

Week of June 13, 2026

Folk Music Festival

Feldenkrais with Louise Chegwidden

Pickleball with Kim Evans & Thea Froehling

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.

IMPORTANT INFORMATION FOR THE WEEK:

- RLP is 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; Pilates Sign-up sheets are posted inside Arroyo Gym.

Use proper footwear

- **HIKES:** Hiking boots with lugs.
- **PICKLEBALL & TENNIS:** Court Shoes.
- **STRENGTH CLASSES:** Close-Toed Shoes.

- **Classes are 1st come; 1st served** - Based on equipment availability.
- **Classes & 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 | JUNE 13

- 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 **Yoga: All Levels** Montaña
- 1:00 **Fitness Concierge** (60 Min) Dining Hall
 Pickleball Open Play unstaffed, please use court shoes. Pickleball Courts
- 2:00 **Strength: Full Body All Levels** Olmeca
- 3:00 **Mobility: Stretch** Montaña
 Sound Healing Oaktree
- 4:00 **Set Your Intention; Tips for a Magical Week with Jill T.** Tolteca
- 5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
 Returning Guest Update Tolteca
- 5:30 **First Time Guest Orientation** Olmeca
- 6:45 **Meet the Presenters** Dining Hall
- 7:15 **Movie: *The Upside*** Library Lounge
- 8:00 **Movie: American Folk** featuring Amber Rubarth 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 Milagro - Meditation Room 6:00 am to 9:00 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	Activity Pool - Lap Swim 7:00 am to 6:00 pm *No open swim during scheduled classes
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	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)
Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm	Tennis & Pickleball Courts - Open Play 7:00 am to 7:00 pm
Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | JUNE 14

Class spaces are limited to first come first served.

- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, (Su,W) Gazebo
- 6:30 **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 8:15 **Fitness Concierge** (30 Min) Dining Hall
 Ranch Tour and Orientation (For first time guests)
Dining Hall Main Entrance
- 9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su,M,T,Th,F)
Court shoes and eye protection recommended. Pickleball Courts
 Advanced: Full Body Strength (Su,W) Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pilates: Mat Foundations All Levels Neutral & Spinal Articulation, Flexion, Extension, Lateral Flexion, Rotation, Review & Flow (Su-F) Pinetree
 Strength: Introduction to Circuit Training Azteca
- 10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su,M,T,Th,F) Court shoes and eye protection recommended. Pickleball Courts
 Dance: Latin Fusion Kuchumaa
 Longevity: Strength Training (Su,Th), Olmeca
 Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña
- 11:00 **Specialty: Feldenkrais with Louise Chedwiggen** (60 Min) (Su-F) Oaktree
 Aquatic: Shallow Water (Su,W) Activity Pool
 Cardio & Strength: Mini Trampoline Build & Bounce (Su, also Express on Th) Kuchumaa
 Cardio: Cycle Express (30 Min Pai Pai)
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Yoga Level 2 Slow Flow (75 Min) (Su,T,W,Th,F) Montaña
- 12:00 **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool
- 1:00 **Nutrition Wellness- Metabolism and Healthy Weight with Jody Miller** Tipai
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Water Flow Therapy Demo South Pool
- 2:00 **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool
 Longevity: Lecture. How to Own Your Aging Process Library Lounge
 Mobility: TRX Flexibility (Su,Th) Pinetree
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Circuit Training (Su,Th) Azteca
- 3:00 **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: the ABCs - Arms/Butt/Core (Su,Th) (30 Min) Olmeca
 Tai Chi (Su, also W at 2p) Montaña
- 4:00 **Chant: A Vocal Sound Practice** (Su, W) Milagro
 Recovery: Foam Roller (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Journeying with the Mandala Presentation, with Joy Khoo Tipai
- 8:00 **Concert: Peter Bradley Adams & Joy Clark** Oaktree

MONDAY | JUNE 15

Class spaces are limited to first come first served.

- 6:15 **Mountain Hike: Professor's Trail** (M,Th)Advanced, 3.3 Miles, Gazebo
- 6:30 **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su,M,T,Th,F)
Court shoes and eye protection recommended. Pickleball Courts
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pilates: Mat Foundations All Levels - Flexion (Su-F) Pinetree
 Strength: Circuit Training (M,W,F) Azteca
 Strength: Total Body with Bands (M,F) Olmeca
 Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts
- 10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su,M,T,Th,F) Court shoes and eye protection recommended. Pickleball Courts
 Aquatic: H2O Boot Camp (Deep Water) (M,F) Activity Pool
 Dance: Move & Groove, Funk! Kuchumaa
 Pilates: Mat Level 2 (M,W,F) Pinetree
 Strength: Barbell Workout Level 2 (M,W) Tolteca
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts
 Yoga Level 1 - Balance (Su-F) Montaña
- 11:00 **Specialty: Feldenkrais with Louise Chedwiggen** (60 Min) (Su-F) Oaktree
 Aquatic: Liquid Drums (Shallow Water) (M,F) Activity Pool
 Longevity Cardio Lab: From Zone 2 to HIIT (M,Th) Azteca
 Mobility: Strength & Stretch with Stick Mobility (M,W) Kuchumaa
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Yoga Sculpt: Level 2 (60 Min) Olmeca
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- 1:00 **Putting More Plants on Your Plate: What is "Plant-Based Eating"?** with Jill Nussinow, MS, RDN Tipai
 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- 2:00 **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool
 Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Recovery: Release & Mobilize (M,F) Tolteca
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa
 Artist Talk: Land, Legacy & Music, with Amber Rubarth, Shorlette Ammons, Kyshona, moderated by Carissa Stoltzing Oaktree
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (M,W) Tolteca
 Longevity: Dynamic Mobility Olmeca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
- 4:00 **Breathwork** (M,Th) Milagro
 Mobility: Stretch and Relax (M,W,F) Montaña
 Mandala Journey: The Art of Becoming, with Joy Khoo (105 min) Art Studio
- 5:00 **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 **Concert: with Vera Sola & Rosi Golan** Oaktree

TUESDAY | JUNE 16

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** (T-F) 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** (T,F) Advanced, 5.5 or 4 Miles, Gazebo
- 6:20 **Ruck: Weighted Hiking** Intermediate, Sign up, 2 Miles, Gazebo
- 6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
- 6:45 **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo
- 8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Specialty Pickleball: Beginner's Clinic with Kim & Thea** (Su,M,T,Th,F)
Court shoes and eye protection recommended. Pickleball Courts
 Advanced: Cardio Muscle Blast (T,Th) Azteca
 Barre (T,Th) Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree
- 10:00 **Specialty Pickleball: Advanced Beginner's & Intermediate Clinic with Kim & Thea** (Su,M,T,Th,F) Court shoes and eye protection recommended. Pickleball Courts
 Aqua Board (T,Th) Central Pool
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: BOSU® Fit (T, also Core & More on F) Olmeca
 Strength: Circuit Training (M-F) Azteca
 Yoga Level 1 - Strength (Su-F) Montaña
 Talk: How I Got Here: Food, Music and the Rural Roots That Raised Me, with Shorlette Ammons Oaktree
- 11:00 **Specialty: Feldenkrais with Louise Chedwiggen** (60 Min) (Su-F) Oaktree
 Advanced: Cardio Sculpt Express (30 Min) (T,Th) Olmeca
 Aqua Board (T,Th) Central Pool
 Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength & Cardio: TRX Circuit Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su,T,W,Th,F) Montaña
 Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
- 1:00 **Making a Smoothie Class with Chef César** Juice Bar
 How Gut Health Leads to Better Health and Improved Cognitive Function, with Jill Nussinow, MS, RDN Tipai
- 2:00 **Aquatic: Deep Water** (Su,M,T,Th) Activity Pool
 Labyrinth (T,F) Meet at Emily's Forest (Behind Kuchumaa Gym)
 Longevity: Balance & Coordination (T,F) Olmeca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Live Audience Songwriting Session with Steve Poltz, Rosi Golan...and YOU! Oaktree
- 3:00 **Mobility & Corrective: Postural Awareness** (T,F) Tolteca
 Pilates: Tower Level 1 (T,Th)) Sign-up begins 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: Stability Ball (30 Min) Olmeca
- 4:00 **Inner Journey: Guided Meditation** (T,F) Milagro
 Recovery: Foam Roller (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
 Hands-On Cooking Class with Visiting Chef Vaughn Vargus. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Mandala Journey: Circles of Connection, with Joy Khoo (105 min) Art Studio
- 5:00 **Sunset Predinner Concert with Steve Poltz & Kyshona** Bazar del Sol
- 7:15 **Movie: Conclave** Library Lounge
- 8:00 **Bingo and Games!** with Barry Olmeca

