Week of November 28, 2026 D R A F T Subject to change
Yoga for Every BODY with Shayne Morgan
Functional Strength with Farel Hruska

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 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 28

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
☐ **Gentle Spinal Mobility** Pinetree

11:00 ☐ **Pilates Reformer Level 1**, Pilates Studio in Arroyo
☐ **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
☐ Recovery: Foam Roller Tolteca

3:00 ☐ **Mobility: Stretch** Montaña
☐ **Sound Healing** Oaktree

4:00 ☐ **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 Back Patio

7:30 ☐ **Set Your Intention: Tips for a Magical Week** Tolteca
8:00 ☐ **Inner *Fitness:* Philosophy, Poets, Mystics: Essential Skills for Thriving in Life and Love, with Linda Carroll** Oaktree

SUNDAY | NOVEMBER 29

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

10:00 ☐ **Specialty: Functional Strength with Farel Hruska** (Su-F) Olmeca
☐ **Dance: Latin Fusion** (Su) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,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: Introduction to Circuit Training** (Su) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00 ☐ **Specialty: Yoga for Every BODY with Shayne Morgan** (S-F) Montaña
☐ **Aquatic: Shallow Water Conditioning** Activity Pool
☐ **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
☐ **Marbled & Collaged Art, with Brent Hedstrom** Art Studio

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 ☐ **Aquatic: Deep Water Training** (Su,T,Th) Activity Pool
☐ **Chant: A Vocal Sound Practice** (Su) Milagro
☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge
☐ **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
☐ *Inner Fitness:* **Learning to Surf- The Healing Power of Accepting the Things We Cannot Change and Changing the Things We Can, with Linda Carroll** Tipai

3:00 ☐ **Specialty: Sound Healing with Jen DeMarco** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca
☐ **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,T) Milagro
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Sound Healing** (Su,Th) Oaktree
☐ **Yoga: Restorative** (Su,T,Th) Montaña

8:00 ☐ **Violin and Cello Duet Concert: A Musical Reunion, with Pei-Chun Tsai and Ani Aznavoorian** Oaktree

MONDAY | NOVEMBER 30

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 ☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su,M) Offered in both Montaña & Kuchumaa
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **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: Functional Strength with Farel Hruska** (Su-F) Olmeca
☐ **Dance: Move & Groove, Funk!** Kuchumaa
☐ **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 2 Slow Flow** (Su-F) Montaña

11:00 ☐ **Specialty: Yoga for Every BODY with Shayne Morgan** (S-F) Montaña
☐ **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 on Sunday at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M) Tolteca
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **Marbled & Collaged Art, with Brent Hedstrom** 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 ☐ **The Power of Meaning and Purpose, with Dr. Lee Rice** 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
☐ **Labyrinth** (M,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ Longevity Lecture: Library Lounge
☐ **Pilates: Reformer Level 1** (M,W) Sign-up begins 12pm 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 & short or long sleeves. Kuchumaa
☐ *Inner Fitness:* **The Hero's Journey in Life and Love, with Linda Carroll** 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
☐ **27 Lessons and Observations (so far), with Barry Shingle** Tipai

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

6:15 ☐ **Silent Dinner** (2 hrs) Sign up (M) Los Olivos

8:00 ☐ **Women World Leaders – Lessons of Leadership Stories of Women Presidents and Prime Ministers, with Laura Liswood** Olmeca

TUESDAY | DECEMBER 1

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 ☐ **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
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca

10:00 ☐ **Specialty: Functional Strength with Farel Hruska** (Su-F) Olmeca
☐ **Dance: Cardio Drumming** (Tu,F) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,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: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña

11:00 ☐ **Specialty: Yoga for Every BODY with Shayne Morgan** (S-F) Montaña
☐ **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
☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee $100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

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

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

1:00 ☐ **Your DNA is NOT Your Destiny! With Dr. Lee Rice** Tipai

2:00 ☐ **Aquatic: Deep Water Training (**Su-F) 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
☐ *Inner Fitness:* **Five Life-Changing Communication Tools, Including the 60 Seconds that Make or Break a Conversation, with Linda Carroll** Tipai

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

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

4:00 ☐ **Inner Journey: Guided Meditation** (M,W) Oaktre**Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Hands-On Cooking Classes** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Lessons and Myths of Leadership, with Laura Liswood** Tipai

5:00 ☐ **1st Time Visitor's Reception** Los Olivos
7:30 ☐ **Musical Sparkles to Brighten the Holidays with John Rosenberg (15 minutes)** Main Lounge
8:00 ☐ **Bingo and Games! with Barry** Olmeca

WEDNESDAY I DECEMBER 2

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** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **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: Functional Strength with Farel Hruska** (Su-F) Olmeca
☐ **Dance: Country Line** (W,Th) Kuchumaa
☐ **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 2 Slow Flow** (Su-F) Montaña
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

11:00 ☐ **Specialty: Yoga for Every BODY with Shayne Morgan** (S-F) Montaña
☐ **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
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **Marbled & Collaged Art, with Brent Hedstrom** Art Studio

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 ☐ **The Truth about Peptides, with Dr. Lee Rice** Tipai
2:00 ☐ **Aquatic: Deep Water Training** (Su-F) Activity Pool
☐ **Breathwork** (Su,W) Milagro
☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins 12pm Tuesday at the Pilates Studio in Arroyo
☐ **Strength: TRX Pilates** Pinetree
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W) Please wear socks & short or long sleeves. Kuchumaa
☐ **Art Walk with Rob Larson** Meet at Gazebo
☐ *Inner Fitness:* **Chasing Wonder: Cultivating True Presence and Three Magic Words. with Linda Carroll** 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 Classes with Visiting Chef** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Finding the Leader Within You, with Laura Liswood** 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 | DECEMBER 3

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
8:00 ☐ **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
10:00 ☐ **Specialty: Functional Strength with Farel Hruska** (Su-F) Olmeca
☐ **Dance: Country Line** (W,Th) Kuchumaa
☐ **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: Circuit Training** (M-F) Azteca
☐ **Yoga Level 2 Slow Flow** (Su-F) Montaña
10:30 ☐ **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.** Fee $290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.
11:00 ☐ **Specialty: Yoga for Every BODY with Shayne Morgan** (S-F) Montaña
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Cycle Hip Hop** (F) Pai Pai
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **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
☐ **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
☐ **Marbled & Collaged Art, with Brent Hedstrom** 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
2:00 ☐ **Aquatic: Deep Water Training** (Su-F) 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
☐ **Cultivating a Growth Mindset in Your Life and Work, with Laura Liswood** 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
3:30 ☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
☐ **Musical Sparkles to Brighten the Holidays with April Mosebrook (15 minutes)** Main Lounge
5:00 ☐ **Farm-to-Table Dining Experience with Visiting Chef 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
7:30 ☐ **Let's Get Batty! Bat Viewing & Facts (evening outdoor experience), with Judie Lincer** Meet at Gazebo

FRIDAY | DECEMBER 4

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** (Su,F) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Beginners Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Review & Flow** (Su-F) Pinetree
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Ethnobotany-How Native Americans Use Plants for Food, Shelter, Medicine, and more, Nature Field Experience, with Judie Lincer** Meet at Gazebo

10:00 ☐ **Specialty: Functional Strength with Farel Hruska** (Su-F) Olmeca
☐ **Dance: Cardio Drumming** (Tu,F) Kuchumaa
☐ **Pickleball Intermediate Clinic** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 2 Slow Flow** (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: Yoga for Every BODY with Shayne Morgan** (S-F) Montaña
☐ **Advanced: Cardio Muscle Blast** (Su,F) Azteca
☐ **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
☐ **Strength: Barbell Workout Level 2** (T,F) Tolteca

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** (Su-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