Week of November 7, 2026
Core Power & Injury Prevention with Shanti Tilling
Meditation & Sound Healing with Jen DeMarco

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 in 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 | NOVEMBER 7

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 ☐ **Yoga: All Levels** Montaña
☐ **Pickleball Open Play** unstaffed, Court shoes recommended. Pickleball Courts

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

2:00 ☐ **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
7:30 ☐ **Set Your Intention: Tips for a Magical Week** Tolteca
8:00 ☐ **Unlock the Power of iPhoneography: Creativity, Mindfulness & Visual Storytelling, with Yoni Mayeri** Olmeca

Meal Hours: Saturday
Breakfast 7:00 am to 9:00 am
Lunch 11:30 am to 3:30 pm
Dinner 5:30 pm to 7:30 pm

Meal Hours: Sunday- Friday
Breakfast 7:30 am to 9:00 am
Lunch 12:00 pm to 1:30 pm
Dinner 5:30 pm to 7:30 pm

Snack Times: Sunday- Friday
Fruit 10:30 am Main Lounge
Smoothies 02:45 pm Juice Bar
Veggies/Juice 4:30 pm Main Lounge

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

Juice Bar: Sunday - Friday
9:00 am to 4:00 pm
(closed daily 12pm - 1pm)

Health Centers Operating Hours
MHC and WHC:
Saturday-Thursday: 9am-9pm,
Friday 9am-6pm

VHC:
Saturday-Thursday: 9am-9pm & Friday 9am-7pm

COED: Sunday, Tuesday, Thursday
5:00 pm to 08:45 pm

Milagro - Meditation Room
6:00 am to 9:00 pm

Activity Pool - Lap Swim
7:00 am to 6:00 pm
*No open swim during scheduled classes

Azteca Gym - Weight Room
Saturday: 6:30 am to 1:30 pm
Sunday – Friday: 07:00 am to05:00 pm
(closed daily 1pm – 2pm)

Tennis & Pickleball Courts - Open Play
7:00 am to 7:00 pm

SUNDAY | NOVEMBER 8

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** 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 ☐ **Specialty: Mindfulness Meditation Fundamentals with Jen DeMarco** (Su-F) Oaktree
☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
☐ **Mobility: Stretch** (Su-F) Montaña & Kuchumaa
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree

10:00 ☐ **Aquatic: H20 Boot Camp (Deep Water**) (Su,Th) Activity Pool
☐ **Dance: Latin Fusion** (Su) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,M,T) Oaktree
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: BOSU® Core & More** (Su) Olmeca
☐ **Strength: Introduction to Circuit Training** (Su) Azteca
☐ **Yoga Level 1 - Foundations** (Su-F) Montaña

11:00 ☐ **Specialty: Core Power & Injury Prevention with Shanti Tilling** (Su-F) Olmeca
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (Su,F) Kuchumaa
☐ **Mobility: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up for today begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Slow Flow** (Su,M,W,Th,F) (75 Min) Montaña
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Sign-up sheets for tomorrow's Reformer session will be available at the Pilates Studio in Arroyo.
☐ **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

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Chant: A Vocal Sound Practice** (Su at 2pm, also Th at 4pm) Milagro
☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su at 2pm & W at 3pm) Kuchumaa
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up for today begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Happy Hips & Low Back** (Su,T) Montaña

3:00 ☐ **Specialty: Sound Healing with Jen DeMarco** (Su,M,Th) Oaktree
☐ **Longevity: Dynamic Mobility** Tolteca
☐ **Pilates: Reformer Level 2** (Su,T,F) Sign-up or today begins 8am at the Pilates Studio in Arroyo
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca
☐ **Tai Chi** (S,W) Montaña
☐ **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
☐ **Sound Healing** (Su) Oaktree
☐ **Yoga: Restorative** (Su,Th) Montaña
☐ **What is Metacognition Anyway - The Foundation of Change, with Emily Boorstein** Tipai

8:00 ☐ **Concert by Cahill & Delene "Love Songs for our World"** Oaktree

MONDAY | NOVEMBER 9

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** (M) Intermediate, 2 Miles, Sign up 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 ☐ **Specialty: RAIN Meditation Practice, Using Mindfulness to Navigate Challenging Feelings and Emotions with Jen DeMarco** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña & Kuchumaa
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **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 ☐ **Dance: Move & Groove, Funk!** Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,M,T) Oaktree
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Longevity: Strength Training** (M,Th) Olmeca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1 - Balance** (Su-F) Montaña

11:00 ☐ **Specialty: Core Power & Injury Prevention with Shanti Tilling** (Su-F) Olmeca
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Cardio: Cycle Hip Hop** (M, also Cycle Strength on W) Pai Pai
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Sunday at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,Th,F) (75 Min) Montaña
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Sign-up sheets for tomorrow's Reformer/Tower sessions will be available at the Pilates Studio in Arroyo.

1:00 ☐ **Discover 5 Surefire Ways to Power Up Your Bones, with Susan McCandless RDN, IFNCP** Tipai
☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Gentle Spinal Mobility** (T at 11 & M,W,F at 2pm) Pinetree
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 12pm Sunday at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (M,F) Oaktree
☐ **Strength: Circuit Training** (M,Th) Azteca
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & short or long sleeves. Kuchumaa
☐ **What is Thriving Anyway - It May Not Be What You Think, with Emily Boorstein** Tipai

3:00 ☐ **Specialty: Sound Healing with Jen DeMarco** (Su,M,Th) Oaktree
☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Pilates: Reformer Level 1** (M,Th) Sign-up begins 12pm Sunday at the Pilates Studio in Arroyo
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca

4:00 ☐ **Yoga Nidra** (M,Th) Oaktree
☐ **Journaling for Joy** (Su,M) Milagro
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Your Creative Potential: Mastering the iPhone Camera, with Yoni Mayeri** Tipai

4:30 ☐ **Guest Reception** Bazar del Sol
6:15 ☐ **Silent Dinner** Sign up (2 hrs) Los Olivos
8:00 ☐ **Regenerative by Nature: How Self-Care Becomes Earth-Care, with Eden Vardy** Olmeca

TUESDAY | NOVEMBER 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.
6:15 ☐ **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 ☐ **Specialty: Metta Meditation, Embodying Loving Kindness with Jen DeMarco** (Su-F) Oaktree
☐ **Barre** (T,Th) Olmeca
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree

10:00 ☐ **Dance: Intro to Salsa** Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,M,T) Oaktree
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 12pm Monday at the Pilates Studio in Arroyo
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 1 – Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Core Power & Injury Prevention with Shanti Tilling** (Su-F) Olmeca
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca
☐ **Gentle Spinal Mobility** (T at 11 & M,W,F at 2pm) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Monday at the Pilates Studio in Arroyo
☐ **Strength: TRX & Kettlebells Level 2** 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.
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Sign-up sheets for tomorrow's Reformer/Tower sessions will be available at the Pilates Studio in Arroyo.
☐ **Smoothie-Making Class with Chef Segundo and Chef César** Dining Hall

1:00 ☐ **The Calcium Conundrum, with Susan McCandless RDN, IFNCP** Tipai

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Labyrinth** (T,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Lowlands Hike: Woodlands Trail** 2 Miles Gazebo
☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 12pm Monday at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Happy Hips & Low Back** (Su,T) Montaña

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (T,Th), Tolteca
☐ **Longevity: Dynamic Mobility** Olmeca
☐ **Pilates: Reformer Level 2** (Su,T,F) Sign-up begins 12pm Monday at the Pilates Studio in Arroyo
☐ **Sound Healing** (T,W,F) Oaktree

4:00 ☐ **Inner Journey: Guided Meditation** (T,F) Oaktree
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Hands on Cooking Class with Chef Rochelle Palermo.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Decoding the Food Aisle: Becoming a Knowledgeable Consumer in a World of Labels, with Eden Vardy** Tipai

5:00 ☐ **1st Time Visitor's Reception** Los Olivos

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

WEDNESDAY I NOVEMBER 11

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. OPTION: **Stay for Part I: Harvest Your Health - A Farm Discovery and Part II: From Plant to Pantry - The Art of Herbal Transformation, with Eden Vardy. Back by 11am.**
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 ☐ **Specialty: Forgiveness Meditation, Freeing Ourselves with Jen DeMarco** (Su-F) Oaktree
☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

10:00 ☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes 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: Core Power & Injury Prevention with Shanti Tilling** (Su-F) Olmeca
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Cycle Strength** (W) Pai Pai
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Tuesday at the Pilates Studio in Arroyo
☐ **Strength & Cardio: TRX Circuit Level 2** (W) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,Th,F) (75 Min) Montaña
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Sign-up sheets for tomorrow's Reformer/Tower sessions will be available at the Pilates Studio in Arroyo.
☐ **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool

1:00 ☐ **Let's Solve the Protein Paradox, with Susan McCandless, RDN, IFNCP** Tipai

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Gentle Spinal Mobility** (T at 11 & M,W,F at 2pm) Pinetree
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 12pm Tuesday at the Pilates Studio in Arroyo
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & short or long sleeves. Kuchumaa
☐ **Art Walk with Rob Larson** Meet at Gazebo
☐ **A Path to Freedom - Your Future Self Is Already Here, with Emily Boorstein** Tipai

3:00 ☐ **Mobility: Strength & Stretch with Stick Mobility** (Su at 2pm & W at 3pm) Kuchumaa
☐ **Pilates: Tower (All levels)** (W) Sign-up begins 12pm Tuesday at the Pilates Studio in Arroyo
☐ **Sound Healing** (T,W,F) Oaktree
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca
☐ **Tai Chi** (S,W) Montaña

4:00 ☐ **Breathwork** (W,F) Oaktree
☐ **Live Your New Year's Intention** Tolteca
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Hands on Cooking Class with Chef Rochelle Palermo.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **The Art of Editing with the Photos App, with Yoni Mayeri** Tipai

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 | NOVEMBER 12

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 ☐ **7 Mile Breakfast Hike** (Th) 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

8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall

9:00 ☐ **Specialty: Supportive Conditions, Gratitude Meditation with Jen DeMarco** (Su-F) Oaktree
☐ **Barre** (T,Th) Olmeca
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree

10:00 ☐ **Aquatic: H20 Boot Camp (Deep Water)** (Su,Th) Activity Pool
☐ **Dance: Salsa, Hip, Funk!** (Th) Kuchumaa
☐ **Longevity: Strength Training** (M,Th) Olmeca
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 12pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca
☐ **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 ☐ **Specialty: Core Power & Injury Prevention with Shanti Tilling** (Su-F) Olmeca
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca
☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,Th,F) (75 Min) 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:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Sign-up sheets for tomorrow's Reformer sessions will be available at the Pilates Studio in Arroyo.
☐ **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
☐ **The Gut-Bone Connection, with Susan McCandless RDN, IFNCP** Tipai

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Longevity: Balance & Coordination**,(T,Th) Olmeca
☐ **Lowlands Hike: Quail Trail** (M,W,F at 6:45am & Th at 2pm) Moderate, 2 or 2.5 Miles, Gazebo
☐ **Pilates: Tower (All levels)** (T,Th,) Sign-up begins 12pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M,Th) Azteca
☐ **Yoga Workshop: Iyengar Chair Yoga** Montaña
☐ **Yogi Tea Wisdom - Small Words, Big Wisdom, with Emily Boorstein** Tipai

3:00 ☐ **Specialty: Sound Healing with Jen DeMarco** (Su,M,Th) Oaktree
☐ **Advanced: Bodyweight Blast** (T,Th) (30 Min) Tolteca
☐ **Longevity: Dynamic Mobility** Olmeca
☐ **Pilates: Reformer Level 1** (M,Th) Sign-up begins 12pm Wednesday at the Pilates Studio in Arroyo
☐ **Spanish Lessons: Beginners** Library Lounge

4:00 ☐ **Chant: A Vocal Sound Practice** (Th, also Su at 2pm) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Yoga Nidra** (M,Th) Oaktree
☐ **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
☐ **Discover the Art of Presence: Mindful Photo Walk, with Yoni Mayeri** Tipai

5:00 ☐ **Thursday Farm-to-Table Dining Experience with Chef Rochelle Palermo and Head Chef Vivian Mercado with 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 ☐ **"Love Songs for our World" -- More Music with Cahill and Delene** Oaktree

FRIDAY | NOVEMBER 13

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 ☐ **Specialty: Chakra Meditation, The Body Knows & Remembers with Jen DeMarco** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su-F) Montaña
☐ **Pickleball Open Play, unstaffed.** Court shoes recommended. Pickleball Courts
☐ **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 ☐ **Dance: Cardio Drumming** (F) Kuchumaa
☐ **Pickleball Open Play, unstaffed** Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 1 - Integration** (Su-F) Montaña

10:30 ☐ **Mercado Craft Fair,** ongoing until 2:00 pm Mercado Patio
MAPACHE ARTS & CRAFTS, Casa de los Cirios, Delicias Mexicanas/Tradicional Mexican Sweets, PH cosmetics, Lu um Oils

11:00 ☐ **Specialty: Core Power & Injury Prevention with Shanti Tilling** (Su-F) Olmeca
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (Su,F) Kuchumaa
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Thursday at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Slow Flow** (Su,M,W,Th,F) (75 Min) Montaña

1:00 ☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
☐ **Take The Ranch Home: Goal & Intention Setting** (F) Tolteca

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Gentle Spinal Mobility** (T at 11 & M,W,F at 2pm) Pinetree
☐ **Labyrinth** (T,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Pilates Reformer Level 1** (Su,M,W,F) Sign-up begins 12pm Thursday 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

3:00 ☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Pilates: Reformer Level 2** (Su,T,F) Sign-up begins 12pm Thursday at the Pilates Studio in Arroyo
☐ **Sound Healing** (T,W,F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca

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