

## Week of November 22, 2025

### Brain Body Workout with Aimee Nicotera

### Brain Health with Ryan Glatt

**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 22

- 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 Playm **unstaffed**, please use proper footwear
  - Pickleball Courts
  - Yoga: All Levels Montaña
- 1:00  Fitness Concierge (30 Min) Dining Hall
- 2:00  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  Where to Start? You Choose! with Christina Boyd-Smith, PhD Tolteca

| Meal Hours: Saturday                  | Available Facilities* |
|---------------------------------------|-----------------------|
| 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: Sunday- Friday             |                       |
| 9:00 am to 12:00 pm & 1:00 pm 4:00 pm |                       |

\*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

**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)

**Tennis & Pickleball Courts**  
**Open Play**  
7:00 am to 7:00 pm

## SUNDAY | NOVEMBER 23

**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 (15 min) Arroyo
- 8:15  Fitness Concierge (30 Min) Dining Hall
  - Ranch Tour and Orientation (For 1st time guests) Dining Hall Main Entrance
- 9:00  Specialty: Brain Body Workout with 2 Dumbbells with Aimee Nicotera (Su-F) Olmeca
  - Meditation and a Buddhist Approach to Life (Su,T,Th) Oaktree
  - Mobility: Stretch (Su-F) Montaña
  - Pickleball Beginner's Clinic (Su-F) Pickleball Courts
  - Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree
  - Strength: Introduction to Circuit Training Azteca
- 10:00  Dance: Latin Fusion (Su) Kuchumaa
  - Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
  - Pilateball Intermediate Clinic (Su-F) Pickleball Courts
  - Pilates: Mat Level 2 (Su,T,Th) Pinetree
  - Strength: BOSU® Fit (Su,Th) Olmeca
  - Strength: Introduction to Circuit Training Azteca
  - Yoga: Level 1 - Foundations (Su-F) Montaña
- 11:00  Advanced: Full Body Strength (Su,W) Olmeca
  - Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
  - Cardio: Cycle Hip Hop (30 Min) Pai Pai
  - Movement: Introduction to TRX Fundamentals Beginners Pinetree
  - Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
  - Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
  - The Art of Connection: Assertive, Clear, and Confident Session 1: The Signals that Shape Your Style: Mastering the Elements of Expression, with Denise Dudley Tipai (across Kuchumaa)
- 12:00  Aquatic: Swim Stroke Clinic (30 Min) Activity Pool
- 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
  - 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
- 3:00  Advanced: Bodyweight Challenge (30 Min) (Su,W) Tolteca
  - Pilates: Reformer Jumpboard 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
  - Yoga Workshop: Happy Hips & Low Back Montaña
- 4:00  Chant: Sacred Sound Practice (Su,W) Milagro
  - Yoga: Restorative (Su,T,Th) Montaña
  - What Do You Believe? with Christina Boyd-Smith, PhD Tipai (across Kuchumaa)
- 5:00  Candlelight Sound Healing Oaktree
- 7:15  Movie: *Conclave* Library Lounge
- 8:00  Piano Concert with Tanya Gabrielian Featuring Works by Schumann, Aminikia, and Franck Oaktree

## MONDAY | NOVEMBER 24

**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 (15 min) Arroyo
- 9:00  Specialty: Brain Body Workout with Resistance Tubing with Aimee Nicotera (Su-F) Olmeca
  - Meditation (M,W,F) Oaktree
  - Mobility: Stretch (Su-F) Montaña
  - Pickleball Beginner's Clinic (Su-F) Pickleball Courts
  - Pilates: Mat Foundations - Flexion (Su-F) Pinetree
  - Strength: Circuit Training (M,W,F) Azteca
  - Tennis Clinic: Level 1 Beginners (M,W) Tennis Courts
- 10:00  Advanced: Tabata HIIT (30 Min) (M,Th) Tolteca
  - Barre (M,W,F) Pinetree
  - Dance: Cardio Hip Hop Bodyrock Kuchumaa
  - Pilateball Intermediate Clinic (Su-F) 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 HIIT (M,F) Pinetree
  - Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
  - Cardio: Mini Trampoline Express (30 Min) Kuchumaa
  - Longevity: Strength Training (M,Th) Olmeca
  - Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
  - Strength: Kettlebells (30 Min) (M,F) Tolteca
  - 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
  - Session 2: Passive, Aggressive, or Assertive? The Goldilocks guide to finding your "just-right" voice, with Denise Dudley Tipai (across Kuchumaa)
- 1:00  A Perfect Lifestyle: Food, Drink, Sex and Chocolate, with Robert Vogel, MD Olmeca
  - Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
  - Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Tolteca
- 2:00  Specialty: Brain Health - Dementia Prevention: Lifestyle Choices That Make a Difference with Ryan Glatt, PhD(c), MES, NBC-HWC Tipai (across Kuchumaa)
  - Aquatic: Shallow Water (M,W,F) Activity Pool
  - Mobility & Corrective: Postural Awareness (M,Th) Tolteca
  - Mobility: TRX Flexibility (M,Th) Pinetree
  - Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo
  - Pilates: Reformer Jumpboard 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
  - Watercolor with Jennifer (2 hrs) Art Studio
- 3:00  Longevity: Dynamic Mobility (M,W) 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 Full Body Express (30 min) (M,Th) Pinetree
- 4:00  Breathwork (M,Th) Milagro
  - Recovery: Stretch and Relax (M,W,F) Montaña
  - Workshop 1: Reimagining Sound — The Art of Musical Transformation, with Tanya Gabrielian Oaktree
- 4:30  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  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

## TUESDAY | NOVEMBER 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.
- 6:15  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: Brain Body Workout with One Dumbbell with Aimee Nicotera (Su-F) Olmeca
  - Advanced: Interval Muscle Blast (T,Th) Azteca
  - Meditation and a Buddhist Approach to Life (Su,T,Th) Oaktree
  - Mobility: Stretch (Su-F) Montaña
  - Pickleball Beginner's Clinic (Su-F) Pickleball Courts
  - Pilates: Mat Foundations - Extension (Su-F) Pinetree
- 10:00  Advanced: BOSU® & Battle Ropes Olmeca
  - Dance: Intro to Salsa Kuchumaa
  - Pickleball Intermediate Clinic (Su-F) 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  Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
  - Longevity: Cardio Zone 2 Training Azteca
  - Mobility: Stretch (T,F) Oaktree
  - Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
  - Strength & Cardio: Circuit HIIT TRX & Toys Tolteca
  - Yoga Sculpt: Level 2 (60 Min) Kuchumaa
  - Landscape Sketching with Jennifer (2 hrs) Art Studio
  - Session 3: Talk So People Listen; Listen So People Talk: Conversations that Truly Connect, with Denise Dudley Tipai (across Kuchumaa)
  - Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivian Mercado. Register at Ext. 640/625. Fee \$100. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.
- 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: Brain Health Through Exercise: A New Frontier in Wellness with Ryan Glatt, PhD(c), MES, NBC-HWC Tipai (across Kuchumaa)
  - Advanced: Cardio HIIT (T,F) Azteca
  - Aquatic: Deep Water (Su,T,Th) Activity Pool
  - Mobility & Corrective: Balance & Coordination (T,F) Olmeca
  - Pilates: Reformer Level 2 Advanced Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
  - 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
- 4:00  Inner Journey: Guided Meditation (T,F) Oaktree
  - Yoga: Restorative (Su,T,Th) Montaña
  - Hands-On Cooking Class with Visiting Teacher Alyse Whitney Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
  - What to Do with Your Emotions, with Christina Boyd-Smith, PhD Tipai (across Kuchumaa)
- 4:30  Aerial Hammock Sound Bath (Restorative) Fee \$30+tax. Wear socks and long sleeves. Sign-up in person starting Monday 10am 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
- 7:15  Movie: *The Roses*, with an introduction by Jonathan Adler, Executive Producer Library Lounge
- 8:00  Start with Food – The Power of Good Food to Change Everything, with Oran Hesterman, PhD Olmeca

## WEDNESDAY | NOVEMBER 26

*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: Brain Body Workout with Body Weight Only with Aimee Nicotera (Su-F) Olmeca  
 Meditation (M,W,F) Oaktree  
 Mobility: Stretch (Su-F) Montaña  
 Pickleball Beginner's Clinic (Su-F) Pickleball Courts  
 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  Barre (M,W,F) Pinetree  
 Dance: Cardio Drumming Kuchumaa  
 Pickleball Intermediate Clinic (Su-F) 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  
 10:30  Big Mercado Sale 50-75% off - ongoing until 2:00 pm Mercado Patio  
 11:00  Advanced: Full Body Strength (Su,W) Olmeca  
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool  
 Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa  
 Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins 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  
 Where Culture Takes Root: Food as a Force for Community Resilience, with Oran Hesterman, PhD Tipai (across Kuchumaa)  
 1:00  The Science of Exercise: How to Get the Greatest Benefit from Working Out, with Robert Vogel, MD Olmeca  
 2:00  Specialty: Brain Health - Dual-Tasking: Boosting Brain and Body Performance with Ryan Glatt, PhD(c), MES, NBC-HWC, Tipai (across Kuchumaa)  
 Aquatic: Shallow Water (M,W,F) Activity Pool  
 Lowlands Hike: Woodlands Trail Moderate 2 Miles, Gazebo  
 Pilates: Tower Level 1 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) (M,W) Please wear socks & long sleeves. Kuchumaa  
 3:00  Advanced: Bodyweight Challenge (30 Min) (Su,W) Tolteca  
 Longevity: Dynamic Mobility (M,W) 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 Teacher Alyse Whitney 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  
 Workshop 2: Music, Art, and the Joy of Creation, with Tanya Gabrielian Oaktree  
 5:00  Candlelight Labyrinth Labyrinth in Emily's Forest  
 7:15  Movie: *One Life* Library Lounge  
 8:00  Bingo & Games with Barry! Olmeca

## THURSDAY | NOVEMBER 27

*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: Brain Body Workout with the Body Bar with Aimee Nicotera (Su-F) Olmeca  
 Advanced: Interval Muscle Blast (T,Th) Azteca  
 Meditation and a Buddhist Approach to Life (Su,T,Th) Oaktree  
 Mobility: Stretch (Su-F) Montaña  
 Pickleball Beginner's Clinic (Su-F) Pickleball Courts  
 Pilates: Mat Foundations - Rotation (Su-F) Pinetree  
 10:00  Advanced: Tabata HIIT (30 Min) (M,Th) Tolteca  
 Pickleball Intermediate Clinic (Su-F) Pickleball Courts  
 Pilates: Mat Level 2 (Su,T,Th) Pinetree  
 Strength: BOSU® Fit (Su,Th) Olmeca  
 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 per person. Meet at Admin Bldg.  
 11:00  Specialty: Cycling - Think, Play, Ride with Aimee Nicotera Pai Pai  
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool  
 Longevity: Strength Training (M,Th) Olmeca  
 Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
 Strength: TRX & Kettlebells Tolteca  
 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  
 Session 4: Less Drama, More Dialogue: Keeping Cool When Tensions Rise, and Turning Conflict into Connection, with Denise Dudley Tipai (across Kuchumaa)  
 Hands-On Cooking Class with Visiting Teacher Alyse Whitney Fee \$145. Register at ext.640/625. Return at 2:30 pm. Meet at Admin Bldg.  
 2:00  Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community. Sign up Dining Hall at the Patio Terrace  
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge  
 1:00  Alzheimer's Disease and Other Dementias: Prevention, Diagnosis, Treatment, and Caregiving, with Robert Vogel, MD Olmeca  
 2:00  Specialty: Brain Health - Memory Enhancement Strategies: Training for Your Mind with Ryan Glatt, PhD(c), MES, NBC-HWC Tipai (across Kuchumaa)  
 Aquatic: Deep Water (Su,T,Th) Activity Pool  
 Longevity: Lecture - Planning your Home Practice Olmeca  
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca  
 Mobility: TRX Flexibility (M,Th) Pinetree  
 Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
 Strength: Circuit Training (Su,Th) Azteca  
 3:00  Longevity: Balance and Mindful Movement Olmeca  
 Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
 Sound Healing (Su-F) Oaktree  
 Strength: TRX Full Body Express (30 Min) (M,Th) Pinetree  
 Yoga Workshop: Rope Wall Montaña  
 Spanish Lessons: Beginners Progressive Library Lounge  
 4:00  Breathwork (Su,Th) Milagro  
 Yoga: Restorative (Su,T,Th) Montaña  
 Inner Dialogue: Tame Your Inner Critic, with Christina Boyd-Smith, PhD Tipai (across Kuchumaa)  
 5:15  Intention Tree Meet in front of Dining Hall  
 7:15  Movie: *Now You See Me* Library Lounge  
 8:00  Concert: An Evening of Jazz & Blues with Guitarist Mimi Fox Oaktree

## FRIDAY | NOVEMBER 28

*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  Specialty: Brain Body Partner Workout with Aimee Nicotera (Su-F) Olmeca  
 Meditation (M,W,F) Oaktree  
 Mobility: Stretch (Su-F) Montaña  
 Pickleball Beginner's Clinic (Su-F) 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  
 Free Flow: Rooted In Feldenkrais (Su,F) Oaktree  
 Pickleball Intermediate Clinic (Su-F) Pickleball Courts  
 Strength: Circuit Training (M-F) Azteca  
 Yoga: Level 1 - Integration (Su-F) Montaña  
 10:30  Casa de los Cirios: Artisanal Flavors of Tecate, Wayuu Bags - ongoing until 2:00 pm Mercado Patio  
 11:00  Advanced: TRX Strength HIIT (M,F) Pinetree  
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool  
 Mobility: Stretch (T,F) Oaktree  
 Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
 Strength: Kettlebells (30 Min) (M,F) Tolteca  
 Yoga: Slow Flow Level 2 (75 Min) (Su,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 Tolteca  
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge  
 2:00  Specialty: Brain Health - Lifestyle Medicine for the Brain: Holistic Approaches to Cognitive Wellness with Ryan Glatt, PhD(c), MES, NBC-HWC Tipai (across Kuchumaa)  
 Advanced: Cardio HIIT (T,F) Azteca  
 Aquatic: Shallow Water (M,W,F) Activity Pool  
 Mobility & Corrective: Balance & Coordination (T,F) Olmeca  
 Mandala with Jennifer (60 Min) Art Studio  
 2:45  Live Music and Smoothies Juice Bar  
 3:00  Recovery: Foam Roller (M,F) Tolteca  
 Sound Healing (W-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  
 5 Steps to Create What You Want, with Christina Boyd-Smith, PhD Tipai (across Kuchumaa)  
 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