

Week of February 14, 2026

Meditation for EveryONE: It's Not What You 'Think' with River Morgan

Vitality In Motion: Strength, Mobility & Energy for Life with Tom McCook

DRAFT SCHEDULE: Subject to change without notice

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:

1. **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.
2. **Sign-ups for classes** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted in Pilates at Arroyo Gym.
3. **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.
4. **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
5. **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.
- 6.

SATURDAY | FEBRUARY 14

- 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* Pickleball Courts
- * Unstaffed, please use court shoes.
- ☐ 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
- 4:30 ☐ 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 ☐ Navigating Change: Living with Grace and Strength with Ilene Brenner Schaffer 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 Activity Pool - Lap Swim 7:00 am to 5:00 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	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)
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	Tennis & Pickleball Courts - Open Play 7:00 am to 5:00 pm
Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | FEBRUARY 15

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

- 9:00 ☐ Specialty: Meditation for EveryOne - Start Right Where You Are with River Morgan (Su-F) Oaktree
- ☐ Advanced: Full Body Strength (Su,W) Olmeca
- ☐ Mobility: Stretch (Su-F) Montaña
- ☐ Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- ☐ Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
- ☐ Strength: Introduction to Circuit Training Azteca
- ☐ Juggling, with Alex Freuman Tipai (across Kuchumaa)

- 10:00 ☐ Advanced: Cardio Sculpt Express (30 min) (Su,T) Olmeca
- ☐ Dance: Latin Fusion Kuchumaa
- ☐ Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
- ☐ Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- ☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
- ☐ Strength: Introduction to Circuit Training Azteca
- ☐ Yoga Level 1 - Foundations (Su-F) Montaña

- 11:00 ☐ Specialty: Vitality In Motion - Balancing the Pelvis, Legs and Feet! with Tom McCook (Su-F) Tolteca
- ☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
- ☐ Bootcamp, (Su,Th) Kuchumaa
- ☐ Longevity: Strength Training (Su,Th) Olmeca
- ☐ Movement: Introduction to TRX Fundamentals (Su,T) Pinetree
- ☐ 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
- ☐ Embossing Your Own Set of Stationery with Jessica Colvin, MSW, MPH Art Studio

- 1:00 ☐ Master Your Metabolism with DeRahn Johnson Olmeca
- ☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge

- 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
- ☐ Pilates: Reformer Level 1 (Su,T,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
- ☐ Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (Su,W) Kuchumaa
- ☐ Get Out of Your Own Way: Managing Your Mindset with Ilene Brenner SchafferTipai (across Kuchumaa)

- 3:00 ☐ 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-F) Oaktree

- 4:00 ☐ Chant: Vocal Sound Practice (Su,W) Milagro
- ☐ Yoga: Restorative (Su,T,Th) Montaña
- ☐ Sound Healing Oaktree
- 5:00 ☐ Set Your Intention; Tips for a Magical Week with Jill T. Tolteca
- 7:00 ☐ Social Chess, with Alex Freuman Tipai (across Kuchumaa)
- 7:15 ☐ Movie: *Conclave* Library Lounge
- 8:00 ☐ Three Violins in Conversation with Pei-Chun Tsai, Hsin-Lin Tsai, Miguel Pérez-Espejo Oaktree

MONDAY | FEBRUARY 16

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: Meditation for EveryOne - From Doing to Being with River Morgan (Su-F) Oaktree
- ☐ Mobility: Stretch (Su-F) Montaña
- ☐ Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- ☐ 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 (M,W) Tennis Courts
- ☐ Juggling, with Alex Freuman Tipai (across Kuchumaa)

- 10:00 ☐ Barre (M,W,F) Pinetree
- ☐ Dance: Cardio Drumming (M,Th) Kuchumaa
- ☐ Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
- ☐ Strength: Circuit Training (M-F) Azteca
- ☐ Strength: Kettlebells (30 Min) (M,F) Tolteca
- ☐ Tennis Clinic: Level 2 (M,W) Tennis Courts
- ☐ Yoga Level 1 - Balance (Su-F) Montaña

- 11:00 ☐ Specialty: Vitality In Motion - Youthful Spine! with Tom McCook (Su-F) Tolteca
- ☐ Advanced: TRX Strength & Cardio (M,F) Pinetree
- ☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
- ☐ Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa
- ☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Strength: BOSU® Fit Olmeca
- ☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
- ☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
- ☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
- ☐ Embossing Your Own Set of Stationery with Jessica Colvin, MSW, MPH Art Studio

- 1:00 ☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- ☐ Nutrition for Cognition, with Tamara Duker Freuman, MS, RDN, CDN Tipai

- 2:00 ☐ Aquatic: Shallow Water (M,W,F) Activity Pool
- ☐ Longevity: Dynamic Mobility 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
- ☐ The Optimism Effect: How It Can Shift Your Life, with Ilene Brenner Schaffer Tipai (across Kuchumaa Gym)
- 3:00 ☐ Longevity: Cardio Zone 2 Heart Rate Training Azteca
- ☐ Mobility & Corrective: Postural Awareness (M,Th) 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-F) Oaktree
- ☐ Strength: TRX Core (30 Min) (M,Th) Pinetree
- ☐ Yoga Workshop: Rope Wall Montaña
- 4:00 ☐ Breathwork (M,Th) Oaktree
- ☐ Recovery: Stretch and Relax (M,W,F) Montaña
- ☐ Guest Reception: Sangría & Guacamole Bazar del Sol
- ☐ Silent Dinner Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)

- 6:15 ☐ Social Chess, with Alex Freuman Tipai (across Kuchumaa)
- 7:00 ☐ Social Chess, with Alex Freuman Tipai (across Kuchumaa)
- 7:15 ☐ Movie: *Mrs. Harris Goes to Paris* Library Lounge
- 8:00 ☐ Dr. Streicher Talks About Orgasm: Everybody Welcome Olmeca

TUESDAY | FEBRUARY 17

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 2 Miles, Gazebo
- 7:00 ☐ Bird Walk (60 Min) Gazebo

- 9:00 ☐ Specialty: Meditation for EveryOne - Loving Kindness with River Morgan (Su-F) Oaktree
- ☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
- ☐ Mobility: Stretch (Su-F) Montaña
- ☐ Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
- ☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree
- ☐ Strength: Barbell Workout (T,Th) Tolteca

- 10:00 ☐ Advanced: Cardio Sculpt Express (30 min) (Su,T) Olmeca
- ☐ Broadway Dance Kuchumaa
- ☐ Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
- ☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree
- ☐ Strength: Circuit Training (M-F) Azteca
- ☐ Yoga Level 1 - Strength (Su-F) Montaña

- 11:00 ☐ Specialty: Vitality In Motion - Liberate the Shoulders and Neck! with Tom McCook (Su-F) Tolteca
- ☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
- ☐ Cardio: Cycle 45 Pai Pai
- ☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Strength: Functional Movements Olmeca
- ☐ Strength: TRX Full Body Pinetree
- ☐ Yoga Sculpt: Level 2 (60 Min) Kuchumaa
- ☐ Decouping Coasters, Frames and Journals with Jessica Colvin, MSW, MPH Art Studio

- 1:00 ☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- ☐ Making a Smoothie Class with Chef César Juice Bar
- ☐ Understanding the Gut-Brain Axis, with Tamara Duker Freuman, MS, RDN, CDN Tipai

- 2:00 ☐ Aquatic: Deep Water (Su,T,Th) Activity Pool
- ☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca
- ☐ Mobility: Strength & Stretch with Stick Mobility (Tu,F) Kuchumaa
- ☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Tai Chi (T,Th) Montana
- ☐ Power of Connection: The Heart of Well-Being, with Ilene Brenner Tipai (across Kuchumaa Gym)

- 3:00 ☐ Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
- ☐ Sound Healing (Su-F) Oaktree
- ☐ Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
- ☐ Can Cannabis Help Your Hot Flashes and Safely Get You to Sleep?, with Lauren Streicher, MD Tipai(across Kuchumaa)

- 4:00 ☐ Inner Journey: Guided Meditation (T,F) Oaktree
- ☐ Living Your Intention with Jill T. Milagro
- ☐ Recovery: Foam Roller (T,F) Tolteca
- ☐ Yoga: Restorative (Su,T,Th) Montaña
- ☐ Hands-On Cooking Class with Visiting Teacher Jean Courtney. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.)
- ☐ Escape Room! (60 minutes), with Alex Freuman Olmeca

- ☐ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
- 7:00 ☐ Social Chess, with Alex Freuman Tipai (across Kuchumaa)
- 7:15 ☐ Movie: *The Roses* Library Lounge

- 8:00 ☐ Bingo & Games with Barry! Olmeca

WEDNESDAY | FEBRUARY 18

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	<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: Meditation for EveryOne - The 3 R's That Can Disturb Our Peace and Their Antidotes with River Morgan (Su-F) Oaktree
	<input type="checkbox"/>	Advanced: Full Body Strength (Su,W), Olmeca
	<input type="checkbox"/>	Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/>	Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
	<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 (M,W) Tennis Courts
10:00	<input type="checkbox"/>	Barre (M,W,F) Pinetree
	<input type="checkbox"/>	Dance: Intro to Salsa Kuchumaa
	<input type="checkbox"/>	Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
	<input type="checkbox"/>	Strength & Cardio: Circuit TRX & Toys Tolteca
	<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: Vitality In Motion - Youthful Spine! with Tom McCook (Su-F) Tolteca
	<input type="checkbox"/>	Advanced: BOSU® & Battle Ropes Olmeca
	<input type="checkbox"/>	Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
	<input type="checkbox"/>	Cardio & Strength: Mini Trampoline Build & Bounce (M,W) Kuchumaa
	<input type="checkbox"/>	Pilates: Reformer Level 2 (Su-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,M,W,Th,F) Montaña
	<input type="checkbox"/>	Nature Walk with Rob Larson (60 Min) Meet at Gazebo
	<input type="checkbox"/>	Decoupage Coasters, Frames and Journals with Jessica Colvin, MSW, MPH Art Studio
1:00	<input type="checkbox"/>	Eating for Longevity, with Tamara Duker Freuman, MS, RDN, CDN Tipai
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"/>	Pilates: Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/>	Recovery: Release & Mobilize (Su,W) Oaktree
	<input type="checkbox"/>	Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,W) Kuchumaa
	<input type="checkbox"/>	You Make a Difference: Creating Your Imprint, with Ilene Brenner Schaffer Tipai (across Kuchumaa Gym)
3:00	<input type="checkbox"/>	Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
	<input type="checkbox"/>	Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree
	<input type="checkbox"/>	Yoga Workshop: Happy Hips & Low Back Montaña
	<input type="checkbox"/>	What's Up Down There? Genital Dryness & Misbehaving Bladders with Lauren Streicher, MD Tipai
4:00	<input type="checkbox"/>	Chant: A Vocal Sound Practice (Su,W) Milagro
	<input type="checkbox"/>	Recovery: Stretch and Relax (M,W,F) Montaña
	<input type="checkbox"/>	Hands-On Cooking Class with Visiting Teacher Jean Courtney. \$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 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
7:00	<input type="checkbox"/>	Social Chess, with Alex Freuman Tipai (across Kuchumaa)
7:15	<input type="checkbox"/>	Movie: One Life 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 | FEBRUARY 19

Class spaces are limited to first come first served.

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 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	<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
8:00	<input type="checkbox"/>	Pilates Concierge (Su,M,Th) Arroyo
8:15	<input type="checkbox"/>	Fitness Concierge (30 Min) (Su,Th) Dining Hall
9:00	<input type="checkbox"/>	Specialty: Meditation for EveryOne - Actively Calm / Calmly Active with River Morgan (Su-F) Oaktree
	<input type="checkbox"/>	Advanced: Cardio Muscle Blast (T,Th) Azteca
	<input type="checkbox"/>	Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/>	Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
	<input type="checkbox"/>	Pilates: Mat Foundations - Rotation (Su-F) Pinetree
	<input type="checkbox"/>	Strength: Barbell Workout (T,Th) Tolteca
10:00	<input type="checkbox"/>	Dance: Cardio Drumming (M,Th) Kuchumaa
	<input type="checkbox"/>	Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
	<input type="checkbox"/>	Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
	<input type="checkbox"/>	Pilates: Mat Level 2 (Su,T,Th) Pinetree
	<input type="checkbox"/>	Strength: Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Strength: TRX & Kettlebells Level 2 Tolteca
	<input type="checkbox"/>	Yoga Level 1 - Opening (Su-F) Montaña
10:30	<input type="checkbox"/>	Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe. Register at Ext.640/625. Return 5:30 pm. \$290 per person. Meet at Admin Bldg.
11:00	<input type="checkbox"/>	Specialty: Vitality In Motion - Full Body Integration with Tom McCook (Su-F) Tolteca
	<input type="checkbox"/>	Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
	<input type="checkbox"/>	Bootcamp (M,Th) Kuchumaa
	<input type="checkbox"/>	Cardio & Strength: Cycle Strength Pai Pai
	<input type="checkbox"/>	Longevity: Strength Training (Su,Th), Olmeca
	<input type="checkbox"/>	Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
	<input type="checkbox"/>	Pilates: Reformer Level 2 (Su-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,M,W,Th,F) Montaña
	<input type="checkbox"/>	Friends of Bill W. (12 steps - Participant-guided) Library Lounge
	<input type="checkbox"/>	Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson Gazebo
	<input type="checkbox"/>	Embossing Your Own Set of Stationery with Jessica Colvin, MSW, MPH Art Studio
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
12:30	<input type="checkbox"/>	Yarn Painting Demo with Tim Hinchliff Dining Hall entrance
1:00	<input type="checkbox"/>	Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony
1:00	<input type="checkbox"/>	Sensory "Circuit Training" Competition: Local Foods of Mexico!, with Tamara Duker Freuman, MS, RDN, CDN Tipai
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 (Su,Th) Pinetree
	<input type="checkbox"/>	Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/>	Strength: Circuit Training (Su,Th) Azteca
	<input type="checkbox"/>	Tai Chi (T,Th) Montaña
3:00	<input type="checkbox"/>	Longevity: Heart Rate Training (30 Min) Azteca
	<input type="checkbox"/>	Mobility & Corrective: Postural Awareness (M,Th) Tolteca
	<input type="checkbox"/>	Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree
	<input type="checkbox"/>	Strength: TRX Core (30 Min) (M,Th) Pinetree
	<input type="checkbox"/>	Spanish Lessons: Beginners Progressive Library Lounge
	<input type="checkbox"/>	Q&A with Lauren Streicher, MD Tipai (across Kuchumaa gym)
4:00	<input type="checkbox"/>	Breathwork (M,Th) Oaktree
	<input type="checkbox"/>	Yoga: Restorative (Su,T,Th) Montaña
	<input type="checkbox"/>	Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
	<input type="checkbox"/>	Hands-On Cooking Class with Visiting Teacher Jean Courtney. \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
7:15	<input type="checkbox"/>	Prayer Arrows with Tim Hinchliff, Main Lounge
	<input type="checkbox"/>	Movie: Now You See Me Library Lounge
8:00	<input type="checkbox"/>	Serenades and Sojourns, with Kate Hatmaker, violin & Elizabeth Brown, cello Oaktree

FRIDAY | FEBRUARY 20

Class spaces are limited to first come first served.

****Please confirm your transportation at the Admin Building or Concierge Desk.***

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: Meditation for EveryOne - How to Sustain a Daily Practice with River Morgan (Su-F) Oaktree
	<input type="checkbox"/>	Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/>	Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
	<input type="checkbox"/>	Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
	<input type="checkbox"/>	Strength: Circuit Training (M,W,F) Azteca
	<input type="checkbox"/>	Strength: Total Body with Bands (M,F) Olmeca
10:00	<input type="checkbox"/>	Barre (M,W,F) Pinetree
	<input type="checkbox"/>	Dance: Cardio Disco Kuchumaa
	<input type="checkbox"/>	Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
	<input type="checkbox"/>	Strength: Circuit Training (M-F) Azteca
	<input type="checkbox"/>	Strength: Kettlebells (30 Min) (M,F) Tolteca
	<input type="checkbox"/>	Yoga Level 1 - Integration (Su-F) Montaña
	<input type="checkbox"/>	Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
10:30	<input type="checkbox"/>	Mercado Craft Sale ongoing until 2:30 pm Mercado Patio
11:00	<input type="checkbox"/>	Specialty: Vitality In Motion - Full Body Integration with Tom McCook (Su-F) Tolteca
	<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"/>	Cardio: Mini Trampoline Express (30 Min) Kuchumaa
	<input type="checkbox"/>	Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/>	Strength: BOSU® Core & More Olmeca
	<input type="checkbox"/>	Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
1:00	<input type="checkbox"/>	Set Your Return to Home Intention with Jill T. Tolteca
2:00	<input type="checkbox"/>	Aquatic: Shallow Water (M,W,F) Activity Pool
	<input type="checkbox"/>	Mobility & Corrective: Balance & Coordination (T,F) Olmeca
	<input type="checkbox"/>	Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa
	<input type="checkbox"/>	Art Gallery: Open to all guests Art Studio
2:45	<input type="checkbox"/>	Live Music and Smoothies Juice Bar
3:00	<input type="checkbox"/>	Sound Healing (Su-F) Oaktree
	<input type="checkbox"/>	Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
	<input type="checkbox"/>	Yoga Workshop: Intro to Kundalini for All LevelsMontaña
	<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: Foam Roller (T,F) Tolteca
	<input type="checkbox"/>	Recovery: Stretch and Relax (M,W,F) Montaña
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
Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall		