

Week of April 25, 2026

Corrective Exercise with Anthony Carey

Pilates with Odile Zelenak

Stay Flexible, in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment, and learning.

IMPORTANT INFORMATION FOR THE WEEK

RLP is a *"digital noise-free environment"*. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.

Sign-ups for classes are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted in Pilates at Arroyo Gym.

USE PROPER FOOTWEAR :

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

* **Classes are 1st come; 1st served** - Based on equipment availability.

* **Classes & Activities begin on time and last 45 minutes** unless noted otherwise.

* **Difficulty level - Advanced/Level 2** 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 | APRIL 25

- 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**, unstaffed, please use court shoes.
Pickleball Courts
 Yoga: All Levels Montaña

- 1:00 **Fitness Concierge** (60 Min) Dining Hall

- 2:00 **Strength: Core & More All Levels** Olmecca

- 3:00 **Mobility: Stretch** Montaña
 Sound Healing Oaktree

- 5:00 **Ranch Tour** (Recommended for first time guests) Gazebo
 Returning Guest Update Tolteca

- 5:30 **First Time Guest Orientation** Olmecca

- 6:45 **Meet the Presenters** Dining Hall

- 7:15 **Movie: *The Upside*** Library Lounge

- 8:00 **The Building Blocks of a Life Well-Lived, with John Chuck, MD**
Olmecca

Meal Hours: Saturday Breakfast 7:00 am to 9:00 am Lunch 11:30 am to 3:30 pm Dinner 5:30 pm to 7:30 pm	Available Facilities* *when no class is in session Milagro - Meditation Room 6:00 am to 9:00 pm
Meal Hours: Sunday- Friday Breakfast 7:30 am to 9:00 am Lunch 12:00 pm to 1:30 pm Dinner 5:30 pm to 7:30 pm	Activity Pool - Lap Swim 7:00 am to 6:00 pm
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2)
Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm	Tennis & Pickleball Courts - Open Play 7:00 am to 5:00 pm
Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | APRIL 26

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) (Su-F) Arroyo
8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
 Ranch Tour and Orientation (For first time guests)
Dining Hall Main Entrance

- 9:00 **Specialty Mat Pilates: Foundations with Odile Zelenak** (Su-F)
Pinetree
 Advanced: Full Body Strength (Su,W) Olmecca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered at Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
Pickleball Courts
 Strength: Introduction to Circuit Training Azteca

- 10:00 **Specialty Mat Pilates: Level 2 with Odile Zelenak** (Su-F) Pinetree
 Dance: Latin Fusion Kuchumaa
 Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Strength: BOSU® Fit Olmecca
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña

- 11:00 **Specialty: Functional Balance - Top Down and Bottom Up with Anthony Carey** (Su,W) Olmecca
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Cardio: Cycle Hip Hop (30 Min) Pai Pai
 Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree
 Pilates: Reformer Level 2 (Su,T,Th,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Yoga Level 2 Alignment-Based Practice (75 Min) Montaña
 From Me to We: The Benefits of Shifting Your Focus from Yourself to Others, with John Chuck, MD Tipai

- 1:00 **Lecture: Master Your Metabolism with DeRahn T. Johnson, FNS, CES** Olmecca
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Water Flow Therapy Demo South Pool

- 2:00 **Aquatic: Deep Water** (Su-Th) Activity Pool
 Longevity: Lecture. How to Own Your Aging Process Olmecca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Strength: Circuit Training (Su,Th) Azteca

- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,W) Montaña

- 4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,T,Th) Montaña
 Hand-Binding a Sketchbook with Clayton Merrell, MFA (90 mins)
Art Studio

- 8:00 **Optimizing your Circadian Rhythm and Cardiovascular Health through Intermittent Fasting, with Pam Taub, MD** Tipai

MONDAY | APRIL 27

Class spaces are limited to first come first served.

- 6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 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) (Su-F) Arroyo

- 9:00 **Specialty Mat Pilates: Foundations with Odile Zelenak** (Su-F)
Pinetree
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered at Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
 Strength: Circuit Training (M,W,F) Azteca
 Strength: Total Body with Bands (M,F) Olmecca
 Tennis Clinic: Level 1 (M,W) Court shoes recommended.
Tennis Courts
 Art Walk: Sculptures, with Rob Larson Meet at Gazebo

- 10:00 **Specialty Mat Pilates: Level 2 with Odile Zelenak** (Su-F) Pinetree
 Dance: Move & Groove Funk! Kuchumaa
 Longevity: Strength Training (M,Th) Olmecca
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Pilates: Reformer Level 2 (M,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W) Court shoes recommended.
Tennis Courts
 Yoga Level 1 - Balance (Su-F) Montaña

- 11:00 **Specialty: What the Hips Lack, Hurts the Back with Anthony Carey** (M,Th) Olmecca
 Aquatic: Shallow Water (Su,M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min) (M,F) Kuchumaa
 Pilates: Reformer Level 1 (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Strength: Kettlebells (30 Min) (M,W) Tolteca
 Strength: TRX Full Body Pinetree
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Yoga Level 2 Slow Flow (75 Min) (M-F) Montaña
 Tips for Turning Your Struggles into Success, with John Chuck, MD Tipai

- 1:00 **Beyond the Basic Checkup: The Latest Science on Detecting and Preventing Heart Disease, with Pam Taub, MD** Tipai
 Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge

- 2:00 **Specialty Pilates: Posture and Pelvic Floor Workshop with Odile Zelenak** Pinetree
 Aquatic: Deep Water (Su-Th) Activity Pool
 Mobility: Strength & Stretch with Stick Mobility (M,Th) Kuchumaa
 Inner Fitness: Building Our Relationships to Cultivate Connection, with Michele Roden Tipai

- 3:00 **Specialty Lecture: Chronic Pain and the Advantages of Proper Exercises with Anthony Carey** (M,W) Tipai
 Mobility & Corrective: Postural Awareness (M,Th) Tolteca
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: the ABCs - Arms/Butt/Core (30 min) (M,Th) Olmecca

- 4:00 **Breathwork** (M,W) Milagro
 Mobility: Stretch and Relax (M,W,F) Montaña
 Color Perception: New Eyes, with Clayton Merrell, MFA (75 mins)
Meet at Library Lounge, then to Art Studio

- 5:00 **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 **Bingo and Games! with Barry** Olmecca

TUESDAY | APRIL 28

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 departs at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.

- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
6:20 **Ruck: Weighted Hiking** Intermediate, Sign up, 2 Miles, Gazebo
6:30 **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montaña
6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
7:00 **Bird Walk** (60 Min) Gazebo

- 8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo

- 9:00 **Specialty Mat Pilates: Foundations with Odile Zelenak** (Su-F) Pinetree
 Advanced: Cardio Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered at Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-F) Court shoes recommended.
Pickleball Courts
 Strength: Barbell Workout (T,Th) Tolteca

- 10:00 **Specialty Mat Pilates: Level 2 with Odile Zelenak** (Su-F) Pinetree
 Dance: Cardio Drumming (T,F) Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes recommended.
Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Strength: Core & More Olmecca
 Yoga Level 1 - Strength (Su-F) Montaña

- 11:00 **Specialty: Your Posture Tune-Up with Anthony Carey** (T,F) Olmecca
 Aquatic: Strength & Tone (Shallow Water) (T,Th) Activity Pool
 Gyrokinesis (T,F) Pinetree
 Longevity Cardio Lab: From Zone 2 to HIIT (T,Th) Azteca
 Pilates: Reformer Level 2 (Su,T,Th,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Yoga Level 2 Slow Flow (75 Min) (M-F) Montaña
 Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
 Becoming Your Best Self through Values-Congruent Living, with John Chuck, MD Tipai

- 1:00 **Making a Smoothie Class with Chef César** Juice Bar
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

- 2:00 **Aquatic: Deep Water** (Su-Th) Activity Pool
 Mobility & Corrective: Balance & Coordination (T,F) Olmecca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Recovery: Release & Mobilize (Tu,F) Oaktree
 Inner Fitness: Building Awareness with Relationship to Self, with Michele Roden Tipai

- 3:00 **Pilates: Tower Level 1** (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
 Sound Healing (Su-F) Oaktree
 Strength: Core Express (30 Min) (T,F) Olmecca
 Yoga Workshop: Happy Hips & Low Back (T,F) Montaña

- 4:00 **Inner Journey: Guided Meditation**, (T,F) Oaktree
 Recovery: Foam Roller (Su,T,Th) Tolteca
 Hands-On Cooking Class with Head Chef Vivian Mercado Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Complicated Color: Looking Closer, with Clayton Merrell, MFA (75 mins) Meet at Library Lounge, then Art Studio

- 5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos
Live Music with Sergio Ramos Bazar Del Sol

- 7:15 **Movie: *The Roses*** Library Lounge

- 8:00 **In Conversation 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

WEDNESDAY | APRIL 29

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

- 8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo

- 9:00 **Specialty Mat Pilates: Foundations with Odile Zelenak** (Su-F) Pinetree
- Advanced: Full Body Strength** (Su,W), Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo

- 10:00 **Specialty Mat Pilates: Level 2 with Odile Zelenak** (Su-F) Pinetree
- Advanced: BOSU® & Battle Ropes** Olmeca
- Dance: Disco** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Strength: Circuit Training** (M-F) Azteca
- Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo

- 11:00 **Specialty: Functional Balance - Top Down and Bottom Up with Anthony Carey** (Su,W) Olmeca
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Cardio & Strength: Cycle Strength** Pai Pai
- Mobility: TRX Flexibility** Pinetree
- Pilates: Reformer Level 1** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (M,W) Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (M-F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

- 1:00 **Writing Workshop: Flexing Your Creative Muscles: Using Storytelling to Stretch and Release, with Jennifer Harris** Library Lounge

- 2:00 **Specialty: Shoulder Girdle and Upper Back Strength Workshop with Odile Zelenak** Pinetree
- Aquatic: Deep Water** (Su-Th) Activity Pool
- Walking & Gait Clinic** Meet at the Track
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves. (W,F) Kuchumaa
- Inner Fitness: Cultivating Relationship with Our Environment Around Us, with Michele Roden** Tipai

- 3:00 **Specialty Lecture: Chronic Pain and the Advantages of Proper Exercises with Anthony Carey** (M,W) Tipai
- Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Tai Chi** (Su,W) Montaña

- 4:00 **Breathwork** (M,W) Milagro
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Hands-On Cooking Class with Visiting Chef Zuliya Khawaja.** Fee\$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg
- Open Studio, with Clayton Merrell, MFA** (90 mins) Art Studio
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min). Fee \$55 Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 6 guests required) Bazar del Sol

- 7:15 **Movie: *One Life*** Library Lounge
- 8:00 **Concert: A Celebration of the Great American Songbook...music from Irving Berlin, Jerome Kern, Rodgers and Hart and Duke Ellington with Dave Powers and Louis Tsamous** Oaktree

THURSDAY | APRIL 30

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 departs at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 9 am.
- 6:10 **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** (15 min) (Su-F) Arroyo
- 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall

- 9:00 **Specialty Mat Pilates: Foundations with Odile Zelenak** (Su-F) Pinetree
- Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Strength: Barbell Workout** (T,Th) Tolteca

- 10:00 **Specialty Mat Pilates: Level 2 with Odile Zelenak** (Su-F) Pinetree
- Dance: Intro to Salsa** Kuchumaa
- Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree
- Longevity: Strength Training** (M,Th) Olmeca
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Reformer Level 2** (M,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- 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. \$290 per person. Meet at Admin Bldg.

- 11:00 **Specialty: What the Hips Lack, Hurts the Back with Anthony Carey** (M,Th) Olmeca
- Aquatic: Strength & Tone** (Shallow Water) (Su,M,T,Th) Activity Pool
- Longevity Cardio Lab: From Zone 2 to HIIT** (T,Th) Azteca
- Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
- Pilates: Reformer Level 2** (Su,T,Th,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (M-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

- 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 **Writing Workshop: Flexing Your Creative Muscles: Using Storytelling to Stretch and Release, with Jennifer Harris** Library Lounge
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony

- 2:00 **Aquatic: Deep Water** (Su-Th) Activity Pool
- Longevity: Lecture - Planning your Home Practice** Olmeca
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Mobility: Strength & Stretch with Stick Mobility** (M,Th) Kuchumaa
- Strength: Circuit Training** (Su,Th) Azteca
- Inner Fitness: Noticing our Relationship with Others, with Michele Roden** Tipai

- 3:00 **Mobility & Corrective: Postural Awareness** (M,Th) Tolteca
- Pilates: Tower Level 1** (T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Strength: the ABCs - Arms/Butt/Core** (30 min) (M,Th) Olmeca
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
- Yoga: Restorative** (Su,T,Th) Montaña
- Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- Natural and Artificial Color: Making Paint from Local Pigments, with Clayton Merrell, MFA** (75 mins) Meet at Library Lounge, then to Art Studio

- 4:45 **Farm-to-Table Dining Experience with Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.

- 5:00 **Live Music with Sergio Ramos** Bazar Del Sol
- 7:15 **Movie: *Now You See Me*** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00 **You've Got a Friend! A Tribute to the Singer/Songwriters of the 70's, with Dave Powers and Louis Tsamous** Oaktree

FRIDAY | MAY 1

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

- 8:00 **Pilates Concierge** (15 min) (Su-F) Arroyo

- 9:00 **Specialty Mat Pilates: Foundations with Odile Zelenak** (Su-F) Pinetree
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Strength: Circuit Training** (M,W,F) Azteca
- Strength: Total Body with Bands** (M,F) Olmeca
- Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa

- 10:00 **Specialty Mat Pilates: Level 2 with Odile Zelenak** (Su-F) Pinetree
- Dance: Cardio Drumming** (T,F) Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Strength: BOSU® Core & More** Olmeca
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration** (Su-F) Montaña

- 10:30 **Mercado Craft Sale** ongoing until 2:30 pm at the Mercado Patio
 - **Wayuu Bags with Julie Garcia,**
 - **Delicias Mexicanas Tradicional Mexican Sweets,**
 - **Punto & Nudo Home Decor, Mapache Arts & Crafts,**

- 11:00 **Specialty: Your Posture Tune-Up with Anthony Carey** (T,F) Olmeca
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- Gyrokinesis** (T,F) Pinetree
- Pilates: Reformer Level 2** (Su,T,Th,F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Yoga Level 2 Slow Flow** (75 Min) (M-F) Montaña

- 1:00 **Set Your Return to Home Intention** Tolteca
- Writing Workshop: Flexing Your Creative Muscles: Using Storytelling to Stretch and Release, with Jennifer Harris** Library Lounge

- 2:00 **Labyrinth** Meet at Emily's Forest
- Mobility & Corrective: Balance & Coordination** (T,F) Olmeca
- Recovery: Release & Mobilize** (Tu,F) Oaktree
- Yoga: Gentle Aerial Hammock (Low)**
- Please wear socks & long sleeves. (W,F) Kuchumaa
- Inner Fitness: Developing Our Relationship with the Present, with Michele Roden** Tipai

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

- 3:00 **Sound Healing** (Su-F) Oaktree
- Strength: Core Express** (30 Min) (T,F) Olmeca
- Yoga Workshop: Happy Hips & Low Back** (T,F) Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Inner Journey: Guided Meditation** (T,F) Oaktree
- 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