intro to Heart Rate Training Azteca

☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Sound Healing (Su,T,W,Th) Oaktree

☐ Yoga Workshop: Rope Wall Montaña

4:00 ☐ Chant: Vocal Sound Practice (Su.W) Milagro

☐ Sound Healing: The Sound Journey Oaktree

☐ Yoga: Restorative (Su,T,Th) Montaña

7:15 ☐ Movie: *Conclave* Library Lounge

8:00 ☐ Mexican Serenade and “Claire De Lune” with Elena Durán, Flute and Cheryl Lin Fielding, Piano Oaktree

MONDAY | JANUARY 12

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,Th) Arroyo

9:00 ☐ Specialty: Strength Braining - A Fusion of Strength and Brain Training, with Jonathan Ross (M,W,F) Olmeca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

☐ Pickleball Clinic: Beginners (Su-Th) Pickleball Courts

☐ Pilates: Mat Foundations - Flexion (Su-F) Pinetree

☐ Strength: Circuit Training (M,W,F) Azteca

☐ Tennis Clinic: Level 1 (M,W) Tennis Courts

10:00 ☐ Advanced: Cardio Sculpt Express (30 min) (M,W) Olmeca

☐ Barre (M,W,F) Pinetree

☐ Dance: Intro to Salsa (M,F) Kuchumaa

☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts

☐ Strength: Circuit Training (M-F) Azteca

☐ Tennis Clinic: Level 2 (M,W) Tennis Courts

☐ Yoga Level 1 - Balance (Su-F) Montaña

11:00 ☐ Advanced: TRX Strength & Cardio (M,F) Pinetree

☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool

☐ Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa

☐ Longevity: Balance and Mindful Movement Olmeca

☐ Pilates: Reformer Level 2 (Su-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,M,W,Th,F) Montaña

☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo

1:00 ☐ A Perfect Lifestyle: Food, Drink, Sex and Chocolate, with Robert Vogel, MD 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

☐ Longevity: Dynamic Mobility (M,W) Olmeca

☐ Mountain Hike: Alex’s Oak Trail Moderate 2 Miles Gazebo

☐ Pilates: Reformer Jumpboard (M,W) 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) (M,W) Please wear socks & long sleeves. Kuchumaa

☐ Curiosity in Connection, with Laura Francis Tipai (across Kuchumaa)

3:00 ☐ Longevity: Cardio Zone 2 Heart Rate Training Azteca

☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Recovery: Foam Roller (M,F) Tolteca

☐ 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 ☐ A Purpose Filled Life - Circus Artist, Police Officer, Farm Sanctuary, with Matt Roben Olmeca

TUESDAY | JANUARY 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 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

6:30 ☐ 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: Funtensity - Lose Yourself in Play; Find Yourself in Fitness, with Jonathan Ross (Su,T,Th) Olmeca

☐ Advanced: Cardio Muscle Blast (T,Th) Azteca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

☐ Pickleball Clinic: Beginners (Su-Th) Pickleball Courts

☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree

10:00 ☐ Dance: Latin Fusion Kuchumaa

☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts

☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree

☐ Strength: BOSU® Core & More Olmeca

☐ Strength: Circuit Training (M-F) Azteca

☐ Yoga Level 1 - Strength (Su-F) Montaña

11:00 ☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool

☐ Cardio: Cycle 45 Pai Pai

☐ Gyrokinesis (Su,T,Th) Pinetree

☐ Mobility: Stretch (Su,T,F) Oaktree

☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Strength & Cardio: Circuit TRX & Toys Tolteca

☐ Yoga Sculpt: Level 2 (60 Min) Kuchumaa

☐ *Cooking with the Seasons*, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

☐ REAWAKEN Your Creativity: Play with Line & Color (60 min) with Renee Sandell, PhD Art Studio

1:00 ☐ From Labels to Longevity: Understanding Your Food, with Robert Vogel, MD Olmeca

☐ Making a Smoothie Class with Chef César Juice Bar

2:00 ☐ Specialty: Enhanced Walking with Jonathan Ross (T,F) Gazebo

☐ Aquatic: Deep Water (Su,T,Th) Activity Pool

☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca

☐ Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa

☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Strengths & Saboteurs, with Laura Francis Tipai (across Kuchumaa)

☐ Freeing your Speaking Voice, with Judith Shahn Oaktree

3:00 ☐ Mobility: Dynamic Stretch (30 Min) (T,F) Pinetree

☐ Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo

☐ Sound Healing (Su,T,W,Th) Oaktree

☐ Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca

☐ Yoga Workshop: Intro to Kundalini for All Levels Montaña

☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

☐ Run Away with the Circus: Juggling and Balancing Class with Matt Roben Tipai (across Kuchumaa)

4:00 ☐ Inner Journey: Guided Meditation (T,F) Oaktree

☐ Yoga: Restorative (Su,T,Th) Montaña

☐ Hands-On Cooking Class with Chef Ruffo Ibarra. 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

7:15 ☐ Movie: *Arthur, The King* Library Lounge

8:00 ☐ Walking the Camino: Six Ways to Santiago – Screening and Q&A (60 mins), with Lydia Smith Olmeca

WEDNESDAY | JANUARY 14

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: Strength Braining - A Fusion of Strength and Brain Training, with Jonathan Ross** (M,W,F) Olmeca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-Th) Pickleball Courts
☐ Pilates: Mat Foundations - Lateral Flexion (Su-F) Pinetree
☐ Strength: Circuit Training (M,W,F) Azteca
☐ Tennis Clinic: Level 1 (M,W) Tennis Courts

- 10:00 ☐ Advanced: Cardio Sculpt Express (30 min) (M,W) Olmeca
☐ Barre (M,W,F) Pinetree
☐ Dance: Move & Groove, Funk! (Su,W) Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts
☐ 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 ☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
☐ Cardio: Mini Trampoline Express (30 Min) Kuchumaa
☐ Pilates: Reformer Level 2 (Su-F) 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,M,W,Th,F) Montaña
☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
☐ RENEW Your Positivity: Inspired by Deborah Szekely & the Ranch (90 min), with Renee Sandell, PhD Art Studio

- 1:00 ☐ The Science of Exercise: How to Get the Greatest Benefit from Working Out, with Robert Vogel, MD Olmeca

- 2:00 ☐ Aquatic: Shallow Water (M,W,F) Activity Pool
☐ Longevity: Dynamic Mobility (M,W) Olmeca
☐ Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
☐ Mobility & Corrective: Postural Awareness (Su,W) Tolteca
☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
☐ Yoga: Gentle Aerial Hammock (Low) (M,W) Please wear socks & long sleeves Kuchumaa
☐ Life Design at Any Age, with Laura Francis Tipai (across Kuchumaa)
☐ Freeing your Speaking Voice with Judith Shahn Oaktree

- 3:00 ☐ Specialty Lecture: Brain Games Are Not Enough with Jonathan Ross Tipai (across Kuchumaa)
☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
☐ Sound Healing (Su,T,W,Th) Oaktree
☐ Spanish Lessons: Beginners Progressive Library Lounge

- 4:00 ☐ Chant: A Vocal Sound Practice (Su,W) Milagro
☐ Living Your Intention with Jill T. Oaktree
☐ Recovery: Stretch and Relax, (M,W,F) Montaña
☐ Hands-On Cooking Class with Chef Ruffo Ibarra. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ Tasting of Guadalupe Valley Wines, includes cheese board (60min). Fee \$45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol

- 7:15 ☐ 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 | JANUARY 15

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 Extreme 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 (Su,M,Th) Arroyo
8:15 ☐ Fitness Concierge (30 Min) (Su,Th) Dining Hall

- 9:00 ☐ Specialty: Funtensity - Lose Yourself in Play; Find Yourself in Fitness, with Jonathan Ross (Su,T,Th) Olmeca
☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-Th) Pickleball Courts
☐ Pilates: Mat Foundations - Rotation (Su-F) Pinetree

- 10:00 ☐ Advanced: BOSU® & Battle Ropes Olmeca
☐ Dance: Cardio Drumming Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-Th) 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: Pijon Vineyard & Adobe Guadalupe. Fee \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.

- 11:00 ☐ Advanced: High Intensity Interval Training (30 Min) (Su,Th) Tolteca
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
☐ Cardio & Strength: Cycle Strength Pai Pai
☐ Gyrokinesis (Su,T,Th) Pinetree
☐ Longevity: Strength Training (Su,Th), Olmeca
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,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

- 12:30 ☐ Yarn Painting Demo with Tim Hinchliff Dining Hall entrance

- 1:00 ☐ Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
☐ Alzheimer's Disease and Other Dementias: Prevention, Diagnosis, Treatment and Caregiving, with Robert Vogel, MD Olmeca

- 2:00 ☐ Aquatic: Deep Water (Su,T,Th) Activity Pool
☐ Longevity: Lecture - Planning your Home Practice Olmeca
☐ Mobility: TRX Flexibility (Su,Th) Pinetree
☐ Pilates: Reformer Level 1 (Su,T,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
☐ The Secret to Flow, with Laura Francis Tipai (across Kuchumaa)

- 3:00 ☐ Longevity: Heart Rate Training (30 Min) Azteca
☐ Pilates: Tower Level 1 (T,Th) 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 Workshop: Happy Hips & Low Back Montaña
☐ Spanish Lessons: Beginners Progressive Library Lounge
☐ Run Away with the Circus: Juggling and Balancing Class, with Matt Roben Tipai (across Kuchumaa)

- 4:00 ☐ Breathwork (M,Th) Oaktree
☐ Yoga: Restorative (Su,T,Th) Montaña
☐ Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol

- 4:45 ☐ Chef's Table Dinner with Head Chef Vivian Mercado and La Cocina que Canta Team. Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

- 7:15 ☐ Prayer Arrows with Tim Hinchliff, Main Lounge
☐ Movie: *Now You See Me* Library Lounge

- 8:00 ☐ The Instant Chorus- SING TOGETHER with Judith Shahn. Oaktree

FRIDAY | JANUARY 16

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: Strength Braining - A Fusion of Strength and Brain Training, with Jonathan Ross (M,W,F) Olmeca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Open Play, unstaffed, please use court shoes. Pickleball Courts
☐ Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
☐ Strength: Circuit Training (M,W,F) Azteca

- 10:00 ☐ Barre (M,W,F) Pinetree
☐ Dance: Intro to Salsa, (M,F) Kuchumaa
☐ Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
☐ Pickleball Open Play, unsupervised, please use court shoes. Pickleball Courts
☐ 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

- 11:00 ☐ Advanced: TRX Strength & Cardio (M,F) Pinetree
☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
☐ Mobility: Stretch (Su,T,F) Oaktree
☐ Pilates: Reformer Level 2 (Su-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 – an Alignment-Based Practice (75 Min) (Su,M,W,Th,F) Montaña
☐ REIMAGINE Your Transformation: Savor the Ranch & Map Your “Take Home” Experience (60 min) with Renee Sandell, PhD Art Studio

- 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 ☐ Specialty: Enhanced Walking with Jonathan Ross (T,F) Gazebo
☐ Aquatic: Shallow Water (M,W,F) Activity Pool
☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca
☐ Mobility: Strength & Stretch with Stick Mobility, (T,F) Kuchumaa
☐ Freeing your Speaking Voice with Judith Shahn Oaktree

- 2:45 ☐ Live Music and Smoothies Juice Bar

- 3:00 ☐ Mobility: Dynamic Stretch (30 Min) (T,F) Pinetree
☐ 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
☐ Run Away with the Circus: Juggling and Balancing Class, with Matt Roben Tipai (across Kuchumaa)

- 4:00 ☐ Inner Journey: Guided Meditation (T,F) Oaktree
☐ Recovery: Stretch and Relax (M,W,F) Montaña
☐ Art Gallery: Open to all guests Art Studio

- 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