Week of December 5, 2026 D R A F T Subject to change
Strength & Cardio Dance with Michelle Dozois
Tai Chi with Scott Cole

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 | DECEMBER 5

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
☐ **Meditation** Milagro

10:00 ☐ **Strength: Circuit Training** Azteca
☐ **Pilates Mat: All Levels** Pinetree

11:00 ☐ **Pilates Reformer Level 1**, Pilates Studio in Arroyo
☐ **Yoga: All Levels** Montaña
☐ **Pickleball Open Play** unstaffed, Court shoes recommended. Pickleball Courts

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

2:00 ☐ **Strength: Full Body All Levels** Olmeca
☐ **Recovery: Foam Roller** Tolteca

3:00 ☐ **Mobility: Stretch** Montaña
☐ **Sound Healing** Oaktree
4:30 ☐ **Ranch Tour** (Recommended for first time guests) Gazebo
☐ **Returning Guest Update** Tolteca
5:00 ☐ **First Time Guest Orientation** Olmeca

6:45 ☐ **Meet the Presenters** Dining Hall Back Patio

7:30 ☐ **Set Your Intention: Tips for a Magical Week** Tolteca

8:00 ☐ **Healthy Pleasures: Why Everything that Feels Good is Not Bad, with David S. Sobel, MD** Olmeca

Meal Hours Saturday
Breakfast 7:00 am to 9:00 am
Lunch 11:30 am to 03:30 pm
Dinner 05:30 pm to 07:30 pm

Meal Hours Sunday-Friday
Breakfast 07:30 am to 09:00 am
Lunch 12:00 pm to 01:30 pm
Dinner 05:30 pm to 07:30 pm

Snack Times Sunday- Friday
Fruit 10:30 am Main Lounge
Veggies/Juice 04:30 pm Main Lounge

Bazar Del Sol Saturday- Friday
6:00 am to 9:00 pm

Juice Bar Monday - Friday
09:00 am to 04:00 pm
Smoothie & Snack 2:45 pm
(closed daily 12pm - 1pm)

Health Centers Operating Hours
Men and Women's Health Centers
Saturday-Thursday: 9am-9pm
Friday 9am-6pm

Villas Health Centers
Saturday-Thursday: 9am-9pm
Friday 9am-7pm
COED: Sun, Tues & Thu
05:00 pm to 08:00 pm

Available Facilities
*when no class is in session

Milagro - Meditation Room
06:00 am to 09:00 pm

Activity Pool - Lap Swim
07:00 am to 06:00 pm
*No open swim during scheduled classes

Azteca Gym - Weight Room
Saturday: 06:30 am to 01:30 pm
Sunday-Friday: 07:00 am to 05:00 pm
(closed daily 1pm – 2pm)

Tennis & Pickleball Courts Open Play
07:00 am to 07:00 pm

SUNDAY | DECEMBER 6

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) Pilates Studio in Arroyo
8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
☐ **Ranch Tour and Orientation** (For first time guests) Dining Hall Entrance

9:00 ☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,F) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su,M) Offered in both Montaña & Kuchumaa
☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree

10:00 ☐ **Specialty: Pure Strength-Full Body Strength with Michelle Dozois** Olmeca
☐ **Dance: Latin Fusion** (Su) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,M,Tu) Oaktree
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am Sunday at the Pilates Studio in Arroyo
☐ **Strength: Introduction to Circuit Training** (Su) Azteca
☐ **Yoga Level 1 - Foundations** (Su-F) Montaña

11:00 ☐ **Specialty: Tai Chi with Scott Cole** (S-W & F, Thu at 3pm) Montaña
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (Su,F also Build & Bounce on W) Kuchumaa
☐ **Mobility: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am Sunday at the Pilates Studio in Arroyo
☐ **Strength: Core & More** (Su, also M at 10am) Olmeca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

12:00 ☐ **Specialty Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) 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
1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign up sheet will go out for Mondays Pilates apparatus/equipment classes.
2:00 ☐ **Aquatic: Deep Water Training** (Su,T,Th) Activity Pool
☐ **Chant: A Vocal Sound Practice** (Su, also Th at 4pm) Milagro
☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,W) Kuchumaa
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 8am Sunday at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Happy Hips & Low Back** (Su,T,F) Montaña
☐ **The Science of Preparation, with Julie Lopez** Tipai
3:00 ☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 2** (Su, also at 11am) Sign-up begins 8am Sunday at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca
☐ **Talk: Rolfing® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer** Tipai
4:00 ☐ **Journaling for Joy** (Su,M) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Behavior Change Made Simpler: Health Benefits of Success & Confidence, with David S. Sobel, MD** Tipai
7:15 ☐ **Set Your Intention: Tips for a Magical Week** Tolteca
8:00 ☐ **The Functionality of Your Eye Brain Connection Integrating Periphery and Affecting Balance and Movement, with Dana Dean, OD** Oaktree

MONDAY | DECEMBER 7

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo
6:20 ☐ **Ruck: Weighted Hiking** (T) Intermediate, 2 Miles, Sign up in Concierge. Meet in Gazebo
6:30 ☐ **Meditation Hike: Dove Trail** Moderate, 2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail** Moderate (M,W,F) 2 or 2.5 Miles, Gazebo

9:00 ☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su,M) Offered in both Montaña & Kuchumaa
☐ **Pilates: Mat Foundations - 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 ☐ **Specialty: Dance Party People with Michelle Dozois** Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,M,T) Oaktree
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Strength: Core & More** (M, also Su at 11am) Olmeca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1 - Balance** (Su-F) Montaña

11:00 ☐ **Specialty: Tai Chi with Scott Cole** (S-W & F, Thu at 3pm) Montaña
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (M,W) Azteca
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm on Sunday at the Pilates Studio in Arroyo
☐ **Longevity: Strength Training** (M,Th) Olmeca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **Holiday Card & 3D Ornament Making with Denise Kraemer** Art Studio

1:00 ☐ **Wonder Works: Awe, Health and Healing, with Mari Ricker MD** Tipai
☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge

1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign up sheet will go out for Tuesdays Pilates apparatus/equipment classes.

2:00 ☐ **Specialty: SHiNE Dance Fitness with Michelle Dozois** (M,W) Kuchumaa
☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Gentle Spinal Mobility** (M) Pinetree
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 1:45pm Sunday at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (M,F) Oaktree
☐ **Strength: Circuit Training** (M,W) Azteca
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & short or long sleeves. Kuchumaa
☐ **Finding Your Inner Compass – Exploration of your deepest truth, with Julie Lopez** Tipai

3:00 ☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca
☐ **How to Expand Visual Memory for the Aging Brain: A Hands-on Experiential Class, with Dana Dean, OD** Tipai

4:00 ☐ **Breathwork** (M,W) Oaktree
☐ **Journaling for Joy** (Su,M) Milagro
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña

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

6:15 ☐ **Silent Dinner** (2 hrs) Sign up (M) Los Olivos

8:00 ☐ **Bingo and Games! with Barry** Olmeca

TUESDAY | DECEMBER 8

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-F) 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 ☐ **Sunrise Yoga** (60 Min) (T,Th) Montaña
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles, Gazebo
7:00 ☐ **Bird Walk** (60 Min) Gazebo

9:00 ☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca

10:00 ☐ **Specialty: Metabolic Fusion, Elevate with Michelle Dozois** Olmeca
☐ **Dance: Disco** (Tu) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,M,T) Oaktree
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 1 - Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Tai Chi with Scott Cole** (S-W & F, Thu at 3pm) Montaña
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Cycle Express** (30 Min) (Tu,F) Pai Pai
☐ **Labyrinth** (Tu) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Strength: Stability Ball** (30 Min) Olmeca
☐ **Strength: TRX & Kettlebells Level 2** (M) Tolteca
☐ **Yoga Sculpt Level 2** (60 Min) Kuchumaa
☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee $100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
☐ **Holiday Card & 3D Ornament Making with Denise Kraemer** Art Studio

12:15 ☐ **Behind the Menu & Smoothie Demo Class with Chef Segundo and Chef César** Dining Hall Patio

1:00 ☐ **The Sleep Solution: Rest, Recovery and Resilience, with Mari Ricker MD** Tipai
1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign up sheet will go out for Wednesdays Pilates apparatus/equipment classes.

2:00 ☐ **Aquatic: Deep Water Training (**Su-F) Activity Pool
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Lowlands Hike: Woodlands Trail** (T,Th) 2 Miles Gazebo
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,Tu) Kuchumaa
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Hips & Low Back** (Su,T,F) Montaña
☐ **Purification & Detoxification – Letting go for a Higher Purpose, with Julie Lopez** TIpai
3:00 ☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Sound Healing** (Su-F) Oaktree
☐ **Computer Vision & the Effects of Blue Light and Sleep, with Dana Dean, OD** Tipai
3:30 ☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
4:00 ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Hands on Cooking Class with Chef Nina Curtis** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **The Joy Within Respect and Trust, with Gregg Ward** Tipai
5:00 ☐ **1st Time Visitor's Reception** Los Olivos
8:00 ☐ **Bach Suites: Celebrating 300 years since they were written! Bach Suites #1, 3 and 5 for Solo Cello, with Sæunn Thorsteinsdóttir** Oaktree

WEDNESDAY I DECEMBER 9

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-F) 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. Back by 9 am
6:15 ☐ **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
6:30 ☐ **Meditation Hike: Rolling Hills** (W) 2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo

9:00 ☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

10:00 ☐ **Specialty: Dance, Sweet & Spicy with Michelle Dozois** Kuchumaa
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1 - Centering** (Su-F) Montaña
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

11:00 ☐ **Specialty: Tai Chi with Scott Cole** (S-W & F, Thu at 3pm) Montaña
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (M,W) Azteca
☐ **Cardio: Build & Bounce** (W also, 30 Min Express S,F) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Tuesday at the Pilates Studio in Arroyo
☐ **Strength & Cardio: TRX Circuit Level 2** (W) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **Holiday Card & 3D Ornament Making with Denise Kraemer** Art Studio

12:00 ☐ **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool
1:00 ☐ **Anxiety and Wellness: An Integrative Approach to Calm, with Mari Ricker MD** Tipai

1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign up sheet will go out for Thursdays Pilates apparatus/equipment classes.

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 1:45pm Tuesday at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M,W) Azteca
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W) Please wear socks & short or long sleeves. Kuchumaa
☐ **Art Walk with Rob Larson** Meet at Gazebo
☐ **Implementation & Increasing Risk Tolerance to Actualize What You Desire, with Julie Lopez** Tipai

3:00 ☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Tower (All levels)** (W, also T,Th at 2pm) Sign-up begins 1:45pm Tuesday at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: Core Express** (30 Min) (Su,W) Olmeca

4:00 ☐ **Breathwork** (M,W) Milagro
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Yoga Nidra** (W) Oaktree
☐ **Hands on Cooking Class with Chef Nina Curtis** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Respect The Past / Re-Imagine Your Future, with Gregg Ward** Tipai

5:00 ☐ **Rx Healthy Sex: Is Sex Good Medicine? David S. Sobel, MD** Tipai

8:00 ☐ **An Evening with Sarah Livia Brightwood Szekely, President and CEO of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | DECEMBER 10

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-F) 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 ☐ **Seven-Mile Breakfast Hike** (Th) Challenging, 6.8 Miles Gazebo
6:15 ☐ **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles Gazebo
6:30 ☐ **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montana
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
7:00 ☐ **Bird Walk** (60 Min) Gazebo
8:00 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
9:00 ☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca

10:00 ☐ **Specialty: Pure Strength, Stability & Power with Michelle Dozois** Olmeca
☐ **Dance: LaBlast Ballroom** (Th) Kuchumaa
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 1:45pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 1 - Opening** (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 ☐ **80s & 90s Cardio Dance Party with Michelle Dozois, Scott Cole, Aileen Sheron & Manuel Velasquez** (60 Min) Kuchumaa
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (Su,Th) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña
☐ **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
☐ **Holiday Card & 3D Ornament Making with Denise Kraemer** 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.** Art Kit Fee $70 + tax. Sign up in the Main Lounge- Dining Hall Balcony
☐ **Lifestyle Approaches to Reducing Chronic Medical Conditions, with Mari Ricker MD** Tipai
1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign up sheet will go out for Fridays Pilates apparatus/equipment classes.
2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Longevity: Balance & Coordination**,(T,Th) Olmeca
☐ **Lowlands Hike: Woodlands Trail** (T,Th) 2 Miles Gazebo
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 1:45pm Wednesday at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Iyengar Chair Yoga** (Th) Montaña
☐ **IThe Power and Science of Manifestation! with Julie Lopez** Tipai
3:00 ☐ **Specialty: Tai Chi with Scott Cole** Montaña
☐ **Sound Healing** (Su-F) Oaktree
☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Th) Sign-up begins 1:45pm Wednesday at the Pilates Studio in Arroyo
☐ **Spanish Lessons: Beginners** Library Lounge
☐ **Traditional Mexican Posada, with the Tuna of the University of Baja California, the choir of Nuestra Señora de Guadalupe Church, and José Guadalupe Flores, Ph.D. Join us in this fun celebration! Procession, Singing & Food** Meet at Admin Bldg
3:30 ☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
4:00 ☐ **Chant: A Vocal Sound Practice** (Th, also Su at 2pm) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
☐ **Watering the Right Seeds, with Gregg Ward** Tipai
5:00 ☐ **Thursday Farm-to-Table Dining Experience with Chef Nina Curtis with Head Chef Vivian Mercado and the Culinary Team.** Fee $150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.
7:15 ☐ **Prayer Arrows with Tim Hinchliff** Main Lounge
8:00 ☐ **Composer Spotlight: Pauline Oliveros and Deep Listening, with Sæunn Thorsteinsdóttir** Oaktree

FRIDAY | DECEMBER 11

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** (T-F) 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. Back by 9 am.
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 ☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,F) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Review & Flow** (Su-F) Pinetree
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa

10:00 ☐ **Specialty: Metabolic Fusion-Ignite with Michelle Dozois** Olmeca
☐ **Dance: Cardio Drumming** (F) Kuchumaa
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 1 - Integration** (Su-F) Montaña

11:00 ☐ **Specialty: Tai Chi with Scott Cole** (S-W & F, Thu at 3pm) Montaña
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Cardio: Cycle Express** (30 Min) (Tu,F) Pai Pai
☐ **Cardio: Mini Trampoline Express** (30 Min) (Su,F also Build & Bounce on W) Kuchumaa
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Thursday at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

1:00 ☐ **Stress: Avoid, Cope or Embrace? With David S. Sobel, MD** Tipai

2:00 ☐ **Aquatic: Deep Water Workout** (Su-F) Activity Pool
☐ **Pickleball Beginners Open Play** (F) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 1:45pm Thursday at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** Oaktree
☐ **Yoga: Gentle Aerial Hammock** (Low) Please wear socks & long sleeves. , Kuchumaa
☐ **Yoga Workshop: Happy Hips & Low Back** (Su,T,F) Montaña

3:00 ☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Pickleball Intermediate Open Play** (F) Court shoes recommended. Pickleball Courts
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (Su,F) Olmeca
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

4:00 ☐ **Inner Journey: Guided Chakkra Meditation** (F) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montana.
☐ **The Respect Effect, with Gregg Ward** Tipai

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