

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

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| 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 |
| 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 | Milagro - Meditation Room 6:00 am to 9:00 pm |
| Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge | Activity Pool - Lap Swim 7:00 am to 5:00 pm |
| Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm | Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2) |
| Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm | Tennis & Pickleball Courts - Open Play 7:00 am to 5:00 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 | |
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| <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"/> Advanced: Full Body Strength (Su,W) Olmeca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Mobility: Stretch (Su-F) Montaña <input type="checkbox"/> Pickleball Clinic: Beginners (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 (M,W,F) Tennis Courts |
| 10:00 | <input type="checkbox"/> Barre (M,W,F) Pinetree <input type="checkbox"/> Pickleball Clinic: Intermediate (Su-F) Pickleball Courts <input type="checkbox"/> Strength: Circuit Training (M-F) Azteca <input type="checkbox"/> Tennis Clinic: Level 2 (M,W,F) Tennis Courts <input type="checkbox"/> Yoga Level 1 - Centering (Su-F) Montaña <input type="checkbox"/> Landscape Garden Walk with Enrique Ceballos Gazebo |
| 11:00 | <input type="checkbox"/> Specialty: Ageless Pilates with Leslee Bender (Su-F) Pinetree <input type="checkbox"/> Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool <input type="checkbox"/> Cardio: Cycle 45 Pai Pai <input type="checkbox"/> Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo <input type="checkbox"/> Strength: Kettlebells (30 Min) (W,W) Tolteca <input type="checkbox"/> Yoga Level 2 Slow Flow (75 Min) (Su,T,W,Th,F) Montaña <input type="checkbox"/> Nature Walk with Rob Larson (60 Min) Meet at Gazebo <input type="checkbox"/> Marbled & Collaged Art with Brent Hedstrom Art Studio |
| 1:00 | <input type="checkbox"/> Intention Workshop with Sound Serenade with Jill T. (60 Min) Oaktree <input type="checkbox"/> Vibrantly Healthy Women, with Victoria Maizes, MD Olmeca |
| 2:00 | <input type="checkbox"/> Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans (Su-F) Olmeca <input type="checkbox"/> Aquatic: Shallow Water (M,W,F) Activity Pool <input type="checkbox"/> Lowlands Hike: Woodlands Trail 2 Miles, Gazebo <input type="checkbox"/> Mobility: TRX Flexibility (Su,W) Pinetree <input type="checkbox"/> Pilates: Jumpboard (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo <input type="checkbox"/> Inner Fitness- Lesson 4: Rest & Renewal — Unlocking the Power of Sleep, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa) |
| 3:00 | <input type="checkbox"/> Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca <input type="checkbox"/> Longevity: Dynamic Mobility (M,W) Olmeca <input type="checkbox"/> Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo <input type="checkbox"/> Sound Healing (Su-F) Oaktree |
| 4:00 | <input type="checkbox"/> Specialty: Stretch and Restoration with Leslee Bender (M,W) Pinetree <input type="checkbox"/> Holiday Intention with Jill T. Oaktree <input type="checkbox"/> Hands-On Cooking Class with Visiting Chef Virginia Willis. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg. <input type="checkbox"/> What Matters Most in My Life? with Diana Walke Tipai (across Kuchumaa) |
| 5:00 | <input type="checkbox"/> Candlelight Labyrinth Meet at the Labyrinth in Emily's Forest <input type="checkbox"/> New Year's Dinner Dining Hall |
| 7:00 | <input type="checkbox"/> Let's Celebrate! Ring in the New Year with George Lopez followed by a DJ, dancing, and surprises! Kuchumaa |
| 9:00 | <input type="checkbox"/> New Year's Toast with Deborah Szekely! Kuchumaa |

| THURSDAY JANUARY 1 | |
|---|--|
| <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, 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 | <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 |
| 8:00 | <input type="checkbox"/> Pilates Concierge (Su,M,Th) Arroyo |
| 8:15 | <input type="checkbox"/> Fitness Concierge (Su,Th) Dining Hall |
| 9:00 | <input type="checkbox"/> Advanced: Cardio Muscle Blast (T,Th) Azteca <input type="checkbox"/> Meditation (Su-F) Oaktree <input type="checkbox"/> Mobility: Stretch (Su-F) Montaña <input type="checkbox"/> Pickleball Clinic: Beginners (Su-F) Pickleball Courts <input type="checkbox"/> Pilates: Mat Foundations - Rotation (Su-F) Pinetree <input type="checkbox"/> Strength: Barbell Workout (T,Th) Tolteca <input type="checkbox"/> 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 | <input type="checkbox"/> Free Flow: Rooted In Feldenkrais Oaktree <input type="checkbox"/> Pickleball Clinic: Intermediate (Su-F) Pickleball Courts <input type="checkbox"/> Pilates: Mat Level 2 (Su,T,Th) Pinetree <input type="checkbox"/> Strength: BOSU® Core & More 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. \$290 per person. Meet at Admin Bldg. |
| 11:00 | <input type="checkbox"/> Specialty: Ageless Pilates with Leslee Bender. (Su-F) Pinetree <input type="checkbox"/> Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool <input type="checkbox"/> Cardio: Cycle Hip Hop (30 Min) Pai Pai <input type="checkbox"/> Longevity: Strength Training (Su,Th), Olmeca <input type="checkbox"/> Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo <input type="checkbox"/> Yoga Level 2 – an Alignment Based Practice (75 Min) Montaña <input type="checkbox"/> Ranch History Walk: Explore the Roots of the Ranch with Rob Larson Gazebo <input type="checkbox"/> Marbled & Collaged Art with Brent Hedstrom Art Studio |
| 12:00 | <input type="checkbox"/> Friends of Bill W. (12 steps - Participant-guided) Library Lounge |
| 12:30 | <input type="checkbox"/> Yarn Painting Demo with Tim Hinchliff Dining Hall entrance |
| 1:00 | <input type="checkbox"/> Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony |
| 2:00 | <input type="checkbox"/> Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans (Su-F) Olmeca <input type="checkbox"/> Aquatic: Water Jogging (Deep Water) Activity Pool <input type="checkbox"/> Longevity: Lecture - Planning your Home Practice Library Lounge <input type="checkbox"/> Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo <input type="checkbox"/> Recovery: Release & Mobilize (M,Th) Oaktree <input type="checkbox"/> Strength: Circuit Training (Su,Th) Azteca <input type="checkbox"/> Yoga: Gentle Aerial Hammock (Low) Please wear socks & long sleeves. (Su,Th) Kuchumaa <input type="checkbox"/> Inner Fitness- Lesson 5: Embodiment — Coming Home to Your Body, with Rachel Fleischman, LCSW, REAT Tipai (across Kuchumaa) |
| 3:00 | <input type="checkbox"/> Specialty: Vital Core Training with Leslee Bender (M,Th) Pinetree <input type="checkbox"/> Longevity: Balance and Mindful Movement Olmeca <input type="checkbox"/> Pilates: Tower Level 1 (T,Th) 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"/> Yoga Workshop: Rope Wall Montaña <input type="checkbox"/> Spanish Lessons: Beginners Progressive Library Lounge |
| 4:00 | <input type="checkbox"/> Breathwork (M,Th) Milagro <input type="checkbox"/> Yoga: Restorative (Su,T,Th) Montaña <input type="checkbox"/> How do I get from Here to Where I Want to Be? with Diana Walke Tipai (across Kuchumaa) |
| 4:45 | <input type="checkbox"/> 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 | <input type="checkbox"/> Intention Tree Meet in front of Dining Hall |
| 7:30 | <input type="checkbox"/> Movie: <i>Now You See Me</i> Library Lounge |
| 8:00 | <input type="checkbox"/> Holiday Concert with DUO MUNDI GEORGE & GULI, George Lopez and Gulimina Mahamuti Oaktree |

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