

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

<u>Meal Hours: Saturday</u>		<u>Available Facilities*</u> *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</u> <u>Open Play</u> 7:00 am to 7:00 pm
Breakfast	7:00 am to 9:00 am	
Lunch	11:30 am to 3:30 pm	
Dinner	5:30 pm to 7:30 pm	
<u>Meal Hours: Sunday- Friday</u>		
Breakfast	7:30 am to 9:00 am	
Lunch	12:00 pm to 1:30 pm	
Dinner	5:30 pm to 7:30 pm	
<u>Snack Times: Sunday- Friday</u>		
Fruit	10:30 am Main Lounge	
Smoothies	2:45 pm Juice Bar	
Veggies/Juice	4:30 pm Main Lounge	
<u>Bazar Del Sol: Saturday- Friday</u>		
6:00 am to 9:00 pm		
<u>Juice Bar: Sunday- Friday</u>		
9:00 am to 12:00 pm & 1:00 pm 4:00 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
☐ Pickleball 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
☐ Pickleball 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,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) Milargo
☐ 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 Vivan 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
☐ Recovery: Foam Roller (T,F) Tolteca
☐ Sound Healing (Su-F) Oaktree
☐ Strength: Upper Body Express (30 Min) (T,F) Olmeca
☐ Yoga: Intro to Kundalini for All Levels Montaña

- 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	
<i>Class spaces are limited to first come first served.</i>	
6:05	<input type="checkbox"/> Organic Garden Breakfast Hike 4 Miles, Sign up with Concierge, Gazebo
6:15	<input type="checkbox"/> 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: Brain Body Workout with Body Weight Only with Aimee Nicotera (Su-F) Olmeca
	<input type="checkbox"/> Meditation (M,W,F) Oaktree
	<input type="checkbox"/> Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/> Pickleball Beginner's Clinic (Su-F) 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 Beginners (M,W) Tennis Courts
10:00	<input type="checkbox"/> Barre (M,W,F) Pinetree
	<input type="checkbox"/> Dance: Cardio Drumming Kuchumaa
	<input type="checkbox"/> Pickleball Intermediate Clinic (Su-F) Pickleball Courts
	<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
10:30	<input type="checkbox"/> Big Mercado Sale 50-75% off - ongoing until 2:00 pm Mercado Patio
11:00	<input type="checkbox"/> Advanced: Full Body Strength (Su,W) Olmeca
	<input type="checkbox"/> Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
	<input type="checkbox"/> Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
	<input type="checkbox"/> Pilates: Reformer Level 2 (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
	<input type="checkbox"/> Yoga: TRX Vinyasa Flow Pinetree
	<input type="checkbox"/> Nature Walk with Rob Larson (60 Min) Meet at Gazebo
	<input type="checkbox"/> Where Culture Takes Root: Food as a Force for Community Resilience, with Oran Hesterman, PhD Tipai (across Kuchumaa)
1:00	<input type="checkbox"/> The Science of Exercise: How to Get the Greatest Benefit from Working Out, with Robert Vogel, MD Olmeca
2:00	<input type="checkbox"/> Specialty: Brain Health - Dual-Tasking: Boosting Brain and Body Performance with Ryan Glatt, PhD(c), MES, NBC-HWC, Tipai (across Kuchumaa)
	<input type="checkbox"/> Aquatic: Shallow Water (M,W,F) Activity Pool
	<input type="checkbox"/> Lowlands Hike: Woodlands Trail Moderate 2 Miles, Gazebo
	<input type="checkbox"/> Pilates: Tower Level 1 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) (M,W) Please wear socks & long sleeves. Kuchumaa
3:00	<input type="checkbox"/> Advanced: Bodyweight Challenge (30 Min) (Su,W) Tolteca
	<input type="checkbox"/> Longevity: Dynamic Mobility (M,W) Olmeca
	<input type="checkbox"/> Pilates: Reformer Level 2 (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"/> Strength: TRX Core (30 Min) (Su,W) Pinetree
	<input type="checkbox"/> Spanish Lessons: Beginners Progressive Library Lounge
4:00	<input type="checkbox"/> Chant: Sacred 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 Alyse Whitney Fee \$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). Fee \$45 per person. Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
	<input type="checkbox"/> Workshop 2: Music, Art, and the Joy of Creation, with Tanya Gabrielian Oaktree
5:00	<input type="checkbox"/> Candlelight Labyrinth Labyrinth in Emily's Forest
7:15	<input type="checkbox"/> Movie: <i>One Life</i> Library Lounge
8:00	<input type="checkbox"/> Bingo & Games with Barry! Olmeca

THURSDAY NOVEMBER 27	
<i>Class spaces are limited to first come first served.</i>	
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
9:00	<input type="checkbox"/> Specialty: Brain Body Workout with the Body Bar with Aimee Nicotera (Su-F) Olmeca
	<input type="checkbox"/> Advanced: Interval Muscle Blast (T,Th) Azteca
	<input type="checkbox"/> Meditation and a Buddhist Approach to Life (Su,T,Th) Oaktree
	<input type="checkbox"/> Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/> Pickleball Beginner's Clinic (Su-F) Pickleball Courts
	<input type="checkbox"/> Pilates: Mat Foundations - Rotation (Su-F) Pinetree
10:00	<input type="checkbox"/> Advanced: Tabata HIIT (30 Min) (M,Th) Tolteca
	<input type="checkbox"/> Pickleball Intermediate Clinic (Su-F) Pickleball Courts
	<input type="checkbox"/> Pilates: Mat Level 2 (Su,T,Th) Pinetree
	<input type="checkbox"/> Strength: BOSU® Fit (Su,Th) Olmeca
	<input type="checkbox"/> Strength: Circuit Training (M-F) Azteca
	<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. Fee \$290 per person. Meet at Admin Bldg.
11:00	<input type="checkbox"/> Specialty: Cycling - Think, Play, Ride with Aimee Nicotera Pai Pai
	<input type="checkbox"/> Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
	<input type="checkbox"/> Longevity: Strength Training (M,Th) Olmeca
	<input type="checkbox"/> Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Strength: TRX & Kettlebells Tolteca
	<input type="checkbox"/> Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
	<input type="checkbox"/> Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
	<input type="checkbox"/> Session 4: Less Drama, More Dialogue: Keeping Cool When Tensions Rise, and Turning Conflict into Connection, with Denise Dudley Tipai (across Kuchumaa)
	<input type="checkbox"/> 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	<input type="checkbox"/> 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
	<input type="checkbox"/> Friends of Bill W. (12 steps - Participant-guided) Library Lounge
1:00	<input type="checkbox"/> Alzheimer's Disease and Other Dementias: Prevention, Diagnosis, Treatment, and Caregiving, with Robert Vogel, MD Olmeca
2:00	<input type="checkbox"/> Specialty: Brain Health - Memory Enhancement Strategies: Training for Your Mind with Ryan Glatt, PhD(c), MES, NBC-HWC Tipai (across Kuchumaa)
	<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 & Corrective: Postural Awareness (M,Th) Tolteca
	<input type="checkbox"/> Mobility: TRX Flexibility (M,Th) Pinetree
	<input type="checkbox"/> Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Strength: Circuit Training (Su,Th) Azteca
3:00	<input type="checkbox"/> Longevity: Balance and Mindful Movement Olmeca
	<input type="checkbox"/> Pilates: Reformer Level 1 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 Full Body Express (30 Min) (M,Th) Pinetree
	<input type="checkbox"/> Yoga Workshop: Rope Wall Montaña
	<input type="checkbox"/> Spanish Lessons: Beginners Progressive Library Lounge
4:00	<input type="checkbox"/> Breathwork (Su,Th) Milagro
	<input type="checkbox"/> Yoga: Restorative (Su,T,Th) Montaña
	<input type="checkbox"/> Inner Dialogue: Tame Your Inner Critic, with Christina Boyd-Smith, PhD Tipai (across Kuchumaa)
5:15	<input type="checkbox"/> Intention Tree Meet in front of Dining Hall
7:15	<input type="checkbox"/> Movie: <i>Now You See Me</i> Library Lounge
8:00	<input type="checkbox"/> Concert: An Evening of Jazz & Blues with Guitarist Mimi Fox Oaktree

FRIDAY NOVEMBER 28	
<i>Class spaces are limited to first come first served.</i>	
<i>*Please confirm your transportation at the Admin Building or Concierge Desk.</i>	
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 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: Brain Body Partner Workout with Aimee Nicotera (Su-F) Olmeca
	<input type="checkbox"/> Meditation (M,W,F) Oaktree
	<input type="checkbox"/> Mobility: Stretch (Su-F) Montaña
	<input type="checkbox"/> Pickleball Beginner's Clinic (Su-F) Pickleball Courts
	<input type="checkbox"/> Pilates: Mat Foundations - Review and Flow (Su-F) Pinetree
	<input type="checkbox"/> Strength: Circuit Training (M,W,F) Azteca
10:00	<input type="checkbox"/> Barre (M,W,F) Pinetree
	<input type="checkbox"/> Free Flow: Rooted In Feldenkrais (Su,F) Oaktree
	<input type="checkbox"/> Pickleball Intermediate Clinic (Su-F) Pickleball Courts
	<input type="checkbox"/> Strength: Circuit Training (M-F) Azteca
	<input type="checkbox"/> Yoga: Level 1 - Integration (Su-F) Montaña
10:30	<input type="checkbox"/> Casa de los Cirios: Artisanal Flavors of Tecate, Wayuu Bags - ongoing until 2:00 pm Mercado Patio
11:00	<input type="checkbox"/> Advanced: TRX Strength HIIT (M,F) Pinetree
	<input type="checkbox"/> Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
	<input type="checkbox"/> Mobility: Stretch (T,F) Oaktree
	<input type="checkbox"/> Pilates: Reformer Level 1 (M,T,Th,F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
	<input type="checkbox"/> Strength: Kettlebells (30 Min) (M,F) Tolteca
	<input type="checkbox"/> Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña
	<input type="checkbox"/> Make an Ancestor Altar with Jennifer (2 Hrs) Art Studio
	<input type="checkbox"/> Indigenous Wisdom Walk with Norma Meza Meet Outside Kuchumaa
1:00	<input type="checkbox"/> Set Your Return to Home Intention Tolteca
	<input type="checkbox"/> Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
2:00	<input type="checkbox"/> Specialty: Brain Health - Lifestyle Medicine for the Brain: Holistic Approaches to Cognitive Wellness with Ryan Glatt, PhD(c), MES, NBC-HWC Tipai (across Kuchumaa)
	<input type="checkbox"/> Advanced: Cardio HIIT (T,F) Azteca
	<input type="checkbox"/> Aquatic: Shallow Water (M,W,F) Activity Pool
	<input type="checkbox"/> Mobility & Corrective: Balance & Coordination (T,F) Olmeca
	<input type="checkbox"/> Mandala with Jennifer (60 Min) Art Studio
2:45	<input type="checkbox"/> Live Music and Smoothies Juice Bar
3:00	<input type="checkbox"/> Recovery: Foam Roller (M,F) Tolteca
	<input type="checkbox"/> Sound Healing (W-F) Oaktree
	<input type="checkbox"/> Strength: Upper Body Express (30 Min) (T,F) Olmeca
	<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: Stretch and Relax (M,W,F) Montaña
	<input type="checkbox"/> 5 Steps to Create What You Want, with Christina Boyd-Smith, PhD Tipai (across Kuchumaa)
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
<i>Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall</i>	