

Week of January 31, 2026

Music Lovers Festival: Broadway Week

Move & Groove with Heather Winia

Laughter Yoga with Cherie Kephart

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

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

IMPORTANT INFORMATION FOR THE WEEK:

- RLP is a “*digital noise-free environment*”. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.
- *Sign-ups for classes* are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted in Pilates at Arroyo Gym.
- Use proper footwear
  - \* **HIKES**: Hiking boots with lugs.
  - \* **PICKLEBALL & TENNIS**: Court Shoes.
  - \* **STRENGTH CLASSES**: Close-Toed Shoes.
- *Classes are 1st come; 1st served* - Based on equipment availability.
- *Classes & Activities begin on time and last 45 minutes* unless noted otherwise.
- *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 | JANUARY 31

6:15 ☐ Mountain Hike: Professor's Trail Advanced, 3.3 Miles, Gazebo

6:45 ☐ Lowlands Hike: Woodlands Trail 2 Miles, Gazebo

9:00 ☐ Mobility: Stretch Montaña

10:00 ☐ Meditation Milagro  
☐ Strength: Circuit Training Azteca

11:00 ☐ Pickleball Open Play, unstaffed, please use court shoes.  
Pickleball Courts  
☐ Yoga: All Levels Montaña

1:00 ☐ Fitness Concierge (30 Min) Dining Hall

2:00 ☐ Strength: Full Body All Levels Olmeca

3:00 ☐ Mobility: Stretch Montaña  
☐ Sound Healing Oaktree

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 ☐ Candlelight Sound Healing with Broadway Lullabies,  
with Monique Mead Oaktree

SUNDAY | FEBRUARY 1

*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)  
Dining Hall Main Entrance

9:00 ☐ Advanced: Full Body Strength (Su,W) Olmeca  
☐ Meditation (Su-F) Oaktree  
☐ Mobility: Stretch (Su-F) Montaña  
☐ Pickleball Clinic: Beginners (Su-Th) Pickleball Courts  
☐ Pilates: Mat Foundations - Neutral & Spinal Articulation (Su-F) Pinetree  
☐ Strength: Introduction to Circuit Training Azteca

10:00 ☐ Specialty: Get Your GROOVE on! with Heather Winia (Su-F) Kuchumaa  
☐ Free Flow: Rooted In Feldenkrais (Su,Th) Oaktree  
☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts  
☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree  
☐ Strength: BOSU® Fit Olmeca  
☐ Strength: Introduction to Circuit Training Azteca  
☐ Yoga Level 1 (Su,T,Th) Montaña

11:00 ☐ Specialty: Introduction to Laughter Yoga with Cherie Kephart (75 Min) Montaña  
☐ Advanced: High Intensity Interval Training (30 Min) (Su,T) Tolteca  
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool  
☐ Longevity: Strength Training (Su,Th) Olmeca  
☐ Mobility: Stretch (Su,T,F) Kuchumaa  
☐ Movement: Introduction to TRX Fundamentals (Su,Th) Pinetree  
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Intuitive Ink Painting, with Karen Gerstenberger Art Studio

1:00 ☐ Master Your Metabolism with DeRahn Johnson Olmeca  
☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge

2:00 ☐ Aquatic: Deep Water (Su,T,Th) Activity Pool  
☐ Longevity: Lecture. How to Own Your Aging Process Olmeca  
☐ Mobility: TRX Flexibility (Su,Th) Pinetree  
☐ Recovery: Release & Mobilize (Su,W) Tolteca  
☐ 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,F) Kuchumaa  
☐ Strengthen Your Mindset: The Foundation, with Randy Kamen, PhD Tipai (across Kuchumaa Gym)

3:00 ☐ Advanced: Bodyweight Blast (30 Min) (Su,W) Tolteca  
☐ Longevity: Intro to Heart Rate Training Azteca  
☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Sound Healing (Su,M,T,Th,F) Oaktree

4:00 ☐ Chant: Vocal Sound Practice (Su,W) Milagro  
☐ Sound Healing Oaktree  
☐ Yoga: Restorative (Su,T,Th) Montaña  
☐ Sing Your Broadway Heart Out with Stephen Neely – Singing Classes, no experience necessary – just bring your enthusiasm! Main Lounge  
☐ The Interior Journey: Listening to Your Life, with Jeannie DuBose Tipai (across Kuchumaa Gym)

5:00 ☐ Drop Dead Diva – Broadway Roots, with Josh Berman Olmeca

7:15 ☐ Movie: *Conclave* Library Lounge

8:00 ☐ A Night of Broadway Stars with Nick Adams, Eden Espinosa,  
Adam Kantor, Van Kaplan, Monique Mead, Joel Waggoner  
Oaktree

MONDAY | FEBRUARY 2

*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

8:00 ☐ Pilates Concierge (Su,M,Th) Arroyo

9:00 ☐ Meditation (Su-F) Oaktree  
☐ Mobility: Stretch (Su-F) Montaña  
☐ Pickleball Clinic: Beginners (Su-Th) 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) Tennis Courts

10:00 ☐ Specialty: Get Your GROOVE on! with Heather Winia (Su-F) Kuchumaa  
☐ Advanced: Battle Ropes HIIT (30 Min) Olmeca  
☐ Barre (M,W,F) Pinetree  
☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts  
☐ Strength: Circuit Training (M-F) Azteca  
☐ Tennis Clinic: Level 2 (M,W) Tennis Courts  
☐ Yoga Level 2 Slow Flow (M,W,F) Montaña

11:00 ☐ Specialty: Laughter Yoga - Laugh & Flow with Cherie Kephart (50 Min) (M,W) Montaña  
☐ Advanced: TRX Strength & Cardio (M,F) Pinetree  
☐ Aquatic: H2O Boot Camp (Deep Water) (M,W,F) Activity Pool  
☐ Cardio & Strength: Mini Trampoline Build & Bounce Kuchumaa  
☐ Longevity: Balance and Mindful Movement Olmeca  
☐ 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,F) Tolteca  
☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo  
☐ Intuitive Ink Painting, with Karen Gerstenberger Art Studio

1:00 ☐ Broadway Jeopardy! with Van Kaplan & Friends Olmeca  
☐ Your Body is Talking. Are You Listening?  
with Jonelle Rutkauskas, HHP, RCST Library Lounge

2:00 ☐ Aquatic: Shallow Water (M,W,F) Activity Pool  
☐ Longevity: Dynamic Mobility (M,W) Olmeca  
☐ 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  
☐ Dance Your Broadway Dream: *All That Jazz*, with Michele de la Reza. All levels; no experience necessary Kuchumaa  
☐ Strengthen Your Mindset: Build Your Capacity to ‘Take in the Good’, with Randy Kamen, PhD Tipai (across Kuchumaa Gym)

3:00 ☐ Longevity: Cardio Zone 2 Heart Rate Training Azteca  
☐ Pilates: Reformer Level 2 (Su,M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Mobility & Corrective: Postural Awareness (M,Th) Tolteca  
☐ Sound Healing (Su,M,T,Th,F) Oaktree  
☐ Strength: TRX Core (30 Min) (M,Th) Pinetree  
☐ Yoga Workshop: Rope Wall Montaña

4:00 ☐ Breathwork (M,Th) Milagro  
☐ Recovery: Stretch and Relax (M,W,F) Montaña  
☐ Guest Reception: Sangria & 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 ☐ A Tribute to Stephen Sondheim with Nick Adams, Eden Espinosa,  
Adam Kantor, Van Kaplan, Monique Mead, Joel Waggoner  
Oaktree

TUESDAY | FEBRUARY 3

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

6:05 ☐ Sunrise Concert at the 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. After breakfast:  
**Sunrise Concert with Monique Mead & Joel Waggoner**, back by 10 am.  
Or option to tour award-winning Parque del Profesor. 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-Th) Pickleball Courts  
☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree  
☐ Strength: Barbell Workout (T,Th) Tolteca

10:00 ☐ Specialty: Get Your GROOVE on! with Heather Winia (Su-F) Kuchumaa  
☐ Pickleball Clinic: Intermediate (Su-Th) Pickleball Courts  
☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree  
☐ Strength: Circuit Training (M-F) Azteca  
☐ Strength: BOSU® Core & More Olmeca  
☐ Yoga Level 1 (Su,T,Th) Montaña

11:00 ☐ Specialty: Laughter Yoga - The Art of Play with Cherie Kephart (50 Min) (T,Th) Montaña  
☐ Advanced: High Intensity Interval Training (30 Min) (Su,T) Tolteca  
☐ Aquatic: Strength & Tone (Shallow Water) (Su,T,Th) Activity Pool  
☐ Mobility: Stretch (Su,T,F) Kuchumaa  
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Strength: TRX Full Body Pinetree  
☐ Intuitive Ink Painting, with Karen Gerstenberger Art Studio  
☐ *Cooking with the Seasons, with Head Chef Vivian Mercado*. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

1:00 ☐ Film: Miracle in a Box, narrated by John Lithgow introduced by John Callahan (56 min) Library Lounge  
☐ Hormones Through the Ages, with Nancy Cetel MD  
Tipai (across Kuchumaa Gym)  
☐ Making a Smoothie Class with Chef César Juice Bar

2:00 ☐ Aquatic: Deep Water (Su,T,Th) Activity Pool  
☐ Mobility & Corrective: Balance & Coordination (T,F) Olmeca  
☐ Mobility: Dynamic Stretch (30 Min) (T,F) Pinetree  
☐ Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ Dance Your Broadway Dream: *We Go Together*, with Michele de la Reza All levels; no experience necessary Kuchumaa  
☐ Grow Your Self-Compassion, with Randy Kamen, PhD  
Tipai (across Kuchumaa Gym)

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,M,T,Th,F) Oaktree  
☐ Strength: The ABC's - Arms/Butt/Core (30 Min) (T,F) Olmeca

4:00 ☐ Inner Journey: Guided Meditation (T,F) Milagro  
☐ Yoga: Restorative (Su,T,Th) Montaña  
☐ Hands-On Cooking Class with Visiting Chef Alex Carballo. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.  
☐ Loving Midlife and Beyond, with Jeannie DuBose  
Tipai (across Kuchumaa Gym)  
☐ Sing Your Broadway Heart Out with Stephen Neely – Singing Classes, no experience necessary – just bring your enthusiasm! Oaktree

5:00 ☐ 1<sup>st</sup> Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos  
☐ Drop Dead Diva – “Make Me a Match” s, with Josh Berman Olmeca

7:15 ☐ Movie: The Roses Library Lounge

8:00 ☐ Who Was Jonathan Larson? with Nick Adams, Eden Espinosa,  
Adam Kantor, Van Kaplan, Joel Waggoner Oaktree

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| <b>Meal Hours: Saturday</b><br>Breakfast 7:00 am to 9:00 am<br>Lunch 11:30 am to 3:30 pm<br>Dinner 5:30 pm to 7:30 pm                |  |
| <b>Meal Hours: Sunday- Friday</b><br>Breakfast 7:30 am to 9:00 am<br>Lunch 12:00 pm to 1:30 pm<br>Dinner 5:30 pm to 7:30 pm          |  |
| <b>Snack Times: Sunday- Friday</b><br>Fruit 10:30 am Main Lounge<br>Smoothies 2:45 pm Juice Bar<br>Veggies/Juice 4:30 pm Main Lounge |  |
| <b>Bazar Del Sol: Saturday- Friday</b><br>6:00 am to 9:00 pm   |  |
| <b>Juice Bar: Saturday - Friday</b><br>9:00 am to 12:00 pm & 1:00 pm 4:00 pm   |  |

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| <b>Available Facilities*</b><br>*when no class is in session  |
| <b>Milagro - Meditation Room</b><br>6:00 am to 9:00 pm  |
| <b>Activity Pool - Lap Swim</b><br>7:00 am to 5:00 pm   |
| <b>Azteca Gym - Weight Room</b><br>Saturday: 6:30 am to 1:30 pm<br>Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2) |
| <b>Tennis &amp; Pickleball Courts - Open Play</b><br>7:00 am to 5:00 pm   |

## WEDNESDAY | FEBRUARY 4

*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-Th) Pickleball Courts  
☐ **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree  
☐ **Strength: Circuit Training** (M,W,F) Azteca  
☐ **Tennis Clinic: Level 1** (M,W) Tennis Courts
- 10:00** ☐ **Specialty: Get Your GROOVE on! with Heather Winia** (Su-F) Kuchumaa  
☐ **Advanced: Cardio Sculpt Express** (30 min) (W,F) Olmeca  
☐ **Barre** (M,W,F) Pinetree  
☐ **Pickleball Clinic: Intermediate** (Su-Th) Pickleball Courts  
☐ **Strength: Circuit Training** (M-F) Azteca  
☐ **Tennis Clinic: Level 2** (M,W) Tennis Courts  
☐ **Yoga Level 2 Slow Flow** (M,W,F) Montaña  
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00** ☐ **Specialty: Laughter Yoga - Laugh & Flow with Cherie Kephart** (M,W) (50 Min) Montaña  
☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool  
☐ **Cardio & Strength: Cycle Strength** Pai Pai  
☐ **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 Level 2** Tolteca  
☐ **Strength: Functional Movement** Olmeca  
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo  
☐ **Intuitive Ink Painting, with Karen Gerstenberger** Art Studio
- 1:00** ☐ **OPEN REHEARSAL** (1.5 hrs) Oaktree
- 2:00** ☐ **Aquatic: Shallow Water** (M,W,F) Activity Pool  
☐ **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo  
☐ **Recovery: Release & Mobilize** (Su,W) Tolteca  
☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ **Tai Chi** Montaña  
☐ **Dance Your Broadway Dream: *Hernando's Hideaway*, with Michele de la Reza.** All levels; no experience necessary Kuchumaa  
☐ **Strengthen Communication: Deepen Relationships, with Randy Kamen, PhD** Tipai (across Kuchumaa Gym)
- 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  
☐ **Yoga Workshop: Happy Hips & Low Back** (W,F) Montaña  
☐ **Sound Healing with Monique Mead** Oaktree
- 4:00** ☐ **Chant: A Vocal Sound Practice** (Su,W) Milagro  
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña  
☐ **Hands-On Cooking Class with Visiting Chef Alex Carballo.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.  
☐ **Portals in Wonder and Awe, with Jeannie DuBose** Tipai (across Kuchumaa Gym)  
☐ **Tasting of Guadalupe Valley Wines, includes cheese board.** Fee \$45 (60min) Call Ext.113 or visit the Main Lounge to Sign Up (Minimum 4 guests required) Bazar del Sol
- 5:00** ☐ **Storytelling Through Song with Adam Kantor** Oaktree
- 7:15** ☐ **Movie: *One Life*** 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 | FEBRUARY 5

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

- 6:05** ☐ **Sunrise Concert at the 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. After breakfast: **Sunrise Concert with Monique Mead & Joel Waggoner, back by 10 am. Or option to tour award-winning Parque del Profesor.** 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** 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
- 9:00** ☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca  
☐ **Meditation** (Su-F) Oaktree  
☐ **Mobility: Stretch** (Su-F) Montaña  
☐ **Pickleball Clinic: Beginners** (Su-Th) Pickleball Courts  
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree  
☐ **Strength: Barbell Workout** (T,Th) Tolteca
- 10:00** ☐ **Specialty: Get Your GROOVE on! with Heather Winia** (Su-F) Kuchumaa  
☐ **Advanced: BOSU® & Battle Ropes** Olmeca  
☐ **Free Flow: Rooted In Feldenkrais** (Su,Th) Oaktree  
☐ **Pickleball Clinic: Intermediate** (Su-Th) Pickleball Courts  
☐ **Pilates: Mat Level 2** (Su,T,Th) Pinetree  
☐ **Strength: Circuit Training** (M-F) Azteca  
☐ **Yoga Level 1** (Su,T,Th) Montaña
- 10:30** ☐ **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** Fee \$290 Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
- 11:00** ☐ **Specialty: Laughter Yoga - Art of Play with Cherie Kephart** (50 Min) (T,Th) Montaña  
☐ **Aquatic: Strength & Tone (Shallow Water)** (Su,T,Th) Activity Pool  
☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa  
☐ **Longevity: Strength Training** (Su,Th), Olmeca  
☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree  
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ **Strength: Core & More** Tolteca  
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge  
☐ **Intuitive Ink Painting, with Karen Gerstenberger** Art Studio  
☐ **Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- 12:00** ☐ **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Sign up in Main Lounge. Dining Hall at the Patio Terrace
- 12:30** ☐ **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00** ☐ **Hormones and our Overall Health and Wellness, with Nancy Cetel MD** Tipai (across Kuchumaa)  
☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Kit Fee \$60 + tax. Sign up in the Main Lounge, Dining Hall Balcony
- 2:00** ☐ **Aquatic: Deep Water** (Su,T,Th) Activity Pool  
☐ **Longevity: Lecture - Planning your Home Practice** Olmeca  
☐ **Mobility: TRX Flexibility** (Su,Th) 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  
☐ **Dance Your Broadway Dream: *New York, New York*, with Michele de la Reza-** All levels; no experience necessary. Kuchumaa  
☐ **Discover Your Life Vision, with Randy Kamen, PhD** Tipai (across Kuchumaa Gym)
- 3:00** ☐ **Longevity: Heart Rate Training** (30 Min) Azteca  
☐ **Pilates: Tower Level 1** (T,Th) Sign-up begins daily at 8am in Arroyo. Limited availability. Drop-ins welcome. Arroyo  
☐ **Mobility & Corrective: Postural Awareness** (M,Th) Tolteca  
☐ **Sound Healing** (Su,M,T,Th,F) Oaktree  
☐ **Strength: TRX Core** (30 Min) (M,Th) Pinetree  
☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00** ☐ **Breathwork** (M,Th) Milagro  
☐ **Yoga: Restorative** (T,Th) Montaña  
☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol  
☐ **The Inner Pilgrimage to Beauty, Jeannie DuBose** Tipai (across Kuchumaa Gym)  
☐ **Sing Your Broadway Heart Out with Stephen Neely- Singing Classes, no experience necessary – just bring your enthusiasm!** Oaktree  
☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
- 4:45** ☐ **Farm-to-Table Dining Experience, with Visiting Chef Alex Carballo and Head Chef Vivian Mercado.** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 5:00** ☐ ***Drop Dead Diva* – “What If”, with Josh Berman** Olmeca  
☐ **Fireside Tales, with Chris Salisbury** Oaktree
- 7:15** ☐ **Prayer Arrows with Tim Hinchliff,** Main Lounge  
☐ **Movie: *Now You See Me*** Library Lounge
- 8:00** ☐ **Finale: Broadway Now!** Nick Adams, Eden Espinosa, Adam Kantor, Van Kaplan, Joel Waggoner Oaktree

## FRIDAY | FEBRUARY 6

*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 Open Play** unstaffed, court shoes and safety glasses are recommended. 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
- 10:00** ☐ **Specialty: Get Your GROOVE on! with Heather Winia** (Su-F) Kuchumaa  
☐ **Advanced: Cardio Sculpt Express** (30 min) (W,F) Olmeca  
☐ **Barre** (M,W,F) Pinetree  
☐ **Pickleball Open Play** \*unsupervised, court shoes and safety glasses are recommended. Pickleball Courts  
☐ **Strength: Circuit Training** (M-F) Azteca  
☐ **Yoga Level 2 Slow Flow** (M,W,F) Montaña  
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 10:30** ☐ **Mercado Craft Sale** ongoing until 2:30 pm Mercado Patio
- 11:00** ☐ **Specialty: Laughter Yoga - A Laughter Closing Circle with Cherie Kephart** (50 Min) Montaña  
☐ **Advanced: TRX Strength & Cardio** (M,F) Pinetree  
☐ **Aquatic: H2O Boot Camp (Deep Water)** (M,W,F) Activity Pool  
☐ **Cardio: Cycle Hip Hop** (30 Min), Pai Pai  
☐ **Mobility: Stretch** (Su,T,F) Kuchumaa  
☐ **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,F) Tolteca  
☐ **Intuitive Ink Painting, with Karen Gerstenberger** Art Studio  
☐ **Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa
- 1:00** ☐ **Take The Ranch Home: Goal & Intention Setting** Tolteca  
☐ **Film: Miracle in a Box, narrated by John Lithgow introduced by John Callahan** (56 min) Library Lounge
- 2:00** ☐ **Aquatic: Shallow Water** (M,W,F) Activity Pool  
☐ **Mobility & Corrective: Balance & Coordination** (T,F) Olmeca  
☐ **Mobility: Dynamic Stretch** (T,F) Pinetree  
☐ **Yoga: Gentle Aerial Hammock** (Low) Please wear socks & long sleeves. (Su,F) Kuchumaa  
☐ **Art Class Exhibit — All Are Welcome. Join us in celebrating creativity!** Art Studio
- 2:45** ☐ **Live Music and Smoothies** Juice Bar
- 3:00** ☐ **Recovery: Foam Roller** (T,F) Tolteca  
☐ **Sound Healing** (Su,M,T,Th,F) Oaktree  
☐ **Strength: The ABC's - Arms/Butt/Core** (T,F) Olmeca  
☐ **Yoga Workshop: Happy Hips & Low Back** (W,F) Montaña  
☐ **Spanish Lessons: Beginners Progressive** Library Lounge
- 4:00** ☐ **Inner Journey: Guided Meditation** (T,F) Milagro  
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
- 5:00** ☐ **Broadway Sing-Along, with Stephen Neely, Michele de la Reza and you!** Bazar del Sol
- 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*