

Week of December 27, 2025

Ageless Pilates and More with Leslee Bender

Better Balance with Kymberly Williams-Evans

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, unless noted location.
- **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 | DECEMBER 27

- 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 All Levels Olmeca
 3:00 Mobility: Stretch Montaña
 Sound Healing Oaktree
 4:00 Set Your Intention; Tips for a Magical Week with Jill T. Tolteca
 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 Concert with DUO MUNDI GEORGE & GULI, George Lopez and Gulimina Mahamuti: "From Buenos Aires to Broadway: A Duo-Piano Voyage Across the Americas" Oaktree

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

SUNDAY | DECEMBER 28

Class spaces are limited to first come first served.

- 6:15 Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo
 6:30 Mountain Hike: Alex's Oak Trail Moderate 2 Miles, Gazebo
 6:45 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 7:00 Bird Walk (60 min) Gazebo
 8:00 Pilates Concierge (Su,M,Th) Arroyo
 8:15 Fitness Concierge (30 Min) (Su,Th) Dining Hall
 Ranch Tour and Orientation (For first time guests)
 Main Entrance Dining Hall
 9:00 Advanced: Full Body Strength (Su,W) 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
 Why's & How's of Hiking Poles Bring your own or borrow ours.
 Meet outside Arroyo
 10:00 Dance: Disco Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Pilates: Mat Level 2 (Su,T,Th) Pinetree
 Strength: BOSU® Fit Olmeca
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña
 11:00 Specialty: Ageless Pilates with Leslee Bender (Su-F) Pinetree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio: Mini Trampoline Balance and Core Kuchumaa
 Longevity: Strength Training (Su,Th) Olmeca
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Yoga Level 2 Slow Flow (75 Min) (Su,T,W,Th,F) Montaña
 Marbled & Collaged Art with Brent Hedstrom Art Studio
 1:00 Master Your Metabolism with DeRahn Johnson Olmeca
 Water Flow Therapy Demo South Pool
 2:00 Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans (Su-F) Olmeca
 Aquatic: Deep Water (Su,T) Activity Pool
 Longevity: Lecture. How to Own Your Aging Process Library Lounge
 Mobility: TRX Flexibility (Su,W) Pinetree
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Circuit Training (Su,Th) Azteca
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,Th) Kuchumaa
 Inner Fitness- Lesson 1: Radical Acceptance — Tapping into Life, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa)
 3:00 Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca
 Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Yoga Workshop: Happy Hips & Low Back Montaña
 4:00 Chant: Vocal Sound Practice Milagro
 Yoga: Restorative (Su,T,Th) Montaña
 5:00 Holiday Candlelight Sound Healing Oaktree
 7:15 Movie: *Conclave* Library Lounge
 8:00 What is a Life Plan and Why Do I Need One? with Diana Walke Olmeca

MONDAY | DECEMBER 29

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
 6:45 Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo
 8:00 Pilates Concierge (Su,M,Th) Arroyo
 9:00 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
 Strength: Total Body with Bands (M,F) Olmeca
 Tennis Clinic: Level 1 (M,W,F) Tennis Courts
 10:00 Advanced: Cardio Sculpt Express (30 min) (M,F) Olmeca
 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 (M,W,F) Tennis Courts
 Yoga Level 1 - Balance (Su-F) Montaña
 11:00 Specialty: Ageless Pilates with Leslee Bender (Su-F) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Longevity: Cardio Zone 2 Heart Rate Training Azteca
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Kettlebells (30 Min) (M,W) Tolteca
 Yoga Sculpt: Level 2 (60 Min) Kuchumaa
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Marbled & Collaged Art with Brent Hedstrom Art Studio
 1:00 Nourishing Your Health by Living Green, with Victoria Maizes, MD Olmeca
 2:00 Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans (Su-F) Olmeca
 Aquatic: Shallow Water (M,W,F) Activity Pool
 Mobility: Strength & Stretch with Stick Mobility (M,F) Kuchumaa
 Mountain Hike: Alex's Oak Trail Moderate 2 Miles Gazebo
 Pilates: Reformer Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (M,Th) Oaktree
 Inner Fitness- Lesson 2: Mindful Presence — The Art of Paying Attention, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa)
 3:00 Specialty: Vital Core Training with Leslee Bender (M,Th) Pinetree
 Longevity: Dynamic Mobility (M,W) Tolteca
 Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 4:00 Specialty: Stretch and Restoration with Leslee Bender (M,W) Pinetree
 Breathwork (M,Th) Oaktree
 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 & Games with Barry! Olmeca

TUESDAY | DECEMBER 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.
 6:15 Mountain Hike: Coyote Trail Advanced, 5.5 or 4 Miles, Gazebo
 6:30 Yoga: Sunrise All Levels (60 Min) (T,Th) Montaña
 6:45 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 7:00 Bird Walk (60 Min) Gazebo
 9:00 Advanced: Cardio Muscle Blast (T,Th) Azteca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pickleball Clinic: Beginners (Su-F) Pickleball Courts
 Pilates: Mat Foundations - Extension (Su-F) Pinetree
 Strength: Barbell Workout (T,Th) Tolteca
 10:00 Advanced: BOSU® & Battle Ropes Olmeca
 Dance: Cardio Drumming Kuchumaa
 Pickleball Clinic: Intermediate (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 Specialty: Ageless Pilates with Leslee Bender (Su-F) Pinetree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength & Cardio: Circuit TRX & Toys Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su,T,W,Th,F) Montaña
 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.
 1:00 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
 Making a Smoothie Class with Chef César Juice Bar
 2:00 Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans (Su-F) Olmeca
 Aquatic: Deep Water (Su,T) Activity Pool
 Longevity: Intro to Heart Rate Training Azteca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Inner Fitness- Lesson 3: Self-Compassion -Becoming Your Own Ally, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa)
 3:00 Pilates: Tower Level 1 (T,Th) 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: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca
 Yoga Workshop: Intro to Kundalini for All Levels Montaña
 4:00 Inner Journey: Guided Meditation (T,F) Milagro
 Yoga: Restorative (Su,T,Th) Montaña
 How Do I Want to Be Remembered? with Diana Walke Tipai (across Kuchumaa)
 Hands-On Cooking Class with Visiting Chef Virginia Willis. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 5:00 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
 7:15 Movie: Arthur, The King Library Lounge
 8:00 Heal Faster: Apply the Principles of Integrative Medicine to Bounce Back Faster from Illness and Surgery, with Victoria Maizes, MD Olmeca

WEDNESDAY | DECEMBER 31

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 **Advanced: Full Body Strength** (Su,W) 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 (M,W,F) Tennis Courts
- 10:00 **Barre** (M,W,F) Pinetree
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W,F) Tennis Courts
 Yoga Level 1 - Centering (Su-F) Montaña
 Landscape Garden Walk with Enrique Ceballos Gazebo
- 11:00 **Specialty: Ageless Pilates with Leslee Bender** (Su-F) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Cycle 45 Pai Pai
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: Kettlebells (30 Min) (W,W) Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su,T,W,Th,F) Montaña
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo
 Marbled & Collaged Art with Brent Hedstrom Art Studio
- 1:00 **Intention Workshop with Sound Serenade with Jill T.** (60 Min) Oaktree
 Vibrantly Healthy Women, with Victoria Maizes, MD Olmeca
- 2:00 **Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans** (Su-F) Olmeca
 Aquatic: Shallow Water (M,W,F) Activity Pool
 Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
 Mobility: TRX Flexibility (Su,W) Pinetree
 Pilates: Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Inner Fitness- Lesson 4: Rest & Renewal — Unlocking the Power of Sleep, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa)
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca
 Longevity: Dynamic Mobility (M,W) Olmeca
 Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
- 4:00 **Specialty: Stretch and Restoration with Leslee Bender** (M,W) Pinetree
 Holiday Intention with Jill T. Oaktree
 Hands-On Cooking Class with Visiting Chef Virginia Willis. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 What Matters Most in My Life? with Diana Walke Tipai (across Kuchumaa)
- 5:00 **Candlelight Labyrinth** Meet at the Labyrinth in Emily's Forest
 New Year's Dinner Dining Hall
- 7:00 **Let's Celebrate! Ring in the New Year with George Lopez followed by a DJ, dancing, and surprises!** Kuchumaa
- 9:00 **New Year's Toast with Deborah Szekely!** Kuchumaa

THURSDAY | JANUARY 1

- 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** (Su,M,Th) Arroyo
- 8:15 **Fitness Concierge** (Su,Th) Dining Hall
- 9:00 **Advanced: Cardio 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
 Strength: Barbell Workout (T,Th) Tolteca
 Make Your New Year's Day Prayer Arrow with Tim Hinchliff: Enjoy our Mexican atole, hot chocolate and punch & tamales (2 hrs) Main Lounge
- 10:00 **Free Flow: Rooted In Feldenkrais** Oaktree
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Pilates: Mat Level 2 (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: Ageless Pilates with Leslee Bender**, (Su-F) Pinetree
 Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool
 Cardio: Cycle Hip Hop (30 Min) Pai Pai
 Longevity: Strength Training (Su,Th), Olmeca
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Yoga Level 2 – an Alignment Based Practice (75 Min) Montaña
 Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo
 Marbled & Collaged Art with Brent Hedstrom Art Studio
- 12:00 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 12:30 **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony
- 2:00 **Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans** (Su-F) Olmeca
 Aquatic: Water Jogging (Deep Water) Activity Pool
 Longevity: Lecture - Planning your Home Practice Library Lounge
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Recovery: Release & Mobilize (M,Th) Oaktree
 Strength: Circuit Training (Su,Th) Azteca
 Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,Th) Kuchumaa
 Inner Fitness- Lesson 5: Embodiment — Coming Home to Your Body, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa)
- 3:00 **Specialty: Vital Core Training with Leslee Bender** (M,Th) Pinetree
 Longevity: Balance and Mindful Movement Olmeca
 Pilates: Tower Level 1 (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Sound Healing (Su-F) Oaktree
 Yoga Workshop: Rope Wall Montaña
 Spanish Lessons: Beginners Progressive Library Lounge
- 4:00 **Breathwork** (M,Th) Milagro
 Yoga: Restorative (Su,T,Th) Montaña
 How do I get from Here to Where I Want to Be? with Diana Walke Tipai (across Kuchumaa)
- 4:45 **Farm-to-Table Dining Experience, with Visiting Chef Virginia Willis and Head Chef Vivian Mercado.** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 5:15 **Intention Tree** Meet in front of Dining Hall
- 7:30 **Movie: Now You See Me** Library Lounge
- 8:00 **Holiday Concert with DUO MUNDI GEORGE & GULI**, George Lopez and Gulimina Mahamuti Oaktree

FRIDAY | JANUARY 2

Class spaces are limited to first come first served.

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

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge, Gazebo **Option:** to stay and work in the Garden with Salvador 8 to 10am will walk to the Garden and Van back to the Ranch (F only).
- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00 **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
 Strength: Total Body with Bands (M,F) Olmeca
 Tennis Clinic: Level 1 (M,W,F) Tennis Courts
- 10:00 **Advanced: Cardio Sculpt Express** (30 min) (M,F) Olmeca
 Barre (M,W,F) Pinetree
 Dance: Salsa Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Pickleball Courts
 Strength: Circuit Training (M-F) Azteca
 Tennis Clinic: Level 2 (M,W,F) Tennis Courts
 Yoga Level 1 - Integration (Su-F) Montaña
- 11:00 **Specialty: Ageless Pilates with Leslee Bender** (Su-F) Pinetree
 Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool
 Cardio: Mini Trampoline Express (30 Min), Kuchumaa
 Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo
 Strength: TRX & Kettlebells Level 2 Tolteca
 Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
- 1:00 **Set Your Return to Home Intention with Jill T.** Tolteca
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 2:00 **Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans** (Su-F) Olmeca
 Aquatic: Shallow Water (M,W,F) Activity Pool
 Longevity: Heart Rate Training (30 Min) Azteca
 Mobility: Strength & Stretch with Stick Mobility (M,F) Kuchumaa
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Recovery: Foam Roller** (T,F) Tolteca
 Sound Healing (Su-F) Oaktree
 Strength: The ABC's - Arms/Butt/Core (T,F) Olmeca
 Spanish Lessons: Beginners Progressive Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (T,F) Milagro
 Recovery: Stretch and Relax Montaña
 Implement my Life Plan and Keep it ALIVE! with Diana Walke 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 and the Dining Hall