Week of November 21, 2026

Navigating Your Nervous System with Sharon Holly

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 ringer**s 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 21

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 ☐ **Mobility: Stretch** (S-F) Montaña
☐ **Meditation** (S-F) Milagro

10:00 ☐ **Strength: Circuit Training** (S-F) Azteca
☐ **Gentle Spinal Mobility** Pinetree

11:00 ☐ **Pickleball Open Play** unstaffed, Court shoes recommended Pickleball Courts
☐ **Pilates Reformer Level 1,** Pilates Studio in Arroyo
☐ **Yoga: All Levels** Montaña

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

2:00 ☐ **Foam Roller Recovery** Tolteca
☐ **Strength: Full Body All Levels** Olmeca

3:00 ☐ **Mobility: Stretch** Montaña
☐ **Sound Healing** (S-F) Oaktree

4:00 ☐ **Gentle Spinal Mobility** (30 Min) Pinetree
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 Back Patio
7:30 ☐ **Set Your Intention: Tips for a Magical Week** Tolteca
8:00 ☐ **The Art of Tricky Conversations, with Amy Matthews** 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 2:45 pm Juice Bar
Veggies/Juice 4:30 pm Main Lounge

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
6:00 am to 9:00 pm

Activity Pool - Lap Swim
7:00 am to 5:00 pm
*No open swim during scheduled classes

Azteca Gym - Weight Room
Saturday: 6:30 am to 1:30 pm
Sunday-Friday: 07:00 am to 05:00 pm
(closed daily 1pm – 2pm)

Tennis & Pickleball Courts Open Play
07:00 am to 07:00 pm

SUNDAY | NOVEMBER 22

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
6:30 ☐ **Sunrise Yoga** (60 Min) (Su,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) Sign-ups for today's Pilates Reformers will be available as of 8am. Pilates Studio in Arroyo Gym

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

9:00 ☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (S-F) Oaktree
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,F) Azteca
☐ **Mobility: Stretch** (Su-F) Offered in both Montaña & Kuchumaa
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree

10:00 ☐ **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) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Introduction to Circuit Training** (Su) Azteca
☐ **Yoga Level 1 - Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Nervous System Overview: Building Awareness through Sensory Systems with Sharon Holly** (60 Min) Oaktree
☐ **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 begins 8am at the Pilates Studio in Arroyo
☐ **Strength: BOSU® Core & More** (Su) Olmeca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,F) (75 Min) Montaña

12:00 ☐ **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

1:45 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign-up sheet will go out for Mondays Pilates Reformer classes.

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

3:00 ☐ **Mobility: TRX Flexibility** (Su at 3pm, also M & F at 11am) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (S-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca
☐ **Tai Chi** (S,W) Montaña

4:00 ☐ **Journaling for Joy** (Su) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Sound Healing** (Su) Oaktree
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Presentation: Awakening Artistic Senses in Nature, with Marjorie Taylor** Tipai

8:00 ☐ **Giving Thanks – An Evening of Stories, Music and Musings for This Season of Gratitude, with Jeff Lee** Oaktree

MONDAY | NOVEMBER 23

Class spaces are limited to first come first served.

6:15 ☐ **Mountain Hike: Professor's Trail** (S,M,Th) Advanced, 3.3 Miles, Gazebo
6:20 ☐ **Ruck: Weighted Hiking** (T) 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 ☐ **Meditation** (S-F) Oaktree
☐ **Mobility: Stretch** (S-F) Offered in both 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
☐ **Awaken Your Artistic Senses with a Sketch Walk, with Marjorie Taylor** Art Studio

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
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1 - Balance** (Su-F) Montaña

11:00 ☐ **Specialty: Brain Anatomy & Function: Neuroplasticity with Sharon Holly** (60 Min) Oaktree
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Cardio: Cycle Strength** (M, also Cycle Exp. on W) Pai Pai
☐ **Longevity: Strength Training** (M,Th) Olmeca
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm on Sunday at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,F) (75 Min) Montaña
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

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
☐ **Putting More Plants on Your Plate: What is "Plant-Based Eating"? with Jill Nussinow, MS, RDN,** Tipai

1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign-up sheet will go out for Tuesdays Pilates Reformer/Tower

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Gentle Spinal Mobility** (M,F) Pinetree
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 1:45pm on 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 & sleeves. Kuchumaa
☐ **Own Your Superpowers, with Amy Matthews** Tipai

3:00 ☐ **Pilates: Reformer Level 1** (M,Th) Sign-up begins 1:45pm on Sunday at the Pilates Studio in Arroyo
☐ **Sound Healing** (S-F) Oaktree
☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca

4:00 ☐ **Specialty: Pain Support Toolbox with Sharon Holly** Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña

4:30 ☐ **Guest Reception: Sangría & Guacamole** Bazar del Sol

6:15 ☐ **Silent Dinner** Sign up in Main Lounge (2hrs) Los Olivos (via Dining Hall balcony)

7:15 ☐ **Prayer Arrows with Tim Hinchlif** Main Lounge

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

TUESDAY | NOVEMBER 24

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
6:45 ☐ **Lowlands Hike: Woodlands Trail** (S,Su,T,Th) 2 Miles, Gazebo
7:00 ☐ **Bird Walk** (60 Min) Gazebo

9:00 ☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (S-F) Oaktree
☐ **Mobility: Stretch** (S-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca
☐ **Session Two: Sketching In Watercolors, with Marjorie Taylor** Art Studio

10:00 ☐ **Aquatic: H20 Boot Camp (Deep Water)** (T,F) Activity Pool
☐ **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) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Yoga Level 1 - Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Vagus Nerve: Natural Stimulation for Down-Regulation with Sharon Holly** (60 Min) Oaktree
☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Strength: TRX & Kettlebells Level 2** (T) Tolteca
☐ **Yoga Sculpt Level 2** (T,Th) (60 Min) Olmeca
☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee $100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

12:15 ☐ **Behind the Menu & Smoothie Demo Class with Chef Segundo and Chef César** Dining Hall Patio

1:00 ☐ **How Gut Health Leads to Better Health and Improved Cognitive Function, with Jill Nussinow, MS, RDN** Tipai

1:45 ☐ **Pilates Concierge (15 min) (Su-Th)** Pilates Studio in Arroyo. Sign-up sheet will go out for Wednesdays Pilates Reformer/Tower classes.

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Lowlands Hike: Woodlands Trail** (T,Th) 2 Miles, Gazebo
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,Tu) Kuchumaa
☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Hips & Low Back** (Su,T) Montaña
☐ **Claim Your Purpose, with Amy Matthews** Tipai

3:00 ☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Monday at the Pilates Studio in Arroyo
☐ **Sound Healing** (S-F) Oaktree
3:30 ☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol

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 Vivian Mercado.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

5:00 ☐ **1st Time Visitor's Reception** Los Olivos
8:00 ☐ **Concert with Nicholas McGegan, Brent Samuel, Martha Aarons and Lev Polyakin. Program: Bach 1038 Trio, the Handel violin sonata, the Telemann Trio and the Haydn flute/cello/piano trio.** Oaktree

WEDNESDAY I NOVEMBER 25

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 ☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (S-F) Oaktree
☐ **Mobility: Stretch** (S-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
☐ **Relationships In Color, with Marjorie Taylor** Art Studio

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: Ground: Disembodiment to Reconnection with Titration and Pandiculation with Sharon Holly** (60 Min) Oaktree
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Mini Trampoline Build & Bounce** (W) Kuchumaa
☐ **Cardio: Cycle Express** (30 Min) (W, also Cycle Hip Hop Th) Pai Pai
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Tuesday at the Pilates Studio in Arroyo
☐ **Strength & Cardio: TRX Circuit Level 2** (W) Tolteca
☐ **Yoga Level 2 Slow Flow** (Su,M,W,F) (75 Min) Montaña
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo

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

1:00 ☐ **Mushrooms for Food, Mood, Nutrition and More with Jill Nussinow, MS, RDN** Tipai
☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge

1:45 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign-up sheet will go out for Thursdays Pilates apparatus/equipment classes.

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Pilates: Reformer Level 1** (Su,M,W,F) Sign-up begins 1:45pm 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

3:00 ☐ **Pilates: Tower (All levels)** (W) Sign-up begins 1:45pm Tuesday at the Pilates Studio in Arroyo
☐ **Sound Healing** (S-F) Oaktree
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca
☐ **Tai Chi** (Su,W) Montaña
☐ **Macrophotography: The Wondrous World of Tiny Things, with Jeff Lee** Meet at Gazebo

4:00 ☐ **Breathwork** (W,F) Milagro
☐ **Live Your New Year's Intention** Tolteca
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Hands on Cooking Class with Chef Vivian Mercado.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **27 Lessons and Observations (so far), with Barry Shingle** 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 26

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) (Th, also Su) Montana
6:45 ☐ **Lowlands Hike: Woodlands Trail** (Su,T,Th) 2 Miles Gazebo
7:00 ☐ **Bird Walk** (60 Min) Gazebo

8:00 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall

9:00 ☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca
☐ **Blending Nature and Creativity in Everyday Life, with Marjorie Taylor** Art Studio

10:00 ☐ **Dance: Salsa, Hip & Funk!** (Th) Kuchumaa
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **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: Breath: Simple and Powerful with Sharon Holly** (60 Min) Oaktree
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (T,Th) Azteca
☐ **Cardio: Cycle Hip Hop** (30 Min) (Th) Pai Pai
☐ **Longevity: Strength Training** (M,Th) Olmeca
☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 1:45pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Yoga Sculpt Level 2** (60 Min) Kuchumaa
☐ **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
☐ **Hands on Cooking Class with Chef Vivian Mercado.** Fee $145. Register at ext.640/625. Return at 2:30pm. Meet at Admin Bldg.

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

1:00 ☐ **Food As Medicine: Harnessing the Power of Your Food Choices, with Jill Nussinow, MS, RDN,** Tipai

1:45 ☐ **Pilates Concierge** (15 min) (Su-Th) Pilates Studio in Arroyo. Sign-up sheet will go out for Fridays Pilates apparatus/equipment classes.

2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Longevity: Balance & Coordination**,(T,Th) Olmeca
☐ **Lowlands Hike: Woodlands Trail** (T,Th) 2 Miles, Gazebo
☐ **Pilates: Tower (All levels)** (T,Th) Sign-up begins 1:45pm Wednesday at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (Su,Th) Azteca
☐ **Yoga Workshop: Iyengar Chair Yoga** (Th) Montaña

3:00 ☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **Pilates: Reformer Level 1** (M,Th) Sign-up begins 1:45pm on Wednesday at the Pilates Studio in Arroyo
☐ **Sound Healing** (S-F) Oaktree

3:30 ☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol

4:00 ☐ **Specialty: Sleep Support Toolbox with Sharon Holly** Oaktree
☐ **Chant: A Vocal Sound Practice** (Th, also 2pm Su) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Photo Editing for Dummies with Phones, with Jeff Lee** Library Lounge

8:00 ☐ **Thanksgiving Concert with Nicholas McGegan, Brent Samuel, Martha Aarons and Lev Polyakin** Oaktree

FRIDAY | NOVEMBER 27

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 ☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (S,F) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Open Play** 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 ☐ **Aquatic: H20 Boot Camp (Deep Water)** (T,F) Activity Pool
☐ **Dance: Cardio Drumming** (F) Kuchumaa
☐ **Pickleball Open Play** 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 Delicias Mexicanas - Tradicional Mexican Sweets Casa de los Cirios

11:00 ☐ **Specialty: Building Resilience: Create a Home Practice with Sharon Holly** (60 Min) Oaktree
☐ **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 1:45pm Thursday at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Slow Flow** (Su,M,W,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** (M,F) Pinetree
☐ **Pilates Reformer Level 1** (Su,M,W,F) Sign-up begins 1:45pm Thursday at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (M,F) Oaktree
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & sleeves. Kuchumaa

3:00 ☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Pilates: Reformer Level 2** (Su,T,F) Sign-up begins 1:45pm Thursday at the Pilates Studio in Arroyo
☐ **Sound Healing** (S-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca

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