

Week of September 26, 2026
Fit 4 Life! with Norma Shechtman

Pickleball with Rich Roe
Synchronized Swimming with Katie Killebrew

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 26

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

10:00 ☐ **Strength: Circuit Training** (S-F) 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

7:15 ☐ **Movie: Ferris Bueller's Day Off** Library Lounge

8:00 ☐ **Tales of Laughter and Healing, Wisdom and Wonder with Joel ben Izzy** Oaktree

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

SUNDAY | SEPTEMBER 27

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 ☐ **Specialty: Aquatic Synchronized Swimming with Katie Killebrew**
(60 Min) (Su-F) Activity Pool
☐ **Specialty: Pickleball - Novice & Advanced Beginner with Rich Roe**
(Su-F) Court shoes recommended. Pickleball Courts
☐ **Advanced: Full Body Strength** (Su,W) Olmeca
☐ **Longevity Cardio Lab: From Zone 2 to HIIT** (Su,Th) Azteca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** Offered in both Montaña & Kuchumaa
☐ **Pilates: Mat Foundations: Neutral & Spinal Articulation** (Su-F)
Pinetree

10:00 ☐ **Specialty: Pickleball Clinic Intermediate & Advanced** (Su-F)
Court shoes recommended. Pickleball Courts
☐ **Dance: Latin Fusion** Kuchumaa
☐ **Longevity: Strength Training** Olmeca
☐ **Strength: Introduction to Circuit Training** Azteca
☐ **Yoga Level 1 - Foundation** (Su-F) Montaña

11:00 ☐ **Specialty: Fit 4 Life! Bodyweight Workout with Norma Shechtman** (Su-F) Olmeca
☐ **Aqua: Shallow Water** (Su,W) Activity Pool
☐ **Mobility: Introduction to TRX Fundamentals** (Su,Th) Pinetree
☐ **Pilates: Reformer Level 2** Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Kettlebells** (30 Min) (Su,F) Tolteca
☐ **Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,F) Montaña
☐ **Friends of Bill W.** (12 steps - Participant-guided) Library Lounge

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

2:00 ☐ **Aquatic: Deep Water Training** (Su,T,Th) Activity Pool
☐ **Longevity: Lecture. How to Own Your Aging Process**
Library Lounge
☐ **Mobility: Strength & Stretch with Stick Mobility** (S,W) Kuchumaa
☐ **Pilates: Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo

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

4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Creating What You Want—Even When Your Thoughts Get in Your Way, with Sheila Elaine** Tipai

5:00 ☐ **“Going to the Well” – A Four-Part Storytelling Workshop: Tales of People We've Known, with Joel ben Izzy** Oaktree

7:15 ☐ **Movie: Now You See Me** Library Lounge

8:00 ☐ **Blood, Biotechnology and Wellbeing: Overviews of Genetics, Cellular Therapies and Aging, with David Wellis, Ph.D.** Olmeca

MONDAY | SEPTEMBER 28

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 ☐ **Hike: Dove Meditation** 1.2 Miles, Gazebo
6:45 ☐ **Lowlands Hike: Quail Trail** Moderate (M,W,F) 2 or 2.5 Miles, Gazebo

7:00 ☐ **Water Walking** (M,Th) Central Pool

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

9:00 ☐ **Specialty: Aquatic Synchronized Swimming with Katie Killebrew**
(60 Min) (Su-F) Activity Pool
☐ **Specialty: Pickleball Clinic Beginner & Advanced Beginner**
(Su-F) Court shoes recommended. Pickleball Courts
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (S-F) Montaña
☐ **Pilates: Mat Foundations - Flexion** (Su-F) Pinetree
☐ **Strength: Total Body with Bands** Olmeca
☐ **Tennis Clinic: Level 1** (M,W) Court shoes recommended.
Tennis Courts

10:00 ☐ **Specialty: Pickleball Clinic Intermediate & Advanced** (Su-F)
Court shoes recommended. Pickleball Courts
☐ **Aqua: H2O Boot Camp** (Deep) (M,Th) Activity Pool
☐ **Pilates: Reformer Level 1** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Barbell Strength** (M,Th) Tolteca
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Tennis Clinic: Level 2** (M,W) Court shoes recommended.
Tennis Courts
☐ **Yoga Level 1 - Balance** (S-F) Montaña

11:00 ☐ **Specialty: Fit 4 Life! Ball Workout with Norma Shechtman** (S-F) Olmeca
☐ **Advanced: Cardio Muscle Blast** (M,F) Azteca
☐ **Aquatic: Liquid Drums (Shallow Water)** (M,F) Activity Pool
☐ **Mobility: TRX Flexibility** (M,F)Pinetree
☐ **Yoga Level 2 Slow Flow** (75 Min) (Su,M,W,F) Montaña
☐ **Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
☐ **Cyanotype: Painting with Sunlight, with Mindy Green.** Sign Up 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 ☐ **Your Body is Talking. Are You Listening? with Jonelle Rutkauskas, HHP, RCST** Tipai

2:00 ☐ **Aquatic: Water Jogging (Shallow)** Activity Pool
☐ **Pilates: Reformer Level 2** (M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Recovery: Release & Mobilize** (M,F) Oaktree
☐ **Strength: Circuit Training** Azteca
☐ **Yoga: Gentle Aerial Hammock** (Low) (M,F) Please wear socks & short or long sleeves. Kuchumaa
☐ **What's Love (& Gratitude) Got to Do with It? Finding Light When Life Feels Heavy, with Sheila Elaine** Tipai

3:00 ☐ **Advanced: Bodyweight Blast** (M,Th) (30 Min) Olmeca
☐ **Sound Healing** (Su-F) Oaktree
☐ **Mobility & Corrective: Postural Awareness** (M,W) Tolteca

4:00 ☐ **Inner Journey: Guided Meditation** (M,W,F) Oaktree
☐ **Recovery: Stretch and Relax** (M,W,F) Montaña
☐ **Giants of 20th Century Mexican Mural Art, with Diane Arkin** Olmeca

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

7:15 ☐ **Movie: Mrs. Harris Goes to Paris** Library Lounge

8:00 ☐ **Concert with Kate Hatmaker, violin, Alex Greenbaum, cello, and Ines Irawati, piano** Oaktree

TUESDAY | SEPTEMBER 29

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 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
6:45 ☐ **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 Clinic Beginner & Advanced Beginner** (Su-F)
Court shoes recommended. Pickleball Courts
☐ **Specialty: Aquatic Synchronized Swimming with Katie Killebrew**
(60 Min) (Su-F) Activity Pool
☐ **Barre** (T,Th) Olmeca
☐ **Meditation** (Su-F) Oaktree
☐ **Mobility: Stretch** (M-F) Montaña
☐ **Pilates: Mat Foundations - Extension** (Su-F) Pinetree

10:00 ☐ **Specialty: Pickleball Clinic Intermediate & Advanced** (Su-F)
Court shoes recommended. Pickleball Courts
☐ **Aqua Board** (T,Th) Central Pool
☐ **Dance: Move, Groove & Funk!** Kuchumaa
☐ **Pilates: Reformer Level 2** (T,Th)) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Strength: Circuit Training** (Su-F) Azteca
☐ **Yoga Level 1 – Strength** (Su-F) Montaña

11:00 ☐ **Specialty: Fit 4 Life! Vertical Core & Light Weights with Norma Shechtman** (S-F) Olmeca
☐ **Aqua Board** (T,Th) Central Pool
☐ **Aqua: Strength Tone** (Shallow) (T,Th) Activity Pool
☐ **Cardio: Cycle Express** (30 Min) Pai Pai
☐ **Strength & Cardio: TRX Circuit HIIT** Tolteca
☐ **Yoga Sculpt Level 2** (60 Min) (T,Th) Kuchumaa
☐ **Cyanotype: Painting with Sunlight, with Mindy Green.** Sign Up Art Studio

1:00 ☐ **Making a Smoothie Class with Chef César** Juice Bar
☐ **Blood, Biotechnology and Wellbeing: DNA and Genetics with David Wellis, Ph.D.** Tipai

2:00 ☐ **Aquatic: Deep Water Training** (Su,T,Th) Activity Pool
☐ **Longevity: Balance & Coordination** (T,Th) Olmeca
☐ **Pilates Reformer Level 1** (Su,T,Th) Sign-up begins 8am at the Pilates Studio in Arroyo
☐ **Yoga Workshop: Rope Wall** Montaña
☐ **Make Space for More: Creating A Life That Feeds Your Soul, with Sheila Elaine** Tipai

3:00 ☐ **Mobility: Dynamic Stretch** (30 Min) (T,Th) Pinetree
☐ **Sound Healing** (Su-F) Oaktree
☐ **Strength: Core Express** (30 Min) (T,F) Olmeca

4:00 ☐ **Recovery: Foam Roller** (Su,T,Th) Tolteca
☐ **Yoga: Restorative** (Su,T,Th) Montaña
☐ **Spanish and Mexican Surrealism: Miro, Dali & Frida, with Diane Arkin** Olmeca

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

5:00 ☐ **1st Time Visitor's Reception** Los Olivos
☐ **“Going to the Well” – A Storytelling Workshop: Tales of Places We've Been, with Joel ben Izzy** Oaktree

6:30 ☐ **Candlelight Sound Healing at the Labyrinth**

7:15 ☐ **Movie: Conclave** Library Lounge

8:00 ☐ **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta and Josh Szekely, with Barry Shingle, Director of Guest Experiences** Oaktree

WEDNESDAY | SEPTEMBER 30

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 the 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

Sunrise Yoga

(60 Min) Montaña
- 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 Clinic Beginner & Advanced Beginner

(Su-F) Court shoes recommended. Pickleball Courts

Specialty: Aquatic Synchronized Swimming with Katie Killebrew

(Su-F) (60 Min) Activity Pool

Advanced: Full Body Strength

(Su,W) Olmeca

Meditation

(Su-F) Oaktree

Mobility: Stretch

(M-F) Montaña

Pilates: Mat Foundations - Lateral Flexion

(S-F) Pinetree

Tennis Clinic: Level 1

(M,W) Court shoes recommended. Tennis Courts
- 10:00

Specialty: Pickleball Clinic Intermediate & Advanced

(Su-F) Court shoes 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 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: Fit 4 Life! Chair Workout with Norma Shechtman

(S-F) Olmeca

Aqua: Shallow Water

(Su,W) Activity Pool

Mini Trampoline Express

(30 Min) Kuchumaa

RX Core

(30 Min) Tolteca

Yoga Level 2 Slow Flow

(75 Min) (Su,M,W,F) Montaña

Nature Walk with Rob Larson

(60 Min) Meet at Gazebo

Cyanotype: Painting with Sunlight, with Mindy Green.

Sign up. Art Studio
- 1:00

Blood, Biotechnology and Wellbeing: Cellular Therapies

with David Wellis, Ph.D. Tipai
- 2:00

Aquatic: Water Jogging (Deep Water)

Activity Pool

Mobility: Strength & Stretch with Stick Mobility

(S,W) Kuchumaa

Pilates: Reformer Level 2

(M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo

Yoga Workshop: Happy Hips & Low Back

Montaña

Art Walk with Rob Larson

Meet at Gazebo

The Next Chapter: Rewriting the Story of Your Life, with Sheila Elaine

Tipai
- 3:00

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 Meditation

(M,W,F) Oaktree

Recovery: Stretch & Relax

(M,W,F) Montaña

The Power of Mexican Women Artists, with Diane Arkin

Olmeca

Hands on Cooking Class with Visiting Chef Denise Marchessault.

Fee \$145. Register at ext.640/625. Return at 7:30pm. Meet at Admin Bldg.
- 5:00

“Going to the Well” – A Storytelling Workshop: Tales of Moments of Awe, with Joel ben Izzy

Oaktree
- 7:15

Movie: *One Life*

Library Lounge
- 8:00

Beauty, Identity, and Self-Worth: More Than Skin Deep

Drop Dead Diva episode: Pilot, with Josh Berman

Olmeca

THURSDAY | OCTOBER 1

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.
- 6:10

Mountain Hike: 7-Mile Breakfast Challenging,

Sign up Gazebo
- 6:15

Mountain Hike: Professor’s Trail

(M,Th) Advanced, 3.3 Miles Gazebo
- 6:45

Lowlands Hike: Woodlands Trail

(Su,T,Th) 2 Miles Gazebo
- 7:00

Bird Walk

(60 Min) Gazebo
- Water Walking

(M,Th) Central Pool
- 8:00

Pilates Concierge

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

Specialty: Pickleball Clinic Beginner & Advanced Beginner

(Su-F) Court shoes recommended. Pickleball Courts

Specialty: Aquatic Synchronized Swimming with Katie Killebrew

(60 Min) Activity Pool

Barre

(T,Th) Olmeca

Meditation

(Su-F) Oaktree

Longevity Cardio Lab: From Zone 2 to HIIT

(Su,Th) Azteca

Mobility: Stretch

(M-F) Montaña

Pilates: Mat Foundations - Rotation

(S-F) Pinetree
- 10:00

Specialty: Pickleball Clinic Intermediate & Advanced

(Su-F) Court shoes recommended. Pickleball Courts

Aqua: H2O Boot Camp

(Deep) (M,Th) Activity Pool

Aqua Board

(T,Th) Central Pool

Dance: Cardio Drumming

Kuchumaa

Pilates Reformer Level 2

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

Strength: Barbell Strength

(M,Th) Tolteca

Strength: Circuit Training

(M-F) Azteca

Yoga Level 1 - Open

(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: Fit 4 Life! Roller Workout with Norma Shechtman

(S-F) Olmeca

Aqua Board

(T,Th) Central Pool

Aqua: Strength Tone (Shallow)

(T,Th) Activity Pool

Cardio: Cycle Hip Hop

(30 Min) Pai Pai

Mobility: Introduction to TRX Fundamentals

(Su,Th) Pinetree

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

Cyanotype: Painting with Sunlight, with Mindy Green.

Sign Up. 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

12:30

Yarn Painting Demo with Tim Hinchliff

Dining Hall entrance

1:00

Blood, Biotechnology and Wellbeing: Aging with David Wellis, Ph.D. Tipai

Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff.

Art Kit Fee \$70 + tax. Sign up in the Main Lounge- Dining Hall Balcony

2:00

Aquatic: Deep Water Training

(Su,T,Th) Activity Pool

Longevity: Balance & Coordination

Olmeca

Pilates: Reformer Level 1

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

Strength: Circuit Training

(T,Th) Azteca

You Can Bend but You Won’t Break: Living Your Best Life at Any Age, with Sheila Elaine

Tipai

3:00

Advanced: Bodyweight Blast

(M,Th) (30 Min) Tolteca

Mobility: Dynamic Stretch

(30 Min) (T,Th) Pinetree

Sound Healing

(Su-F) Oaktree

Spanish Lessons: Beginners

Library Lounge

4:00

Recovery: Foam Roller

(Su,T,Th) Tolteca

Yoga: Restorative

(Su,F) 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

Enjoying Modern Art, with Diane Arkin

Olmeca

5:00

Thursday Farm-to-Table Dining Experience with Visiting Chef Denise Marchessault, with Head Chef Vivian Mercado and the Culinary Team.

Fee \$150. Register at Ext.640/625.Return 7:30pm. Meet at Admin Bldg.

“Going to the Well” – A Storytelling Workshop: Tales for the Journey Back Home, with Joel ben Izzy

Oaktree

7:15

Prayer Arrows with Tim Hinchliff

Main Lounge

Movie: F1 (Formula 1)

Library Lounge

8:00

Second Chances: Reinventing Yourself After Life Changes

Drop Dead Diva Episode: What If, with Josh Berman

Olmeca

FRIDAY | OCTOBER 2

**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

6:45

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 Clinic Beginner & Advanced Beginner

(Su-F) Court shoes recommended. Pickleball Courts

Specialty: Aquatic Synchronized Swimming with Katie Killebrew

(60 Min) Activity Pool

Meditation

(Su-F) Oaktree

Mobility: Stretch

(M-F) Montaña

Pilates: Mat Foundations - Review & Flow

(Su-F) Pinetree

10:00

Specialty: Pickleball Clinic Intermediate & Advanced

(Su-F) Court shoes recommended. Pickleball Courts

Dance: Intro to Salsa

Kuchumaa

Pilates: Reformer Level 1

(M,W,F)Sign-up begins 8am at the Pilates Studio in Arroyo

Strength: BOSU® Core & More

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: Fit 4 Life! Tubing Workout with Norma Shechtman

(S-F) Olmeca

Advanced: Cardio Muscle Blast

(M,F) Azteca

Aquatic: Liquid Drums (Shallow Water)

(M,F) Activity Pool

Mobility: TRX Flexibility

Pinetree

Strength: Kettlebells

(30 Min) (S,F) Tolteca

Yoga Level 2 Slow Flow

(75 Min) (Su,M,W,F) Montaña

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

(26 mins) Library Lounge

12:00

Specialty Performance Showcase: Synchronized Swim Camp Alumni

Perform their Routine! Activity Pool

1:00

Take the Ranch Home

Tolteca

EVERYONE HAS A STORY - How Do I Get Mine Told?

with Josh Berman

Library Lounge

2:00

Aquatic: Water Polo on a Noodle

Activity Pool

Pilates: Reformer Level 2

(M,W,F) Sign-up begins 8am at the Pilates Studio in Arroyo

Recovery: Release & Mobilize

Oaktree

Yoga: Gentle Aerial Hammock

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

3:00

Sound Healing

(Su-F) Oaktree

Strength: Core Express

(30 Min) Olmeca

Yoga: Chair Workshop

Montaña

4:00

Inner Journey: Guided Meditation

(M,W,F) Oaktree

Recover: Stretch & Relax

(M,W,F) Montaña

The Search for Purpose: Becoming the Person You’re Meant to Be

Drop Dead Diva Episode: The Long Road Home (Season 1 Finale), with Josh Berman

Olmeca

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