

Week of March 8, 2025

Pickleball with Mo Garcia and Joel Wolf

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

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

Keep in mind a few guidelines for the week:

- We are a “**digital noise-free environment**”. Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.

- “**Progressive**” classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness Level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.

- **Sign ups** for classes are posted in the Main Lounge clipboards.

- **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.**

SATURDAY | MARCH 8

6:15 **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo

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

9:00 **Stretch** Pinetree

10:00 **Circuit Training** Azteca
 Meditation Milagro

11:00 **Pickleball Open Play**, please use proper footwear.
Pickleball Courts
 Yoga: All Levels Montaña

1:00 **Fitness Concierge** Dining Hall

2:00 **Core Express** (30 Min) Olmeca

3:00 **Stretch** Pinetree
 Sound Healing Oaktree

4:30 **Ranch Tour** (Recommended for 1st time guests) Gazebo

5:00 **First Time Guest Orientation** Olmeca
 Returning Guest Update Tolteca

6:45 **Meet the Presenters** Dining Hall

7:30 **Movie: The Upside** Library Lounge

8:00 **It All Starts with YOU—and How You Come Across to Others, with Denise Dudley** Olmeca

| <u>MEAL HOURS</u> | | <u>AVAILABLE FACILITIES</u> | |
|------------------------------|----------------------|---|-------------------------------------|
| SATURDAY | | WHEN NO CLASS IS IN SESSION | |
| Breakfast | 7:00 am to 9:00 am | Milagro - Meditation Room | 6:00 am to 9:00 pm |
| Lunch | 11:30 am to 3:30 pm | Activity Pool - Lap Swim | 7:00 am to 5:00 pm |
| Dinner | 5:30 pm to 7:30 pm | Azteca Gym - Weight Room | Saturday: 6:30 am to 1:30 pm |
| | | | Sunday – Friday: 7:00 am to 5:00 pm |
| SUNDAY THROUGH FRIDAY | | UNSTAFFED PICK-UP GAMES | |
| Breakfast | 7:30 am to 9:00 am | Pickleball open play: all levels | 11am: Su,T,Th,F |
| Lunch | 12:00 pm to 1:30 pm | | 9am: M,W |
| Dinner | 5:30 pm to 7:30 pm | | |
| SNACK TIMES | | | |
| SUNDAY THROUGH FRIDAY | | | |
| Fruit | 10:30 am Main Lounge | | |
| Smoothies | 2:45 pm Juice Bar | | |
| Veggies/Juice | 4:30 pm Main Lounge | | |

SUNDAY | MARCH 9

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

8:15 **Ranch Tour and Orientation** (For 1st time guests)
Meet at the entrance of Dining Hall
 Fitness Concierge (30 Min) Dining Hall

9:00 **Circuit Training**, Azteca
 Full Body Strength: Level 2, Olmeca
 Meditation, Oaktree
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Stretch, Montaña
 TRX Fundamentals, Tolteca

10:00 **Circuit Training**, Azteca
 Dance: Latin Fusion, Kuchumaa
 Pickleball Clinic: Intermediate, Pickleball Courts
 Pilates: Mat Level 2, Pinetree
 Ranch Barre, Olmeca
 Ranch Cycle: All Levels, Pai Pai
 Yoga Fundamentals, Montaña

11:00 **Pilates: Reformer Fundamentals**, Pilates Studio
 Postural Awareness, Tolteca
 Rebounder Balance & Core: Level 2, Kuchumaa
 Shallow Water Workout, Activity Pool
 Strength For Longevity, Olmeca
 Stretch, Oaktree
 Yoga Level 2 (75 min), Montaña

12:00 **Swim Stroke Clinic** (30 Min), Activity Pool

1:00 **Identify your Hunger- How to Tell Physical and Emotional Hunger Apart, w/Adrienne Youdim, MD** Olmeca
 Water Flow Therapy Demo South Pool

2:00 **Cardio Drum Dance**, Kuchumaa
 Deep Water Training, Activity Pool
 Pilates: Reformer Fundamentals, Pilates Studio
 Ranch Ropes HIIT (30 Min), Olmeca
 Choose Love! What Story Are You Telling, with Deborah Colman, Master Certified Coach Arroyo

3:00 **Pilates: Reformer Fundamentals**, Pilates Studio
 Sound Healing, Oaktree
 Lecture: Strength for Longevity with Pete McCall, CSCS, Olmeca
 Strength and Stretch with Stick Mobility, Pinetree
 Tai Chi, Montana

4:00 **Foam Roller Recovery**, Tolteca
 Restorative Yoga, Montaña
 Personal Response Styles: Passive, Aggressive and Assertive, with Denise Dudley Olmeca

5:00 **Jazz & Blues with Guitarist Mimi Fox** Oaktree

7:30 **Movie: Wicked** Library Lounge

8:00 **Ilse Seger: An Ordinary Woman's Story of Imprisonment and Resistance in Nazi Germany, with Melissa Kravetz, PhD** Olmeca

MONDAY | MARCH 10

Class spaces are limited to first come first served

6:15 **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo

6:20 **Ruck: Weighted Hiking: Intermediate**, Sign up. 2 Miles, Gazebo

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

6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

9:00 **Barbell Strength: Level 2**, Tolteca
 Circuit Training, Azteca
 Meditation, Oaktree
 Pilates: Mat Fundamentals Progressive, Pinetree
 Ranch Barre, Olmeca
 Stretch, Montaña
 Tennis Clinic: Level 1, Tennis Courts

10:00 **Breathwork**, Milagro
 Circuit Training, Azteca
 Core & More, Olmeca
 Dance: Cardio Hip Hop Bodyrock, Kuchumaa
 H2O Boot Camp: Deep Water Workout, Activity Pool
 Pilates: Mat Level 2, Pinetree
 Ranch Cycle: All Levels, Pai Pai
 Tennis Clinic: Level 2, Tennis Courts
 Yoga Fundamentals, Montaña

11:00 **Bungee Fitness: Advanced***, Sign Up, *Utilizes a harness device, please wear long pants. Pinetree
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Reformer Fundamentals, Pilates Studio
 Shallow Water Workout, Activity Pool
 Dynamic Mobilization for Active Agers, Olmeca
 TRX & Kettlebells, Tolteca
 Yoga Level 2 (75 min), Montaña
 Drawing with Jennifer (2 hrs), Art Studio

1:00 **Redefine Nutrition- 5 Nutrients to Nourish You Mind and Body Day with Adrienne Youdim, MD** Olmeca
 Secrets to Better Pickleball, Tolteca

2:00 **Healthy Shoulder & Rotator Cuff Secrets**, Tolteca
 Lowlands Hike: Woodlands Trail, 2 Miles, Gazebo
 Pilates: Reformer Fundamentals, Pilates Studio
 Release & Mobilize
 Strength and Stretch with Stick Mobility, Pinetree
 Watercolor with Jennifer (2 hrs), Art Studio
 Inner Fitness: Healthy Inner Dialogue, with Deborah Colman, MCC Arroyo

3:00 **Pilates: Reformer Level 2**, Pilates Studio
 Rebounder Express (30 Min), Kuchumaa
 Sound Healing, Oaktree
 Spanish Lessons: Beginner's Progressive, Library Lounge
 Workshop: Using Family Archives to Create a Memoir, with Melissa Kravetz, PhD Arroyo

4:00 **Inner Journey: Guided Meditation**, Oaktree
 Stretch and Relax, Montaña
 Speaking & Listening: The “Give and Take” of Successful Communication, with Denise Dudley Olmeca

4:30 **Guest Reception: Sangría & Guacamole**, Bazar del Sol

6:15 **Silent Dinner**, Sign up. Los Olivos (via Dining Hall balcony)

7:30 **Documentary: Kiss the Ground** (1.5 hr) Library Lounge

8:00 **Understanding Skin Cancer and Sun Protection, with Dr. Amy Brodsky** Olmeca

TUESDAY | MARCH 11

Class spaces are limited to first come first served

6:05 **Organic Garden Breakfast Hike** 4 Miles, up w/Concierge, Gazebo
* Option to tour Professor Park / RLP Foundation, back by 9am
* Option to ride the van to and from the Ranch.

6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo

6:30 **Mountain Trail Run** 2-4 miles, Gazebo

Sunrise Yoga: All Levels (60 Min), Montaña
6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo

9:00 **Bootcamp**, Kuchumaa
 Functional Strength: All Levels, Olmeca
 Meditation, Oaktree
 Pickleball Clinic: Beginner, Pickleball Courts
 Pilates: Mat Fundamentals Progressive, Pinetree
 Postural Awareness, Tolteca
 Stretch, Montaña

10:00 **Circuit Training**, Azteca
 Dance: Intro to Salsa, Kuchumaa
 Pickleball Clinic: Intermediate, Pickleball Courts
 Pilates on the Stability Ball Level 2, Olmeca
 TRX Strength HIIT: Level 2, Tolteca
 Yoga Fundamentals, Montaña

11:00 **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
 Cycle Express (30 Min), Pai Pai
 Kettlebells (30 Min), Tolteca
 Pilates: Reformer Fundamentals, Pilates Studio
 Strength & Stretch with Stick Mobility, Pinetree
 Stretch, Oaktree
 Yoga Sculpt: Level 2 (60 Min), Olmeca
 Landscape Sketching with Jennifer (120 Min) Art Studio
 Hands-On Cooking Class: Ranch Originals: 85 Years of Flavor, with Chef Reyna. Register at Ext. 640/625. Fee \$100. Return 2:30pm. Meet at Admin Bldg.

1:00 **Cooking Demo by Sous Chef Vivian Mercado**, Juice Bar
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins), Library Lounge
 Overcoming Saboteurs and Self-Limiting Beliefs to Achieve Health and Wellbeing, with Adrienne Youdim, MD Olmeca

2:00 **Aerial Yoga: Level 1: Gentle-Low Hammock**, *Please wear socks & short/long sleeves. Kuchumaa
 Balance and Coordination, Olmeca
 Circuit Training, Azteca
 Deep Water Training, Activity Pool
 Pilates: Cadillac Fundamentals, Pilates Studio
 Easter Art Project with Jennifer (2 Hrs) Art Studio
 Inner Fitness: Emotional Fluency, with Deborah Colman, MCC Arroyo

3:00 **Core Express** (30 Min), Olmeca
 Fascial Fitness (30 Min), Pinetree
 Pilates: Reformer & Cadillac Combo, Pilates Studio
 Sound Healing, Oaktree
 Tai Chi, Montaña
 Spanish Lessons: Beginner's Progressive, Library Lounge
 85th Anniversary: Share your Ranch Story Workshop, Milagro
 When Relationship Difficulties Arise: Assertive Problem-Solving, with Denise Dudley Arroyo

4:00 **Foam Roller Recovery**, Tolteca
 Mind-Flow 101: Mindfulness Through Improv, Arroyo
 Restorative Yoga, Montaña
 How to Build a Skincare Routine, w/Dr. Amy Brodsky Olmeca
 Jazzed Up Mocktails& Morsels: A Hands-on Experience with Visiting Teacher Christa Cotton. Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.
 Wine Tasting of Guadalupe Valley wines, \$35 per person. Sign up by calling Ext.113 or Sign up in the Main Lounge. Bazar del Sol

5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience**, Los Olivos

7:30 **Movie: Sight** Library Lounge

8:00 **Women World Leaders – Lessons of Leadership Stories of Women Presidents and Prime Ministers, w/ Laura Liswood, JD/MBA** Olmeca

WEDNESDAY | MARCH 12

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up w/ Concierge, Gazebo
- 6:15 **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30 **Meditation Hike: Meadow Trail** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 **Circuit Training**, Azteca
- Cardio Boxing**, Kuchumaa
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Ranch Barre**, Olmeca
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- TRX & Kettlebells**, Tolteca

- 10:00 **Circuit Training**, Azteca
- Cycle Strength**, Pai Pai
- Dance: Move & Groove, Funk!**, Kuchumaa
- Full Body Strength: Level 1**, Olmeca
- H2O Boot Camp (Deep Water Workout)**, Activity Pool
- Pilates: Mat Level 2**, Pinetree
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge

- 11:00 **Lower Body Blast** (30 Min), Olmeca
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Rebounder Express** (30 Min), Kuchumaa
- Shallow Water Workout**, Activity Pool
- Vertical Core**, Tolteca
- Yoga Level 2** (75 Min), Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

- 1:00 **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Lessons and Myths of Leadership, with Laura Liswood, JD/MBA** Arroyo
- Self-Compassion: The (Surprising) Key to Transforming your Life, w/ Adrienne Youdim, MD** Olmeca

- 2:00 **Aerial Yoga: Level 1*** Gentle-Low Hammock, *Please wear socks & short/long sleeves. Kuchumaa
- Mountain Hike: Alex Oak Trail**, 2 Miles, Gazebo
- Labyrinth**, Labyrinth
- Pilates: Reformers Fundamentals**, Pilates Studio
- Release & Mobilize**, Oaktree
- Water Jogging (Deep Water Workout)**, Activity Pool
- Inner Fitness: The Joy of Responsibility, w/ Deborah Colman, MCC** Arroyo

- 3:00 **Pilates: Reformer Level 2**, Pilates Studio
- Sound Healing**, Oaktree
- TRX Core** (30 Min), Tolteca
- Knitting to Wellness** (60 Min), Adv. Sign Up Req. 8 Spots, Main Lounge
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- Workshop: Using Family Archives to Create a Memoir, with Melissa Kravetz, PhD** Arroyo
- Wine & Paint at Bazar del Sol.** Fee\$65. Sign up at Bazar del Sol ext 113)

- 4:00 **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Stretch and Relax**, Montaña
- Top Ten Anti-Aging Skincare Tips, with Dr. Amy Brodsky** Olmeca
- Jazzed Up Mocktails& Morsels: A Hands-on Experience with Visiting Teacher Christa Cotton.** Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.

- 7:30 **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 | MARCH 13

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up w/Concierge, Gazebo
* Option to tour Professor Park / RLP Foundation, back by 9am
* Option to ride the van to and from the Ranch.

- 6:10 **Mountain Hike: 7-Mile Breakfast** Advanced, Pre-Reqs., Sign up, Gazebo
- 6:15 **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00 **Bird Walk** (60 Min) Gazebo

- 9:00 **Cardio Drum Dance**, Kuchumaa
- Full Body Strength: Level 2**, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- TRX Fundamentals**, Tolteca

- 10:00 **Chant**, Milagro
- Circuit Training**, Azteca
- Dance: Burlesque**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Arc Barrel Levels 2**, Pinetree
- Total Body Strength with Bands**, Olmeca
- Yoga: Level 1**, 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 **Aqua Strength & Tone (Shallow Water Workout)**, Activity Pool
- Lower Body Blast** (30 Min), Olmeca
- Bungee Fitness: Advanced***, Sign Up, Utilizes a harness device, please wear long pants. Pinetree
- Cycle Hip Hop** (30 Min), Pai Pai
- Pilates Reformer Fundamentals**, Pilates Studio
- Stretch**, Oaktree
- Yoga Level 2** (75 Min), Montaña
- 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.
Dining Hall at the Patio Terrace.

- 12:30 **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance

- 1:00 **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up,
Fee for Art Kit \$70, Dining Hall Balcony
- Finding the Leader within You, with Laura Liswood, JD/MBA** Arroyo

- 2:00 **Balance and Coordination**, Olmeca
- Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Pilates: Cadillac Fundamentals**, Pilates Studio
- Inner Fitness: Embracing Your Value, w/Deborah Colman, MCC** Arroyo

- 3:00 **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Sound Healing**, Oaktree
- Yoga Sculpt: Level 2**, Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge

- 4:00 **Foam Roller Recovery**, Tolteca
- Restorative Yoga**, Montaña
- Dance: Floorwork**, Arroyo
- What to Look for in a Sunscreen, with Dr. Amy Brodsky** Olmeca
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol

- 5:00 **Farm-to-Fête Dining Experience with Visiting Teacher Christa Cotton and Chef Reyna Venegas.** Register at Ext. 640/625. Fee \$150. Return 7:30 p.m. Meet at Admin Bldg.

- 7:15 **Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30 **Movie: The Boys in the Boat** Library Lounge

- 8:00 **An Evening of Jazz & Blues with Guitarist Mimi Fox** Oaktree

FRIDAY | MARCH 14

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

- 6:05 **Organic Garden Breakfast Hike** 4 Miles, Sign up with Concierge,
* Option: to stay and work in the Garden with Salvador 8 to 10am,
will Walk to the Garden and Van back to the Ranch (Fri only).
Gazebo

- 6:15 **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 **Meditation Hike: Alex's Oak** Moderate, 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 **Barbell Strength: Level 2**, Tolteca
- Circuit Training**, Azteca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña

- 10:00 **Circuit Training**, Azteca
- Dance: Cardio Hip Hop 90's**, Kuchumaa
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 1**, Montaña

- 11:00 **Cardio Sculpt Express** (30 Min), Olmeca
- Kettlebells** (30 Min), Tolteca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga Level 2** (75 Min), Montaña
- Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio

- 11:30 **Mercado's Craft Sale** ongoing until 2:30 pm, Mercado

- 1:00 **Take the Ranch Home**, Tolteca
- Cultivating a Growth Mindset in Your Life and Work, with Laura Liswood, JD/MBA** Arroyo
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

- 2:00 **Aerial Yoga: Level 1:** Gentle (Low Hammock),
Please wear socks & short /long sleeves. Kuchumaa
- Pilates: Reformer Fundamentals**, Pilates Studio
- TRX Flexibility**, Tolteca
- Mandala with Jennifer** (60 Min) Art Studio

- 2:45 **Live Music and Smoothies** Juice Bar

- 3:00 **Core Express** (30 Min), Olmeca
- Strength & Stretch with Stick Mobility**, Pinetree
- Sound Healing**, Oaktree
- Spanish Lessons: Beginner's** Progressive, Library Lounge

- 4:00 **Inner Journey: Guided Chakra Meditation**, Oaktree
- Stretch & Relax**, Montaña

- 6:00 **Live Music with Rancho La Puerta Fiesta Band** (2 Hrs),
Dining Hall

- 6:15 **Shabbat Ceremony** (led by guests), Los Olivos

- 7:30 **Movie: Conclave** Library Lounge

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