

Week of July 18, 2026 **DRAFT**

Dance with Body N Beat with Luckie

Water Week with Jenni Lynn Patterson-LaCour

Yoga with Sara Bell

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 schedule 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 | JULY 18

- 6:15 **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo
6:45 **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
9:00 **Advanced: Cardio Muscle Blast** Azteca
 Meditation Milagro
 Mobility: Stretch Montaña

- 10:00 **Pilates Mat All Levels** Pinetree
 Dance: Cardio Hip Hop 90s Flashback Kuchumaa
 Strength: Circuit Training Azteca

- 11:00 **Mobility: TRX Flexibility** Pinetree
 Pickleball Open Play unstaffed, Court shoes recommended.

Pickleball Courts

- Pilates: Reformer Level 1** Arroyo
 Yoga: All Levels Montaña
1:00 **Fitness Concierge** (60 Min) Dining Hall
2:00 **Aquatic: Deep Water** Activity Pool
 Strength & Cardio: Mini Trampoline (30 Min) Kuchumaa
 Strength: Full Body All Levels Olmeca

- 3:00 **Mobility: Stretch** Montaña
 Sound Healing Oaktree
 Strength: the ABCs - Arms/Butt/Core Olmeca

- 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 **Lecture: Awaken the Artist Within, with Erin Gafill** Olmeca

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| 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 6:00 pm *No open swim during scheduled classes |
| 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 5:00 pm |
| Juice Bar: Sunday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm | |

SUNDAY | JULY 19

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-F) 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 Held in both Montaña and Kuchumaa
 Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation Pinetree
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Art Class: Awaken the Artist Within, with Erin Gafill Art Studio

- 10:00 **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
 Pickleball Clinic: Intermediate (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
 Pilates: Reformer Level 1 (Su,Tu,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: Introduction to Circuit Training Azteca
 Yoga Level 1 - Foundations (Su-F) Montaña

- 11:00 **Specialty: S'WET Shallow Water Conditioning** (Su,M,W,Th,F) Activity Pool
 Specialty: Yoga from the Outside, In with Sarah Bell (60 Min) (Su-F) Montaña
 Cardio: Mini Trampoline Express (30 Min) 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

- 12:00 **Swim Stroke Clinic** (30 Min) 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
 Art Class: Hand-Stitching and Group Quilting, with Emily Birmingham Art Studio

- 2:00 **Specialty: S'WET Deep Water Training** (Su,M,W,Th,F) Activity Pool
 Longevity: Lecture. How to Own Your Aging Process Library Lounge
 Pilates: Reformer Level 1 (Su,T,Th)De Sign-up begins 8am at the Pilates Studio in Arroyo
 Mobility: TRX Flexibility Pinetree
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins) Library Lounge
Inner Fitness: Redefining Happiness as Inner Strength, with Jeanine Mancusi Tipai

- 3:00 **Inner Journey: Breathwork** (Su,Th) Oaktree
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: the ABCs - Arms/Butt/Core (30 Min) (Su,W) Olmeca
 Tai Chi (Su & W at 2p) Montaña

- 4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Yoga: Restorative (Su,Tu,Th) Montaña
 Sound Healing (Su,M,Tu,W,F) Oaktree
 Art Class: A Line Is a Dot That Goes for a Walk,with Tom Birmingham Art Studio

- 7:15 **Movie: F1 (Formula 1)** Library Lounge

- 8:00 **Concert: From Paris to the Tropics: French and Latin American Piano Music, with Juan Pablo Andrade** Oaktree

MONDAY | JULY 20

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

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

- 9:00 **Meditation** (Su-F) Oaktree
 Mobility: Stretch (Su-F) Montaña
 Pilates: Mat Foundations All Levels - Flexion (Su-F) Pinetree
 Pickleball Clinic: Beginners (Su-F) Court shoes and safety glasses are recommended., Pickleball Courts
 Strength: Total Body with Bands (M,F) Olmeca
 Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts
 Art Class: Awaken the Artist Within, with Erin Gafill Art Studio

- 10:00 **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
 Aquatic: H2O Boot Camp (Deep Water) (M,F) Activity Pool
 Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are recommended., Pickleball Courts
 Pilates: Mat Level 2 (M,W,F) Pinetree
 Strength: Barbell Workout Level 2 (M,Th) 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: Yoga from the Outside, In with Sarah Bell** (60 Min) (Su-F) Montaña
 Aquatic: Liquid Drums (Shallow Water) (M,Th) (Sunglasses recommended) Activity Pool
 Cardio: Cycle Hip Hop (30 Min) Pai Pai
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
 Advanced Strength: Cardio Sculpt Express(30 Min) (M,W) Olmeca
 Mobility: TRX Flexibility Pinetree
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
 Nature Walk with Rob Larson (60 Min) Meet at Gazebo

- 12:30 **Behind the Ranch Menu – The Chef, the Nutritionist & the Fitness Expert – A 15-Minute Overview** Outdoor Dining Hall Patio

- 1:00 **Nutritional Resilience & Performance with Patti T. Milligan, PhD, RD, CNS** Tipai
 Art Class: Hand-Stitching and Group Quilting, with Emily Birmingham Art Studio

- 2:00 **Specialty: S'WET Deep Water Training** (Su-F) Activity Pool
 Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
 Recovery: Release & Mobilize (M,F) Oaktree
 Yoga: Gentle Aerial Hammock (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa
 Inner Fitness: Responding to Your Desires with Jeanine Mancusi Tipai

- 3:00 **Advanced: Bodyweight Blast (30 Min)** (M,Th) Tolteca
 Inner Journey: Guided Meditation (M,F) Oaktree
 Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

- 4:00 **Mobility: Stretch and Relax** (M,W,F) Montaña
 Sound Healing (Su,M,Tu,W,F) Oaktree
 Art Walk: Sculptures, with Rob Larson Meet at Gazebo
 Art Class: Introducing point of view with Tom Birmingham Art Studio

- 5:00 **Guest Reception: Sangría & Guacamole** Bazar del Sol

- 7:15 **Movie: *Mrs. Harris Goes to Paris*** Library Lounge

- 8:00 **Why Today Matters - Because tomorrow is created today, with Mark Wuttke** Olmeca

TUESDAY | JULY 21

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 **Bird Walk** (60 Min) Gazebo
8:00 **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
 Barre (Tu,Th) Olmeca
 Meditation (Su-F) Oaktree
 Mobility: Stretch (Su-F) offered in Kuchumaa & Montaña
 Pickleball Clinic: Beginners (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
 Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree
 Art Class: Awaken the Artist Within, with Erin Gafill Art Studio

- 10:00 **Dance: Latin Fusion** Kuchumaa
 Aqua Board (T,Th) Central Pool
 Pickleball Clinic: Intermediate (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
 Pilates: Reformer Level 1 (Su,Tu,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Strength: BOSU® Core & More (Tu,F) Olmeca
 Strength: Circuit Training (Su-F) Azteca
 Yoga Level 1 - Strength (Su-F) Montaña

- 11:00 **Specialty: Yoga from the Outside, In with Sarah Bell** (60 Min) (Su-F) Montaña

- Advanced: Cardio Sculpt Express** (30 Min) Olmeca
 Aqua Board (T,Th) Central Pool
 Gyrokinesis (Tu,F) Pinetree
 Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
Strength: TRX Circuit Tolteca

- Choose Your Day Before It Chooses You - the Power of Attitude & Priorities, with Mark Wuttke** Tipai
1:00 **Making a Smoothie Class with Chef César** Juice Bar
 Unlocking the Keys to Eat This, Feel That! – Parts, with Patti T. Milligan, PhD, RD, CNS Tipai
 Art Class: Hand-Stitching and Group Quilting, with Emily Birmingham Art Studio

- 2:00 **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
 Aqua: Water Polo on a Noodle Activity Pool
 Labyrinth: Meet at Emily's Forest
 Longevity: Balance & Coordination (T,F) Olmeca
 Pilates: Reformer Level 1 (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
 Inner Fitness: Releasing Patterns of the Past, with Jeanine Mancusi Tipai

- 3:00 **Inner Journey: Chant, A Vocal Sound Practice** Oaktree
 Mobility & Corrective: Postural Awareness (Tu,F) Tolteca
 Strength: TRX Pilates (30 Min) (Tu,F) Olmeca
 Yoga Workshop: Happy Hips & Low Back (Tu,F) Montaña

- 4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
 Sound Healing (Su,M,Tu,W,F) Oaktree
 Yoga: Restorative (T,Th) Montaña
 Hands-On Cooking Class with Visiting Teacher Tanya Holland Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
 Art Class: Portrait Roulette with Tom Birmingham Art Studio
5:00 **1st Time Visitor's Reception with Barry Shingle, Director of Guest Experience** Los Olivos
7:15 **Movie: Conclave** Library Lounge
8:00 **Bing and Games!** with Barry Olmeca

WEDNESDAY | JULY 22

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
- 6:30 **Meditation Hike: Rolling Hills** 2 Miles, Gazebo
- 6:45 **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo

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

- 9:00 **Advanced: Full Body Strength** (Su,W) Olmecca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in Kuchumaa & Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels - Lateral Flexion** (S-F) Pinetree
- Tennis Clinic: Level 1** (M,W) Court shoes recommended Tennis Courts
- Art Walk: Crafts, with Rob Larson** Meet at Gazebo
- Art Class: Awaken the Artist Within, with Erin Gafill** Art Studio
- 10:00 **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
- Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- 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: S'WET Shallow Water Conditioning** (Su,M,W,Th,F) Activity Pool
- Specialty: Yoga from the Outside, In with Sarah Bell** (60 Min) (Su-F) Montaña
- Cardio: Cycle Express (30 Min)** Pai Pai
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: TRX Flexibility** (M,W) Pinetree
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Hands-On Cooking Class with Visiting Teacher Tanya Holland** Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.
- Don't Trade Your Health for Your Success - Building a Life Worth Living, with Mark Wuttke** Tipai

- 12:00 **Swim Stroke Clinic** (30 Min) (S,W) Activity Pool
- 1:00 **Art Class: Hand-Stitching and Group Quilting, with Emily Birmingham** Art Studio
- Unlocking the Keys to Eat This, Feel That! – Part 2, with Patti T. Milligan, PhD, RD, CNS** Tipai
- 2:00 **Specialty: S'WET Deep Water Training** (Su-F) Activity Pool
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Tai Chi** (W & Su 2pm) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves.(M,W,F) Kuchumaa
- Inner Fitness: The Satisfaction of a Job Well Done and a Life Well Lived, with Jeanine Mancusi** Tipai
- 3:00 **Inner Journey: Breathwork** (Su,Th) Oaktree
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,W) Olmecca
- Yoga Workshop: Rope Wall** Montaña

- 4:00 **Sound Healing** (Su,M,Tu,W,F) Oaktree
- Recovery: Stretch and Relax** (M,W,F) Montaña
- Art Walk: Sculptures, with Rob Larson** Meet at Gazebo
- Salsa and Salsa: Dancing to the Beat of Flavor, with Head Chef Vivian Mercado and Manuel Velázquez.** Fee \$100. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- Art Class: The Color Green, with Tom Birmingham** Art Studio

- 5:00 **Concert: “Fiesta a Cuatro: Rare Gems for Piano Four-Hands”, with Juan Pablo Andrade and Linda Chávez** Bazar del Sol
- 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, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | JULY 23

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.
- 6:10 **Mountain Hike: 7-Mile Breakfast** Challenging, Sign up 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) Montaña
- 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-F) Pilates Studio in Arroyo

- 9:00 **Advanced: Cardio Muscle Blast** (T,Th) Azteca
- Barre** (Tu,Th) Olmecca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels –Rotation** (S-F) Pinetree
- Art Class: Awaken the Artist Within, with Erin Gafill** Art Studio
- 10:00 **Dance: Intro to Salsa** Kuchumaa
- Aqua Board** (T,Th) Central Pool
- Pickleball Clinic: Intermediate** (Su-Th) Court shoes and safety glasses are recommended. Pickleball Courts
- Strength: Barbell Workout Level 2** (M,Th) Tolteca
- 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 **Specialty: Yoga from the Outside, In with Sarah Bell** (60 Min) (Su-F) Montaña
- Specialty: S'WET Shallow Water Conditioning** (Su,Th) Activity Pool
- Aqua Board** (T,Th) Central Pool
- 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: TRX & Kettlebells Level 2** Tolteca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** Gazebo
- Become Better, Not Just Busier - Thinking Differently. Growing Intentionally, with Mark Wuttke** Tipai
- 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 \$70 + tax. Dining Hall Balcony
- Art Class: Hand-Stitching and Group Quilting, with Emily Birmingham** Art Studio

- 2:00 **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
- Specialty: S'WET Deep Water Training** (Su-F) Activity Pool
- Advanced: Bodyweight Blast (30 Min)** (M,Th) Tolteca
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Inner Fitness: The Ultimate in Happiness: Creating a space in which it is safe to love and safe for love to grow with Jeanine Mancusi** Tipai
- 3:00 **Sound Healing** Oaktree
- Longevity: Dynamic Mobility** Olmecca
- Pilates: Tower Level 1** (Tu,Th) Arroyo
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Recovery: Foam Roller** (Su,T,Th) Tolteca
- Yoga: Restorative** (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

- 5:00 **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
- Live Music with Sergio Ramos** Bazar Del Sol
- Soulful Garden Delights with Visiting Teacher Tanya Holland and Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- 7:15 **Movie: Now You See Me** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge
- 8:00 **Concert: French Reverie: An Evening for Cello and Piano, with Kevin Mills and Linda Chavez** Oaktree

FRIDAY | JULY 24

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

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

- 9:00 **Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) offered in both Montaña & Kuchumaa
- Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels –Rotation** (S-F) Pinetree
- Strength: Total Body with Bands** (M,F) Olmecca
- Indigenous Wisdom Walk, with Norma Meza** Kuchumaa

- 10:00 **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
- Aquatic: H2O Book Camp (Deep Water)** (M,F) Activity Pool
- Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. , Pickleball Courts
- Pilates: Mat Level 2** Pinetree
- Strength: BOSU® Fit** (Tu,F) Olmecca
- Strength: Circuit Training** (Su,M,W,F) Azteca
- Yoga Level 1 - Integration & Flow** (Su-F) Montaña

- 10:30 **Mercado Craft Sale (ongoing until 2:00 pm)** Mercado Patio
- Delicias Mexicanas – Traditional Mexican Sweets • La Casa del Chai • Mapache Arts & Crafts• Casa de los Cirios**

- 11:00 **Specialty: Yoga from the Outside, In with Sarah Bell** (60 Min) (Su-F) Montaña
- Advanced: Cardio Sculpt Exp** (30 Min) (M,W) Olmecca
- Aquatic: Liquid Drums** (Shallow Water) (M,F) Sunglasses recommended Activity Pool
- Cardio: Cycle Hip Hop** (30 min) Pai Pai
- Gyrokinesis** (Tu,F) Pinetree
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: TRX Circuit** Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,F) Montaña

- 2:00 **Specialty: S'WET Deep Water Training** (Su-F) Activity Pool
- Labyrinth:** Meet at Emily's Forest
- Longevity: Balance & Coordination** (T,F) Olmecca
- Recovery: Release & Mobilize** (M,F) Oaktree
- Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa

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

- 3:00 **Inner Journey: Guided Meditation** (M,F) Oaktree
- Mobility & Corrective: Postural Awareness** (Tu,F) Tolteca
- Strength: TRX Pilates** (30 Mins) (Tu,F) Pinetree
- Yoga Workshop: Happy Hips & Low Back** (Tu,F) Montaña
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Recovery: Stretch and Relax** (M,W,F) Montaña
- Sound Healing** (Su,M,Tu,W,F) Oaktree
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 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