

Week of July 18, 2026

Dance with Body N Beat with Luckie

Water Week with Jenni Lynn Patterson-LaCour

Yoga: From the Outside In with Sarah Bell 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** (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 ☐ **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** (S,M) Activity Pool
- ☐ **Strength: Circuit Training** (S,M,Th) Azteca

- 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 Patio

- 7:15 ☐ **Movie: *The Upside*** Library Lounge

- 8:00 ☐ **Lecture: Awaken the Artist Within, with Erin Gafill** 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	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
Juice Bar: Sunday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	7:00 am to 7:00 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** (Su-F) offered in both Montaña and Kuchumaa
- ☐ **Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation** Pinetree
- ☐ **Pickleball Clinic: Beginners** (Su-Th) Court shoes 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-Th) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Reformer Level 1** (Su,T) 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,W,Th) Activity Pool
- ☐ **Specialty: Yoga from the Outside, In with Sarah Bell** (75 Min) (Su-F) Montaña
- ☐ **Gyrokinesis** (Su-F) Pinetree
- ☐ **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** (30 Min) (Su,W) Tolteca

- 12:00 ☐ **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
- ☐ **Art Class: Hand-Stitching and Group Quilting, with Emily Birmingham** Art Studio

- 2:00 ☐ **Specialty: S'WET Deep Water Training** (Su,W,Th,F) Activity Pool
- ☐ **Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Mobility: TRX Flexibility** (Su,Th,F) Pinetree
- ☐ **Strength: Core & More** Olmeca

- 3:00 ☐ **Pilates: Reformer Level 1** (Su,M,W) 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, W at 2p) Montaña
- ☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

- 4:00 ☐ **Inner Journey: Breathwork** (Su,W) Oaktree
- ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
- ☐ **Yoga: Restorative** (Su,T,Th) Montaña
- ☐ **Art Class: A Line Is a Dot That Goes for a Walk, with Tom Birmingham** Art Studio

- 5:00 ☐ **Inner Fitness: Redefining Happiness as Inner Strength, with Jeanine Mancusi** Tipai

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

- 8:00 ☐ **Concert: Reflections and Rhythms: A Piano Recital”** by 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 ☐ **Advanced: Barbell Strength** (M,F) Tolteca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (Su-F) offered in both Montaña and Kuchumaa
- ☐ **Pilates: Mat Foundations All Levels - Flexion** (Su-F) Pinetree
- ☐ **Pickleball Clinic: Beginners** (Su-Th) Court shoes 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: H20 HIIT Bootcamp** (M,W,F) Activity Pool
- ☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Level 2** (M,Th,F) Pinetree
- ☐ **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** (75 Min) (Su-F) Montaña
- ☐ **Aquatic: Liquid Drums (Shallow Water)** (M,F) (Sunglasses recommended) Activity Pool
- ☐ **Cardio: Cycle Express** (30 Min) (M,W) Pai Pai
- ☐ **Gyrokinesis** (Su-F) Pinetree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength: TRX & Kettlebells** Tolteca
- 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** 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 ☐ **Deep Water Training** (S,M) Activity Pool
- ☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Recovery: Release & Mobilize** (M,Th) Oaktree
- ☐ **Strength: Circuit Training** (M,Th) Azteca
- ☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa

- 3:00 ☐ **Core Express** (30 Min) (M,F) Olmeca
- ☐ **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Sound Healing** (S-F) Oaktree
- ☐ **Yoga Workshop: Rope Wall** Montaña
- ☐ **Inner Fitness: Responding to Your Desires with Jeanine Mancusi** Tipai

- 4:00 ☐ **Inner Journey: Guided Meditation** (M,F) Oaktree
- ☐ **Mobility: Stretch and Relax** (M,W,F) Montaña
- ☐ **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** (T,Th) Olmeca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (Su-F) Montaña
- ☐ **Pickleball Clinic: Beginners** (Su-Th) Court shoes 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
- ☐ **Aquatic: H20 Boot Camp (Deep Water)** (T,Th) Activity Pool
- ☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Reformer Level 1** (Su,T) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength: BOSU® Core & More** (T,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** (75 Min) (Su-F) Montaña
- ☐ **Aqua Board** (T,Th) Central Pool
- ☐ **Aquatic: Strength & Tone** Activity Pool
- ☐ **Cardio: Mini Trampoline Express** (30 Min)(T,F) Kuchumaa
- ☐ **Gyrokinesis** (S-F) Pinetree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength: TRX Fundamentals** 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! – Part I, 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** (T,Th) Kuchumaa
- ☐ **Aqua: Water Polo on a Noodle** Activity Pool
- ☐ **Labyrinth** (T,F) Meet at Emily's Forest
- ☐ **Longevity: Balance & Coordination** (T,F) Olmeca
- ☐ **Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo

- 3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (T,Th) Olmeca
- ☐ **Mobility & Corrective: Postural Awareness** (T,F) Tolteca
- ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Strength: TRX Pilates** (30 Min) (T,F) Pinetree
- ☐ **Yoga Workshop: Hips Openers** Montaña
- ☐ **Inner Fitness: Releasing Patterns of the Past, with Jeanine Mancusi** Tipai

- 4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
- ☐ **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 ☐ **Bingo 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) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pickleball Clinic: Beginners** (Su-Th) Court shoes 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 Class: Awaken the Artist Within, with Erin Gaffill** Art Studio
- 10:00 ☐ **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
☐ **Aquatic: H2O HIIT Bootcamp** (M,W,F) Activity Pool
☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **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,W,Th,F) Activity Pool
☐ **Specialty: Yoga from the Outside, In with Sarah Bell** (75 Min) (Su-F) Montaña
☐ **Cardio: Cycle Express (30 Min)** (M,W) Pai Pai
☐ **Gyrokinesis** (Su-F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (Su,W) Tolteca
☐ **Strength: Core & More** Olmeca
☐ **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,W,Th,F) Activity Pool
☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Tai Chi** (W & Su 3p) Montaña
☐ **Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves.(M,W,F) Kuchumaa
☐ **Art Walk: Sculptures, with Rob Larson** Meet at Gazebo
- 3:00 ☐ **Specialty: Yoga Workshop Get Your Head Out of Your App** Montaña
☐ **Pilates: Reformer Level 1** (Su,M,W) 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
☐ **Inner Fitness: The Satisfaction of a Job Well Done and a Life Well Lived, with Jeanine Mancusi** Tipai
- 4:00 ☐ **Inner Journey: Breathwork** (Su,W) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Art Class: The Color Green, with Tom Birmingham** Art Studio
☐ **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.
- 5:00 ☐ **Concert: Between Two Voices: An afternoon of Violin and Cello music”, with Lourdes Lobo (violin), Kevin Mills (cello)** 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
- 8:15 ☐ **Fitness Concierge** (30 Min) Dining Hall
- 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-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations All Levels –Rotation** (S-F) Pinetree
☐ **Art Class: Awaken the Artist Within, with Erin Gaffill** Art Studio
- 10:00 ☐ **Aqua Board** (T,Th) Central Pool
☐ **Aquatic: H2O Bootcamp (Deep Water)** (T,Th) Activity Pool
☐ **Dance: Country Line Dancing** Kuchumaa
☐ **Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates Mat Level 2** (M,Th,F) Pinetree
☐ **Strength: Circuit Training** (Su-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 ☐ **Specialty: Yoga from the Outside, In with Sarah Bell** (75 Min) (Su-F) Montaña
☐ **Specialty: S'WET Shallow Water Conditioning** (Su,W,Th) Activity Pool
☐ **Aqua Board** (T,Th) Central Pool
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
☐ **Gyrokinesis** (Su-F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: TRX Circuit** (Th,F) Tolteca
☐ **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
☐ **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.** Art Kit Fee \$70 + tax. Sign up in the Main Lounge, 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** (T,Th) Kuchumaa
☐ **Specialty: S'WET Deep Water Training** (Su,W,Th,F) Activity Pool
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Mobility: TRX Flexibility** (Su,Th,F)) Pinetree
☐ **Recovery: Release & Mobilize** (M,Th) Oaktree
☐ **Strength: Circuit Training** (M,Th) Azteca
- 3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (Su,Th) Tolteca
☐ **Sound Healing** Oaktree
☐ **Longevity: Dynamic Mobility** Olmeca
☐ **Pilates: Tower Level 1** Sign-up begins 8am at the Pilates Studio in Arroyo
- 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
☐ **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
- 5:00 ☐ **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
☐ **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: "Johannes Brahms: Trio Opus 8 for violin, cello & piano”,**

with Lourdes Lobo, Kevin Mills, Juan Pablo Andrade 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 ☐ **Advanced: Barbell Strength** (M,F) Tolteca
☐ **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
☐ **Indigenous Wisdom Walk, with Norma Meza** Kuchumaa
- 10:00 ☐ **Specialty: Cardio Dance Party with Body N Beat** (Su,M,W,F) Kuchumaa
☐ **Aquatic: H2O HIIT Bootcamp** (M,W,F) Activity Pool
☐ **Pickleball Open Play**, unstaffed, court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Level 2** (M,Th,F) Pinetree
☐ **Strength: BOSU® Core & More** (T,F) Olmeca
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 1 - Integration & Flow** (Su-F) Montaña
- 10:30 ☐ **Mercado Craft Sale (on going 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** (75 Min) (Su-F) Montaña
☐ **Aquatic: Liquid Drums** (Shallow Water) (M,F) Sunglasses recommended Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 min) (T,F) Kuchumaa
☐ **Gyrokinesis** (Su-F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: TRX Circuit** (Th,F) Tolteca
- 2:00 ☐ **Specialty: S'WET Deep Water Training** (Su,W,Th,F) Activity Pool
☐ **Labyrinth** (T,F) Meet at Emily's Forest
☐ **Longevity: Balance & Coordination** (T,F) Olmeca
☐ **Mobility: TRX Flexibility** (Su,Th,F) Pinetree
☐ **Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa
- 2:45 ☐ **Live Music and Smoothies** Juice Bar
- 3:00 ☐ **Core Express** (30 Min) (M,F) Olmeca
☐ **Mobility & Corrective: Postural Awareness** (T,F) Tolteca
☐ **Mobility: Strength & Stretch with Stick Mobility** Kuchumaa
☐ **Sound Healing** (Su,F) Oaktree
☐ **Strength: TRX Pilates** (30 Mins) (T,F) Pinetree
☐ **Yoga Workshop: Happy Hips & Low Back** Montaña
☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 4:00 ☐ **Inner Journey: Guided Meditation** (M,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