

Week of August 8, 2026

Better Balance with Kimberly Williams-Evans

Water Week with Monica Picard **DRAFT SUBJECT TO CHANGE**

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 inside 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.
- For the ***comfort and safety*** of our fellow guests, no open swim during scheduled classes
- ***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 | AUGUST 8

- 6:15

☐ Mountain Hike: Professor's Trail (S,M,Th) Advanced, 3.3 Miles, Gazebo
- 6:45

☐ Lowlands Hike: Woodlands Trail (S,Su,T,Th) 2 Miles, Gazebo
- 9:00

☐ Meditation (S-F) Milagro
☐ Mobility: Stretch (S-F) Montaña
- 10:00

☐ Pilates Mat All Levels Pinetree
☐ Strength: Circuit Training Azteca
- 11:00

☐ Specialty: Aqua Strength & Tone (Shallow Water) with Monica Picard (S,W) Activity Pool
☐ Pilates: Reformer Level 1 Sign-up begins 8am at the Pilates Studio in Arroyo
- 12:00

☐ Yoga: All Levels Montaña
☐ Strength: Full Body All Levels Olmeca
- 1:00

☐ Fitness Concierge (60 Min) Dining Hall
- 2:00

☐ Specialty: Deep Water Training with Monica Picard (S,Su,T) Activity Pool
☐ Pickleball Open Play unstaffed, Court shoes recommended. Pickleball Courts
- 3:00

☐ Mobility: Stretch Montaña
- 4:00

☐ Sound Healing (S,Su) Oaktree
- 5:00

☐ Ranch Tour (Recommended for first time guests) Gazebo
☐ Returning Guest Update Tolteca
- 5:30

☐ First Time Guest Orientation Olmeca
- 6:45

☐ Meet the Presenters Dining Hall Back Patio
- 7:15

☐ Movie: *The Upside* Library Lounge
- 8:00

☐ The Beauty and Soul of Mah Jongg, with Toby Salk Olmeca

SUNDAY | AUGUST 9

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 (60 Min) Gazebo
- 8:00

☐ Pilates Concierge (15 min) (Su,M,Th) Pilates Studio in Arroyo
- 8:15

☐ Fitness Concierge (30 Min) 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
☐ Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation (Su-F) Pinetree
☐ Pickleball Open Play unstaffed, Court shoes recommended. (Su,F) Pickleball Courts
- 10:00

☐ Dance: Latin Fusion Kuchumaa
☐ Longevity: Strength Training Olmeca
☐ Movement: Introduction to TRX Fundamentals Pinetree
☐ Pickleball Open Play unstaffed, Court shoes recommended. (Su,F) Pickleball Courts
☐ Pilates: Reformer Level 1 (Su,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: Introduction to Circuit Training Azteca
☐ TRX Fundamentals Pinetree
☐ Yoga Level 1 - Foundations (Su-F) Montaña
- 11:00

☐ Specialty: Better Balance, Fewer Falls with Kymberly Williams-Evans (Su,W) Olmeca
☐ Specialty: The Wave (Shallow Water) with Monica Picard (Su,M,W) Activity Pool
☐ Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa
☐ Longevity Cardio Lab: From Zone 2 to HIIT (Su,Th) Azteca
☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: Kettlebells (Su,Th) Olmeca
☐ Yoga Level 2 Slow Flow (75 Min) (Su,M,W,Th,F) Montaña
☐ Art Class: Weaving and Natural Dyes with Alana Nydorf Art Studio
- 12:00

☐ Specialty: Swim Conditioning with Monica Picard Activity Pool
- 1:00

☐ Master Your Metabolism, with DeRahn Johnson, FNS, CES Tipai
☐ Water Flow Therapy Demo South Pool
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
- 2:00

☐ Specialty: Deep Water Training with Monica Picard (Su,Th,F) Activity Pool
☐ Breathwork (Su,Tu) Milagro
☐ Longevity: Lecture. How to Own Your Aging Process Library Lounge
☐ Pilates: Reformer Level 1 (Su,Tu,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- 3:00

☐ Specialty: Aqua Ease Shallow Water Stretch with Monica Picard (Su,T) Activity Pool
☐ Pilates: Reformer Level 1 (Su,M) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Sound Healing (Su-F) Oaktree
☐ Strength: the ABCs - Arms/Butt/Core (30 Min) (Su,W) Olmeca
☐ Tai Chi (Su 3pm & W at 2pm) Montaña
- 4:00

☐ Recovery: Foam Roller (Su,T,Th) Tolteca
☐ Sound Healing Oaktree
☐ Yoga: Restorative (Su,Tu,Th) Montaña
☐ Beginners Mah Jongg – American Style with Toby Salk Tipai Sign up Required
- 5:00

☐ Inner Fitness: Defining Self-Compassion with Julie Kangas, Ph.D. Olmeca
- 7:15

☐ Movie: *Now You See Me* Library Lounge
- 8:00

☐ Bach Suites: Celebrating 300 Years Since They Were Written! with Saeunn Thorsteinsdóttir (Bach Suites No. 1, 2 & 3 for Solo Cello) Oaktree

MONDAY | AUGUST 10

Class spaces are limited to first come first served.

- 6:15

☐ Mountain Hike: Professor's Trail (M,Th) Advanced, 3.3 Miles, Gazebo
- 6:45

☐ Lowlands Hike: Quail Trail Moderate (M,W,F) 2 or 2.5 Miles, Gazebo
- 7:00

☐ Specialty: Water Walking with Monica Picard (M,W) Central Pool
- 8:00

☐ Pilates Concierge (15 min) (Su,M,Th) Pilates Studio in Arroyo
- 9:00

☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts
☐ Pilates: Mat Foundations All Levels - Flexion (Su-F) Pinetree
☐ Strength: Total Body with Bands (M,F) Olmeca
☐ Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts
- 10:00

☐ Dance: Move & Groove Funk Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts
☐ Pilates: Mat Level 2 (M,F) Pinetree
☐ Strength: Barbell Workout Level 2 Tolteca
☐ Strength: Circuit Training (Su-F) Azteca
☐ Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts
☐ Yoga Level 1 – Balance (Su-F) Montaña
- 11:00

☐ Specialty: Power Training for Better Balance with Kymberly Williams-Evans Olmeca
☐ Specialty: The Wave (Shallow Water) with Monica Picard (Su,M,W) Activity Pool
☐ Cardio: Cycle Express (30 Min) Pai Pai
☐ Mobility: TRX Flexibility (M,F) Pinetree
☐ Pilates: Reformer Level 2 (Su,M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Yoga Level 2 Slow Flow (75 Min) Montaña
☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge
☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo
☐ Art Class: Weaving and Natural Dyes with Alana Nydorf Art Studio
- 12:30

☐ Behind the Ranch Menu – The Chef, the Nutritionist & the Fitness Expert –A 15-Minute Overview Outdoor Dining Hall Patio
- 1:00

☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Library Lounge
- 2:00

☐ Specialty: H2O Bootcamp (Deep Water) with Monica Picard Activity Pool
☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Recovery: Release & Mobilize (M,F) Oaktree
☐ Strength: Circuit Training Azteca
☐ Yoga: Gentle Aerial Hammock (Low) (M,F) Please wear socks & long sleeves. Kuchumaa
☐ Inner Fitness: Experiencing Self-Love with Julie Kangas, Ph.D. Library Lounge
- 3:00

☐ Advanced: Bodyweight Blast (M,Th) (30 Min) Tolteca
☐ Pilates: Reformer Level 1 (Su,M) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Sound Healing (Su-F) Oaktree
☐ Yoga Workshop: Happy Hips & Low Back (M,W) Montaña
- 4:00

☐ Inner Journey: Guided Meditation (M,W,F) Oaktree
☐ Yoga: Restorative (Su,Tu,Th) Montaña
☐ Beginners Mah Jongg – American Style with Toby Salk Tipai Sign up Required
- 5:00

☐ Guest Reception: Sangría & Guacamole Bazar del Sol
- 7:15

☐ Movie: *Mrs. Harris Goes to Paris* Library Lounge
- 8:00

☐ In Safe Company of the Ocean Giants with Amos Nachoum Olmeca

TUESDAY | AUGUST 11

Class spaces are limited to first come first served.

- 6:05

☐ Organic Garden Breakfast Hike (T-Th) 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 (T,F) Advanced, 5.5 or 4 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

☐ Specialty: Water Walking with Monica Picard (M,T) Central Pool
☐ Bird Walk (60 Min) Gazebo
- 9:00

☐ Advanced: Cardio Muscle Blast (T,Th) Azteca
☐ Barre (T,Th) Olmeca
☐ Meditation (Su-F) Oaktree
☐ Mobility: Stretch (Su-F) Montaña
☐ Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts
☐ Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree
- 10:00

☐ Aqua Board (T,Th) Central Pool
☐ Dance: Cardio Drumming Kuchumaa
☐ Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts
☐ Strength: Circuit Training (Su-F) Azteca
☐ Yoga Level 1 - Strength (Su-F) Montaña
- 11:00

☐ Specialty: Aqua Strength & Tone (Shallow Water) with Monica Picard (T,Th) Activity Pool
☐ Specialty: Get Great Gait with Kymberly Williams-Evans Olmeca
☐ Aqua Board (T,Th) Central Pool
☐ Cardio: Mini Trampoline Express (30 Min) (Tu,Th) Kuchumaa
☐ Pilates: Reformer Level 1 (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Strength: TRX Circuit HIIT Tolteca
☐ Yoga Sculpt: Level 2 (60 Min) (Tu,Th) Olmeca
☐ Art Class: Weaving and Natural Dyes with Alana Nydorf Art Studio
- 1:00

☐ Making a Smoothie Class with Chef César Juice Bar
- 2:00

☐ Specialty: Water Jogging with Monica Picard Activity Pool
☐ Advanced: Battle Ropes HIIT (30 Min) (Tu,Th) Olmeca
☐ Breathwork (Su,Tu) Milagro
☐ Pilates: Reformer Level 1 (Su,Tu,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ Inner Fitness: The Yin and Yang of Self-Compassion with Julie Kangas, Ph.D. Library Lounge
- 3:00

☐ Specialty: Aqua Ease Shallow Water Stretch with Monica Picard (30 Min) (Su,T) Activity Pool
☐ Sound Healing (Su-F) Oaktree
☐ Strength: Core Express (30 Min) (T,F) Olmeca
- 4:00

☐ Recovery: Foam Roller (Su,T,Th) Tolteca
☐ Recovery: Stretch and Relax (M,W,F) Montaña
☐ Hands on Cooking Class with Chef Reyna Venegas Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ Beginners Mah Jongg – American Style with Toby Salk Tipai Sign up Required
☐ The Art of Making Pictures Versus Taking Pictures, with Amos Nachoum Olmeca
- 5:00

☐ 1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience Los Olivos
- 7:15

☐ Movie: Conclave Library Lounge
- 8:00

☐ Bingo with Annette Zito Olmeca

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

Available Facilities* *when no class is in session	
Milagro - Meditation Room 6:00 am to 9:00 pm	
Activity Pool - Lap Swim 7:00 am to 6:00 pm *No open swim during scheduled classes	
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)	
Tennis & Pickleball Courts - Open Play 7:00 am to 7:00 pm	

WEDNESDAY | AUGUST 12

Class spaces are limited to first come first served.

- 6:05

☐

Organic Garden Breakfast Hike (T-Th) 4 Miles, Sign up with Concierge, Gazebo
- 6:15

☐

Mountain Hike: Pilgrim Trail (Su,W)Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:45

☐

Lowlands Hike: Quail Trail (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 7:00

☐

Specialty: Water Walking with Monica Picard (M,W) Central Pool
- 9:00

☐

Advanced: Full Body Strength (Su,W) Olmeca

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Meditation (Su-F) Oaktree

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Mobility: Stretch (Su-F) Montaña

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Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts

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Pilates: Mat Foundations All Levels - Lateral Flexion (S-F) Pinetree
- 10:00

☐

Advanced: Cardio Sculpt Express (30 min) Olmeca

☐

Dance: Broadway Kuchumaa

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Pickleball Clinic: Intermediate (Su-F) Court shoes recommended. Pickleball Courts

☐

Strength: Circuit Training (Su-F) Azteca

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Yoga Level 1 – Centering (Su-F) Montaña

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Landscape Garden Walk with Enrique Ceballos Gazebo
- 11:00

☐

Specialty: Improve Your Balance Using Chairs, but Rarely Sitting with Kymberly Williams-Evans Olmeca

☐

Specialty: The Wave (Shallow Water) with Monica Picard (Su,M,W) Activity Pool

☐

Cardio: Cycle Express (30 Min) Pai Pai

☐

Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa

☐

Movement: Introduction to TRX Fundamentals Pinetree

☐

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

☐

Yoga Level 2 Slow Flow (75 Min), Montaña

☐

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

☐

Art Class: Weaving and Natural Dyes with Alana Nydorf Art Studio
- 12:00

☐

Specialty: Swim Conditioning with Monica Picard (Su,W) Activity Pool
- 2:00

☐

Specialty: Water Jogging (Deep Water) with Monica Picard Activity Pool

☐

Aerial: Stretch & Mobility Active Kuchumaa

☐

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

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Tai Chi (W 2pm & Su 3pm) Montaña

☐

Art Walk with Rob Larson Meet at Gazebo

☐

Inner Fitness: Nonjudgmental Acceptance with Julie Kangas, Ph.D. Library Lounge
- 3:00

☐

Sound Healing (Su-F) Oaktree

☐

Strength: the ABCs - Arms/Butt/Core (30 Min) (Su,W) Olmeca

☐

Yoga Workshop: Rope Wall Montaña
- 4:00

☐

Inner Journey: Guided Meditation (M,W,F) Oaktree

☐

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

☐

Picture of Amos Nachoum’s Life (72 mins) Olmeca

☐

Beginners Mah Jongg – American Style with Toby Salk Tipai Sign up Required

☐

Hands on Cooking Class with Chef Reyna Venegas Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- 6:30

☐

Sunset Mountain Hike: Alex's Oak Trail Moderate 2 Miles, Gazebo
- 7:15

☐

Movie: *One Life* Library Lounge
- 8:00

☐

An Evening with Deborah Szekely, Co-founder of Rancho La Puerta & Sarah Livia Brightwood Szekely, President and CEO Oaktree

THURSDAY | AUGUST 13

Class spaces are limited to first come first served.

- 6:05

☐

Organic Garden Breakfast Hike (T-Th) 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available departs at 6:45 fromAdmin 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: Professor’s Trail (M,Th) Advanced, 3.3 Miles Gazebo
- 6:45

☐

Lowlands Hike: Woodlands Trail (Su,T,Th) 2 Miles Gazebo
- 7:00

☐

Bird Walk (60 Min) Gazebo
- 8:00

☐

Pilates Concierge (15 min) (Su,M,Th) Pilates Studio in Arroyo
- 9:00

☐

Advanced: Cardio Muscle Blast (T,Th) Azteca

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Barre (T,Th) Olmeca

☐

Meditation (Su-F) Oaktree

☐

Mobility: Stretch (Su-F) Montaña

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Pickleball Clinic: Beginners (Su-F) Court shoes recommended. Pickleball Courts

☐

Pilates: Mat Foundations All Levels –Rotation (S-F) Pinetree
- 10:00

☐

Aqua Board (T,Th) Central Pool

☐

Dance: Cardio Disco Kuchumaa

☐

Pickleball Clinic: Intermediate (Su-Th) Court shoes recommended. Pickleball Courts

☐

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

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Strength: Circuit Training (M-F) Azteca

☐

Strength: TRX Full Body Pinetree

☐

Yoga Level 1 – Balance (Su-F) 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: Better Balance, Fewer Falls with Kymberly Williams-Evans Olmeca

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Aqua Board (T,Th) Central Pool

☐

Aquatic: Liquid Drums Activity Pool

☐

Cardio: Mini Trampoline Express (Tu,Th) (30 Min) Kuchumaa

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Longevity Cardio Lab: From Zone 2 to HIIT (Su,Th) Azteca

☐

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

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Yoga Sculpt: Level 2 (60 Min) (Tu,Th) Olmeca

☐

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

☐

Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson (60 min) 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

☐

Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff. Art Kit Fee \$70 + tax. Sign up in the Main Lounge- Dining Hall Balcony
- 2:00

☐

Aquatic: Deep Water Activity Pool

☐

Advanced: Battle Ropes HIIT (30 Min) (Tu,Th) Olmeca

☐

Aquatic: Deep Water Activity Pool

☐

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

☐

Inner Fitness: Embracing your Body with Self-Compassion with Julie Kangas, Ph.D. Library Lounge
- 3:00

☐

Advanced: Bodyweight Blast (M,Th) (30 Min) Tolteca

☐

Longevity: Dynamic Mobility Olmeca

☐

Sound Healing (Su-F) Oaktree

☐

Strength: TRX Core (30 Min) Pinetree

☐

Spanish Lessons: Beginners Progressive Library Lounge
- 4:00

☐

Recovery: Foam Roller (SuT,Th) Tolteca

☐

Yoga: Restorative (Su,Tu,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
- 5:00

☐

Floating Sound Bath (sunglasses, swimsuit & hat recommend) Activity Pool

☐

Chef’s Table Dinner with Chef Reyna Venegas and Head Chef Vivian Mercado Fee \$150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.
- 7:15

☐

Prayer Arrows with Tim Hinchliff Main Lounge

☐

Movie: F1 (Formula 1) Library Lounge
- 8:00

☐

Composer Spotlight: Pauline Oliveros and Deep Listening with Saeunn Thorsteinsdóttir Oaktree

FRIDAY | AUGUST 14

Class spaces are limited to first come first served.

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

- 6:15

☐

Mountain Hike: Coyote Trail (T,F) 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 (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 9:00

☐

Meditation (Su-F) Oaktree

☐

Mobility: Stretch (Su-F) Montaña

☐

Pickleball Open Play unstaffed, Court shoes recommended. Pickleball Courts

☐

Pilates: Mat Foundations All Levels- Rotation (S-F) Pinetree

☐

Strength: Total Body with Bands (M,F) Olmeca
- 10:00

☐

Cardio Step Aerobics Kuchumaa

☐

Pickleball Open Play unstaffed, Court shoes recommended.

☐

Pickleball Courts

☐

Pilates: Mat Level 2 (M,F) Pinetree

☐

Strength: BOSU® Fit Olmeca

☐

Strength: Circuit Training (Su-F) Azteca

☐

Yoga Level 1 – Integration & Flow (Su-F) Montaña
- 10:30

☐

Mercado Craft Fair, ongoing until 2:00 pm Mercado Patio *Delicias Mexicanas-Tradicional Mexican Sweets; MAPACHE ARTS & CRAFTS; Casa de los Cirios; La Casa del Chai; PH Cosmetics; Lu um Oils*
- 11:00

☐

Specialty: Get Great Gait with Kymberly Williams-Evans

☐

Aquatic: Shallow Water Activity Pool

☐

Mobility: TRX Flexibility (M,F) Pinetree

☐

Pilates: Reformer Level 2 (S,M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐

Yoga Level 2 Slow Flow (75 Min) Montaña
- 2:00

☐

Aquatic: Deep Water Activity Pool

☐

Recovery: Release & Mobilize (M,F) Oaktree

☐

Yoga: Gentle Aerial Hammock (Low) (M,F) Please wear socks & long sleeves. Kuchumaa
- 3:00

☐

Sound Healing (Su-F) Oaktree

☐

Strength: Core Express (30 Mins) (T,F) Olmeca

☐

Yoga Workshop: Chair Yoga Montaña

☐

Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
- 4:00

☐

Inner Journey: Guided Meditation (M,,W,F) Oaktree

☐

Recovery: Stretch and Relax (M,W,F) Montaña
- 5:45

☐

Shabbat Ceremony (led by guests) Los Olivos
- 6:00

☐

Live Music with Rancho La Puerta Fiesta Band (2 hrs) Dining Hall

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