

Week of October 17, 2026

Prime of Life Yoga with Larry Payne

S'WET Aquatic Fitness with Jenni Lynn Patterson-LaCour

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 | OCTOBER 17

- 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
- 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 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

☐ The Journal as a Starting Place, with Rita Jacobs, PhD Olmeca

Meal Hours: Saturday 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 Main Lounge Bazar Del Sol: Saturday- Friday 06:00 am to 09:00 pm Juice Bar: Sunday - Friday 09:00 am to 04:00 pm (closed daily 12pm - 1pm) THERMAL CIRCUIT WHC & MHC: Saturday - Thursday: 09:00 am to 08:00 pm Friday: 09:00 am to 05:00 pm	THERMAL CIRCUIT VHC Women only: Sat, Mon & Wed 09:00 am to 08:00 pm Friday 09:00 am to 06:00 pm COED: Sun, Tues & Thur 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
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SUNDAY | OCTOBER 18

- 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 (30 Min) (Su,Th) Dining Hall

☐ Ranch Tour and Orientation (For first time guests) Dining Hall Entrance
- 9:00

☐ Advanced: Full Body Strength (Su) Olmeca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su,M) Offered in both Montaña & Kuchumaa

☐ Pickleball Clinic: Beginners (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

☐ Dance: Latin Fusion (Su) Kuchumaa

☐ Free Flow: Rooted In Feldenkrais (Su,T) Oaktree

☐ Longevity: Strength Training (Su,Th) Olmeca

☐ Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th) Pickleball Courts

☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree

☐ Strength: Introduction to Circuit Training (Su) Azteca

☐ Yoga Level 1 (Su,T,Th) Montaña
- 11:00

☐ Specialty Aquatic: S'WET Noodle Core & More (Shallow Water) with Jenni Lynn Patterson-LaCour Activity Pool

☐ Specialty: Prime of Life Yoga with Larry Payne (75 Min) (Su-F) Montaña

☐ Advanced: Cardio Muscle Blast (Su,Th) Azteca

☐ 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,Th) Tolteca

☐ Specialty Aquatic: Swim Stroke Clinic with Jenni Lynn Patterson-LaCour (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

☐ Specialty Aquatic: S'WET Deep Water Training with Jenni Lynn Patterson-LaCour (Su,T,Th) Activity Pool

☐ Breathwork (Su,W) Milagro

☐ Longevity: Lecture. How to Own Your Aging Process Library Lounge

☐ 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

☐ Writing Workshop: The List of 100 Desires, with Rita Jacobs, PhD Library Lounge
- 3:00

☐ Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Sound Healing (Su-F) Oaktree

☐ Strength: the ABCs - Arms/Butt/Core (30 Min) (Su,F) Olmeca

☐ Tai Chi (Su,W) Montaña

☐ Inner Fitness: Get Out of Your Own Way—Managing Your Mindset with Ilene Brenner Schaffer Tipai
- 4:00

☐ Recovery: Foam Roller (Su,T,Th) Tolteca

☐ Sound Healing (Su,Th) Oaktree

☐ Yoga: Restorative (Su,T,Th) Montaña

☐ Pelvic Health for All: More Than Just Kegels, with Dawn Sandalcidi, PT, RCMT, BCB-PMD Olmeca
- 5:00

☐ Exploring Your Voice through Your Ancestors, with Susannah Mars and Julia Francis Oaktree
- 8:00

☐ Optimizing your Circadian Rhythm and Cardiovascular Health through Intermittent Fasting, with Pam Taub, MD Tipai

MONDAY | OCTOBER 19

- 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

☐ Meditation Hike: Dove Trail 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

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su,M) Offered in both Montaña & Kuchumaa

☐ Pickleball Clinic: Beginners (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 Aquatic: S'WET Dual Depth Strength & Cardio with Jenni Lynn Patterson-LaCour (M,Th) Activity Pool

☐ Dance: Move & Groove, Funk! (M) Kuchumaa

☐ Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th) Pickleball Courts

☐ Pilates: Reformer Level 1 (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Strength: BOSU® Core & More (M) Olmeca

☐ Strength: Circuit Training (M-F) Azteca

☐ Tennis Clinic: Level 2 (M,W) Court shoes recommended. Tennis Courts

☐ Yoga Level 2 Flow (M,W,F) Montaña
- 11:00

☐ Specialty: Prime of Life Yoga with Larry Payne (75 Min) (Su-F) Montaña

☐ Aquatic: Ranch Liquid Drums (Shallow Water) (M,F) Activity Pool

☐ Cardio: Cycle Hip Hop (30 Min) (M, also Cycle Exp. on 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: TRX & Kettlebells Level 2 (M) Tolteca

☐ Friends of Bill W. (12 steps - Participant-guided) Library Lounge

☐ Nature Walk with Rob Larson (60 Min) Meet at Gazebo

☐ Play with Paint and Collage, with Pamela Smilow Art Studio
- 12:30

☐ Behind the Ranch Menu – The Chef, the Nutritionist & the Fitness Expert –A 15-Minute Overview Outdoor Dining Hall Patio
- 1:00

☐ Beyond the Basic Checkup: The Latest Science on Detecting and Preventing Heart Disease, with Pam Taub, MD Tipai
- 2:00

☐ Specialty Aquatic: S'WET Boot Camp (Deep Water) with Jenni Lynn Patterson-LaCour (M,W) Activity Pool

☐ Labyrinth (M,F) Meet at Emily's Forest behind Kuchumaa Gym

☐ Pilates: Reformer Jumpboard (M,W) Sign-up begins 8am 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

☐ Writing Workshop: Dialogue with the Self, with Rita Jacobs, PhD Library Lounge
- 3:00

☐ Mobility & Corrective: Postural Awareness (M,F) Tolteca

☐ Pilates: Reformer Level 1 (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Sound Healing (Su-F) Oaktree

☐ Strength: Core Express (30 Min) (M,W) Olmeca

☐ Inner Fitness: The Optimism Effect: How Optimism Fuels Your Wellbeing and Longevity, with Ilene Brenner Schaffer Tipai
- 4:00

☐ Inner Journey: Guided Meditation (M,W) Oaktree

☐ Recovery: Stretch and Relax (M,W,F) Montaña

☐ Journaling for Joy with David de la Paz (M) Milagro

☐ Beyond Kegels: Pelvic Floor Fitness for Everyone, with Dawn Sandalcidi, PT, RCMT, BCB-PMD Olmeca
- 5:00

☐ Guest Reception: Sangría & Guacamole Bazar del Sol
- 6:15

☐ Silent Dinner Sign up in the main lounge (M) Los Olivos
- 8:00

☐ Frank Lloyd Wright, My Art and Me: An Unconventional Approach, with Pamela Smilow Tipai

TUESDAY | OCTOBER 20

- 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: Coyote Trail (T,F) Advanced, 5.5 or 4 Miles, Gazebo
- 6:20

☐ Ruck: Weighted Hiking (T) Intermediate, 2 Miles, Sign up in Concierge. 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

☐ 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 Clinic: Beginners (Su-Th) Court shoes recommended. Pickleball Courts

☐ Pilates: Mat Foundations - Extension (Su-F) Pinetree
- 10:00

☐ Dance: Intro to Salsa (T) Kuchumaa

☐ Free Flow: Rooted In Feldenkrais (Su,T) Oaktree

☐ Pickleball Clinic: Intermediate Court shoes recommended. (Su-Th) Pickleball Courts

☐ Pilates: Mat Level 2 (Su,T,Th) Pinetree

☐ Strength: Circuit Training (M-F) Azteca

☐ Yoga Level 1 (Su,T,Th) Montaña
- 11:00

☐ Specialty Aquatic: S'WET Shallow Water Conditioning with Jenni Lynn Patterson-LaCour (T,Th) Activity Pool

☐ Specialty: Prime of Life Yoga with Larry Payne (75 Min) (Su-F) Montaña

☐ Cardio: Mini Trampoline Express (30 Min) (T,F) Kuchumaa

☐ Mobility: TRX Flexibility (Tu,F) Pinetree

☐ Pilates: Reformer Level 2 (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo

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

☐ Cooking with the Seasons, with Head Chef Vivian Mercado. Fee \$100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.

☐ Play with Paint and Collage, with Pamela Smilow Art Studio
- 1:00

☐ Making a Smoothie Class with Chef César Juice Bar

☐ Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST Tipai
- 2:00

☐ Specialty Aquatic: S'WET Deep Water Training with Jenni Lynn Patterson-LaCour (Su,T,Th) Activity Pool

☐ Longevity: Balance & Coordination (T,F) Olmeca

☐ Pilates: Reformer Level 1 (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Yoga Workshop: Rope Wall (T) Montaña
- 3:00

☐ Advanced: Bodyweight Blast (30 Min) (T,Th), Tolteca

☐ Longevity: Dynamic Mobility (T,Th) Olmeca

☐ Pilates: Tower All Levels (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Sound Healing (Su-F) Oaktree
- 4:00

☐ Recovery: Foam Roller (Su,T,Th) Tolteca

☐ Restorative Yoga (Su,T,Th) Montaña

☐ Hands on Cooking Class with Chef Ángel López. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ Grief Journaling (up to 2 hours) with Susannah Mars and Julia Francis Oaktree
- 5:00

☐ 1st Time Visitor's Reception Los Olivos
- 8:00

☐ Bingo and Games! with Barry Olmeca

WEDNESDAY | OCTOBER 21

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
- 8:00** ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00** ☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Clinic: Beginners** (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** ☐ **Advanced: Battle Ropes HIIT** (30 Min), (W) 0Olmeca
☐ **Dance: Cardio Drumming** (W) Kuchumaa
☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-Th) 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 2 Flow** (M,W,F) Montaña
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo
- 11:00** ☐ **Specialty Aquatic: S'WET Hydro Burn (Shallow Water) - with Jenni Lynn Patterson-LaCour** (W) Activity Pool
☐ **Specialty: Prime of Life Yoga with Larry Payne** (75 Min) (Su-F) Montaña
☐ **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 8am at the Pilates Studio in Arroyo
☐ **Strength & Cardio: TRX Circuit Level 2** (W) Tolteca
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **Play with Paint and Collage, with Pamela Smilow** Art Studio
- 12:00** ☐ **Specialty Aquatic: Swim Stroke Clinic with Jenni Lynn Patterson-LaCour** (30 Min) (Su,W) Activity Pool
- 1:00** ☐ **Inner Fitness: The Power of Connection: Why It Matters and How to Cultivate Thriving Relationships, with Ilene Brenner Schaffer** Tipai
- 2:00** ☐ **Specialty Aquatic: H2O HIIT Bootcamp with Jenni Lynn Patterson LaCour** (M,W) Activity Pool
☐ **Breathwork** (Su,W) Milagro
☐ **Pilates: Reformer Jumpboard** (M,W) Sign-up begins 8am 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
☐ **Right Brain/Left Brain Collision, with Rita Jacobs, PhD** Library Lounge
- 3:00** ☐ **Pilates: Reformer Level 1** (Su,M,W) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: Core Express** (30 Min) (M,W) Olmeca
☐ **Tai Chi** (Su,W) Montaña
- 4:00** ☐ **Inner Journey: Guided Meditation** (M,W) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Hands on Cooking Class with Chef Ángel López.** Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **Grief Walk....** (up to 2 hours) **with Susannah Mars and Julia Francis** Meet at Labyrinth
☐ **Beyond Kegels: Self-Care Strategies for the Bladder & Bowel, with Dawn Sandalcidi, PT, RCMT, BCB-PMD** 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 | OCTOBER 22

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.
- 6:10** ☐ **7-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** ☐ **Pilates Concierge** (15 min) (Su-F) Pilates Studio in Arroyo
- 8:00** ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall
- 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 Clinic: Beginners** (Su-Th) Court shoes recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
- 10:00** ☐ **Specialty Aquatic: S'WET Dual Depth Strength & Cardio with Jenni Lynn Patterson-LaCour** (M,Th) Activity Pool
☐ **Dance: Disco** (Th) Kuchumaa
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Pickleball Clinic: Intermediate** Court shoes recommended. (Su-Th) Pickleball Courts
☐ **Pilates: Mat Level 2** (Su,T,Th) Pinetree
☐ **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 Aquatic: S'WET Shallow Water Conditioning with Jenni Lynn Patterson-LaCour** (T,Th) Activity Pool
☐ **Specialty: Prime of Life Yoga with Larry Payne** (75 Min) (Su-F) Montaña
☐ **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 8am 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
☐ **Play with Paint and Collage, with Pamela Smilow** Art Studio
- 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** ☐ **Inner Fitness: Creating Lasting Imprints: Living a Life of Meaning, Mattering, and Enduring Impact, with Ilene Brenner Schaffer** Tipai
- 2:00** ☐ **Specialty Aquatic: S'WET Deep Water Training with Jenni Lynn Patterson-LaCour** (Su,T,Th) Activity Pool
☐ **Chant: A Vocal Sound Practice** (T,Th) Milagro
☐ **Pilates Reformer Level 1** (Su,T,Th,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M,Th) Azteca
☐ **Yoga Workshop: Iyengar Chair Yoga** Montaña
- 3:00** ☐ **Advanced: Bodyweight Blast** (T,Th) (30 Min) Tolteca
☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **Pilates: Tower All Levels** (T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Spanish Lessons: Beginners** Library Lounge
- 4:00** ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Sound Healing** (Su,Th) Oaktree
☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Sol
☐ **Navigating Pelvic Health & Pleasure from Midlife On, with Dawn Sandalcidi, PT, RCMT, BCB-PMD** Olmeca
- 5:00** ☐ **Thursday Farm-to-Table Dining Experience with Chef Ángel López, with Head Chef Vivian Mercado and the Culinary Team.** Fee \$150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.
- 8:00** ☐ **Susannah Mars and Julia Francis Concert** Oaktree

FRIDAY | OCTOBER 23

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** ☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. Pickleball Courts
☐ **Pilates: Mat Foundations - Review & Flow** (Su-F) Pinetree
☐ **Strength: Circuit Training** (M,W,F) Azteca
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Indigenous Wisdom Walk with Norma Meza** Meet Outside Kuchumaa
- 10:00** ☐ **Advanced: BOSU® & Battle Ropes** (F) Olmeca
☐ **Pickleball Open Play** *unsupervised, court shoes and safety glasses are recommended. 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
☐ **Yoga Level 2** (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: Prime of Life Yoga with Larry Payne** (75 Min) (Su-F) Montaña
☐ **Aquatic: Ranch Liquid Drums (Shallow Water)** (M,F) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (T,F) Kuchumaa
☐ **Mobility: TRX Flexibility** (T,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am 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
- 2:00** ☐ **Labyrinth** (M,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Longevity: Balance & Coordination,**(T,F) Olmeca
☐ **Pilates Reformer Level 1** (Su,T,Th,F) 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 & 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 Chakakra 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*