Week of November 14, 2026 D R A F T Subject to change
Pickleball with Vicki Foster
Get Strong, Stay Strong with Robert Linkul

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 -*** *B*ased 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 14

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 ☐ **Strength: Full Body All Levels** Olmeca
☐ **Pilates Reformer Level 1**, Pilates Studio in Arroyo
3:00 ☐ **Mobility: Stretch** Montaña
☐ **Sound Healing** Oaktree
4:00 ☐ **Recovery: Foam Roller** Tolteca
☐ **Sound Healing** Oaktree
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
8:00 ☐ **What is Quality Chocolate? An Indulgent and Educational Tasting Session, with Chloé Doutre** Olmeca

Meal Hours: Saturday VHC: **Saturday-Thursday: 9am-9pm** **Friday 9am-7pm** **Breakfast 07:00 am to 09:00 am** **Lunch 11:30 am to 03:30 pm** **Dinner 05:30 pm to 07:30 pm** **Meal Hours: Sunday-Friday** **Breakfast 07:30 am to 09:00 am** **Lunch 12:00 pm to 01:30 pm** **Dinner 05:30 pm to 07:30 pm** **Snack Times: Sunday- Friday** **Fruit 10:30 am Main Lounge** **Smoothies 02:45 pm Juice Bar** **Veggies/Juice 04:30 pm MainLounge** **Bazar Del Sol: Saturday- Friday** **06:00 am to 09:00 pm** **Juice Bar: Monday - Friday** **09:00 am to 04:00 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: Sun, Tues & Thu** **05:00 pm to 08:00 pm** **Available Facilities*** ***when no class is in session** **Milagro - Meditation Room** **06:00 am to 09:00 pm** **Activity Pool - Lap Swim** **07:00 am to 06:00 pm** ***No open swim during scheduled classes** **Azteca Gym - Weight Room** **Saturday: 06:30 am to 01:30 pm** **Sunday-Friday: 07:00 am to 05:00 pm** **(closed daily 1pm – 2pm)** **Tennis & Pickleball Courts Open Play** **07:00 am to 07:00 pm**

SUNDAY | NOVEMBER 15

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5-Miles Gazebo
6:30 ☐ **Mountain Hike: Alex's Oak Trail** Moderate 2 Miles Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
7:00 ☐ **Bird Walk** (60 Min) Gazebo

8:00 ☐ **Pilates Concierge** (15 min) Pilates Studio in Arroyo
8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
☐ **Ranch Tour and Orientation** (For first time guests) Dining Hall Entrance

9:00 ☐ **Specialty: Pickleball Beginners Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su,M) Offered in both Montaña & Kuchumaa
☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree
☐ **Strength: Introduction to Circuit Training** (Su) Azteca

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Advanced: Cardio Sculpt Express & HIIT** (30 Min) (S,W) Tolteca
☐ **Chant: A Vocal Sound Practice** (Su,W) Milagro
☐ **Dance: Latin Fusion** (Su) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,T) Oaktree
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Introduction to Circuit Training** (Su) Azteca
☐ **Yoga Level 1** (Su,T,Th) Montaña

11:00 ☐ **Specialty: Get Strong, Live Strong: Resistance Training with Robert Linkul** (Su-F) Tolteca
☐ **Aquatic: Shallow Water Conditioning** Activity Pool
☐ **Advanced: Cardio Muscle Blast** (Su,Th) Azteca
☐ **Mobility: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Slow Flow** (Su,M,W,F) Montaña

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign up sheet will go out for Mondays Pilates apparatus/equipment classes.
☐ **Specialty Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool

1:00 ☐ **Master Your Metabolism, with DeRahn Johnson, FNS, CES** Tipai
☐ **Water Flow Therapy Demo** South Pool
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
2:00 ☐ **Specialty Fitness Lecture: 5 Strategies to Improve Longevity with Robert Linkul** Library Lounge
☐ **Aquatic: Deep Water Training** (Su,T,Th) Activity Pool
☐ **Breathwork** (Su,W) Milagro
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,W) Kuchumaa
☐ **Pilates: Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Happy Hips & Low Back** (Su) Montaña
☐ **Mind & Body: A Roadmap to Better Intimacy**
3:00 ☐ **Specialty: Sound Healing with Jen DeMarco** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca
4:00 ☐ **Journaling for Joy** (Su,T) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Sound Healing** (Su,Th) Oaktree
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Lecture: The Artful Mind: Creativity for Cognitive Wellness, with Carrie Geraci, BA** Tipai
5:00 ☐ **Music of Hope – Orquesta Guadalupana with young musicians of Tijuana, conducted by musical director Ron Wakefield** Oaktree
7:15 ☐ **Set Your Intention: Tips for a Magical Week** (also, W at 4 & F at 1) Tolteca
8:00 ☐ *Inner Fitness:* **Attitude Awareness Tune-Up, with Julie Fotos** Oaktree

MONDAY | NOVEMBER 16

Class spaces are limited to first come first served.

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

9:00 ☐ **Specialty: Pickleball Beginners Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su,M) Offered in both Montaña & Kuchumaa
☐ **Pilates: Mat Foundations - Flexion** (Su-F) Pinetree
☐ **Strength: Circuit Training** (M,W,F) Azteca
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Dance: Move & Groove, Funk!** Kuchumaa
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: BOSU® Core & More** (M) Olmeca
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts

11:00 ☐ **Specialty: Full Body Strength & Conditioning with Robert Linkul** (Su-F) Olmeca
☐ **Aquatic: Ranch Liquid Drums (Shallow Water)** (M,F) Activity Pool
☐ **Cardio: Cycle Strength** (M, also Cycle Exp. 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) (Su,Th) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,F) Montaña
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA** Art Studio

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign up sheet will go out for Tuesdays Pilates apparatus/equipment classes.

1:00 ☐ **How to Eat Well Without Overthinking It, with Dr. Sabrina Falquier** Tipai
☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge

2:00 ☐ **Aquatic: Deep Water Training** (M,W) Activity Pool
☐ **Labyrinth** (M,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Pilates: Reformer Level 1** (M,W) Sign-up begins 12pm Sunday at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (M,F) Oaktree
☐ **Strength: Circuit Training** (M,W) Azteca
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & short or long sleeves. Kuchumaa
☐ **Mind & Body: A Roadmap to Better Intimacy, with Dr. Basma Faris** Tipai

3:00 ☐ **Specialty: Sound Healing with Jen DeMarco** (Su-F) Oaktree
☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca

4:00 ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ *Inner Fitness:* **Day 2- Slay Your Inner Critic – Meet Your Negative Ego with Julie Fotos** Tipai

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

6:15 ☐ **Silent Dinner** Sign up in the main lounge (M) Los Olivos

8:00 ☐ **Concert TBA**

TUESDAY | NOVEMBER 17

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: Pickleball Beginners Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Barre** (T,Th) Olmeca
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (T,Th) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree

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

11:00 ☐ **Specialty: Get Strong, Live Strong: Resistance Training with Robert Linkul** (Su-F) Tolteca
☐ **Aquatic: Shallow Water Conditioning** (T,Th) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (T,Th) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Monday at the Pilates Studio in Arroyo
☐ **Strength: TRX & Kettlebells Level 2** (M) Tolteca
☐ **Yoga Sculpt Level 2** (T,Th) Olmeca
☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee $100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg
☐ .**The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA** Art Studio
12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign up sheet will go out for Wednesdays Pilates apparatus/equipment classes.

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

1:00 ☐ **You're Changing. Let Your Kitchen Keep Up, with Dr. Sabrina Falquier** Tipai

2:00 ☐ **Aquatic: Deep Water Training (**Su,T,Th) Activity Pool
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 12pm Monday at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Rope Wall** (T) Montaña
☐ **Hormone Health, Midlife Edition, with Dr. Basma Faris** Tipai

3:00 ☐ **Advanced: Bodyweight Blast** (30 Min) (T,Th), Tolteca
☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **Sound Healing** (Su-F) Oaktree

4:00 ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Hands on Cooking Class with Chef Leah Sarris, MBA, RD, LDN, CCMS** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ *Inner Fitness:* **Day 3- Rewiring for Joy – Training Your Brain for Emotional Fitness with Julie Fotos** Tipai
☐
5:00 ☐ **1st Time Visitor's Reception** Los Olivos
8:00 ☐ **Bingo and Games! with Barry** Olmeca

WEDNESDAY I NOVEMBER 18

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-F) 4 Miles, Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available departs at 6:45 from Admin Bldg. Back by 9 am
6:15 ☐ **Mountain Hike: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
6:30 ☐ **Meditation Hike: Rolling Hills** (W) 2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo

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

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Advanced: BOSU® & Battle Ropes** (F) Olmeca
- ☐ **Chant: A Vocal Sound Practice** (S,W) Milagro
- ☐ **Dance: Cardio Drumming** (W) Kuchumaa
- ☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
- ☐ **Strength: Circuit Training** (Su-F) Azteca
- ☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
- ☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

11:00 ☐ **Specialty: Full Body Strength & Conditioning with Robert Linkul** (Su-F) Olmeca
- ☐ **Aquatic: Shallow Water Conditioning** Activity Pool
- ☐ **Cardio: Cycle Express** (30 Min) (W) Pai Pai
- ☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,W) Kuchumaa
- ☐ **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,F) Montaña
- ☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign up sheet will go out for Thursdays Pilates apparatus/equipment classes.
- ☐ **Aquatic: Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool

1:00 ☐ **One Kitchen. One Relationship, with Dr. Sabrina Falquier & Dr. Philippe Montgrain** Tipai

2:00 ☐ **Specialty Fitness Lecture: Overcoming Sarcopenia through Resistance Training with Robert Linkul** Library Lounge
- ☐ **Aquatic: Deep Water Training** (M,W,F) Activity Pool
- ☐ **Gentle Spinal Mobility** (W) 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) Please wear socks & short or long sleeves. Kuchumaa
- ☐ **Art Walk with Rob Larson** Meet at Gazebo
- ☐ **Emotional Doorways Back to Each Other, with Dr. Jennifer Gunsaullus** Tipai

3:00 ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Strength: Core Express** (30 Min) (Su,W) Olmeca
- ☐ **Tai Chi** (Su,W) Montaña

4:00 ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
- ☐ **Live Your New Year's Intention** (Also, Take the Ranch Home on F) Tolteca
- ☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
- ☐ **Hands on Cooking Class with Chef Leah Sarris, MBA, RD, LDN, CCMS.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- ☐ *Inner Fitness:* **Day 4- Training Your Brain for Emotional Fitness with Julie Fotos**

5:00 ☐ **The Truth About Cacao and Chocolate: Myths, Quality, and Wellbeing, with Chloé Doutre** Olmeca

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 19

Class spaces are limited to first come first served.

6:05 ☐ **Organic Garden Breakfast Hike** (T-F) 4 Miles. Sign up with Concierge for hike/van. Meet at Gazebo for the hike or van transportation available departs at 6:45 from Admin Bldg.
Option to tour of award-winning Parque del Profesor after breakfast. Learn about Rancho La Puerta's work in the community. Back by 9 am.
6:10 ☐ **Seven-Mile Breakfast Hike** (Th) Challenging, 6.8 Miles Gazebo
6:15 ☐ **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles Gazebo
6:30 ☐ **Yoga: Sunrise All Levels** (60 Min) (T,Th) Montana
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
7:00 ☐ **Bird Walk** (60 Min) Gazebo
8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
9:00 ☐ **Specialty: Pickleball Beginners Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Barre** (T,Th) Olmeca
- ☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (T,Th) Azteca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (T-F) Montaña
- ☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Aquatic: Strength & Tone** Activity Pool
- ☐ **Dance: Disco** Kuchumaa
- ☐ **Longevity: Strength Training** (Su,Th) Olmeca
- ☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 12pm Wednesday at the Pilates Studio in Arroyo
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Yoga Level 1** (Su,T,Th) 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: Get Strong, Live Strong: Resistance Training with Robert Linkul** (Su-F) Tolteca
- ☐ **Aquatic: Shallow Water Conditioning** (T,Th) Activity Pool
- ☐ **Advanced: Cardio Muscle Blast** (Su,Th) Azteca
- ☐ **Mobility: Stretch** (M,Th) Oaktree
- ☐ **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) (Su,Th) Tolteca
- ☐ **Yoga Sculpt Level 2** (T,Th) Olmeca
- ☐ **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
- ☐ **The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA** Art Studio

12:00 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign up sheet will go out for Fridays Pilates apparatus/equipment classes.
- ☐ **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
- ☐ **Better Nights Together, with Dr. Philippe Montgrain** Tipai

2:00 ☐ **Specialty Fitness Lecutre: Foot Health, Strength, Care & Proper Footwear with Robert Linkul** Library Lounge
- ☐ **Aquatic: Deep Water Training** (Su,T,Th) Activity Pool
- ☐ **Chant: A Vocal Sound Practice** (T,Th) Milagro
- ☐ **Longevity: Balance & Coordination**,(T,Th) Olmeca
- ☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 12pm Wednesday at the Pilates Studio in Arroyo
- ☐ **Strength: Circuit Training** (Su,Th) Azteca
- ☐ **Yoga Workshop: Iyengar Chair Yoga** Montaña
- ☐ **Nurturing Physical Intimacy, Curiosity, and Aliveness, with Dr. Jennifer Gunsaullus** Tipai

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

4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
- ☐ **Restorative Yoga** (Su,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:* **Day 5- (Re)Claim Your Authentic Self, with Julie Fotos** Tipai

5:00 ☐ **Thursday Farm-to-Table Dining Experience with Chef Leah Sarris, MBA, RD, LDN, CCMS, and Head Chef Vivian Mercado and the Culinary Team.** Fee $150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.
7:15 ☐ **Prayer Arrows with Tim Hinchliff** Main Lounge
8:00 ☐ **Concert TBA**

FRIDAY | NOVEMBER 20

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: Pickleball Beginners Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (T-F) Montaña
- ☐ **Pilates: Mat Foundations - Review & Flow** (Su-F) Pinetree
- ☐ **Strength: Circuit Training** (M,W,F) Azteca
- ☐ **Strength: Total Body with Bands** (M,F) Olmeca

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Vicki Foster** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
- ☐ **Strength: Circuit Training** (Su-F) Azteca
- ☐ **Yoga Level 2 Slow Flow** (M,W,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: Full Body Strength & Conditioning with Robert Linkul** (Su-F) Olmeca
- ☐ **Aquatic: Liquid Drums (Shallow Water)** (M,F) Activity Pool
- ☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
- ☐ **Cardio: Cycle Hip Hop** (F) Pai Pai
- ☐ **Mobility: TRX Flexibility** (M,F) Pinetree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 12pm Thursday at the Pilates Studio in Arroyo
- ☐ **Strength: Barbell Workout Level 2** (T,F) Tolteca
- ☐ **Yoga Level 2 Slow Flow** (Su,M,W,F) Montaña
- ☐ **The Artful Mind: Plein Air Workshop, with Carrie Geraci, BA** Art Studio

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 Workout** (F) Activity Pool
- ☐ **Labyrinth** (M,F) Meet at Emily's Forest behind Kuchumaa Gym
- ☐ **Pilates Reformer Level 1** (Su,T,Th,F) Sign-up begins 12pm Thursday at the Pilates Studio in Arroyo
- ☐ **Recovery: Release & Mobilize** Oaktree
- ☐ **Yoga: Gentle Aerial Hammock** (Low) Please wear socks & long sleeves. , Kuchumaa

3:00 ☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
- ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Strength: the ABCs - Arms/Butt/Core** (Su,F) Olmeca

4:00 ☐ **Inner Journey: Guided Chakkra Meditation** (F) Oaktree
- ☐ **Recovery: Stretch and Relax** (M,W,F) Montana

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