

Week of October 25, 2025

Feldenkrais with Louise Chegwidden

Cycle & Strength with Keli Roberts

*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.
- **"Progressive"** classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness Level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- **Sign-ups for activities** are posted in Main Lounge clipboards. **Pilates Reformers** sign-up will be available in Arroyo at 8am for same day class. Drop-in's welcome space permitted.
- **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.
- **Level 2 classes are an 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 | OCTOBER 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 proper footwear. Pickleball Courts

☐ Yoga: All Levels Montaña

- 1:00

☐ Fitness Concierge (30 Min) Dining Hall
- 2:00

☐ Strength: Full Body Strength All Levels Olmeca

- 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 Olmeca

- 6:45

☐ Meet the Presenters Dining Hall

- 7:00

☐ Fina Catrina Fashion Show Dining Hall
- 7:30

☐ Movie: The Upside Library Lounge

☐ Set Your Intention; Tips for a Magical Week with Jill T. Tolteca

- 8:00

☐ Stories to Wake the Dead, with Joel ben Izzy Oaktree

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

SUNDAY | OCTOBER 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

- 8:15

☐ Ranch Tour and Orientation (For 1<sup>st</sup> time guests) Dining Hall Main Entrance

☐ Fitness Concierge (30 Min) Dining Hall

- 9:00

☐ Specialty: Strength – Bone Builder! with Keli Roberts Olmeca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

☐ Pickleball Clinic: Beginners (Su-F) Pickleball Courts

☐ Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree

☐ Strength: Introduction to Circuit Training Azteca

☐ Total Immersion Swim Clinic: Lecture with Steve Katz Library Lounge

- 10:00

☐ Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity Pool

☐ Dance: Cardio Hip Hop Bodyrock Kuchumaa

☐ Pickleball Clinic: Intermediate (Su-F) Pickleball Courts

☐ Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree

☐ Strength: BOSU® Fit Olmeca

☐ Strength: Introduction to Circuit Training Azteca

☐ Yoga: Level 1 - Foundations (Su-F) Montaña

- 11:00

☐ Specialty: Cycling – Functional Threshold Power with Keli Roberts Pai Pai

☐ Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree

☐ Aquatic: Shallow Water (Su,T,Th) Activity Pool

☐ Movement: Introduction to TRX Fundamentals Beginners Pinetree

☐ Pilates: Reformer Level 2 Advanced (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Strength: Core & More (Su,W) Olmeca

☐ Yoga: Slow Flow Level 2 (75 Min) (Su,M,W,Th,F) Montaña

- 12:00

☐ Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool
- 1:00

☐ Nutrition Wellness: Metabolism and Healthy Weight, with Jody Miller, Registered Clinical Exercise Physiologist 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

☐ Mobility: Strength & Stretch with Stick Mobility (Su,Th) Kuchumaa

☐ Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Recovery: Release & Mobilize (Su,W) Tolteca

☐ Strength: Circuit Training (Su,Th) Azteca

- 3:00

☐ Pilates: Reformer Level 2 Advanced (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Sound Healing (Su,M,W,Th) Oaktree

☐ Strength: Bodyweight Challenge (30 Min) (Su,W) Tolteca

☐ Strength: TRX Core (30 Min) (Su,W) Pinetree

☐ Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool

☐ Yoga Workshop: Happy Hips & Low Back Montaña

☐ The Art of Tricky Conversations, with Amy Matthews Tipai (across Kuchumaa)

- 4:00

☐ Chant: Sacred Sound Practice (Su,W) Milagro

☐ Sound Healing Oaktree

☐ Yoga: Restorative (Su,T,Th) Montaña

☐ Sharing Stories to Welcome the Spirits of Our Family and Ancestors, with Joel ben Izzy Library Lounge

☐ Talk: Rolfig® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer Tipai (across Kuchumaa)

- 7:30

☐ Movie: Arthur the King Library Lounge

- 8:00

☐ When the Heart Breaks Open: Grief as a Gateway to Grace, with Gary Malkin and Hope Fitzgerald Oaktree

MONDAY | OCTOBER 27

*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

- 9:00

☐ Specialty: Strength – Posture Perfect! with Keli Roberts Olmeca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

☐ Pickleball Clinic: Beginners (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

☐ Aquatic: Strength & Tone (Shallow Water) (M,W,F) Activity Pool

☐ Barre (M,W,F) Pinetree

☐ Dance: Latin Fusion Kuchumaa

☐ Pickleball Clinic: Intermediate (Su-F) Pickleball Courts

☐ Strength: Circuit Training (M-F) Azteca

☐ Tennis Clinic: Level 2 Advanced (M,W) Tennis Courts

☐ Yoga: Level 1 – Balance (Su-F) Montaña

- 11:00

☐ Specialty: Cycling – Fat Burning Endurance with Keli Roberts Pai Pai

☐ Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree

☐ Aquatic: Deep Water (M,W,F) Activity Pool

☐ Cardio: Mini Trampoline Balance and Core Kuchumaa

☐ Longevity: Strength Training (M,Th) Olmeca

☐ Pilates: Reformer Level 1 (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Strength & Cardio: TRX HIIT Level 2 Advanced (M,Th) Pinetree

☐ 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

- 12:00

☐ Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool

- 1:00

☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Olmeca

☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

- 2:00

☐ Specialty Lecture: Ageless Function - Movements that Matter with Keli Roberts Tipai (across Kuchumaa)

☐ Mobility & Corrective: Postural Awareness (M,Th) Tolteca

☐ Mobility: TRX Flexibility (M,F) Pinetree

☐ Mountain Hike: Alex's Oak Moderate 2 Miles Gazebo

☐ Pilates: Reformer Jumpboard Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Yoga: Gentle Aerial Hammock\* (Low) \*Please wear socks & long sleeves (M,F) Kuchumaa

☐ Watercolor with Jennifer (2 hrs), Art Studio

☐ The River Beneath the Tears: The Alchemy of Grief and the Return to Wholeness, with Gary Malkin and Hope Fitzgerald Oaktree

- 3:00

☐ Cardio HIIT Azteca

☐ Longevity: Dynamic Mobility (M,W) Olmeca

☐ Pilates: Tower Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Sound Healing (Su,M,W,Th) Oaktree

☐ Strength: TRX Full Body Express (30 min) (M,Th) Pinetree

☐ Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool

☐ Power + Confidence, with Amy Matthews Tipai (across Kuchumaa)

- 4:00

☐ Breathwork (M,Th) Oaktree

☐ Recovery: Stretch and Relax (M,W,F) Montana

☐ Telling Stories that Bring Back Dear Friends, with Joel ben Izzy Library Lounge

- 5:00

☐ Guest Reception: Sangría & Guacamole Bazar del Sol
- 6:15

☐ Silent Dinner Sign up in Main Lounge, Los Olivos (via Dining Hall balcony)
- 7:30

☐ Movie: Conclave Library Lounge
- 8:00

☐ ¡Lotería Mexicana! with Luisa McCarthy Olmeca

TUESDAY | OCTOBER 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 \*Option: Tour to Professor Park/ RLP Foundation; Van Transportation departs at 6:45 from Admin Bldg. Back by 9am.
- 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: Strength – FUNction First with Keli Roberts Olmeca

☐ Cardio & Strength: Interval Muscle Blast (T,Th) Azteca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

☐ Pickleball Clinic: Beginners (Su-F) Pickleball Courts

☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree

- 10:00

☐ Aquatic: H2O Boot Camp (Deep Water) (Su,T,Th) Activity pool

☐ Dance: Intro to Salsa (T,Th) Kuchumaa

☐ Pickleball Clinic: Intermediate (Su-F) Pickleball Courts

☐ Pilates: Mat Level 2 Advanced (Su,T,Th) Pinetree

☐ Strength & Cardio: BOSU® & Battle Ropes Level 2 Advanced Olmeca

☐ Strength: Circuit Training (M-F) Azteca

☐ Yoga: Level 1 – Strength (Su-F) Montaña

- 11:00

☐ Specialty: Cycling – Quick HIIT: Dirty 30 with Keli Roberts (30 min) Pai Pai

☐ Specialty: Feldenkrais with Louise Chegwidden (60 Min) Oaktree

☐ Aquatic: Shallow Water (Su,T,Th) Activity Pool

☐ Cardio: Sculpt Express (30 min) Olmeca

☐ Mobility: Stretch (T,F) Pinetree

☐ Strength: Kettlebells (30 Min) (T,F) Tolteca

☐ Yoga Sculpt: Level 2 Advanced (60 Min) Kuchumaa

☐ Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Head Chef Vivan Mercado. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.

☐ Landscape Sketching with Jennifer (2 hrs) Art Studio

- 12:00

☐ Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool

- 1:00

☐ Specialty: Feldenkrais Q&A Session with Louise Chegwidden Oaktree

☐ Making a Smoothie Class with Executive Chef Segundo Romero Juice Bar

☐ Live Younger Longe, Part One: The Eight Keys to Vitality at Every Age, with Iris Gold, OMD, L.Ac Olmeca

- 2:00

☐ 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-in's welcome. Arroyo

☐ The Courage to Heal: How Self-Love Awakens the Ability to Forgive, with Gary Malkin and Hope Fitzgerald Oaktree

☐ Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio

- 3:00

☐ Pilates: Reformer Level 1 Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo

☐ Recovery: Foam Roller (T,F) Tolteca

☐ Strength: Upper Body Express (30 Min) (T,F) Olmeca

☐ Sound Healing: The Sound Journey (T, F) Oaktree

☐ Total Immersion Swim Clinic Progressive, Sign up (Su-Th) Activity Pool

☐ Yoga Workshop: Rope Wall Montaña

☐ Mental Traps that Hijack Joy + Ease, with Amy Matthews Tipai (across Kuchumaa)

- 4:00

☐ Inner Journey: Guided Meditation (T,F) Oaktree

☐ Yoga: Restorative (Su,T,Th) Montaña

☐ Hands-On Cooking Class with Visiting Chef Sabriana Falquier, MD, CCMS, DipABLM. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ Recalling Tales of the Animals We Have Loved, with Joel ben Izzy Library Lounge

- 5:00

☐ 1<sup>st</sup> Time Visitor's Reception with Barry Shingle, Director of Guest Experience, Meet at Dining Room entrance

- 5:30

☐ Aerial Hammock Sound Bath (Restorative) Please wear socks and long sleeves. Sign-up in person starting on Monday at 12pm in the Gazebo. Limited availability. Kuchumaa

- 7:30

☐ Movie: Coco Library Lounge
- 8:00

☐ 3 Moves That Change Everything: The Communication Upgrade for Real Life, with Susan and Peter Glaser, Ph.Ds Olmeca

## WEDNESDAY | OCTOBER 29

*Class spaces are limited to first come first served.*

- 6:05** ☐ **Organic Garden 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, Gazebo  
**6:45** ☐ **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** ☐ **Specialty: Strength - Travel Light! with Keli Roberts** Olmeca  
☐ **Meditation** (Su-F) Oaktree  
☐ **Mobility: Stretch** (Su-F) Montaña  
☐ **Pickleball Clinic: Beginners** (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  
☐ **Why's and How's of Hiking Poles - Bring your own or borrow ours**  
Meet outside Arroyo
- 10:00** ☐ **Aquatic: Strength & Tone (Shallow Water)** (M,W,F) Activity Pool  
☐ **Barre** (M,W,F) Pinetree  
☐ **Dance: Cardio Drumming** Kuchumaa  
☐ **Pickleball Clinic: Intermediate** (Su-F) Pickleball Courts  
☐ **Strength: Circuit Training** (M-F) Azteca  
☐ **Tennis Clinic: Level 2 Advanced** (M,W) Tennis Courts  
☐ **Yoga: Level 1 – Centering** (Su-F) Montana  
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00** ☐ **Specialty: Cycling – Cruise Intervals with Keli Roberts** Pai Pai  
☐ **Specialty: Feldenkrais with Louise Chegwiddden** (60 Min) Oaktree  
☐ **Aquatic: Deep Water** (M,W,F) Activity Pool  
☐ **Cardio: Mini Trampoline Express** (30 Min) (W,F) Kuchumaa  
☐ **Pilates: Reformer Level 2 Advanced** (Su,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo  
☐ **Strength: Core & More** Olmeca  
☐ **Yoga: Slow Flow Level 2** (75 Min) (Su,M,W,Th,F) Montana  
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 12:00** ☐ **Total Immersion Swim Clinic Progressive**, Sign up (Su-Th) Activity Pool
- 1:00** ☐ **Live Younger Longer, Part two: The 3 S's: Stress, Sugar and Smarts, with Iris Gold, OMD, L.Ac** Olmeca
- 2:00** ☐ **Specialty Lecture: Endurance Performance - The Secret to Build Feel Good Fitness with Keli Roberts** Tipai (across Kuchumaa)  
☐ **Living Your Intention with Jill T. Milagro**  
☐ **Lowlands Hike: Woodlands Trail** Moderate 2 Miles, Gazebo  
☐ **Pilates: Tower Level 1** Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo  
☐ **Recovery: Release & Mobilize** (Su,W) Tolteca  
☐ **Crossing the Threshold: Meeting Mortality with Awe and Wonder, with Gary Malkin and Hope Fitzgerald** Oaktree
- 3:00** ☐ **Longevity: Dynamic Mobility** (M,W) Olmeca  
☐ **Pilates: Reformer Jumpboard** Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo  
☐ **Sound Healing** (Su,M,W,Th) Oaktree  
☐ **Strength: Bodyweight Challenge** (30 Min) (Su,W) Tolteca  
☐ **Strength: TRX Core** (30 Min) (Su,W) Pinetree  
☐ **Total Immersion Swim Clinic Progressive**, Sign up (Su-Th) Activity Pool  
☐ **Spanish Lessons: Beginners Progressive** Library Lounge  
☐ **Creating Your Authentic Brand, with Amy Matthews** Tipai (across Kuchumaa)
- 4:00** ☐ **Chant: Sacred Sound Practice** (Su,W) Milagro  
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña  
☐ **Hands-On Cooking Class with Visiting Chef Sabriana Falquier, MD, CCMS, DipABLM.** \$145. Register at ext.640/625. Return at 7:30pm.  
Meet at Admin Bldg.  
☐ **Tasting of Guadalupe Valley Wines, includes cheese boards and chocolate** (60min). Fee \$45. Call Ext.113 or visit the Main Lounge to Sign Up  
(Minimum 4 guests required) Bazar del Sol  
☐ **Opening the Gates – Stories to Welcome All Those We Have Loved and Lost, with Joel ben Izzy** Library Lounge
- 7:00** ☐ **Performance by La Catrina: Llorona** Dining Hall  
**7:30** ☐ **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

## THURSDAY | OCTOBER 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 \*Option: Tour to Professor Park/ RLP Foundation;  
Van Transportation departs at 6:45 from Admin Bldg. Back by 9am.
- 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: Strength – Balance Infusion! with Keli Roberts** Olmeca  
☐ **Cardio & Strength: Interval Muscle Blast** (T,Th) Azteca  
☐ **Meditation** (Su-F) Oaktree  
☐ **Mobility: Stretch** (Su-F) Montaña  
☐ **Pickleball Clinic: Beginners** (Su-F) Pickleball Courts  
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
- 10:00** ☐ **Aquatic: H2O Boot Camp (Deep Water)** (Su,T,Th) Activity Pool  
☐ **Dance: Intro to Salsa** (T,Th) Kuchumaa  
☐ **Pickleball Clinic: Intermediate** (Su-F) Pickleball Courts  
☐ **Pilates: Mat Level 2 Advanced** (Su,T,Th) Pinetree  
☐ **Strength: BOSU® Core & More** 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. \$290 per person. Meet at Admin Bldg.
- 11:00** ☐ **Specialty: Cycling – V02 Max Out with Keli Roberts** Pai Pai  
☐ **Specialty: Feldenkrais with Louise Chegwiddden** (60 Min) Oaktree  
☐ **Aquatic: Shallow Water** (Su,T,Th) Activity Pool  
☐ **Longevity: Strength Training** (M,Th) Olmeca  
☐ **Pilates: Reformer Level 1** (M,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo  
☐ **Strength & Cardio: TRX HIIT Level 2 Advanced** (M,Th) Pinetree  
☐ **Yoga: Slow Flow Level 2** (75 Min) (Su,M,W,Th,F) Montana  
☐ **Ranch History Walk: Explore the Roots of the Ranch with Rob Larson** Gazebo
- 12:00** ☐ **Total Immersion Swim Clinic Progressive**, Sign up (Su-Th) Activity Pool  
☐ **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
- 12:30** ☐ **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance  
**1:00** ☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up.  
**Fee for Art Kit \$60 + tax**, Dining Hall Balcony  
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 2:00** ☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool  
☐ **Longevity: Lecture. Planning your Home Practice** Olmeca  
☐ **Mobility & Corrective: Postural Awareness** (M,Th) Tolteca  
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,Th) Kuchumaa  
☐ **Pilates: Reformer Level 1** (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo  
☐ **Strength: Circuit Training** (Su,Th) Azteca  
☐ **Roots of Love: Remembering the Lineage That Lives Through Us, with Gary Malkin and Hope Fitzgerald** Oaktree
- 3:00** ☐ **Longevity: Balance and Mindful Movement** Olmeca  
☐ **Pilates: Reformer Level 2 Advanced** (Su,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-in's welcome. Arroyo  
☐ **Sound Healing** (Su,M,W,Th) Oaktree  
☐ **Strength: TRX Full Body Express** (30 Min) (M,Th) Pinetree  
☐ **Total Immersion Swim Clinic Progressive**, Sign up (Su-Th) Activity Pool  
☐ **Yoga: Intro to Kundalini Yoga for All Levels** Montana  
☐ **Spanish Lessons: Beginners Progressive** Library Lounge  
☐ **Finding Your Purpose, with Amy Matthews** Tipai (across Kuchumaa)
- 4:00** ☐ **Breathwork** (M,Th) Oaktree  
☐ **Yoga: Restorative** (Su,T,Th) Montaña  
☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del So
- 4:45** ☐ **Glow & Gather: A Farm-to-Table Feast with Visiting Chef Sabriana Falquier, MD, CCMS and Head Vivian Mercado.** Fee \$150. Register at Ext.640/625.  
Return 7:30pm. Meet at Admin Bldg.
- 7:15** ☐ **Prayer Arrows with Tim Hinchliff**, Main Lounge  
**7:30** ☐ **Movie: Coco** Library Lounge  
**8:00** ☐ **A Musical Evening with Gary Malkin** Oaktree

## FRIDAY | OCTOBER 31

*Class spaces are limited to first come first served.*

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

- 6:05** ☐ **Organic Garden 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: Strength – Muscle Up! with Keli Roberts** Olmeca  
☐ **Meditation** (Su-F) Oaktree  
☐ **Mobility: Stretch** (Su-F) Montaña  
☐ **Pickleball Clinic: Beginners** (Su-F) Pickleball Courts  
☐ **Pilates: Mat Foundations - Review and Flow** (Su-F) Pinetree  
☐ **Strength Circuit Training** (M,W,F) Azteca  
☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff**  
Sign up, Fee for Art Kit \$60 + tax, Art Studio
- 10:00** ☐ **Aquatic: Strength & Tone (Shallow Water)** (M,W,F) Activity Pool  
☐ **Barre** (M,W,F) Pinetree  
☐ **Dance: Cardio Hip Hop 90s Flashback** Kuchumaa  
☐ **Pickleball Clinic: Intermediate** (Su-F) Pickleball Courts  
☐ **Strength: Circuit Training** (M-F) Azteca  
☐ **Yoga: Level 1 – Integration** (Su-F) Montaña
- 10:30** ☐ **Mercado Craft Sale - Casa de los Cirios: Artisanal flavors of Tecate, Crochet Earrings with Diana, Wayuu Bags**  
Ongoing until 2pm, Mercado Patio
- 11:00** ☐ **Specialty: Cycling – Recovery Ride with Keli Roberts** Pai Pai  
☐ **Specialty: Feldenkrais with Louise Chegwiddden** (60 Min) Oaktree  
☐ **Aquatic: Deep Water** (M,W,F) Activity Pool  
☐ **Cardio: Mini Trampoline Express** (30 Min) (W,F) Kuchumaa  
☐ **Mobility: Stretch** (T,F) Pinetree  
☐ **Strength: Kettlebells** (30 Min) (T,F) Tolteca  
☐ **Yoga: Slow Flow Level 2** (75 Min) (S,M,W,Th,F) Montaña  
☐ **Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio
- 1:00** ☐ **Setting your Return to Home Intention with Jill T. Tolteca**  
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 2:00** ☐ **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca  
☐ **Mobility: TRX Flexibility** (M,F) Pinetree  
☐ **Yoga: Gentle Aerial Hammock\* (Low)** (M,F) Please wear socks & long sleeves. Kuchumaa  
☐ **Mandala with Jennifer** (60 Min) Art Studio
- 2:45** ☐ **Live Music and Smoothies** Juice Bar  
**3:00** ☐ **Recovery: Foam Roller** (T,F) Tolteca  
☐ **Strength: Upper Body Express** (30 Min) (T,F) Olmeca  
☐ **Sound Healing: The Sound Journey** (T,F) Oaktree  
☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00** ☐ **Inner Journey: Guided Meditation** (T,F) Milagro  
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña  
☐ **Indigenous Wisdom Walk with Norma Meza**  
Meet Outside Kuchumaa
- 6:00** ☐ **Live Music with Rancho La Puerta Fiesta Band** (2 hrs)  
Dining Hall  
**6:15** ☐ **Shabbat Ceremony** (led by guests), Los Olivos  
**6:45** ☐ **The Altar in the Day of the Dead Celebration explained by José Guadalupe Flores, Ph.D.** Dining Hall

*Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall*