Week of October 31, 2026
Pickleball with Kim Evans & Thea Froehling
Tai Chi & Qi Gong with Kevin Sullivan

Stay Flexible, in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment, and learning.

IMPORTANT INFORMATION FOR THE WEEK:

- **RLP** is a "***digital noise-free environment***". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Building.
- ***Sign-ups for classes*** are posted on the Main Lounge clipboards; Pilates Sign-up sheets are posted inside Arroyo Gym.
- ***Use proper footwear***
  - ***HIKES:*** Hiking boots with lugs.
  - **PICKLEBALL & TENNIS**: Court Shoes.
  - **STRENGTH CLASSES**: Close-Toed Shoes.
- ***Classes are 1st come; 1st served -*** *B*ased on equipment availability.
- ***Classes & Activities begin on time and last 45 minutes*** unless noted otherwise.
- For the ***comfort and safety*** *of* our fellow guests, no open swim during scheduled classes.
- ***Advanced - Difficulty level -*** previous experience with the format is essential to your safety and guest experience. Please choose a Fundamentals / Level 1 option if you are new to a discipline.

SATURDAY | OCTOBER 31

- **Trip to Professor's Park for Saturday Day of the Dead festivities.** Sign up at the Concierge Office for transportation.

6:15 ☐ **Mountain Hike: Professor's Trail** Advanced, 3.3 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Woodlands Trail,** 2 Miles, Gazebo

9:00 ☐ **Mobility: Stretch** Montaña
☐ **Meditation** Milagro

10:00 ☐ **Strength: Circuit Training** Azteca
☐ **Pilates Mat All Levels** Pinetree

11:00 ☐ **Yoga: All Levels** Montaña
☐ **Pickleball Open Play** unstaffed, Court shoes recommended. Pickleball Courts

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

2:00 ☐ **Pilates Reformer Level 1**, Pilates Studio in Arroyo
☐ **Strength: Full Body All Levels** Olmeca

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

4:00 ☐ **Set Your Intention: Tips for a Magical Week** Tolteca
☐ **Sound Healing** Oaktree

5:00 ☐ **Ranch Tour** (Recommended for first time guests) Gazebo
☐ **Returning Guest Update** Tolteca

5:30 ☐ **First Time Guest Orientation** Olmeca
6:45 ☐ **Meet the Presenters** Dining Hall Back Patio
7:30 ☐ **Movie: Coco** Library Lounge
8:00 ☐ **What is Quality Chocolate? An Indulgent and Educational Tasting Session, with Chloé Doutre** 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 02:45 pm Juice Bar
Veggies/Juice 4:30 pm Main Lounge

Bazar Del Sol: Saturday- Friday
6:00 am to 9:00 pm

Juice Bar: Sunday - Friday
9:00 am to 4:00 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: Sunday, Tuesday, Thursday
5:00 pm to 08:45 pm

Milagro - Meditation Room
6:00 am to 9:00 pm

Activity Pool - Lap Swim
7:00 am to 6:00 pm
*No open swim during scheduled classes

Azteca Gym - Weight Room
Saturday: 6:30 am to 1:30 pm
Sunday – Friday: 07:00 am to05:00 pm
(closed daily 1pm – 2pm)

Tennis & Pickleball Courts - Open Play
7:00 am to 7:00 pm

SUNDAY | NOVEMBER 1

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 ☐ **Specialty: Pickleball Beginners Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **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) Montaña & Kuchumaa
☐ **Pilates: Mat Foundations - Neutral & Spinal Articulation** (Su-F) Pinetree

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Aquatic: H20 Bootcamp (Deep Water)** (Su,Th) Activity Pool
☐ **Dance: Latin Fusion** (Su) Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,T) Oaktree
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Introduction to Circuit Training** (Su) Azteca
☐ **Yoga Level 1** (Su-F) Montaña

11:00 ☐ **Specialty: Tai Chi with Kevin Sullivan** (Su-F) Oaktree
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (Su,Th) Azteca
☐ **Mobility: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Flow** (75 min) (Su,M,W,F) Montaña
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

12:00 ☐ **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-Th) Activity Pool
☐ **Longevity: Lecture. How to Own Your Aging Process** Library Lounge
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,Th) Kuchumaa
☐ **Pilates: Reformer Level 1** (Su,M,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Happy Hips & Low Back** (Su) Montaña
☐ **The Stress Paradox lecture with Brighton Loughlin, FDN-P HHP** Tipai

3:00 ☐ **Journaling for Joy** (Su) Milagro
☐ **Pilates: Reformer Level 1** (Su) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,W) Olmeca
☐ **Talk: Rolfing® Structural Integration: Manual Therapy for Moving Smarter and Standing Taller, with Melissa Schneider, Certified Advanced Rolfer** Tipai

4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Sound Healing** (Su) Oaktree
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Yoga Nidra** (Su,W) Milagro
☐ **A Map for Wise Living - Lesson 1: What is Metacognition Anyway. The Foundation of Change, with Emily Boorstein** Tipai

8:00 ☐ **The Healing Arts Experience: Music as Medicine**
***An evening of calm, connection, and joy*, with Karl Anthony** Oaktree

MONDAY | NOVEMBER 2

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** (M) 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

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

9:00 ☐ **Specialty: Pickleball Beginners Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (Su,M) Montaña & Kuchumaa
☐ **Pilates: Mat Foundations - Flexion** (Su-F) Pinetree
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Tennis Clinic: Level 1** (M-F) Court shoes recommended. Tennis Courts
☐ **Sugar Skulls: A Día de los Muertos Mural with Brent Hedstrom** Art Studio

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Dance: Move & Groove, Funk!** Kuchumaa
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: BOSU® Core & More** (M) Olmeca
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Tennis Clinic: Level 2** (M-F) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1** (Su-F) Montaña
☐ **Immersive Breathwork Journey, Part 1 with Brighton Loughlin, FDN-P HHP** Oaktree

11:00 ☐ **Specialty: Tai Chi with Kevin Sullivan** (Su-F) Oaktree
☐ **Cardio: Cycle Hip Hop** (M, also Cycle 45 on W & Cycle Exp on F) Pai Pai
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (M,Th) Tolteca
☐ **Yoga Level 2 Flow** (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
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

1:00 ☐ **Discover 5 Surefire Ways to Power Up Your Bones, with Susan McCandless RDN, IFNCP** Tipai
☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Library Lounge

2:00 ☐ **Specialty: Qi Gong with Kevin Sullivan** (M,W) Montaña
☐ **Aquatic: Deep Water Training** (Su-Th) Activity Pool
☐ **Gentle Spinal Mobility** (M,Tu) Pinetree
☐ **Pilates: Reformer Level 1** (S,M,F) 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 & sleeves. Kuchumaa

3:00 ☐ **Chant: A Vocal Sound Practice** (M,Th) Milagro
☐ **Mobility & Corrective: Postural Awareness** (M,F) Tolteca
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: Core Express** (30 Min) (M,F) Olmeca

4:00 ☐ **Inner Journey: Guided Meditation** (M,T,F) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **A Map for Wise Living - Lesson 2: What is Thriving Anyway - It May Not Be What You Think, with Emily Boorstein** Tipai

DAY OF THE DEAD CELEBRATION AT THE DINING HALL:
5:00 ☐ **Artistic Presentation & Welcome Reception:** Enjoy a special performance, Mexican street corn (*esquites*), hot chocolate, *calientito*, and delicious canapés.
5:30 ☐ **Dinner & Cultural Celebration:** Join us for dinner, a special presentation and traditional dances performed by an artistic ensemble. Explore booths featuring handmade creations by local artisans.
6:45 ☐ **The Day of the Dead Altar: Meaning & Traditions. An introduction by José Guadalupe Flores, Ph.D.**
7:00 ☐ **Folkloric Dance**

8:00 ☐ **Doing Endings Well: A Joyful Journey of Remembrance and Renewal, with Karen Buckley** Olmeca

TUESDAY | NOVEMBER 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.
6:15 ☐ **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

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

9:00 ☐ **Specialty: Pickleball Beginners Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca
☐ **Tennis Clinic: Level 1** (M-F) Court shoes recommended. Tennis Courts
☐ **Sugar Skulls: A Día de los Muertos Mural with Brent Hedstrom** Art Studio
☐ **Breathing First Fitness, a movement & breath experience with Brighton Loughlin, FDN-P HHP** Tolteca

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Dance: Intro to Salsa** Kuchumaa
☐ **Free Flow: Rooted in Feldenkrais** (Su,T) Oaktree
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Tennis Clinic: Level 2** (M-F) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1** (Su-F) Montaña

11:00 ☐ **Specialty: Tai Chi with Kevin Sullivan** (Su-F) Oaktree
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Mini Trampoline Express** (30 Min) (T,Th) Kuchumaa
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Core & More** (T) Pinetree (on W in Olmeca)
☐ **Strength: TRX & Kettlebells Level 2** (M) Tolteca
☐ **Yoga Sculpt Level 2** (T,Th) Olmeca
☐ **Cooking with the Seasons, with Head Chef Vivian Mercado.** Fee $100. Register at Ext. 640/625. Return 2:30pm. Meet at Admin Bldg.
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** Art Studio

12:00 ☐ **Behind the Menu & Smoothie Demo Class with Chef Segundo and Chef César** Dining Hall Patio

1:00 ☐ **The Calcium Conundrum, with Susan McCandless RDN, IFNCP** Tipai

2:00 ☐ **Aquatic: Deep Water Training** (Su-Th) Activity Pool
☐ **Gentle Spinal Mobility** (M,T) Pinetree
☐ **Labyrinth** (T,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Lowlands Hike: Woodlands Trail** (T) 2 Miles Gazebo
☐ **Pilates: Tower (All levels)** (T,W,Th) 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
☐ **Sound Healing** (Su-F) Oaktree

4:00 ☐ **Inner Journey: Guided Meditation** (M,T,F) Oaktree
☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Restorative Yoga** (Su,T,Th) Montaña
☐ **Hands-on Cooking Class with Chef Virginia Willis.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **A Map for Wise Living - Lesson 3: A Path to Freedom - Your Future Self Is Already Here, with Emily Boorstein** Tipai

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

8:00 ☐ **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, & Sarah Livia Brightwood Szekely, President and CEO** Oaktree

WEDNESDAY I NOVEMBER 4

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 ☐ **Specialty: Pickleball Beginners Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Lateral Flexion** (Su-F) Pinetree
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended. Tennis Courts
☐ **Sugar Skulls: A Día de los Muertos Mural with Brent Hedstrom** Art Studio

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Dance: Cardio Drumming** (W) Kuchumaa
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1** (Su-F) Montaña
☐ **Landscape Garden Walk with Enrique Ceballos** Gazebo

11:00 ☐ **Specialty: Tai Chi with Kevin Sullivan** (Su-F) Oaktree
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Cardio: Cycle 45** (W, also Cycle Express on F) Pai Pai
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength & Cardio: TRX Circuit Level 2** (W) Tolteca
☐ **Strength: Core & More** (W) Olmeca
☐ **Yoga Level 2 Flow** (75 Min) (Su,M,W,F) 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 ☐ **Let's Solve the Protein Paradox, with Susan McCandless, RDN, IFNCP** Tipai

2:00 ☐ **Specialty: Qi Gong with Kevin Sullivan** (M,W) Montaña
☐ **Aquatic: Deep Water Training** (Su-Th) Activity Pool
☐ **Mobility: Dynamic Stretch** (30 Min) (W) Pinetree
☐ **Pilates: Tower (All levels)** (T,W,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,W) Please wear socks & sleeves. Kuchumaa
☐ **Art Walk with Rob Larson** Meet at Gazebo

3:00 ☐ **Mobility: TRX Pilates & Core** (30 Min) (W) Pinetree
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: the ABCs - Arms/Butt/Core** (30 Min) (Su,W) Olmeca

4:00 ☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Yoga Nidra** (Su,W) Milagro
☐ **Hands-on Cooking Class with Chef Virginia Willis.** Fee $145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
☐ **A Map for Wise Living - Lesson 4: Yogi Tea Wisdom - Small Words, Big Wisdom, with Emily Boorstein** Tipai

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

7:30 ☐ **Movie: Coco** Library Lounge

8:00 ☐ **The Gift of Letting Go, with Karen Buckley** Olmeca

THURSDAY | NOVEMBER 5

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) (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
8:15 ☐ **Fitness Concierge** (30 Min) (Su,Th) Dining Hall

9:00 ☐ **Specialty: Pickleball Beginners Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (S-F) Milagro
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Rotation** (Su-F) Pinetree
☐ **Strength: Barbell Workout Level 2** (T,Th) Tolteca
☐ **Tennis Clinic: Level 1** (M-F) Court shoes recommended. Tennis Courts
☐ **Sugar Skulls: A Día de los Muertos Mural with Brent Hedstrom** Art Studio
☐ **Immersive Breathwork Journey, Part 2 with Brighton Loughlin, FDN-P HHP** (60 Min) Oaktree

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Aquatic: H20 Bootcamp (Deep Water)** (Su,Th) Activity Pool
☐ **Dance: Disco** (Th) Kuchumaa
☐ **Longevity: Strength Training** (Su,Th) Olmeca
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (M-F) Azteca
☐ **Tennis Clinic: Level 2** (M-F) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1** (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: Tai Chi with Kevin Sullivan** (Su-F) Oaktree
☐ **Aquatic: Shallow Water Conditioning** (Su,T,W,Th) Activity Pool
☐ **Advanced: Cardio Muscle Blast** (Su,Th) Azteca
☐ **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) (M,Th) Tolteca
☐ **Yoga Sculpt Level 2** (T,Th) Olmeca
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
☐ **Ranch History Walk: Explore the Roots of the Ranch, with Rob Larson** (60 min) Gazebo
☐ ***Art Class:*** **Intuitive Ink Painting with Karen Boren Gerstenberger** 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 ☐ **The Gut-Bone Connection, with Susan McCandless RDN, IFNCP** Tipai

2:00 ☐ **Aquatic: Deep Water Training** (Su-Th) Activity Pool
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Lowlands Hike: Quail Trail** (Th) Moderate, 2 Miles, Gazebo
☐ **Mobility: Strength & Stretch with Stick Mobility** (Su,Th) Kuchumaa
☐ **Pilates: Tower (All levels)** (T,W,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (Su,Th) Azteca

3:00 ☐ **Advanced: Bodyweight Blast** (M,Th) (30 Min) Tolteca
☐ **Chant: A Vocal Sound Practice** (M,Th) Milagro
☐ **Longevity: Dynamic Mobility** (T,Th) Olmeca
☐ **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
☐ **Hike to the Residences** (60 mins/wear comfortable shoes) Meet at Bazar del Soll
☐ **The Art of Completion, with Karen Buckley** Tipai

5:00 ☐ **Thursday Farm-to-Table Dining Experience with Chef Virginia Willis, with Head Chef Vivian Mercado and the Culinary Team.** Fee $150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.

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

8:00 ☐ **The Healing Arts Experience: The Heart of Service**- ***An evening of rhythm, gratitude, and inspiration,*** **with Karl Anthony** Oaktree

FRIDAY | NOVEMBER 6

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: Pickleball Beginners Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,F) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (T-F) Montaña
☐ **Pilates: Mat Foundations - Review & Flow** (Su-F) Pinetree
☐ **Strength: Total Body with Bands** (M,F) Olmeca
☐ **Tennis Clinic: Level 1** (M-F) Court shoes recommended. Tennis Courts

10:00 ☐ **Specialty: Pickleball Intermediate Clinic with Kim Evans & Thea Froehling** (Su-F) Court shoes recommended. Pickleball Courts
☐ **Advanced: BOSU® & Battle Ropes** (F) Olmeca
☐ **Aquatic: Strength & Tone (Shallow Water)** (M,F) Activity Pool
☐ **Dance: Broadway** (F) Kuchumaa
☐ **Pilates: Mat Level 2** (M,W,F) Pinetree
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Tennis Clinic: Level 2** (M-F) Court shoes recommended. Tennis Courts
☐ **Yoga Level 1** (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: Tai Chi with Kevin Sullivan** (Su-F) Oaktree
☐ **Cardio: Mini Trampoline Express** (30 Min) Kuchumaa
☐ **Cardio: Cycle Express** (30 Min) (F) Pai Pai
☐ **Mobility: TRX Flexibility** (M,F) Pinetree
☐ **Pilates: Reformer Level 2** (Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Level 2 Flow** (75 min) (Su,M,W,F) Montaña

1:00 ☐ **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge

2:00 ☐ **Aquatic: Water Polo on the Noodle** (F) Activity Pool
☐ **Labyrinth** (T,F) Meet at Emily's Forest behind Kuchumaa Gym
☐ **Pilates Reformer Level 1** (Su,M,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** Oaktree
☐ **Yoga: Gentle Aerial Hammock** (Low) Please wear socks & sleeves. Kuchumaa

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

4:00 ☐ **Inner Journey: Guided Meditation** (M,T,F) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montana
☐ **Living Forward - The Heart of Renewal, with Karen Buckley** Tipai

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