

Week of February 21, 2026

Gyrokinesis with Diane Daniel

Pickleball with Vicki Foster

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.
4. **Classes are 1st come; 1st served** - Based on equipment availability.
5. **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.
6. **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 | FEBRUARY 21

- 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* Pickleball Courts
 - * Unstaffed, please use court shoes.
 - Yoga: All Levels Montaña
- 1:00 Fitness Concierge (30 Min) Dining Hall
- 2:00 Sound Healing Oaktree
- 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 The Functionality of Your Eye Brain Connection Integrating Periphery and Affecting Balance and Movement, with Dana Dean, OD Oaktree

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

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

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: Saturday - Friday
 9:00 am to 12:00 pm & 1:00 pm 4:00 pm

Available Facilities*
*when no class is in session
<u>Milagro - Meditation Room</u>
6:00 am to 9:00 pm
<u>Activity Pool - Lap Swim</u>
7:00 am to 5:00 pm
<u>Azteca Gym - Weight Room</u>
Saturday: 6:30 am to 1:30 pm
Sunday – Friday: 7:00 am to 5:00 pm
(closed daily 1-2)
<u>Tennis & Pickleball Courts - Open Play</u>
7:00 am to 5:00 pm

SUNDAY | FEBRUARY 22

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: Beginner's Pickleball Clinic with Vicki Foster (Su-F) Court shoes and safety glasses are recommended. 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 (M,W) Tennis Courts

- 10:00 Specialty: Intermediate Pickleball Clinic with Vicki Foster (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 - Advanced: Battle Ropes HIIT (30 Min) Olmeca
 - Barre (M,W) Pinetree
 - Dance: Cardio Drumming (M,Th) 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: Gyrokinesis with Diane Daniel (50 Min) (Su-F) Pinetree
 - Advanced: High Intensity Interval Training (30 Min) (Su,W) Tolteca
 - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 - Cardio: Cycle Hip Hop (30 Min) Pai Pai
 - 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
 - Marbled & Collaged Art, with Brent Hedstrom Art Studio

- 1:00 Master Your Metabolism with DeRahn Johnson Olmeca
 - Gyrotonic Tower Demo with Diane Daniel (30 Min) Arroyo
 - Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 - 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
 - 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
 - The Science of Preparation, with Julie Lopez, PhD Tipai

- 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
 - Sound Healing Oaktree
 - Yoga: Restorative (Su,T,Th) Montaña
 - How to Expand Visual Memory for the Aging Brain: A Hands-on Experiential Class, with Dana Dean, OD Tipai

- 5:00 Set Your Intention; Tips for a Magical Week with Jill T. Tolteca
- 7:15 Movie: *Conclave* Library Lounge
- 8:00 Threshold Moments, with Molly L Davis & Kristine Patterson Olmeca

MONDAY | FEBRUARY 23

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: Beginner's Pickleball Clinic with Vicki Foster (Su-F) Court shoes and safety glasses are recommended. 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 (M,W) Tennis Courts

- 10:00 Specialty: Intermediate Pickleball Clinic with Vicki Foster (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 - Advanced: Battle Ropes HIIT (30 Min) Olmeca
 - Barre (M,W) Pinetree
 - Dance: Cardio Drumming (M,Th) 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: Gyrokinesis with Diane Daniel (50 Min) (Su-F) Pinetree
 - Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 - Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 - Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 - Strength: Functional Movement (M,W) Olmeca
 - Strength: Kettlebells (30 Min) (M,Th) Tolteca
 - 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
 - Marbled & Collaged Art, with Brent Hedstrom Art Studio
 - Standing at the Threshold, with Molly L Davis and Kristine Patterson, Tipai

- 1:00 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHIP, RCST Tolteca
- DONNA MARBEGER FASHION SHOW

- 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
 - Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves (M,W) Kuchumaa
 - Finding Your Inner Compass – Exploration of Your Deepest Truth, with Julie Lopez, PhD Tipai

- 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: Happy Hips & Low Back (M,F) Montaña

- 4:00 Breathwork (M,Th) Oaktree
 - Recovery: Stretch and Relax (M,W,F) Montaña
 - Guest Reception: Sangria & Guacamole Bazar del Sol

- 5:00 "In Your Skin" Documentary by Katherine Trenshaw Library Lounge
- 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 Lifestyle Approaches to Reduce Chronic Medical Conditions, with Nicola Finley, MD Olmeca

TUESDAY | FEBRUARY 24

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 Advanced: Cardio Muscle Blast (T,Th) Azteca
 - 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 (M,W) Tennis Courts

- 10:00 Specialty: Intermediate Pickleball Clinic with Vicki Foster (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 - Dance: Broadway Kuchumaa
 - Pilates: Mat Level 2 (Su,T,Th) Pinetree
 - Strength: BOSU® Fit (Su,T) Olmeca
 - Strength: Circuit Training (M-F) Azteca
 - Yoga Level 1 - Strength (Su-F) Montaña

- 11:00 Specialty: Gyrokinesis with Diane Daniel (50 Min) (Su-F) Pinetree
 - Advanced: Cardio Sculpt Express (30 Min) (Tu,F) Olmeca
 - 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 & Cardio: Circuit TRX & Toys Tolteca
 - Discernment: The Practice of Choosing Wisely, with Molly L Davis and Kristine Patterson Tipai
 - 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.

- 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
 - Hot Topics in Wellness: Wellbeing, Joy and Weight Loss Drugs, with Nicola Finley, MD Tipai

- 2:00 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
 - Tai Chi Montana
 - Purification & Detoxification – Letting Go for a Higher Purpose, with Julie Lopez, PhD Tipai

- 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

- 4:00 Inner Journey: Guided Meditation (T,F) Oaktree
 - Recovery: Foam Roller (T,F) Tolteca
 - Yoga: Restorative (Su,T,Th) Montaña
 - Hands-On Cooking Class \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg)
 - Eye to Hand Coordination Visual Games, with Dana Dean, OD Tipai

- 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
- 7:15 Movie: The Roses Library Lounge

- 8:00 Bingo & Games with Barry! Olmeca

WEDNESDAY | FEBRUARY 25

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: Beginner's Pickleball Clinic with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. 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 (M,W) Tennis Courts

10:00 **Specialty: Intermediate Pickleball Clinic with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Barre (M,W,F) Pinetree
 Dance: Intro to Salsa Kuchumaa
 Strength: Circuit Training (M-F) Azteca
 Strength: Core & More Olmeca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Level 1 - Centering (Su-F) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo

11:00 **Specialty: Gyrokinesis with Diane Daniel** (50 Min) (Su-F) Pinetree
 Advanced: High Intensity Interval Training (30 Min) (Su,W) Tolteca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Functional Movements (M,W) Olmeca
 Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Marbled & Collaged Art, with Brent Hedstrom Art Studio
 The 3x5 Card with Molly L Davis and Kristine Patterson Tipai

1:00 **What's Spirituality Got to Do with It? with Nicola Finley, MD** Tipai
 Gyrotonic Tower Demo with Diane Daniel (30 Min) Arroyo

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool
 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 Pilates: Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (Su,W) Oaktree
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,W) Kuchumaa
 Implementation & Increasing Risk Tolerance to Actualize What You Desire, with Julie Lopez, PhD Tipai

3:00 **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-F) Oaktree
 Yoga Workshop: Rope Wall Montaña

4:00 **Chant: A Vocal Sound Practice** (Su,W) Milagro
 Living Your Intention with Jill T. Tolteca
 Recovery: Stretch and Relax (M,W,F) Montaña
 Hands-On Cooking Class. \$145. Register at ext.640/625. Return at 7:30 pm. Meet at Admin Bldg.
 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

5:00 **"In Your Skin" Documentary by Katherine Trenshaw** Library Lounge

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 | FEBRUARY 25

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

8:00 **Pilates Concierge** (Su,M,Th) Arroyo
 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall

9:00 **Specialty: Beginner's Pickleball Clinic with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Advanced: Cardi 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: Intermediate Pickleball Clinic with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Advanced: BOSU® & Battle Ropes Olmeca
 Dance: Cardi Drumming (M,Th) Kuchumaa
 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.**
 Register at Ext.640/625. Return 5:30 pm. \$290 per person. Meet at Admin Bldg.

11:00 **Specialty: Gyrokinesis with Diane Daniel** (50 Min) (Su-F) Pinetree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Bootcamp (M,Th) Kuchumaa
 Cardio & Strength: Cycle Strength Pai Pai
 Longevity: Strength Training (Su,Th) Olmeca
 Movement: Introduction to TRX Fundamentals (Su,Th) 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
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson Gazebo
 Marbled & Collaged Art, with Brent Hedstrom Art Studio
 Observers are welcome, too!
 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

1:00 **Pillow Talk: A Sleep Conversation, with Nicola Finley MD, Tipai**

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
 Strength: Circuit Training (Su,Th) Azteca
 The Power and Science of Manifestation!, with Julie Lopez, PhD Tipai

3:00 **Longevity: Heart Rate Training** (30 Min) Azteca
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 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: TRX Core (30 Min) (M,Th) Pinetree
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Breathwork** (M,Th) Oaktree
 Yoga: Restorative (Su,T,Th) Montaña
 Art, Stories and Poetry, with Tim Hinchliff 90 mins, Bazar del Sol
 Hike to the Residences (60 mins/wear comfortable shoes) Meet at Bazar del Sol
 Hands-On Cooking Class. \$145. Register at ext.640/625. Return at 7:30 pm. Meet at Admin Bldg.

7:15 **Prayer Arrows with Tim Hinchliff**, Main Lounge
 Movie: Now You See Me Library Lounge
 8:00 **Concert, with Nicholas McGegan, Martha Ararons, Lev Polyakin, and Joanna Morrison** Oaktree

FRIDAY | FEBRUARY 26

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: Beginner's Pickleball Clinic with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. 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

10:00 **Specialty: Intermediate Pickleball Clinic with Vicki Foster** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts

Barre (M,W,F) Pinetree
 Dance: Pop, Funk, & Jazz Kuchumaa
 Strength: Circuit Training (M-F) Azteca
 Strength: Kettlebells (30 Min) (M,F) Tolteca
 Yoga Level 1 - Integration (Su-F) Montaña
Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

10:30 **Mercado Craft Sale** ongoing until 2:30 pm Mercado Patio

11:00 **Specialty: Gyrokinesis with Diane Daniel** (50 Min) (Su-F) Pinetree
 Advanced: Cardio Sculpt Express (30 min) (T,F) Olmeca
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (M,F) 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

1:00 **Set Your Return to Home Intention with Jill T. Tolteca**

2:00 **Aquatic: Shallow Water** (M,W,F) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca
 Mobility: Strength & Stretch with Stick Mobility (T,F) Kuchumaa

2:45 **Live Music and Smoothies** Juice Bar

3:00 **Sound Healing** (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
 Yoga Workshop: Happy Hips & Low Back (M,F) Montaña
 Spanish Lessons: Beginners Progressive Library Lounge

4:00 **Inner Journey: Guided Meditation** (T,F) Oaktree
 Recovery: Foam Roller (T,F) Tolteca
 Recovery: Stretch and Relax (M,W,F) Montaña

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