

Week of March 28, 2026

Mat Pilates with Diane Wheatley

Pickleball with Nancy Meyer

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 at the Pilates Studio located in Arroyo Gym.
- **Classes are 1st come; 1st served** - Based on equipment availability. **Classes & 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.
- **Proper footwear is required for:**
 - * HIKES: Hiking boots with lugs.
 - * PICKLEBALL & TENNIS: Court Shoes.
 - * STRENGTH CLASSES: Close-Toed Shoes.

SATURDAY | MARCH 28

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 Coached Open Play** Please use court shoes. Pickleball Court
☐ **Yoga: All Levels** Montaña

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

2:00 ☐ **Strength: Full Body 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 ☐ **Making Your Dream Come True: How I Published my First Book at 55, with Holly Eger** Tolteca

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 5:00 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 7:00 pm
Juice Bar: Saturday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | MARCH 29

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Pilgrim Trail** (Su,W) 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** (Su,T,Th) 2 Miles, Gazebo

7:00 ☐ **Bird Walk** (Su,T,Th) (60 Min) Gazebo

8:00 ☐ **Pilates Concierge** (15 Min) (Su-F) Pilates Studio in 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 Diane Wheatley** (Su-F) Pinetree

☐ **Specialty Beginner's Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts

☐ **Advanced: Full Body Strength** (Su,W) Olmecca

☐ **Meditation** (Su-F) Oaktree

☐ **Mobility: Stretch** (Su-F) Montaña

☐ **Strength: Introduction to Circuit Training** Azteca

10:00 ☐ **Specialty Mat Pilates: Level 2 with Diane Wheatley** (Su-F) Pinetree

☐ **Specilaty Intermediate Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended., Pickleball Courts

☐ **Dance: Disco** Kuchumaa

☐ **Strength: BOSU® Fit** Olmecca

☐ **Strength: Introduction to Circuit Training** Azteca

☐ **Yoga Level 1 - Foundations** (Su-Th) Montaña

11:00 ☐ **Aquatic: Shallow Water** (Su,M,W,F) Activity Pool

☐ **Cardio & Strength: Mini Trampoline Build & Bounce** Kuchumaa

☐ **Longevity: Strength Training** (Su,Th) Olmecca

☐ **Mobility: Stretch** (Su,T,F) Oaktree

☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree

☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo

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

☐ **Painting or Drawing Birds on Cigar Boxes, with Linda Weill** (Sign up – Part 1 Sunday and Part 2 Monday) Art Studio

1:00 ☐ **Master Your Metabolism with DeRahn Johnson** Olmecca

☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

☐ **Water Flow Therapy Demo** South Pool

2:00 ☐ **Aquatic: Deep Water** (Su,M,W) 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

☐ **Recovery: Release & Mobilize** (Su,W) Oaktree

☐ **Strength: Circuit Training** (Su,Th) Azteca

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

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (Su,W) Tolteca

☐ **Longevity: Intro to Heart Rate Training** (Su,Th) Azteca

☐ **Pilates: Reformer Level 1** (Su,Tu) 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,F) Tolteca

☐ **Sound Healing** Oaktree

☐ **Yoga: Restorative** (Su,T,Th) Montaña

☐ **Writing Workshop, with Holly Eger** Library Lounge

5:00 ☐ **Set Your Intention; Tips for a Magical Week** Tolteca

7:15 ☐ **Movie: *Conclave*** Library Lounge

8:00 ☐ **Piano Concert: Reflections in Glass with Fernando Saint Martin** Oaktree

MONDAY | MARCH 30

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, (M,Th) Gazebo

6:30 ☐ **Meditation Hike: Dove Trail** 1.2 Miles, Gazebo

6:45 ☐ **Lowlands Hike: Quail Trail Moderate** 2 or 2.5 Miles, (M,W,F) Gazebo

8:00 ☐ **Pilates Concierge** (15 Min) (Su-F) Pilates Studio in Arroyo

9:00 ☐ **Specialty Mat Pilates Foundations with Diane Wheatley** (Su-F) Pinetree

☐ **Specialty Beginner's Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts

☐ **Meditation** (Su-F) Oaktree

☐ **Mobility: Stretch** (Su-F) Montaña

☐ **Strength: Circuit Training** (M,W,F) Azteca

☐ **Strength: Total Body with Bands** (M,F) Olmecca

☐ **Tennis Clinic: Level 1** (M,W) Tennis Courts

10:00 ☐ **Specialty Mat Pilates: Level 2 with Diane Wheatley** (Su-F) Pinetree

☐ **Specilaty Intermediate Pickleball Clinic with Nancy Meyer** (Su-F)

Court shoes are recommended., Pickleball Courts

☐ **Advanced: Battle Ropes HIIT** (30 Min) Olmecca

☐ **Aquatic: H2O Boot Camp** (Deep Water) (M,Th) Activity Pool

☐ **Dance: Latin Fusion** Kuchumaa

☐ **Strength: Circuit Training** (M-F) Azteca

☐ **Tennis Clinic: Level 2** Tennis Courts

☐ **Yoga Level 1 - Balance** (Su-F) Montaña

11:00 ☐ **Aerial Yoga: Level 1 Active** (Low hammock) (M,W,F) Kuchumaa

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

☐ **Barre** (M,W) Olmecca

☐ **Cardio: Cycle Hip Hop** (30 Min), Pai Pai

☐ **Pilates: Reformer Level 2** (Su-F) 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) (Su,M,W,Th,F) Montaña

☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

☐ **Painting or Drawing Birds on Cigar Boxes, with Linda Weill** (Sign up – Part 1 Sunday and Part 2 Monday) Art Studio

1:00 ☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Tipai

2:00 ☐ **Aquatic: Deep Water** (Su,M,W) Activity Pool

☐ **Mobility: Strength & Stretch with Stick Mobility** (M,W,F) Kuchumaa

☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo

☐ **Inner Fitness: Intro to Healthy Deviance: The Art of Being Healthy in an Unhealthy World, with Pilar Gerasimo** Tipai

3:00 ☐ **Longevity: Cardio Zone 2 Heart Rate Training** Azteca

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

☐ **Pilates: Tower Level 1** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo

☐ **Sound Healing** (Su-F) Oaktree

☐ **Yoga Workshop: Rope Wall** Montaña

4:00 ☐ **Chant: Vocal Sound Practice** (Su,W) Milagro

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

☐ **Yoga Nidra** (M,W) Oaktree

☐ **Sculpture and Craft Walk with Rob Larson** Meet at Gazebo

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 ☐ **The Art of Herbal Medicine, with Dawn Petter** Tipai

TUESDAY | MARCH 31

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** 4 Miles (T-F) 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, (T,F) 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** (Su,T,Th) 2 Miles, Gazebo

7:00 ☐ **Bird Walk** (60 Min) (su,T,Th) Gazebo

8:00 ☐ **Pilates Concierge** (15 Min) (Su-F) Pilates Studio in Arroyo

9:00 ☐ **Specialty Mat Pilates Foundations with Diane Wheatley** (Su-F) Pinetree

☐ **Specialty Beginner's Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts

☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca

☐ **Meditation** (Su-F) Oaktree

☐ **Mobility: Stretch** (Su-F) Montaña

☐ **Strength: Barbell Workout** (T,Th) Tolteca

10:00 ☐ **Specialty Mat Pilates: Level 2 with Diane Wheatley** (Su-F) Pinetree

☐ **Specilaty Intermediate Pickleball Clinic with Nancy Meyer** (Su-F)

Court shoes are recommended., Pickleball Courts

☐ **Dance: 80's Aerobics** Kuchumaa

☐ **Qi Gong** (T,F) Oaktree

☐ **Strength: BOSU® Fit** (Su,T) Olmecca

☐ **Strength: Circuit Training** (M-F) Azteca

☐ **Yoga Level 1 - Strength** (Su-F) Montaña

11:00 ☐ **Advanced: Cardio Sculpt Express** (30 min) (T,F) Olmecca

☐ **Aquatic: Strength & Tone** (Shallow Water) (Su,T,Th) Activity Pool

☐ **Mobility: Stretch** (Su,T,F) Oaktree

☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo

☐ **Strength: TRX Full Body** Pinetree

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

1:00 ☐ **Making a Smoothie Class with Chef César** Juice Bar

☐ **Botanical Support for Digestive Wellness, with Dawn Petter** Tipai

2:00 ☐ **Aerial Yoga: Level 1 Active** (Low hammock) (Su,T) Kuchumaa

☐ **Aquatic: Water Jogging** (Deep Water) (T,Th) Activity Pool

☐ **Better Balance, Fewer Falls** (T,F) Olmecca

☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo

☐ **Inner Fitness: Nonconformist Competency 1: Amplified Awareness, with Pilar Gerasimo** Tipai

3:00 ☐ **Aqua Ease** (30 Min) Shallow Water Stretch (T,F) Activity Pool

☐ **Pilates: Reformer Level 1** (Su,T) Sign-up begins at 8am at the Pilates Studio in Arroyo

☐ **Sound Healing** (Su-F) Oaktree

☐ **Strength: The ABC's - Arms/Butt/Core** (30 Min) (T,F) Olmecca

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

☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca

☐ **Yin Yoga** (T,F) Montaña

☐ **Hands-On Cooking Class with Chef Sara Polczynski.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ **Writing Workshop, with Holly Eger** Library Lounge

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 ☐ **Bingo and Games! with Barry** Olmecca

WEDNESDAY | APRIL 1

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, (T-F) Sign up with Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, (Su,W) Gazebo
- 6:30 **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail Moderate**, (M,W,F) 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (15 Min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Specialty Mat Pilates Foundations with Diane Wheatley** (Su-F) Pinetree
- Specialty Beginner's Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts
- Advanced: Full Body Strength** (Su,W), Olmeca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Strength: Circuit Training** (M,W,F) Azteca
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- 10:00 **Specialty Mat Pilates: Level 2 with Diane Wheatley** (Su-F) Pinetree
- Specilaty Intermediate Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended., Pickleball Courts
- Dance: Country Line** Kuchumaa
- Strength: Circuit Training** (M-F) Azteca
- Strength: Core & More Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Yoga Level 1 - Centering** (Su-F) Montaña
- Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00 **Aerial Yoga: Level 1 Active** (Low hammock) Kuchumaa
- Aquatic: Shallow Water**, (Su,M,W,F) Activity Pool
- Barre** (M,W) Olmeca
- Longevity: Cycle Sprint / Zone 2 Intervals** (35 min) Pai Pai
- Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (M,W) Toluca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montana
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 1:00 **Herbs and Foods for Brain Health, with Dawn Petter** Tipai
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 2:00 **Aquatic: Deep Water** (Su,M,W) Activity Pool
- Mobility: Strength & Stretch with Stick Mobility** (M,W,F) Kuchumaa
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (Su,W) Oaktree
- Inner Fitness: Nonconformist Competency 2: Preemptive Repair, with Pilar Gerasimo** Tipai
- 3:00 **Advanced: Bodyweight Blast** (30 Min) (Su,W) Toluca
- Pilates: Tower Level 1** (M,W) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Sound Healing** (Su-F) Oaktree
- Tai Chi** (Su,W) Montaña
- Introduction to iPhoneography with Yoni Mayeri** Tipai
- 4:00 **Chant: A Vocal Sound Practice** (Su,W) Milagro
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Set & Live Your Intention** Toluca
- Yoga Nidra** (M,W) Oaktree
- Hands-On Cooking Class with Chef Sara Polczynski.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Tasting of Guadalupe Valley Wines, includes cheese board** (60min). Fee \$45. Visit the Main Lounge to Sign Up or at ext. 113. (Minimum 4 guests required) Bazar del Sol
- Writing Workshop, with Holly Eger** Library Lounge
- 7:15 **Movie: One Life** 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

THURSDAY | APRIL 2

Class spaces are limited to first come first served.

- 6:05 **Organic Garden Breakfast Hike** 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available dep. at 6:45 from Admin bldg. **Option to tour of award-winning Parque del Profesor after breakfast.** Learn about Rancho La Puerta's work in the community. Back by 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** (Su,T,Th) 2 Miles Gazebo
- 7:00 **Bird Walk** (60 Min) (Su,T,Th) Gazebo
- 8:00 **Pilates Concierge** (15 Min) (Su-F) Pilates Studio in Arroyo
- 8:15 **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 9:00 **Specialty Mat Pilates Foundations with Diane Wheatley** (Su-F) Pinetree
- Specialty Beginner's Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts
- Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Strength: Barbell Workout** (T,Th) Toluca
- 10:00 **Specialty Mat Pilates: Level 2 with Diane Wheatley** (Su-F) Pinetree
- Specilaty Intermediate Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended., Pickleball Courts
- Advanced: BOSU® & Battle Ropes** Olmeca
- Aquatic: H2O Boot Camp** (Deep Water) (M,Th) Activity Pool
- Dance: Cardio Drumming** Kuchumaa
- Free Flow: Rooted In Feldenkrais** (Th) Oaktree
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Opening** (Su-Th) 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 **Aquatic: Strength & Tone** (Shallow Water) (Su,T,Th) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min), Kuchumaa
- Longevity: Strength Training** (Su,Th) Olmeca
- Mobility: Stretch** (Su,T,Th) Oaktree
- Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
- Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,Th,F) Montaña
- Painting or Drawing Birds on Cigar Boxes, with Linda Weill** (Sign up – Part 1 Thursday and Part 2 Friday) Art Studio
- 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 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Sign up in the Main Lounge, Art Kit Fee \$60 + tax. Dining Hall Balcony
- Herbs for Stress Relief & Sleep, with Dawn Petter** Tipai
- 2:00 **Aerial Yoga: Level 1 Active** (Low hammock), Kuchumaa
- Aquatic: Water Jogging** (Deep Water) (T,Th) Activity Pool
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- Inner Fitness: Nonconformist Competency 3: Continuous Growth and Learning, with Pilar Gerasimo** Tipai
- 3:00 **Longevity: Heart Rate Training** (30 Min) Azteca
- Mobility & Corrective: Postural Awareness** (M,Th) Toluca
- Sound Healing** (Su-F) Oaktree
- Spanish Lessons: Beginners Progressive** Library Lounge
- The iPhone Camera with Yoni Mayeri** Tipai
- 4:00 **Recovery: Foam Roller** (Su,T,Th) Toluca
- 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
- 4:45 **Chef's Table Dinner with Chef Sara Polczynski & Head Chef Vivian Mercado.** Fee \$150. Register at Ext.640/625. **Return 7:30pm.** Meet at Admin Bldg. 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 **Piano Concert: French Echoes, Mexican Voices with Fernando Saint Martin** Oaktree

FRIDAY | APRIL 3

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, (T,F) Gazebo
- 6:30 **Meditation Hike: Alex's Oak Trail** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail Moderate**, (M,W,F) 2 or 2.5 Miles, Gazebo
- 8:00 **Pilates Concierge** (15 Min) (Su-F) Pilates Studio in Arroyo
- 9:00 **Specialty Mat Pilates Foundations with Diane Wheatley** (Su-F) Pinetree
- Specialty Beginner's Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- 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 Diane Wheatley** (Su-F) Pinetree
- Specialty Intermediate Pickleball Clinic with Nancy Meyer** (Su-F) Court shoes are recommended. Pickleball Courts
- Dance: 90's Pop Cardio** Kuchumaa
- Qi Gong** (T,F) Oaktree
- Strength: Circuit Training** (M-F) Azteca
- Yoga Level 1 - Integration & Flow** (Su-F) Montaña
- 10:30 **Delicias Mexicanas Tradicional Mexican Sweets, MAPACHE ARTS & CRAFTS** ongoing until 2:30 pm. Mercado Patio
- 11:00 **Advanced: Cardio Sculpt Express** (30 min) (T,F) Olmeca
- Aquatic: Shallow Water** (Su,M,W,F) Activity Pool
- Cardio: Cycle Express** (30 Min) Pai Pai
- Pilates: Reformer Level 2** (Su-F) Sign-up begins at 8am at the Pilates Studio in Arroyo
- Strength: TRX HIIT Circuit** Toluca
- Yoga Level 2 Slow Flow** (Su,M,W,Th,F) Montaña
- Painting or Drawing Birds on Cigar Boxes, with Linda Weill** (Sign up – Part 1 Thursday and Part 2 Friday) Art Studio
- 1:00 **Set Your Return to Home Intention with Jill T.** Toluca
- 2:00 **Better Balance, Fewer Falls** (T,F) Olmeca
- Labyrinth** Meet at Emily's Forest
- Mobility: Strength & Stretch with Stick Mobility** (M,W,F) Kuchumaa
- Inner Fitness: Healthy Deviant Know-How: The Survival Skills of the New Era, with Pilar Gerasimo** Tipai
- 2:45 **Live Music and Smoothies** Juice Bar
- 3:00 **Aqua Ease (Shallow Water Stretch)** (30 Min) Activity Pool
- Sound Healing** (Su-F) Oaktree
- Strength: The ABC's - Arms/Butt/Core** (T,F) Olmeca
- Yoga Workshop: Rope Wall** Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge
- The Art of Editing using the Photos App with Yoni Mayeri** Tipai
- 4:00 **Inner Journey: Guided Meditation** (T,F) Oaktree
- Yin Yoga**, (T,F) Montana
- 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