

Week of July 4, 2026

Ageless Pilates & More with Leslee Bender

Dance with Stephanie Herman

Water Week with Jenni Lynn Patterson-LaCour

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 4

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 ☐ **Advanced: Cardio Muscle Blast** (S,T,Th) Azteca
 ☐ **Meditation** (S-F) Milagro
 ☐ **Mobility: Stretch** (S-F) Montaña

10:00 ☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
 ☐ **Pilates Mat All Levels** (S-F) Pinetree
 ☐ **Strength: Circuit Training** (S-F) 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: Circuit Training** (S,T,Th) Azteca
 ☐ **Strength: Full Body All Levels** Olmecca

3:00 ☐ **Mobility: Stretch** Montaña
 ☐ **Sound Healing** (S-F) Oaktree
 ☐ **Strength: the ABCs - Arms/Butt/Core** (S,Su) Olmecca

5:00 ☐ **Ranch Tour** (Recommended for first time guests) Gazebo
 ☐ **Returning Guest Update** Tolteca

5:30 ☐ **First Time Guest Orientation** Olmecca

☀️ **Red, White & You Ranch Style: A Fourth of July Fiesta with the Rancho La Puerta Band & Corina Rose** Dining Hall - Back Patio

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

<p>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</p> <p>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</p> <p>Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge</p> <p>Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm</p> <p>Juice Bar: Sunday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm</p>	<p>Available Facilities* *when no class is in session</p> <p>Milagro - Meditation Room 6:00 am to 9:00 pm</p> <p>Activity Pool - Lap Swim 7:00 am to 6:00 pm *No open swim during scheduled classes</p> <p>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)</p> <p>Tennis & Pickleball Courts - Open Play 7:00 am to 7:00 pm</p>
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SUNDAY | JULY 5

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) Olmecca
 ☐ **Meditation** (Su-F) Oaktree
 ☐ **Mobility: Stretch** (Su-F) Montaña
 ☐ **Pilates: Mat Foundations All Levels - Neutral & Spinal Articulation** (Su-F) Pinetree
 ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended.
 Pickleball Courts

10:00 ☐ **Specialty: Ageless Pilates Reformer on the Mat with Leslee Bender** (Su,T,Th) Pinetree

☐ **Specialty: S'WET Shallow Water Conditioning** (Su,M,T,F) Activity Pool

☐ **Dance: Latin Fusion** Kuchumaa

☐ **Longevity: Strength Training** (Su,Th), Olmecca

☐ **Pickleball Clinic: Intermediate** (Su-F)

Court shoes recommended. Pickleball Courts

☐ **Strength: Introduction to Circuit Training** Azteca

☐ **Yoga Level 1 - Foundations** (Su-F) Montaña

11:00 ☐ **Specialty: Dance with Stephanie Herman** (60 Min) (Su-F) Pinetree

☐ **Specialty: S'WET Shallow Water Conditioning** (Su,Th) Activity Pool

☐ **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

☐ **Yoga Level 2 Slow Flow** (Su-F) (75 Min) Montaña

☐ **Art Class: Watercolor Landscape Sketching of the Ranch, with Eddie Omens** Art Studio

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: S'WET Deep Water Training** (Su,M,T,Th,F) Activity Pool

☐ **Breathwork** (Su,F) Oaktree

☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge

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

☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

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) (S,Su) Olmecca

☐ **Tai Chi** (Su & W at 2p) Montaña

4:00 ☐ **Specialty: Ageless Restorative Stretch with Leslee Bender** (Su,W) Pinetree

☐ **Yoga: Restorative** (Su,M,Th) Montaña

☐ **Beauty, Identity, and Self-Worth: More Than Skin Deep: Drop Dead Diva episode: Pilot, with Josh Berman** Olmecca

5:00 ☐ **Inner fitness: Nothing Changes Until You Do!** with Emily Boorstein Gazebo

7:15 ☐ **Movie: Now You See Me** Library Lounge

8:00 ☐ **Unfurl the Power of Labyrinth Walking with Deborah Burand** Olmecca

MONDAY | JULY 6

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 recommended.
 Pickleball Courts

☐ **Strength: Total Body with Bands** (M,F) Olmecca
 ☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

10:00 ☐ **Specialty: Ageless Pilates Flexibility, Mobility, Strength with Leslee Bender** (M,W,F) Pinetree

☐ **Specialty: S'WET Shallow Water Conditioning** (Su,M,T,F) Activity Pool

☐ **Dance: Disco** Kuchumaa

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

☐ **Strength: Barbell Workout Level 2** (M,W) Tolteca

☐ **Strength: Circuit Training** (Su,M,W,F) Azteca

☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts

☐ **Yoga Level 1 - Balance** (Su-F) Montaña

11:00 ☐ **Specialty: Dance with Stephanie Herman** (60 Min) (Su-F) Pinetree

☐ **Aquatic: Liquid Drums (Shallow Water)** (M,F) (Sunglasses recommended) Activity Pool

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

☐ **Strength: Kettlebells** (30 Min) (M,W) Tolteca

☐ **Yoga Slow Flow: Level 2** (75 Min) (S-F) Montaña

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

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

☐ **Art Class: Watercolor Landscape Sketching of the Ranch, with Eddie Omens** Art Studio

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

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

1:00 ☐ **Digestive Wellness with Ayurveda, with Siva Mohan, MD, MPH** Tipai
 ☐ **Your Body is Talking. Are You Listening?** with Jonelle Rutkauskas, HHP, RCST Tolteca

2:00 ☐ **Specialty: S'WET Deep Water Training** (Su,M,T,Th,F) Activity Pool

☐ **Advanced: Bodyweight Blast (30 Min)** Tolteca

☐ **Mobility: TRX Flexibility** (M-Th) Pinetree

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

☐ **Recovery: Release & Mobilize** (M,W) Oaktree

☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & long sleeves. Kuchumaa

☐ **Inner Fitness: Healthy Inner Dialogue, with Emily Boorstein** Gazebo

3:00 ☐ **Specialty: Vital Core Training with Leslee Bender** (M,Th) Pinetree

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

☐ **Sound Healing** (Su-F) Oaktree

☐ **Yoga Workshop: Happy Hips & Low Back** Montaña

4:00 ☐ **Inner Journey: Guided Meditation** (M,W,F) Oaktree

☐ **Yoga: Restorative** (Su,M,Th) Montaña

☐ **Day One's Labyrinth Walk: Releasing Old Ways of Seeing, with Deborah Burand** Labyrinth

5:00 ☐ **Guest Reception: Sangria & Guacamole Bazar del Sol**

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

8:00 ☐ **What I Learned about Love and Marriage from "Married at First Sight!" with Pepper Schwartz** Olmecca

TUESDAY | JULY 7

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** (S,T,Th) Azteca

☐ **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 ☐ **Specialty: Ageless Pilates Reformer on the Mat with Leslee Bender** (Su,T,Th) Pinetree

☐ **Specialty: S'WET Shallow Water Conditioning** (Su,M,T,F) Activity Pool

☐ **Aqua Board** (T,Th) Central Pool

☐ **Dance: Move & Groove Funk!** Kuchumaa

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

☐ **Strength: BOSU® Fit** (T,F) Olmecca

☐ **Yoga Level 1 - Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Dance with Stephanie Herman** (60 Min) (Su-F) Pinetree

☐ **Advanced: Cardio Sculpt Express** (30 Min) (T,F) Olmecca

☐ **Aquatic: Strength & Tone (Shallow)** Activity Pool

☐ **Aqua Board** (T,Th) Central Pool

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

☐ **Strength: TRX Circuit** (T,F) Tolteca

☐ **Yoga Slow Flow: Level 2** (75 Min) (S-F) Montaña

☐ **EVERYONE HAS A STORY - How do I get mine told?** with Josh Berman Library Lounge

☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

1:00 ☐ **Making a Smoothie Class with Chef César** Juice Bar

☐ **Eating for Healthy Aging, with Siva Mohan, MD, MPH** Tipai

2:00 ☐ **Specialty: S'WET Deep Water Training** (Su,M,T,Th,F) Activity Pool

☐ **Longevity: Balance & Coordination** (T,F) Olmecca

☐ **Mobility: Strength & Stretch with Stick Mobility** Kuchumaa

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

☐ **Strength: Circuit Training** (S,T,Th) Azteca

☐ **Inner Fitness: Feel It to Heal It, with Emily Boorstein** Gazebo

3:00 ☐ **Mobility & Corrective: Postural Awareness** (T,F) Tolteca

☐ **Mobility: Dynamic Stretch (30 Min)** Pinetree

☐ **Pilates: Tower Level 1** (T,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ **Sound Healing** (Su-F) Oaktree

☐ **Strength: Core Exp** (30 Min) (T,F) Olmecca

4:00 ☐ **Recovery: Foam Roller** (T,Th) Tolteca

☐ **Recovery: Stretch and Relax** (T,F) Montaña

☐ **Hands-On Cooking Class with Visiting Teacher Debbie Kornberg.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ **Sex, Intimacy, Health & Happiness, with Pepper Schwartz, PhD** Tipai

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

☐ **Second Chances: Reinventing Yourself After Life Changes- Drop Dead Diva episode: What If, with Josh Berman** Olmecca

7:15 ☐ **Movie: Conclave** Library Lounge

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

WEDNESDAY | JULY 8

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-F) 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

- 10:00 **Specialty: Ageless Pilates Flexibility,Mobility,Strength with Leslee Bender** (M,W,F) Pinetree
- Dance: Intro to Salsa** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-F) Court shoes recommended. Pickleball Courts
- Strength: Barbell Workout Level 2** (M,W) Tolteca
- Strength: Circuit Training** (Su,M,W,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: Dance with Stephanie Herman** (60 Min) (Su-F) Pinetree
- Cardio & Strength: Mini Trampoline Build & Bounce** Kuchumaa
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Kettlebells** (30 Min) (M,W) Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (S-F) Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- Art Class: Watercolor Landscape Sketching of the Ranch, with Eddie Omens** Art Studio
- Hands-On Cooking Class with Visiting Teacher Debbie Kornberg.** Fee \$145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.

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

- 1:00 **Ayurveda Superfoods, with Siva Mohan, MD, MPH** Tipai

- 2:00 **Aquatic: Water Polo on a Noodle** Activity Pool
- Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Recovery: Release & Mobilize** (M,W) Oaktree
- Tai Chi** (W & Su 3pm) Montaña
- Yoga: Gentle Aerial Hammock (Low)** Please wear socks & long sleeves.(M,W,F) Kuchumaa
- Art Walk with Rob Larson** Meet at Gazebo
- Inner Fitness: The Inner Fitness Workout with Emily Boorstein** Gazebo

- 3:00 **Sound Healing** (Su-F) Oaktree
- Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
- Yoga Workshop: Rope Wall** Montaña

- 4:00 **Specialty: Ageless Restorative Stretch with Leslee Bender** (Su,W) Pinetree
- Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Day Two's Labyrinth Walk: Receiving New Ways of Filling the Well, with Deborah Burand.** Labyrinth

- 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 **Live Music with Corina Rose** 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 9

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: 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** (Sa,T,Th) Azteca
- Meditation** (Su-F) Oaktree
- Mobility: Stretch** (Su-F) Montaña
- Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- Pilates: Mat Foundations All Levels -Rotation** (S-F) Pinetree

- 10:00 **Specialty: Ageless Pilates Reformer on the Mat with Leslee Bender** (Su,T,Th) Pinetree
- Aqua Board** (T,Th) Central Pool
- Dance: Cardio Drumming** Kuchumaa
- Longevity: Strength Training** (M,Th) Olmeca
- Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
- 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: Dance with Stephanie Herman** (60 Min) (Su-F) Pinetree
- 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
- Yoga Level 2 Slow Flow** (75 Min) (S-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
- Art Class: Watercolor Landscape Sketching of the Ranch, with Eddie Omens** 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 **An Emotional Basis of Digestive Disorders, with Siva Mohan, MD, MPH** Tipai
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Kit Fee \$70 + tax. Sign up in the Main Lounge, Dining Hall Balcony

- 2:00 **Specialty: S'WET Deep Water Training** (Su,M,T,Th,F) Activity Pool
- Longevity: Lecture - Planning your Home Practice** Library Lounge
- Mobility: TRX Flexibility** Pinetree
- Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: Circuit Training** (Su,Th) Azteca
- Inner Fitness: Your Future Self, with Emily Boorstein** Gazebo

- 3:00 **Specialty: Vital Core Training with Leslee Bender** Pinetree
- Longevity: Dynamic Mobility** Olmeca
- Pilates: Tower Level 1** (T,Th) Arroyo
- Sound Healing** (Su-F) Oaktree
- Spanish Lessons: Beginners Progressive** Library Lounge
- Film: Ballerina A One Woman Play, with Stephanie Herman** Tipai

- 4:00 **Recovery: Foam Roller** (T,Th) Tolteca
- Yoga: Restorative** (Su,M,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
- Snap Strategies for Common Relationship Issues, with Pepper Schwartz, PhD** Tipai

- 5:00 **Floating Sound Bath** (sunglasses, swimsuit & hat recommend) Activity Pool
- Farm-to-Table Dining Experience with Visiting Teacher Debbie Kornberg and Head Chef Vivian Mercado** Fee \$150. Register at Ext.640/625. Return 7:30pm. Meet at Admin Bldg.
- The Search for Purpose: Becoming the Person You're Meant to Be - Drop Dead Diva** episode: **The Long Road Home (Season 1 Finale), with Josh Berman** Olmeca

- 7:15 **Movie: F1 (Formula 1)** Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00 **In Concert, with Corina Rose** Oaktree

FRIDAY | JULY 10

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) Montaña
- Pickleball Clinic: Beginners** (Su-F) 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: Ageless Pilates Flexibility,Mobility,Strength with Leslee Bender** (M,W,F) Pinetree
- Specialty: S'WET Shallow Water Conditioning** (Su,M,T,F) Activity Pool
- Dance: Cardio Hip Hop 90s Flashback** Kuchumaa
- Pickleball Clinic: Intermediate** (Su-Th) Court shoes recommended. Pickleball Courts
- Strength: BOSU® Fit** (T,F) Olmeca
- 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

- 11:00 **Specialty: Dance with Stephanie Herman** (60 Min) (Su-F) Pinetree
- Advanced: Cardio Sculpt Exp** (30 Min) (F) Olmeca
- Aquatic: Liquid Drums** (Shallow Water) (M,F) Sunglasses recommended Activity Pool
- Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- Strength: TRX Circuit** (T,F) Tolteca
- Yoga Level 2 Slow Flow** (75 Min) (Su-F) Montaña

- 2:00 **Specialty: S'WET Deep Water Training** (Su,M,T,Th,F) Activity Pool
- Breathwork** (Su,F) Oaktree
- Longevity: Balance & Coordination** (T,F) Olmeca
- Pilates: Reformer Level 1** (Su,T,Th) 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 **Sound Healing** (Su-F) Oaktree
- Mobility & Corrective: Postural Awareness** (T,F) Tolteca
- Strength: Core Express** (30 Mins) (T,F) Olmeca
- Spanish Lessons: Beginners Progressive** Library Lounge

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Recovery: Stretch and Relax** (T,F) Montaña
- Day Three's Labyrinth Walk: Returning Home with a Refreshed Creative Spirit, with Deborah Burand** Labyrinth
- 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