

Week of September 12, 2026
Hip Hop thru the Decades & Vogue with Galit Friedlander
Gyrokinesis® with Diane Daniel
Water Week with Monica Picard

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 | SEPTEMBER 12

- 6:15

☐ Mountain Hike: Professor's Trail (S,M,Th) Advanced, 3.3 Miles, Gazebo
- 6:45

☐ Lowlands Hike: Woodlands Trail (S,Su,T,Th) 2 Miles, Gazebo
- 9:00

☐ Mobility: Stretch (S-F) Montaña

☐ Meditation (S-F) Milagro
- 10:00

☐ Strength: Circuit Training Azteca
- 11:00

☐ Pilates Mat All Levels Pinetree

☐ Pickleball Open Play unstaffed, Court shoes recommended.

☐ Pickleball Courts
- 12:00

☐ Strength: Full Body All Levels Olmeca

☐ Yoga: All Levels Montaña
- 1:00

☐ Fitness Concierge (60 Min) Dining Hall
- 2:00

☐ Aquatic: Deep Water Activity Pool

☐ Strength: ABC's – Arms/Butt/Core (30 Min) 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
- 7:15

☐ Movie: *Ferris Bueller's Day Off* Library Lounge
- 8:00

☐ Inner Fitness: Love Secrets from the Masters, with Linda Carroll Oaktree

SUNDAY | SEPTEMBER 13
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) Dining Hall

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

☐ Advanced: Full Body Strength (Su,W) Olmeca

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña & Kuchumaa

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

☐ Pilates: Mat Foundations All Levels: Neutral & Spinal Articulation (Su-F) Pinetree

☐ Art Projects with Linda Weill Art Studio
- 10:00

☐ Specialty: Hip Hop thru the Decades (80s)with Galit Friedlander (Su,M,W,F) Kuchumaa

☐ Chant: A Vocal Sound Practice (S,Th) Milagro

☐ Longevity: Strength Training Olmeca

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

☐ Strength: Introduction to Circuit Training Azteca

☐ Mobility: TRX Fundamentals Pinetree

☐ Yoga Level 1 - Foundation (Su-F) Montaña
- 11:00

☐ Specialty: Gyrokinesis® with Diane Daniel (60 Min) (Su-F) Pinetree

☐ Specialty: The Wave (Shallow Water) with Monica Picard (Su,W) Activity Pool

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

☐ Longevity Cardio Lab: From Zone 2 to HIIT (Su,Th) Azteca

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

☐ Yoga Level 2 Slow Flow (75 Min) (Su,T,W,F) Montaña
- 12:00

☐ Swim Conditioning with Monica Picard (30 Min)(S,W) Activity Pool
- 1:00

☐ Specialty: Gyrotonic Tower Demo with Diane Daniel (30 Min) (Su,W) Arroyo

☐ 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

☐ Specialty: Deep Water Training with Monica Picard (Su,T,Th) Activity Pool

☐ Breathwork (S,W) Milagro

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

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

☐ Mobility: Strength & Stretch with Stick Mobility (Su,W) Kuchumaa

3:00

☐ Mobility & Corrective: Postural Assessment (Su,F) Tolteca

☐ Sound Healing (Su-F) Oaktree

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

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

4:00

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

☐ Yoga: Restorative (Su,T,Th) Montaña

☐ Learning to Surf: The Healing Power of Accepting the Things We Cannot Change and Changing the Things We Can, with Linda Carroll Tipai

7:15

☐ Movie: *Now You See Me* Library Lounge

8:00

☐ Violin and Piano Duet Concert with Pei-Chun Tsai and Tina Chong Oaktree

MONDAY | SEPTEMBER 14
Class spaces are limited to first come first served.

- 6:15

☐ Mountain Hike: Professor's Trail (S,M,Th) Advanced, 3.3 Miles, Gazebo
- 6:45

☐ Lowlands Hike: Quail Trail Moderate (M,W,F) 2 or 2.5 Miles, Gazebo
- 7:00

☐ Specialty: Water Walking with Monica Picard (M,F) No equipment required. Central Pool
- 8:00

☐ Pilates Concierge (15 min) (Su-F) Pilates Studio in Arroyo
- 9:00

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña & Kuchumaa

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

☐ Pilates: Mat Foundations All Levels - Flexion (Su-F) Pinetree

☐ Strength: Total Body with Bands (M,Th) Olmeca

☐ Tennis Clinic: Level 1 (M,W) Court shoes recommended. Tennis Courts

☐ Art Projects with Linda Weill Art Studio

10:00

☐ Specialty: Hip Hop thru the Decades (90s) with Galit Friedlander (Su,M,W,F) Kuchumaa

☐ Specialty: H20 Bootcamp (Deep Water) with Monica Picard Activity Pool

☐ Mobility: TRX Flexibility (M,Th) Pinetree

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

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

☐ Strength: Circuit Training (Su-F) Azteca

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

☐ Yoga Level 1 - Balance (Su-F) Montaña

11:00

☐ Specialty: Gyrokinesis® with Diane Daniel (60 Min) (S-F) Pinetree

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

☐ Cardio: Cycle Strength Pai Pai

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

☐ Strength: Kettlebells (30 Min) (M,Th) Tolteca

☐ Strength: Vertical Core (30 Min) Kuchumaa

☐ Yoga Sculpt Level 2 (60 Min) (M,Th) Olmeca

☐ 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

☐ Why Energy Medicine, with Jeanne Cheng Library Lounge

☐ The Great Microbiome: Our Greatest Ally for Optimal Health with Norma Flood, MS, RDN Tipai

2:00

☐ Specialty: Water Jogging with Monica Picard (Deep) Activity Pool

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

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

☐ Recovery: Release & Mobilize (M,W) Oaktree

☐ Yoga: Gentle Aerial Hammock (Low) (M,F) Please wear socks and sleeves. Kuchumaa

3:00

☐ Pilates: Tower (All levels) (M,W) Sign-up begins 8am at the Pilates Studio in Arroyo

☐ Sound Healing (Su-F) Oaktree

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

☐ Tai Chi (M,W) Montaña

4:00

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

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

☐ The Hero's Journey in Life and Love, with Linda Carroll Tipai

☐ 1st Time Visitor's Reception Los Olivos

5:00

☐ Guest Reception: Sangria & Guacamole Bazar del Sol

7:15

☐ Movie: *Mrs. Harris Goes to Paris* Library Lounge

8:00

☐ How I Became a *New York Times* Bestseller: A Very Improbable Story, with Firoozeh Dumas Tolteca

TUESDAY | SEPTEMBER 15
Mexican Independence Day Celebration

- 6:05

☐ Organic Garden Breakfast Hike (T-Th) 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 Hike, Intermediate, 2 Miles, Gazebo
- 6:30

☐ Sunrise Yoga (All Levels) (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

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

☐ Barre (T,F) Olmeca

☐ Pilates: Mat Foundations All Levels - Extension (Su-F) Pinetree

☐ Meditation (Su-F) Oaktree

☐ Mobility: Stretch (Su-F) Montaña

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

10:00

☐ Specialty: Deep Water Training with Monica Picard (T also Su &Th 2pm) Activity Pool

☐ Advanced: Cardio Sculpt Express (30 Min) Olmeca

☐ Aqua Board (T,Th) Central Pool

☐ Dance: Move & Groove Funk! Kuchumaa

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

☐ Strength: Circuit Training (Su-F) Azteca

☐ Yoga Level 1 – Strength (Su-F) Montaña

11:00

☐ Specialty: Gyrokinesis® with Diane Daniel (60 Min) (S-F) Pinetree

☐ Specialty: Aquatic Strength & Tone (Shallow Water) with Monica Picard (T,Th) Activity Pool

☐ Aqua Board (T,Th) Central Pool

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

☐ Strength: TRX & Kettlebells Tolteca

☐ Yoga Level 2 Slow Flow (75 Min) (Su,T,W,F) Montaña

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

☐ Writing Workshop: How to Tell Your Story Part 1, with Firoozeh Dumas Library Lounge

1:00

☐ Making a Smoothie Class with Chef César Juice Bar

☐ The Top 10 Ways to Heal Your Gut & Maximize Your Microbiota, with Norma Flood, MS, RDN Tipai

2:00

☐ Specialty: Hip Hop thru the Decades -Vogue! with Galit Friedlander (T,Th) Kuchumaa

☐ Labyrinth: (T,F) Meet at Emily's Forest behind Kuchumaa Gym

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

☐ Strength: Circuit Training (T,Th)Azteca

☐ Yoga Workshop: Chair Yoga (T,Th) Montaña

3:00

☐ Specialty: Aqua Ease & Stretch with Monica Picard (Shallow) (30 Min) Central Pool

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

☐ Longevity: Dynamic Mobility (T,Th) Olmeca

☐ Sound Healing (Su-F) Oaktree

4:00

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

☐ Yoga: Restorative (Su,T) Montaña

☐ Hands on Cooking Class with Chefs Torie Borrelli and Eric Wolfinger. Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.

☐ The Sound of Wine: An Immersive Wine & Sound Experience

☐ Led by Pei-Chun Tsai, violin and Sommelier Romina Mendoza (Sign Up Required / Fee \$15) Bazar del Sol

5:00

☐ ¡Viva México Cocktails! Activity Pool

5:30

☐ Mexico Independence Day Dinner Celebration, Enjoy Live Music with Mariachis & Yam Beat * Mercado Craft Fair featuring: Delicias Mexicanas , Traditional Mexican Sweets, Mapache Arts & Crafts Casa de los Cirios Activity Pool

7:45

☐ The Fiesta Continues! — Live Music with Sergio Ramos Bazar del Sol

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	Available Facilities* *when no class is in session
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	Milagro - Meditation Room 6:00 am to 9:00 pm
Snack Times: Sunday- Friday Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	Activity Pool - Lap Swim 7:00 am to 6:00 pm *No open swim during scheduled classes
Bazar Del Sol: Saturday- Friday 6:00 am to 9:00 pm	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)
Juice Bar: Sunday - Friday 9:00 am to 12:00 pm & 1:00 pm 4:00 pm	Tennis & Pickleball Courts - Open Play 7:00 am to 7:00 pm

WEDNESDAY | SEPTEMBER 16

Class spaces are limited to first come first served.

- 6:05

Organic Garden Breakfast Hike

(T-Th) 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,

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

Advanced: Full Body Strength

(Su,W) Olmeca

Meditation

(Su-F) Oaktree

Mobility: Stretch

(Su-F) Montaña

Pickleball Clinic: Beginners

(Su-F) Court shoes recommended. Pickleball Courts

Pilates: Mat Foundations All Levels - Lateral Flexion

(S-F) Pinetree

Tennis Clinic: Level 1

(M,W) Court shoes recommended. Tennis Courts

Art Projects with Linda Weill

Art Studio

10:00

Specialty: Hip Hop thru the Decades (2000s) with Galit Friedlander

(Su,M,W,F) Kuchumaa

Pickleball Clinic: Intermediate

(Su-F) Court shoes recommended. Pickleball Courts

Strength: BOSU Fit®

Olmeca

Strength: Circuit Training

(Su-F) Azteca

Yoga Level 1 - Center

(Su-F) Montaña

Tennis Clinic: Level 2

(M,W) Court shoes recommended. Tennis Courts

Landscape Garden Walk with Enrique Ceballos

Gazebo

11:00

Specialty: Gyrokinesis® with Diane Daniel

(60 Min) (S-F) Pinetree

Specialty: The Wave (Shallow Water) with Monica Picard

(Su,W) Activity Pool

Cardio: Cycle Express

(30 Min) Pai Pai

Pilates: Reformer Level 2

(Su-F) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: Core & More

(W,F) Olmeca

Yoga Level 2 Slow Flow

(75 Min) (Su,T,W,F) Montaña

Nature Walk with Rob Larson

(60 Min) Meet at Gazebo

Writing Workshop: How to Tell Your Story Part 2, with Firoozeh Dumas

Library Lounge

12:00

Swim Conditioning with Monica Picard

(30 Min)(S,W) Activity Pool

1:00

Specialty: Gyrotonic Tower Demo with Diane Daniel

(30 Min) (Su,W) Arroyo

Epigenetics: Your DNA is NOT Your Destiny! with Norma Flood, MS, RDN

Tipai

2:00

Specialty: H2O Boot Camp with Monica Picard

Activity Pool

Breathwork

(S,W) Milagro

Mobility: Strength & Stretch with Stick Mobility

(Su,W) Kuchumaa

Pilates: Reformer Level 1

(Su-Th) Sign-up begins 8am at the Pilates Studio in Arroyo

Recovery: Release & Mobilize

(M,W) Oaktree

Art Walk with Rob Larson

Meet at Gazebo

3:00

Pilates: Tower

(All levels) (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,W) Olmeca

Tai Chi

(Su,W) Montaña

4:00

Inner Journey: Guided Chakra Meditation

Oaktree

Recovery: Yoga Nidra

Montaña

Five Life-Changing Communication Tools, Including the 60 Seconds That Make or Break a Conversation, with Linda Carroll

Tipai

Hands on Cooking Class with Chefs Torie Borrelli and Eric Wolfinger.

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

7:15

Movie: *One Life*

Library Lounge

8:00

An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, with Barry Shingle, Director of Guest Experiences

Oaktree

THURSDAY | SEPTEMBER 17

Class spaces are limited to first come first served.

6:05

Organic Garden Breakfast Hike

(T-Th) 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: Professor’s Trail

(S,M,Th) Advanced, 3.3 Miles Gazebo

6:30

Sunrise Yoga

(All Levels) (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

Advanced: Cardio Muscle Blast

(T,Th) Azteca

Meditation

(Su-F) Oaktree

Mobility: Stretch

(Su-F) Montaña

Pickleball Clinic: Beginners

(Su-F) Court shoes recommended. Pickleball Courts

Pilates: Mat Foundations All Levels –Rotation

(S-F) Pinetree

Strength: Total Body with Bands

(M,Th) Olmeca

Art Projects with Linda Weill

Art Studio

10:00

Aqua Board

(T,Th) Central Pool

Chant: A Vocal Sound Practice

(S,Th) Milagro

Dance: Cardio Drumming

Kuchumaa

Mobility: TRX Flexibility

(M,Th) Pinetree

Pickleball Clinic: Intermediate

(Su-Th) Court shoes recommended. Pickleball Courts

Strength: Barbell Workout Level 2

(M,Th) Tolteca

Strength: Circuit Training

(M-F) Azteca

Yoga Level 1 - Open

(Su-F) Montaña

Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.

Fee \$290. Register at Ext.640/625. Return 5:30 pm. Meet at Admin Bldg.

10:30

Specialty: Gyrokinesis® with Diane Daniel

(60 Min) (Su-F) Pinetree

Specialty: Aquatic Strength & Tone (Shallow Water) with Monica Picard

(T,Th) Activity Pool

Aqua Board

(T,Th) Central Pool

Longevity Cardio Lab: From Zone 2 to HIIT

(Su,Th) Azteca

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

(60 Min) (M,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

Writing Workshop: How to Tell Your Story Part 3, with Firoozeh Dumas

Library Lounge

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

BONE DEEP: Everything that Matters for Better Bone Health! with Norma Flood, MS, RDN

Tipai

2:00

Specialty: Hip Hop thru the Decades -Vogue! with Galit Friedlander

(T,Th) Kuchumaa

Specialty: Deep Water Training with Monica Picard

(Su,T,Th) Activity Pool

Pilates Reformer Level 1 (Su-Th)

Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: Circuit Training

(T,Th) Azteca

Yoga Workshop: Chair Yoga

(T,Th) Montaña

3:00

Specialty: Aqua Ease & Stretch with Monica Picard (Deep)

(30 Min) (T,Th) Activity Pool

Advanced: Bodyweight Blast

(T,Th) (30 Min) Tolteca

Longevity: Dynamic Mobility

(T,Th) Olmeca

Sound Healing

(Su-F) Oaktree

Spanish Lessons: Beginners Progressive

Library Lounge

4:00

Recovery: Foam Roller

(Su,T,Th) Tolteca

Yoga: Yin

Montaña

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

Chasing Wonder: Cultivating True Presence and Three Magic Words, with Linda Carroll

Tipai

5:00

Floating Sound Bath

(sunglasses, swimsuit & hat recommend) Activity Pool

Farm-to-Table Dining Experience with Chefs Torie Borrelli and Eric Wolfinger, 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

Let’s Get Batty! Bat Viewing & Fun Facts with Judie Lincer

(35 min) Gazebo

Movie: *F1 (Formula 1)*

Library Lounge

FRIDAY | SEPTEMBER 18

Class spaces are limited to first come first served.

**Please confirm your transportation at the Admin Building or Concierge Desk.*

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

7:00

Specialty: Water Walking with Monica Picard

(M,F) No equipment required. Central Pool

Ethnobotany-How Native Americans Use Plants for Food, Shelter, Medicine, and more. Nature Field Experience, with Judie Lincer, M.S.

Ed Gazebo

8:00

Pilates Concierge

(15 min) (Su-F) Pilates Studio in Arroyo

9:00

Barre

(T,F) Olmeca

Meditation

(Su-F) Oaktree

Mobility: Stretch

(Su-F) Montaña

Pickleball Clinic: Beginners

(Su-F) Court shoes recommended. Pickleball Courts

Pilates: Mat Foundations All Levels- Rotation

(S-F) Pinetree

10:00

Specialty: Hip Hop thru the Decades (Mash Up) with Galit Friedlander

(Su,M,W,F) Kuchumaa

Specialty: H2O Bootcamp (Deep Water) with Monica Picard

(M,F) Activity Pool

Pickleball Clinic: Intermediate

(Su-Th) Court shoes recommended. Pickleball Courts

Strength: BOSU® & Ropes

Olmeca

Strength: Circuit Training

(Su-F) Azteca

Yoga Level 1 - Integration

(Su-F) Montaña

10:30

Mercado Craft Fair, ongoing until 2:00 pm

Mercado Patio

Delicias Mexicanas-Tradicional Mexican Sweets;

Mapache Arts & Crafts

Casa de los Cirios

11:00

Specialty: Gyrokinesis® with Diane Daniel

(60 Min) (S-F) Pinetree

Aquatic: Liquid Drums (Shallow Water)

(M,F) Activity Pool

Cardio: Mini Trampoline

(30 Min) (Su,F) Kuchumaa

Pilates: Reformer Level 2

(S-F) Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: Core & More

(W,F) Olmeca

Yoga Level 2 Slow Flow

(75 Min) (Su,T,W,F) Montaña

2:00

Aquatic: Water Polo on a Noodle

Activity Pool

Labyrinth: (T,F) Meet at Emily’s Forest behind Kuchumaa Gym

Longevity: Balance & Coordination

(M,F) Olmeca

Yoga: Gentle Aerial Hammock

(Low) (M,F) Please wear socks & short or long sleeves. Kuchumaa

3:00

Sound Healing

(Su-F) Oaktree

Mobility & Corrective: Postural Awareness

(Su,F) Tolteca

Strength: Core Express

(30 Mins) (M,F) Olmeca

Documentary: Tree of Life, The Living Legacy of Edmond Szekely

(26 mins) Library Lounge

4:00

Inner Journey: Guided Meditation

(M,F) Oaktree

Recovery: Stretch and Relax

(M,F) Montaña

5:45

Shabbat Ceremony

(led by guests) Los Olivos

6:00

Live Music with Rancho La Puerta Fiesta Band

(2 hrs) Dining Hall