

Week of October 3, 2026

Ageless Pilates with Leslee Bender

Alkalign Fitness with Erin Paruszewski

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.

Classes are 1st come; 1st served - Based on equipment availability.

Sign-ups for classes are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted inside Arroyo Gym.

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.

Please use proper footwear for:

HIKES: Hiking boots with lugs.

PICKLEBALL & TENNIS: Court Shoes.

STRENGTH CLASSES: Close-Toed Shoes.

SATURDAY | OCTOBER 3

- 6:15 ☐ **Mountain Hike: Professor's Trail** (S,M,Th) Advanced, 3.3 Miles, Gazebo
- 6:45 ☐ **Lowlands Hike: Woodlands Trail**, 2 Miles (S,Su,T,Th) Gazebo

- 9:00 ☐ **Mobility: Stretch** (S-F)Montaña

- 10:00 ☐ **Strength: Circuit Training** Azteca
- ☐ **Meditation** Milagro

- 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

- 3:00 ☐ **Mobility: Stretch** Montaña
- ☐ **Sound Healing** (S-F) 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 ☐ **Coming Home to Yourself: Moving from Role to Soul, with Jeannie DuBose, MS** 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	Milagro - Meditation Room 6:00 am to 9:00 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	Activity Pool - Lap Swim 7:00 am to 6s:00 pm *No open swim during scheduled classes
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm (closed daily 1-2)
Bazar Del Sol: Daily 6:00 am to 9:00 pm	Tennis & Pickleball Courts Open Play 7:00 am to 7:00 pm
Juice Bar: Sunday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	

SUNDAY | OCTOBER 4

Class spaces are limited to first come first served.

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

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

- 9:00 ☐ **Specialty: Align with Erin Paruszewski of Alkalign** (Su-F) Olmeca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (S-F) Offered in Montaña & Kuchumaa
- ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree
- ☐ **Strength: Introduction to Circuit Training** (Su) Azteca
- ☐ **Creative Expression – Art: Henri Matisse Collages, with Lena Rivkin, MFA** Art Studio

- 10:00 ☐ **Specialty: Ageless Pilates Reformer on the Mat with Leslee Bender** (Su,T,Th) Pinetree
- ☐ **Dance: Latin Fusion** Kuchumaa
- ☐ **Longevity: Strength Training** (Su,Th) Olmeca
- ☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-F) Pickleball Courts
- ☐ **Strength: Introduction to Circuit Training** (Su) Azteca
- ☐ **Yoga Level 1 - Foundations** (Su-F) Montaña

- 11:00 ☐ **Advanced: Cardio Muscle Blast** (Su,F) Azteca
- ☐ **Aquatic: Shallow Water** (Su,W) Activity Pool
- ☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,W) 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: Kettlebells** (30 Min) (Su,F) Tolteca
- ☐ **Yoga Level 2** (75 Min) (Su,M,W,F) Montaña

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

- 1:00 ☐ **Nutrition Wellness: Metabolism and Healthy Weight, with Jody Miller** Tipai
- ☐ **Water Flow Therapy Demo** South Pool
- ☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

- 2:00 ☐ **Aquatic: Deep Water Training** (Su,M,T,Th,F) Activity Pool
- ☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge
- ☐ **Strength: Circuit Training** (Su,F) Azteca
- ☐ **Yoga Workshop: Happy Hips & Low Back** (Su) Montaña

- 3:00 ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,F) Olmeca
- ☐ **Tai Chi** (Su,W) Montaña

- 4:00 ☐ **Breathwork** (Su,W) Milagro
- ☐ **Recovery: Foam Roller** (Su,W) Tolteca
- ☐ **Sound Healing** (Su,Th) Oaktree
- ☐ **Yoga: Restorative** (Su) Montaña
- ☐ **Portals to Wonder and Awe, with Jeannie DuBose, MS** Tipai

- 5:00 ☐ **Strengthen Your Mindset: The Foundation, with Randy Kamen, EdD** Tipai

- 8:00 ☐ **Theo Bleckmann: Songs for Voice, Loops, and Toys** Oaktree

MONDAY | OCTOBER 5

Class spaces are limited to first come first served.

- 6:15 ☐ **Mountain Hike: Professor's Trail** (M,Th) Advanced, 3.3 Miles, Gazebo
- 6:30 ☐ **Dove Meditation Hike** Moderate, 2 Miles, Gazebo
- 6:45 ☐ **Lowlands Hike: Quail Trail** Moderate (M,W,F) 2 or 2.5 Miles, Gazebo

- 8:00 ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00 ☐ **Specialty: Build with Erin Paruszewski of Alkalign** (Su-F) Olmeca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (S-F) Offered in Montaña & Kuchumaa
- ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Flexion** (Su-F) Pinetree
- ☐ **Strength: Circuit Training** (M,W,F) Azteca
- ☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts
- ☐ **Creative Expression – Art: Creative Expansions, with Lena Rivkin, MFA** Art Studio

- 10:00 ☐ **Specialty: Flexibility, Mobility, & Strength with Leslee Bender** (M,W,F) Pinetree
- ☐ **Dance: Move & Groove, Funk!** Kuchumaa
- ☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-F) Pickleball Courts
- ☐ **Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **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 ☐ **Aquatic: Liquid Drums (Shallow Water)** (M,F) Activity Pool
- ☐ **Cardio: Cycle Hip Hop** (30 Min) (M, also Cycle Exp. W) Pai Pai
- ☐ **Mobility: Stretch** (M,Th) Oaktree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength & Cardio: TRX Circuit** (M) Tolteca
- ☐ **Yoga Level** (75 Min) (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

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

- 1:00 ☐ **Inflammation: The Underlying Causes of Chronic Disease, with Beth Atlas, DC, MS, CNS** Tipai

- 2:00 ☐ **Aquatic: Deep Water Training** (S,M,T,Th,F) Activity Pool
- ☐ **Labyrinth** (M,W) Meet at Emily's Forest behind Kuchumaa Gym
- ☐ **Pilates: Reformer Level 1** (M,W,Th) Sign-up begins 8am 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
- ☐ **Build Your Capacity to ‘Take in the Good’, with Randy Kamen, EdD.** Tipai

- 3:00 ☐ **Specialty: Vital Core with Leslee Bender** (M,W) Pinetree
- ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca

- 4:00 ☐ **Specialty: Recharge with Erin Paruszewski of Alkalign** (M,W,F) Olmeca
- ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
- ☐ **Embracing Midlife and Beyond, with Jeannie DuBose, MS** Tipai

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

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

- 8:00 ☐ **The Secret in Your Script, with Lena Rivkin, MFA** Olmeca

TUESDAY | OCTOBER 6

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
- 6:20 ☐ **Ruck: Weighted Hiking** Intermediate, 2 Miles, Sign up. Meet in 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

- 8:00 ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo

- 9:00 ☐ **Specialty: Align with Erin Paruszewski of Alkalign** (Su-F) Olmeca
- ☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (T,Th) Azteca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (T-F) Montaña
- ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree

- 10:00 ☐ **Specialty: Ageless Pilates Reformer on the Mat with Leslee Bender** (Su,T,Th) Pinetree
- ☐ **Dance: Intro to Salsa** Kuchumaa
- ☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-F) Pickleball Courts
- ☐ **Strength: BOSU® Fit** (T,F) Olmeca
- ☐ **Strength: Circuit Training** (M-F) Azteca
- ☐ **Yoga Level 1 – Strength** (Su-F) Montaña

- 11:00 ☐ **Specialty: Cardio with Erin Paruszewski of Alkalign** (T,Th) Olmeca
- ☐ **Aquatic: Strength & Tone** (Shallow Water) (T,Th) Activity Pool
- ☐ **Mini Trampoline Express** (30 Min) (T,Th) Kuchumaa
- ☐ **Mobility: TRX Flexibility** (T,F) Pinetree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Yoga Sculpt Level 2** (60 Min) (T,Th) Kuchumaa
- ☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

- 1:00 ☐ **Making a Smoothie Class with Chef César** Juice Bar
- ☐ **The Gut-Brain Connection - Nutrition and Mood Disorders, with Beth Atlas, DC, MS, CNS** Tipai

- 2:00 ☐ **Aquatic: Deep Water Training** (Su,M,T,Th,F) Activity Pool
- ☐ **Chant: A Vocal Sound Practice** (T,Th) Milagro
- ☐ **Longevity: Balance & Coordination** (T,F) Olmeca
- ☐ **Yoga Workshop: Rope Wall** (T) Montaña
- ☐ **Grow Your Self-Compassion, with Randy Kamen, EdD** Tipai

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

- 4:00 ☐ **Specialty: Ageless Restorative Stretch with Leslee Bender** (T,Th) Pinetree
- ☐ **Yoga Nidra** (T,Th) Oaktree
- ☐ **Hands on Cooking Class with Visiting Teacher Jill Silverman Hough.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- ☐ **Intimacy: Love's Journey, with Jeannie DuBose, MS** Tipai

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

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

WEDNESDAY | OCTOBER 7

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 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: Pilgrim Trail** (Su,W) Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30** ☐ **Meditation Hike: Rolling Hills**, 2 Miles Meet at Gazebo
- 6:45** ☐ **Lowlands Hike: Quail Trail** (M,W,F) Moderate, 2 or 2.5 Miles, Gazebo
- 8:00** ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00** ☐ **Specialty: Build with Erin Paruszewski of Alkalign** (Su-F) Olmeca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (S-F) Montaña
- ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
- ☐ **Strength: Circuit Training** (Su,M,W) Azteca
- ☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts
- 10:00** ☐ **Specialty: Flexibility, Mobility, & Strength with Leslee Bender** (M,W,F) Pinetree
- ☐ **Advanced: BOSU® & Battle Ropes** (W) Olmeca
- ☐ **Dance: Cardio Drumming** Kuchumaa
- ☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-F) Pickleball Courts
- ☐ **Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **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** ☐ **Aquatic: Shallow Water** (Su,W) Activity Pool
- ☐ **Cardio: Cycle Express** (30 Min) Pai Pai
- ☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,W) Kuchumaa
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength: TRX & Kettlebells Level 2** Tolteca
- ☐ **Yoga Level 2** (75 Min) (Su,M,W,F) Montaña
- ☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 12:00** ☐ **Swim Stroke Clinic** (30 Min) (Su,W) Activity Pool
- 1:00** ☐ **Nutrition, Gut Health and Osteoporosis, with Beth Atlas, DC, MS, CNS** Tipai
- 2:00** ☐ **Aquatic: Water Polo on a Noodle** Minimum 4 to play. (W) Activity Pool
- ☐ **Labyrinth** (M,W) Meet at Emily's Forest behind Kuchumaa Gym
- ☐ **Pilates: Reformer Level 1** (M,W,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & sleeves Kuchumaa
- ☐ **Art Walk with Rob Larson** Meet at Gazebo
- ☐ **Strengthen Communication: Deepen Relationships, with Randy Kamen, PhD, EdD** Tipai
- 3:00** ☐ **Specialty: Vital Core with Leslee Bender** (M,W) Pinetree
- ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Tai Chi** (Su,W) Montaña
- 4:00** ☐ **Specialty: Recharge with Erin Paruszewski of Alkalign** (M,W,F) Olmeca
- ☐ **Breathwork** (Su,W) Milagro
- ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
- ☐ **Hands on Cooking Class with Visiting Teacher Jill Silverman Hough.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- 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 | OCTOBER 8

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 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** ☐ **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
- 8:00** ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 8:15** ☐ **Fitness Concierge** (Su,Th) (30 Min) Dining Hall
- 9:00** ☐ **Specialty: Align with Erin Paruszewski of Alkalign** (Su-F) Olmeca
- ☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (T,Th) Azteca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (S-F) Montaña
- ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Rotation** (S-F) Pinetree
- ☐ **Creative Expression – Art: Georgia O'Keeffe Flowers, with Lena Rivkin, MFA** Art Studio
- 10:00** ☐ **Specialty: Ageless Pilates Reformer on the Mat with Leslee Bender** (Su,T,Th) Pinetree
- ☐ **Dance: Broadway** Kuchumaa
- ☐ **Longevity: Strength Training** (Su,Th) Olmeca
- ☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-F) 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: Cardio with Erin Paruszewski of Alkalign** (T,Th) Olmeca
- ☐ **Aquatic: Strength & Tone (Shallow Water)** (T,Th) Activity Pool
- ☐ **Mini Trampoline Express** (30 Min) (T,Th) Kuchumaa
- ☐ **Movement: Introduction to TRX Fundamentals** (Su,Th) Pinetree
- ☐ **Mobility: Stretch** (M,Th) Oaktree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Yoga Sculpt Level 2** (60 Min) (T,Th) 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
- 12:00** ☐ **Lunch with Fundación La Puerta: You are invited to learn about our recent work in the Tecate community.** Sign up in Main Lounge. Dining Hall at the Patio Terrace
- 12:30** ☐ **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00** ☐ **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.** Art Kit Fee \$70 + tax. Sign up in the Main Lounge- Dining Hall Balcony
- ☐ **The Key to Longevity and Healthy Aging, with Beth Atlas, DC, MS, CNS** Tipai
- 2:00** ☐ **Aquatic: Deep Water Training** (Su,M,T,Th,F) Activity Pool
- ☐ **Chant: A Vocal Sound Practice** (T,Th) Milagro
- ☐ **Pilates Reformer Level 1** (M,W,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Yoga Workshop: Iyengar Chair Yoga** Montaña
- ☐ **Discover Your Life Vision, with Randy Kamen, EdD** Tipai
- 3:00** ☐ **Advanced: Bodyweight Blast** (T,Th) (30 Min) Tolteca
- ☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
- ☐ **Sound Healing** (Su-F) Oaktree
- ☐ **Spanish Lessons: Beginners** Library Lounge
- 4:00** ☐ **Specialty: Ageless Restorative Stretch with Leslee Bender** (T,TH) Pinetree
- ☐ **Sound Healing** (Su,Th) Oaktree
- ☐ **Yoga Nidra** (T,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
- 5:00** ☐ **Thursday Farm-to-Table Dining Experience with Visiting Teacher Jill Silverman Hough, with 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** ☐ **Singalong, Meditation, and Sound Exploration - Theo Bleckmann with Steve Cohen** Oaktree

FRIDAY | OCTOBER 9

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
- 8:00** ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00** ☐ **Specialty: Build with Erin Paruszewski of Alkalign** (Su-F) Olmeca
- ☐ **Meditation** (Su-F) Oaktree
- ☐ **Mobility: Stretch** (S-F) Montaña
- ☐ **Pickleball Clinic: Beginners** (Su-F) Court shoes recommended. Pickleball Courts
- ☐ **Pilates: Mat Foundations - Rotation** (S-F) Pinetree
- ☐ **Strength: Circuit Training** (M,W,F) Azteca
- ☐ **Creative Expression – Art: Letting Your Mind Speak- Unleashing Creativity Through Doodles, with Lena Rivkin, MFA** Art Studio
- ☐ **Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa
- 10:00** ☐ **Specialty: Flexibility, Mobility, & Strength with Leslee Bender** (M,W,F) Pinetree
- ☐ **Dance: Country Line** Kuchumaa
- ☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-F) Pickleball Courts
- ☐ **Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength: BOSU® Fit** (T,F) Olmeca
- ☐ **Strength: Circuit Training** (Su-F) Azteca
- ☐ **Yoga Level 1 - Integration** (Su-F) Montaña
- 11:00** ☐ **Advanced: Cardio Muscle Blast** (Su,F) Azteca
- ☐ **Aquatic: Liquid Drums (Shallow Water)** (M,F) Activity Pool
- ☐ **Mobility: TRX Flexibility** (T,F) Pinetree
- ☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
- ☐ **Strength: Kettlebells** (30 Min) (Su,F) Tolteca
- ☐ **Yoga Level 2** (75 Min) (Su,M,W,F) Montaña
- 1:00** ☐ **Take the Ranch Home** Tolteca
- 2:00** ☐ **Aquatic: Deep Water Training** (Su,M,T,Th,F) Activity Pool
- ☐ **Longevity: Balance & Coordination,**(T,F) Olmeca
- ☐ **Recovery: Release & Mobilize** (M,F) Oaktree
- ☐ **Strength: Circuit Training** (Su,F) Azteca
- ☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W,F) Please wear socks & 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
- ☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 4:00** ☐ **Specialty: Recharge with Erin Paruszewski of Alkalign** (M,W,F) Olmeca
- ☐ **Inner Journey: Guided Chakra Meditation** (F) Oaktree
- 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