

SEPTEMBER 19–25, 2010

*This Week*  
AT CANYON RANCH

Your guide to creating the perfect stay with  
fitness classes, daily talks, workshops and  
evening programs – including appointments.

CANYONRANCH®

*The Power of Possibility®*

[canyonranch.com](http://canyonranch.com)



## Love It Here? Live Here!

Enjoying the Southwest environment and Canyon Ranch lifestyle? Wish every day could be like this one? It can – with the purchase of a home or a lot in our exclusive new community. Resale homes are also available, starting at \$1,250,000. Find out how to make the Canyon Ranch address yours – call Linda Proctor at Ext. 4220. Marketed by Arena Realty.

## Memberships – For the Health of It

Did you know that 10-year Life-Share® Memberships are available? Learn more about this enduring commitment to your health. Visit the Membership Sales Office in the Clubhouse, or call Ext. 4567.

## Sound Experience: Just “Be”

Experience an endless sonic hologram of nature and music nightly in the Sanctuary with our Ambience Sound System, developed by Chip Davis of Mannheim Steamroller. Enjoy a few minutes to soothe your spirit and transition into your evening, or linger as long as you like. Open 6:30 p.m. – 9 p.m.

## Spa Features

### AGELESS OXYGEN BOOST

Technology meets nutrients for an unparalleled result-oriented facial treatment. After a thorough cleanse, this entire treatment is dedicated to using a pressurized oxygen application system that infuses a skin-specific cocktail of rejuvenating hydrators, essential vitamins, botanicals, antioxidants and amino peptides for rapid absorption into the skin. Your aesthetician will customize your treatment with one of two powerful serums: Rejuvenate or Opulence. Call Ext. 4338. 50 minutes.

*Exercise & Vitality at Any Age* offerings embrace all the components of fitness while addressing those aspects of physical conditioning that are particularly important to maintaining vitality and quality of life over the years. These activities are noted by the ▼ symbol.

## Dining Room Hours

BREAKFAST: 7 to 9 a.m.

LUNCH: 11:30 a.m. to 2 p.m.

DINNER: 5:30 to 8 p.m. Please make your dinner reservations with the Dining Room host during breakfast or lunch, or by calling Ext. 4313.

Please allow 45 minutes for breakfast, 60 minutes for lunch and 90 minutes for dinner. If you require less time, please notify your server when you place your order.

## Kitchen Tours

All guests are welcome to tour our kitchen and meet the staff members who prepare Canyon Ranch’s fabulous signature cuisine. Tours are on Tuesdays at 10 a.m. and Thursdays at 4:15 p.m. Sign up: Spa Activity Board. Please dress appropriately. No flip flops or robes.

## Double U Café Hours

Enjoy Canyon Ranch cuisine at this indoor/outdoor café.

BREAKFAST: 6 to 9:30 a.m. (Daily)

LUNCH: 11:30 a.m. to 1:30 p.m. (Daily)

DINNER: 5:30 to 7:30 p.m. (Wed, Thurs, Fri)

## Captain’s Table

Ask to be seated at a noon Captain’s Table in the dining room. A Canyon Ranch staff member gives insight about their department and answers questions about the Ranch. This week’s featured departments are:

**SUNDAY** – Program Advising

**MONDAY** – Group Sales

**TUESDAY** – Nutrition

**WEDNESDAY** – Membership Sales

**THURSDAY** – Dining with the Doc

**FRIDAY** – Exercise Physiology

**SATURDAY** – Fitness

## Spa Hours

6:30 a.m. to 10 p.m.

## Showcase Boutique Hours

Monday – Friday, 8:30 a.m. to 9 p.m.

Saturday, 9 a.m. to 9 p.m.

Sunday, 9 a.m. to 5 p.m.

## Ranch Store Hours

Daily 8:30 a.m. to 6:30 p.m.

Please check activity boards near the Spa Desk and Dining Room for last-minute changes. As a courtesy to other guests, please do not enter talks or fitness classes 10 minutes after the hour or later.

Explore

## Explore New Horizons – The Care You've Been Looking For

Welcome to Canyon Ranch! Whether this is your first visit or your twentieth, I'm confident that you will benefit from your time with us. Tens of thousands of people with all sorts of life-paths, intentions and expectations have had wonderful experiences here. Truly, there's something for everyone.

Perhaps you simply want to relax, be cared for, enjoy the natural beauty all around and eat well – if so, good for you. Your healthy vacation will restore your zest for life. Or perhaps you can't wait to dive into all the activities in This Week. Have at it! You're bound to get in better shape and have fun.

I hope that you consider, too, the extraordinary opportunity that your stay offers for lasting life-change. None of us should forget the fact that good health is not just about today – it's about all our tomorrows. Since you will very probably live to a great age, it's vital to think about where you want to be in 10 years, 20 years, 30 years down the road. Take it from me, the years pass by in a flash. How well you feel, how much you can do in the decades to come has everything to do with the healthy lifestyle you adopt today. My own life has shown me this; it is my passion to help others see it clearly. This is the reason Enid and I created Canyon Ranch more than three decades ago, and our mission has never changed.

I urge you to allow yourself time for contemplation, for quiet time alone. We all get too little of that these days, and here you have the chance to go within and make the emotional connection between what you know you should do and what you actually do.

So. Try something new, stretch your boundaries and explore the practically limitless resources at your command. An expert on the Ranch – a Lifestyle Concierge, Program Advisor or nurse educator – will be delighted to meet with you (at no charge) to answer any questions you may have and help you plan your perfect stay. By all means, take advantage of their vast expertise. And have a fantastic time.

With best wishes, now and always,

*Mel Zuckerman, Canyon Ranch founder*

*By Mel Zuckerman  
Canyon Ranch founder*

# SUNDAY | SEPTEMBER 19, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops    ▼ Exercise & Vitality at Any Age

## HIKING & BIKING

Complimentary and private excursions available.

Sign up: Hiking & Biking Activity Board

- 6:30 am **3- TO 5-MILE RUN** *Meet in Spa Lobby*  
**MORNING WALKS \*** *Meet in Spa Lobby*
- 8:30 am **YAMUNA® FOOT FITNESS \*** *Gym 9*
- 9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
**BALLAST BALL BLAST II/III** *Limit 20* *Gym 1*  
**INDOOR CYCLING \*** *Limit 23* *Gym 5*  
▼ **STRIDE & STRENGTH \*** *Limit 18* *Gym 2*  
**WATER VOLLEYBALL \*** *L-Pool*  
▼ **YOGA FOR A HEALTHY BACK I** *Gym 9*
- **GOLF CLINIC: PUTTING** *Golf Performance Center*  
40 percent of shots in a round of golf are putts – learn to improve your stroke. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 10 am **CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**CORE CONDITIONING III** *Gym 1*  
▼ **FITNESS FIRST I** *Gym 8*  
**H<sub>2</sub>O POWER \*** *T-Pool*  
**MEN'S STRETCH \*** *Gym 7*  
▼ **WOMEN'S STRETCH \*** *Gym 9*
- 11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**CARDIO CIRCUIT IN THE WATER II** *Limit 20* *T-Pool*  
**DJ DANCE PARTY II** *Gym 1*  
**STRETCH \*** *Gym 9*  
**VINYASA FLOW II** *Yoga Dome*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*
- **GOLF FULL SWING TIPS** *Golf Performance Center*  
Our PGA professionals will provide one on-target tip per attendee. *Complimentary. Limit 6.*
- **THE SCIENCE OF WEIGHT LOSS** *Catalina Room*  
Exercise physiologist Mike Siemens, M.S., will take a frank, scientific look at metabolism and weight loss in the 21st century. Bring your questions and watch some weight-loss myths get blown out of the water.

## AFTERNOON

- Noon **ABS EXPRESS \*** *Gym 9*
- **LUNCH & LEARN** *Demo Kitchen*  
Enjoy BUFFALO CHICKEN SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm **TAI CHI \*** *Gym 8*
- **HEALTHY HANDS & FEET** *Spa Lobby*  
Join a Canyon Ranch nail technician and learn how to care for your feet and maintain your nails at their best and healthiest.
- **SECRETS OF COSMIC TIMING** *Catalina Room*  
Do you believe in synchronicity? Have you ever felt as if you were effortlessly tuned in to the events around you? Learn to recognize flashes of personal power and use them more effectively, with the help of Canyon Ranch astrologer Catherine Baskett, M.C.
- 2 pm **CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*
- LET'S DANCE \*** *Gym 1*  
▼ **POSTURE & BALANCE I/II** *Limit 20* *Gym 9*  
**TRX® & FLEX III** *Limit 11* *Gym 8*  
**YOGA FOUNDATIONS I** *Yoga Dome*
- **GOLF CLINIC: PITCHING** *Golf Performance Center*  
Learn the fundamentals of successful pitching and how to fly the ball over obstacles with confidence. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 2 - 4 pm ■ **HANDS-ON COOKING CLASS** *Demo Kitchen*  
*Healthy Home Style.* The comfort foods you've always loved, now prepared in a healthy way. Food so good, even Grandma would approve. *Fee: \$125; Sign up: Ext. 4338*
- 3 pm ▼ **BUFF BOOTY II** *Gym 1*  
**INTERMEDIATE YOGA II** *Yoga Dome*  
**MUSCLE MAX II/III** *Gym 8*  
**PILATES MAT WORK II** *Gym 9*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*

- 4 pm **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
**RESTORATIVE YOGA \*** *Gym 9*  
**STRETCH & RELAXATION \*** *Gym 7*
- 4 - 5:30 pm ■ **CRYSTALLIZE IT!** *Creative Arts Center*  
 Learn how to hot-fix Swarovski crystals on the Canyon Ranch T-shirt you received at registration with artist Terri Caminker. Bring your T-shirt and join the fun. *Limit 12. Sign up: Ext. 4338*
- 5 pm **MEDITATION \*** *Yoga Dome*  
 ■ **12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
 Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.
- 5:10 pm ■ **PILATES & GYROTONIC®: CONTRAST & COMPARE** *Pilates Studio/Gym 6*  
 Curious about Pilates or Gyrotonic? Find out how the two systems compare. Join DeAnna Murray, movement therapist, in a fun and informative discussion.

## EVENING

- 6:30 pm **SOUND EXPERIENCE: JUST "BE"** *Sanctuary*  
 Drop in and enjoy our Ambience Sound System. Soothe your spirit and transition into your evening. Open nightly 6:30 p.m. – 9 p.m.
- 7 pm ■ **THE ESOTERIC SCIENCE OF NUMBERS** *Cactus Room*  
 What's in a number? Join Kathleen Medina and learn about the universal language of numerology, developed by ancient civilizations as a means of understanding the relationship between humans and the divine.
- 7:30 - 9 pm ■ **WATERCOLOR BASICS** *Creative Arts Center*  
 Jay Williams teaches basic watercolor techniques. Paint a sunset or desert scene to take home. *Limit 12. Sign up: Ext. 4338*
- 8 pm ■ **BINGO** *Pavilion*  
 Join in the fun with a rousing game of Bingo and snacks. Win Canyon Ranch prizes!

## My Schedule

SEPTEMBER 19, 2010

6 am \_\_\_\_\_

7 am \_\_\_\_\_

8 am \_\_\_\_\_

9 am \_\_\_\_\_

10 am \_\_\_\_\_

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5 pm \_\_\_\_\_

6 pm \_\_\_\_\_

7 pm \_\_\_\_\_

8 pm \_\_\_\_\_

9 pm \_\_\_\_\_

# MONDAY | SEPTEMBER 20, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops    ▼ Exercise & Vitality at Any Age

## MORNING

- HIKING & BIKING**  
Complimentary and private excursions available.  
*Sign up: Hiking & Biking Activity Board*
- 6:30 am **MORNING WALKS \*** *Meet in Spa Lobby*
- 7 am **NATURE TALK & WALK** *Meet in Spa Lobby*  
Learn about our desert wonders while strolling the Canyon Ranch grounds with a staff naturalist. *Sign up: Hiking & Biking Activity Board or call Ext. 4355*
- 8 am ■ **TENNIS: INTERMEDIATE TO ADVANCED CLINIC** *Tennis Courts*  
*Fee: \$60; Sign up: Spa Activity Board*
- 8:15 - 8:50 am **RANCH SAVVY BREAKFAST** *Double U Café*  
Just arrived? Join us at the start of your day and learn more about Canyon Ranch and how you can maximize your stay during an informal breakfast chat. *Call Guest Services at Ext. 4312 for more information.*
- 8:30 am **ABS EXPRESS \*** *Gym 9*
- 9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
**BOOMIN' BABIES I/II** *Gym 1*  
**CHAIR YOGA I** *Limit 20* *Gym 9*  
**INDOOR CYCLING \*** *Limit 23* *Gym 5*  
▼ **STRIDE & STRENGTH \*** *Limit 18* *Gym 2*  
■ **CARDIO TENNIS CLINIC** *Tennis Courts*  
Enjoy a heart-pumping cardio tennis workout to music.  
*Sign up: Spa Activity Board. Fee: \$60*
- **GOLF CLINIC: CHIPPING** *Golf Performance Center*  
Learn to chip the ball consistently to within one-putt range.  
*Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 10 am **BODY BLITZ III** *Gym 1*  
**CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**H<sub>2</sub>O POWER \*** *T-Pool*  
**MEN'S STRETCH \*** *Gym 7*  
▼ **WOMEN'S STRETCH \*** *Gym 9*
- 11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**CARDIO CIRCUIT IN THE WATER II** *Limit 20* *T-Pool*  
**INTERMEDIATE YOGA (90 min) II** *Yoga Dome*  
**ON THE BALL \*** *Gym 9*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**ZUMBA® \*** *Gym 1*
- **PEAK PERFORMANCE** *Catalina Room*  
Everyone has life arenas just ripe for improvement – athletic, professional, social or personal. Stephen Brewer, M.D., will discuss how to move from your current level to achieve a higher level of energy and performance.
- **YOU ARE WHAT YOU WRITE** *Spa Lobby*  
Handwriting reveals both your conscious and subconscious mind. Graphologist Heidi Harralson, M.A., C.G., member of the American Association of Handwriting Analysts, shows you how to gain new insight through your handwriting.

## AFTERNOON

- Noon **YAMUNA® FOOT FITNESS \*** *Gym 9*
- **LUNCH & LEARN** *Demo Kitchen*  
Enjoy CRAB CAKES, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm ■ **GOLF SHORT GAME TIPS** *Golf Performance Center*  
Our PGA professionals will provide one on-target tip per attendee. *Complimentary. Limit 6.*
- **ORTHOTICS FOR HAPPY, HEALTHY FEET** *Spa Lobby*  
Misalignments in your feet can cause problems throughout your body. Find out how to correct alignment and relieve pain through the latest technology in orthotics.
- 2 pm **BOXER'S WORKOUT III** *Limit 12* *Gym 8*  
**FIT STRIP \*** *Gym 1*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*
- ▼ **POSTURE & BALANCE I/II** *Limit 20* *Gym 9*  
**TRAGER MENTASTICS \*** *Gym 7*  
**YOGA FOUNDATIONS I** *Yoga Dome*
- **GOLF CLINIC: PUTTING** *Golf Performance Center*  
40 percent of shots in a round of golf are putts – learn to improve your stroke. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 2 - 3:30 pm ■ **CREATIVE BAG EMBELLISHMENT** *Creative Arts Center*  
Express your personal style by decorating your canvas Canyon Ranch bag using beads, stencils, paint and other craft supplies with artist Terri Caminker. *Limit 12. Sign up: Ext. 4338*
- 2 - 4 pm ■ **HANDS-ON COOKING CLASS** *Demo Kitchen*  
*Meals Express: 29 Minutes or Less.* No time to cook? No problem. Let us show you simple and healthy meals in mere minutes. *Fee: \$125; Sign up: Ext. 4338*
- 3 pm ▼ **BUFF BOOTY II** *Gym 1*  
**INTERMEDIATE YOGA II** *Yoga Dome*  
**POWER PUMP II/III** *Gym 4*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*  
**YAMUNA BODY ROLLING \*** *Gym 9*
- 4 pm **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
**RESTORATIVE YOGA \*** *Gym 9*  
**STRETCH & RELAXATION \*** *Gym 7*
- **SKIN CARE 101** *Spa Lobby*  
An aesthetician from our Skin Care department will discuss the basics and principles of skin care.

*Times vary* **PHOTO WALK** *Meet in Spa Lobby*  
 Capture the beauty of the desert at dusk. Learn tips and tricks for photographing nature on this casual photo walk around the Canyon Ranch grounds. A Canon G-11 digital camera and a CD of your images will be provided. *Limit 8. Fee: \$90; See Hiking & Biking Activity Board or call Ext. 4355 for current time and to sign up.*

5 pm **YIN YOGA II** *Yoga Dome*  
**■ 12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
 Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.

5:10 pm **■ THE REAL SKINNY ON WEIGHT MANAGEMENT: THE PROCESS BEYOND THE NUMBERS** *Catalina Room*  
 Learn new approaches to healthy weight loss and lifelong weight maintenance with Canyon Ranch weight-management expert Param Dedhia, M.D. Begin your journey toward the ultimate goal of health and wellness.

**EVENING**

6:30 pm **SOUND EXPERIENCE: JUST "BE"** *Sanctuary*  
 Drop in and enjoy our Ambience Sound System. Soothe your spirit and transition into your evening. Open nightly 6:30 p.m. – 9 p.m.

7 pm **■ IS YOUR BODY A WONDERLAND? EXPLORING SENSUALITY** *Cactus Room*  
 Remember how much more alive things felt when you were younger or less inhibited? Learn how to let go of the barriers society puts upon us and experience your senses again. Peggy Holt, M.S., L.P.C., C.T.R.S., helps you explore and reawaken sensuality in your life.

7 - 8:30 am **■ DON'T WORRY, BEAD HAPPY** *Pavilion*  
 Make a beautiful bracelet using gem, pearl and crystal beads, with artist Shirley Loose. *Sign up: Ext. 4338*

8 pm **■ REMEMBERING NAMES WITH EASE** *Catalina Room*  
 Learn techniques to help you recall names with ease. Impress and amaze your friends and family with your new, enhanced memory power. Steve Ochoa teaches exercise drills for memory.

**My Schedule**

SEPTEMBER 20, 2010

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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7 pm \_\_\_\_\_

8 pm \_\_\_\_\_

9 pm \_\_\_\_\_

# TUESDAY | SEPTEMBER 21, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops    ▼ Exercise & Vitality at Any Age

## MORNING

- HIKING & BIKING**  
Complimentary and private excursions available.  
*Sign up: Hiking & Biking Activity Board*
- 6:30 am **MORNING WALKS \*** *Meet in Spa Lobby*
- 6:30 - 8:30 am **BIRD WALK** *Meet in Spa Lobby*  
Enjoy a leisurely bird-watching walk around the Ranch and the neighboring horse farm. Binoculars and a snack will be provided. *Limit 10. Sign up: Hiking & Biking Activity Board or Ext. 4355*
- 8 am ■ **TENNIS: INTERMEDIATE TO ADVANCED CLINIC** *Tennis Courts*  
*Fee: \$60; Sign up: Spa Activity Board*
- 8:15 - 8:50 am **RANCH SAVVY BREAKFAST** *Double U Café*  
Just arrived? Join us at the start of your day and learn more about Canyon Ranch and how you can maximize your stay during an informal breakfast chat. *Call Guest Services at Ext. 4312 for more information.*
- 8:30 am **CENTERING MEDITATION \*** *Yoga Dome*  
**SERIOUS CYCLE (75 min) II/III** *Limit 23* *Gym 5*  
**YAMUNA® FOOT FITNESS \*** *Gym 9*
- 9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
▼ **STRIDE & STRENGTH \*** *Limit 18* *Gyms 2,3*  
**WORLD BEAT \*** *Gym 1*  
**YAMUNA BODY ROLLING \*** *Gym 9*  
■ **CARDIO TENNIS CLINIC** *Tennis Courts*  
Enjoy a heart-pumping cardio tennis workout to music.  
*Fee: \$60; Sign up: Spa Activity Board*  
■ **GOLF CLINIC: PITCHING** *Golf Performance Center*  
Learn the fundamentals of successful pitching and how to fly the ball over obstacles. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 10 am **CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**CORE CONDITIONING III** *Gym 1*  
▼ **FITNESS FIRST I** *Gym 8*  
**MEN'S STRETCH \*** *Gym 7*  
▼ **WOMEN'S STRETCH \*** *Gym 9*  
■ **WOMEN'S WISDOM & SPIRITUALITY** *Cactus Room*  
Join a Canyon Ranch spiritual health expert to discover the unique ways women experience spirituality and personal transformation. Explore the challenges and choices that women face today and learn to awaken your spiritual power and wisdom.
- 10 - 11:30 am ■ **WATERCOLOR BASICS** *Creative Arts Center*  
Jay Williams teaches basic watercolor techniques. Paint a sunset or desert scene to take home. *Limit 12. Sign up: Ext. 4338*
- 11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**CARDIO GROOVE II** *Gym 1*  
**DEEP WATER PUMP II** *T-Pool*  
▼ **GENTLE VINYASA I** *Yoga Dome*  
**STRETCH \*** *Gym 9*  
**TRX® & FLEX III** *Limit 11* *Gym 8*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*

11 am  
(cont'd)

- **ENVY YOUR SKIN** *Spa Lobby*  
What role do vitamins, nutrients and antioxidants play in your skin care routine? Learn about key ingredients with a Canyon Ranch Skin Care expert, and find out how to be a savvy shopper for your skin type.
- **FLOAT OFF TO SLEEP WITH HEALING TOUCH** *Catalina Room*  
Healing Touch promotes relaxation and inner peace. When used with imagery, it is a powerful sleep enhancer. Join Sue Kagel, R.N., to learn and experience new take-home tools to lull you to sleep.

## AFTERNOON

- Noon **ABS EXPRESS \*** *Gym 9*  
■ **LUNCH & LEARN** *Demo Kitchen*  
Enjoy BAJA CRISPY CHICKEN TACOS, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm ■ **METABOLIC EXERCISE ASSESSMENT** *Spa Lobby*  
Learn how to maximize the efficiency of your exercise routine. A volunteer from the audience will be hooked up to a state-of-the-art, portable gas analyzer and computer for a 15- to 20-minute sub-maximal exercise bout.  
■ **WAKE-UP CALL: SLEEP FOR GOOD HEALTH** *Catalina Room*  
There's nothing like a good night's sleep – and inadequate sleep can impact your lifestyle in many negative ways. Meet Canyon Ranch sleep expert Param Dedhia, M.D., and learn how to identify and treat sleep disorders.
- 1:30 pm ■ **MEMBERSHIPS & REAL ESTATE** *Cactus Room*  
Meet Linda Proctor and find out how you can become a regular part of the Canyon Ranch community and make a lifelong commitment to healthy living.
- 2 pm **BELLY DANCING \*** *Gym 1*  
**BREATHING \*** *Gym 9*  
**CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*  
**TRX® & FLEX III** *Limit 11* *Gym 8*  
**YOGA FOUNDATIONS I** *Yoga Dome*  
■ **GOLF CLINIC: PUTTING** *Golf Performance Center*  
40 percent of shots in a round of golf are putts – learn to improve your stroke. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 2 - 3:30 pm ■ **BEAD SPINNING** *Creative Arts Center*  
Watch and be amazed as the beads just hop onto your wire as you use a bead spinner! Have fun with artist Terri Caminker as you choose from a huge selection of beads and charms to create a "beaded book thong" bookmark or eyeglass holder. *Limit 12. Sign up: Spa Activity Board*
- 2 - 4 pm ■ **HANDS-ON COOKING CLASS** *Demo Kitchen*  
*The Chicken & Fish Solution.* Master these two kitchen icons once and for all! *Fee \$125; Sign up: Ext. 4338*

- 3 pm **DESERT DRUMMING \*** *Gym 8*  
**INTERMEDIATE YOGA II** *Yoga Dome*  
**KILLER DRILLS & SKILLS III** *Gym 1*  
**PILATES MAT WORK I** *Gym 9*  
**WALLYBALL II/III ◊** *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*
- 4 pm **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
**RESTORATIVE YOGA \*** *Gym 9*  
**STRETCH & RELAXATION \*** *Gym 7*
- **STRESS, HEALING & SPIRITUAL AWAKENING** *Cactus Room*  
 Gain a powerful new perspective on your life and the ways in which you create and manage stress, healing and change. You'll learn how the spiritual journey can help you take the next step in transforming your life.
- 4-5:30 pm ■ **THE CLAY CONNECTION** *Creative Arts Center*  
 Create mini clay creations with sculptor Petra Gronenberg. Clay takes a few days to dry, so we suggest taking this class toward the beginning of your stay. *Limit 8. Sign up: Ext. 4338*
- 5 pm **MEDITATION \*** *Yoga Dome*
- **12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
 Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.
- **THE SPIRIT OF TRANSFORMATION: SPIRIT LODGE PART 1** *Sanctuary*  
 Required for those who chose to experience the Wednesday evening Spirit Lodge. If you would simply like to find out about this amazing service, please enjoy the first 20 minutes as a learning session. The last 30 minutes begins the process of preparation for participants. *Sign-up is required, call Extension 4338*
- 5:10 pm ■ **NEW DIRECTIONS IN VITAMIN D** *Catalina Room*  
 Are you vitamin D deficient? Who is at risk and what are the consequences? Lisa Powell, M.S., R.D., will explain the role vitamin D plays in bone health, and how it impacts auto-immune and chronic disease.

## EVENING

- 6:30 pm **SOUND EXPERIENCE: JUST "BE"** *Sanctuary*  
 Drop in and enjoy our Ambience Sound System. Soothe your spirit and transition into your evening. Open nightly 6:30 p.m. – 9 p.m.
- 7 pm ■ **EXERCISE: THE FOUNTAIN OF YOUTH** *Cactus Room*  
 Meet exercise physiologist Doug Loveday, M.S., and learn about the vast benefits of exercise in prolonging and improving the quality of your life.
- 8 pm ■ **NATIVE SOUTHWESTERN CULTURE, HISTORY, METAPHYSICS & WOVEN ART** *Pavilion*  
 Terry DeWald, Native American art dealer, author and lecturer, will present a learned, energetic and spiritual journey through history. See colorful, authentic examples of Native American blankets, baskets and Navajo rugs.

## My Schedule

SEPTEMBER 21, 2010

6 am \_\_\_\_\_

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# WEDNESDAY | SEPTEMBER 22, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops    ▼ Exercise & Vitality at Any Age

## MORNING

- HIKING & BIKING**  
Complimentary and private excursions available.  
*Sign up: Hiking & Biking Activity Board*
- 6 - 8 am **8-MILE WALK III** *Meet in Spa Lobby*
- 6 - 10 am **PHOTOGRAPHY HIKE** *Meet in Spa Lobby*  
Capture the beauty of the desert. Join this easy hike and learn techniques for taking memorable nature photos. A Canon G-11 digital camera and a CD of your images will be provided. *Limit 8. Fee: \$90; Sign up: Hiking & Biking Activity Board or call Ext. 4355*
- 6:30 am **MORNING WALKS \*** *Meet in Spa Lobby*
- 6:30 - 10:30 am ■ **SKETCH THE SONORAN DESERT** *Meet in Spa Lobby*  
Join Jay Williams for a short walk at daybreak. Learn new techniques with watercolor crayons as you sketch and paint the desert. No experience necessary. *Limit 8. Fee: \$90; Sign up: Hiking & Biking Activity Board or Ext. 4355*
- 7 - 8:30 am **SUNRISE YOGA II/III** *Yoga Dome*
- 7:30 am ■ **LIVING YOUNGER LONGER** *Catalina Room*  
Explore healthy aging strategies with a Canyon Ranch longevity expert. Please feel free to bring coffee or breakfast.
- 8 am ■ **TENNIS: INTERMEDIATE TO ADVANCED CLINIC** *Tennis Courts*  
*Fee: \$60; Sign up: Spa Activity Board*
- 8:30 am **ABS EXPRESS \*** *Gym 9*  
**INTRODUCTION TO INDOOR CYCLING I** *Gym 5*
- 9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
**BALLAST BALL BLAST II/III** *Limit 20* *Gym 1*  
**INDOOR CYCLING \*** *Limit 23* *Gym 5*  
▼ **STRIDE & STRENGTH \*** *Limit 18* *Gyms 2,3,4*  
**WATER VOLLEYBALL \*** *L-Pool*  
▼ **YOGA FOR A HEALTHY BACK I** *Gym 9*  
■ **CARDIO TENNIS CLINIC** *Tennis Courts*  
Enjoy a heart-pumping cardio tennis workout to music.  
*Fee: \$60; Sign up: Spa Activity Board.*  
■ **GOLF CLINIC: CHIPPING** *Golf Performance Center*  
Find out how to chip the ball consistently to within one-putt range. *Limit 4. Fee: \$95; Sign up: Ext. 4338*  
■ **PLANT WALK** *Clubhouse Lobby*  
Learn about the local flora with our landscape staff.
- 10 am **BODY BLITZ III** *Gym 1*  
**CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**H<sub>2</sub>O POWER \*** *T-Pool*  
**MEN'S STRETCH \*** *Gym 7*  
▼ **WOMEN'S STRETCH \*** *Gym 9*
- 10 - 11:30 am ■ **THE ZEN OF NEEDLEPOINT** *Creative Arts Center*  
Quiet your mind and free your creative spirit while learning the art of needlepoint with artist Teri Caminker. Your journey begins with a hand-painted canvas, yarn and more!  
*Limit 12. Sign up: Ext. 4338*

- 11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**CARDIO CIRCUIT IN THE WATER II** *Limit 20* *T-Pool*  
**STRETCH \*** *Gym 9*  
**VINYASA FLOW II** *Yoga Dome*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**ZUMBA® \*** *Gym 1*  
■ **ANCIENT WISDOM FOR MODERN TIMES** *Catalina Room*  
Join acupuncturist Carol Revak, N.M.D., Dipl. Ac., to explore how the venerable system of acupuncture, rooted in nature and used successfully for thousands of years, continues to gain validation as an effective technique for restoring health and balance.  
■ **BEAUTY SECRETS: MAKEUP DEMO** *Spa Lobby*  
Learn tips and tricks with our Beauty Services design team to bring out the best you can be.

## AFTERNOON

- Noon **YAMUNA® FOOT FITNESS \*** *Gym 9*  
■ **LUNCH & LEARN** *Demo Kitchen*  
Enjoy ROASTED RED BELL PEPPER PESTO SALMON, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm ■ **IS IT MY HORMONES?** *Catalina Room*  
Join Canyon Ranch physician Diane Downing, M.D., for a discussion of choices in women's health.  
■ **THE SECRET TO GOLF** *Golf Performance Center*  
There really is a secret to good golf. Find out for yourself how you can improve your game. *Complimentary. Limit 6.*
- 1-2:50 pm ■ **THE SOUL OF COMMUNICATION & DECISION MAKING** *Sanctuary*  
Discover spiritual tools and perspectives that will transform the way you communicate and make decisions even in the toughest times. Energy, intuition and awareness have been celebrated in spiritual traditions around the world. This workshop will show you how to put these and other practices to use in your life. *Limit 10. Fee \$140; Sign up: Ext. 4338*
- 2 pm **BOXER'S WORKOUT III** *Limit 12* *Gym 8*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*  
**LET'S DANCE \*** *Gym 1*  
▼ **POSTURE & BALANCE I/II** *Limit 20* *Gym 9*  
**YOGA FOUNDATIONS I** *Yoga Dome*  
■ **GOLF CLINIC: CHIPPING** *Golf Performance Center*  
Learn to chip the ball consistently to within one-putt range. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 2 - 4 pm ■ **HANDS-ON COOKING CLASS** *Demo Kitchen*  
*Anytime Appetizers.* Start your next party off right with these simple and delicious dishes that will delight your guests without expanding their waistlines. *Fee: \$125; Sign up: Ext. 4338*
- 3 pm **BOOMIN' BABIES I/II** *Gym 1*  
**INTERMEDIATE YOGA II** *Yoga Dome*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*  
**YAMUNA® BODY ROLLING \*** *Gym 9*

4 pm **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
**RESTORATIVE YOGA \*** *Gym 9*  
**STRETCH & RELAXATION \*** *Gym 7*

5 pm ■ **12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
 Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.

5:10 pm ■ **COGNITIVE VITALITY** *Catalina Room*  
 Explore the dimensions of brain health to discover the causes of dementia and decreased vitality. Stephen Brewer, M.D., will address the types of cognitive decline and provide prevention and treatment options for maintaining healthy cognitive function.

## EVENING

5:30 - 7:30 pm **MEXICAN FIESTA** *Double U Café*  
 Savor delicious, nutritious south-of-the-border fare and enjoy some live Mariachi music as you sample the true taste of Mexico. Start with flavorful fish tacos and chicken quesadillas, and top it off with flan – the most delicate of desserts.

6:30 pm **SOUND EXPERIENCE: JUST “BE”** *Sanctuary*  
 Drop in and enjoy our Ambience Sound System. Soothe your spirit and transition into your evening. Open nightly 6:30 p.m. – 9 p.m.

7 pm ■ **OPTIMAL SHOE, OPTIMAL PERFORMANCE** *Cactus Room*  
 Properly fitted athletic shoes are essential for both comfort and performance. Enhance the biomechanics of your natural stride as Cindi Binder, our footwear expert, guides you in finding the right shoes for you.

7:30 - 9 pm ■ **WATERCOLOR BASICS** *Creative Arts Center*  
 Jay Williams teaches basic watercolor techniques. Paint a sunset or desert scene to take home. *Limit 12. Sign up: Ext. 4338*

8 pm ■ **SPIRIT & SCIENCE** *Catalina Room*  
 Join Gary Schwartz, Ph.D., author of *The G.O.D. Experiments*, for a discussion of his latest research on the amazing role of spirit in health and everyday life.

## My Schedule

SEPTEMBER 22, 2010

6 am \_\_\_\_\_

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# THURSDAY | SEPTEMBER 23, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops ▼ Exercise & Vitality at Any Age

## MORNING

### HIKING & BIKING

Complimentary and private excursions available.

Sign up: Hiking & Biking Activity Board

6:30 am **3- TO 5-MILE RUN** *Meet in Spa Lobby*  
**MORNING WALKS \*** *Meet in Spa Lobby*

6:30 - 10:30 am **DESERT DISCOVERY HIKE** *Meet in Spa Lobby*  
 Learn about the ecology of the amazing Sonoran Desert as a staff naturalist guides you on an easy hike to inspire and invigorate you. *Limit 8. Fee: \$90; Sign up: Hiking & Biking Activity Board or Ext. 4355 prior to 4 p.m. the day before the event.*

8 am ■ **TENNIS: INTERMEDIATE TO ADVANCED CLINIC** *Tennis Courts*  
*Fee: \$60; Sign up: Spa Activity Board*

8:15 - 8:50 am **RANCH SAVVY BREAKFAST** *Double U Café*  
 Just arrived? Join us at the start of your day and learn more about Canyon Ranch and how you can maximize your stay during an informal breakfast chat. Call Guest Services at Ext. 4312 for more information.

8:30 am **CENTERING MEDITATION \*** *Yoga Dome*  
**SERIOUS CYCLE (75 min) II/III** *Limit 23* *Gym 5*  
**YAMUNA® FOOT FITNESS \*** *Gym 9*

9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
 ▼ **BUFF BOOTY II** *Gym 1*  
**JOINT FREEING \*** *Gym 9*  
 ▼ **STRIDE & STRENGTH \*** *Limit 18* *Gyms 2,3,4*  
 ■ **CARDIO TENNIS CLINIC** *Tennis Courts*  
 Enjoy a heart-pumping cardio tennis workout to music. *Fee: \$60; Sign up: Spa Activity Board*

■ **GOLF CLINIC: PUTTING** *Golf Performance Center*  
 40 percent of shots in a round of golf are putts – learn to improve your stroke. *Limit 4. Fee: \$95; Sign up: Ext. 4338*

10 am **CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**CORE CONDITIONING III** *Gym 1*  
 ▼ **FITNESS FIRST I** *Gym 8*  
**MEN'S STRETCH \*** *Gym 7*  
 ▼ **WOMEN'S STRETCH \*** *Gym 9*

**SCULPTURE STROLL** *Meet in Spa Lobby*  
 Enjoy a leisurely stroll around the property and learn the stories behind the Ranch's many sculptures from their creator, Sandra Knox. *Sign up: Spa Activity Board*

11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**DJ DANCE PARTY II** *Gym 1*  
**DEEP WATER PUMP II** *T-Pool*  
 ▼ **GENTLE VINYASA I** *Yoga Dome*  
**ON THE BALL \*** *Gym 9*  
**TRX® & FLEX III** *Limit 11* *Gym 8*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*

11 am (cont'd) ■ **HEART & SOLE** *Spa Lobby*  
 Wearing the wrong shoe can cause injury. Discover key components to finding the right athletic shoes for you.

## AFTERNOON

Noon ■ **CAPTAIN'S TABLE: DINING WITH THE DOC** *Main Dining Room*  
 Want to learn what Canyon Ranch Medicine is all about? Have lunch with Stephen Brewer, M.D., and bring your questions.

■ **LUNCH & LEARN** *Demo Kitchen*  
 Enjoy GREEK SPICE RUBBED CHICKEN WITH CUCUMBER FETA SAUCE, soup, salad and dessert and watch our demo chef prepare the entrée.

1 pm ■ **STRAIGHT FROM THE HEART** *Catalina Room*  
 You've got a handle on cholesterol, heredity and blood pressure – but is there a hidden risk planning a sneak attack on your heart? Get the inside scoop on your inner workings with Diane Downing, M.D.

■ **UNDERSTANDING AYURVEDA** *Spa Lobby*  
 Learn about ayurveda, an ancient Indian healing system for mind, body and spirit with Diana Donatelli, lead ayurvedic massage therapist.

2 pm ▼ **BREATHING \*** *Gym 9*  
**CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
 ▼ **GLIDE & BURN II/III** *Limit 24* *Gym 7*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*  
**LET'S DANCE \*** *Gym 1*  
**YOGA FOUNDATION I** *Yoga Dome*

■ **GOLF CLINIC: PITCHING** *Golf Performance Center*  
 Learn how to fly the ball over obstacles with confidence. *Limit 4. Fee: \$95; Sign up: Ext. 4338*

■ **SUPPLEMENT SAVVY** *Cactus Room*  
 What should you look for when you buy vitamin supplements? Are some brands better than others – and if so, why? Join Lisa Powell, M.S., R.D., for an eye-opening look at dietary supplements.

2-3:30 pm ■ **THE CLAY CONNECTION** *Creative Arts Center*  
 Sculptor Petra Gronenberg shows you how to create mini clay creations. Clay takes a few days to dry, so we suggest taking this class toward the beginning of your stay. *Limit 8. Sign up: Ext. 4338*

2-4 pm ■ **HANDS-ON COOKING CLASS** *Demo Kitchen*  
*Cooking on the Run.* If you are too busy to cook, you won't be after this class. From the door to the table in 20 minutes or less. *Fee: \$125; Sign up: Ext. 4338*

3 pm **DESERT DRUMMING \*** *Gym 8*  
**KILLER DRILLS & SKILLS III** *Gym 1*  
**KUNDALINI-STYLE YOGA \*** *Yoga Dome*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*  
**YAMUNA BODY ROLLING \*** *Gym 9*

3 pm (cont'd) ■ **MANIFEST YOUR INTUITION** *Catalina Room*  
 With the help of Lesley Lupo, learn how different spiritual practices and perspectives can help you cultivate a soulmate-level relationship. Discover how to play with a pendulum, and explore how a sensible awareness of the world differs from fantasy.

*Times vary* ■ **PHOTO WALK** *Meet in Spa Lobby*  
 Capture the beauty of the desert at dusk. Learn tips and tricks for photographing nature on this casual photo walk around the Canyon Ranch grounds. A Canon G-11 digital camera and a CD of your images will be provided. *Limit 8. Fee: \$90; See Hiking & Biking Activity Board or call Ext. 4355 for current time and to sign up.*

4 pm ■ **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
 ■ **RESTORATIVE YOGA \*** *Gym 9*  
 ■ **STRETCH & RELAXATION \*** *Gym 7*

■ **OXYGEN BOOST** *Spa Lobby*  
 Oxygen brings new life to skin. Discover how a pressurized oxygen application infuses your skin with a cocktail of rejuvenating hydrators, essential vitamins, botanicals, antioxidants and amino-peptides. See a live demonstration with a participant selected from the audience.

5 pm ■ **MEDITATION \*** *Yoga Dome*

■ **12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
 Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.

5:10 - 6 pm ■ **TEN STEPS TO PREVENT CANCER** *Catalina Room*  
 Your lifestyle affects your risk of developing certain cancers. Learn from Debbie Straub, M.S., R.D., how to maximize your protection by making the best choices.

## EVENING

5:30 - 7:30 pm ■ **A TASTE OF ITALY** *Double U Café*  
 Step into the Old World in a new and healthy way! Embark on a trip of culinary taste delights with stops at Antipasto, Shrimp Scampi, Baked Lasagna and other favorites, and finish in Tiramisu.

7 pm ■ **AURA INTERPRETATION: WHAT YOUR AURA SAYS ABOUT YOU** *Cactus Room*  
 Join clairvoyant Pat Bruckmann to learn about the energy field that surrounds us all and gain new insight into your inner self.

8 pm ■ **PREVENTIVE MEDICINE** *Catalina Room*  
 Meet Stephen Brewer, M.D., and learn what preventive medicine is and how it is applied to medicine today.

## My Schedule

SEPTEMBER 23, 2010

6 am \_\_\_\_\_

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# FRIDAY | SEPTEMBER 24, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops    ▼ Exercise & Vitality at Any Age

## MORNING

### HIKING & BIKING

Complimentary and private excursions available.  
Sign up: Hiking & Biking Activity Board

6:30 am **MORNING WALKS \*** *Meet in Spa Lobby*

6 - 10 am **PHOTOGRAPHY HIKE**  
Capture the beauty of the desert. Join this easy hike and learn simple techniques for taking memorable nature photos. A Canon G-11 digital camera and a CD of your images will be provided. *Limit 8. Fee: \$90; See Hiking & Biking Activity Board or call Ext. 4355 prior to 4 p.m. the day before the event.*

7 - 8:30 am **SUNRISE YOGA II/III** *Yoga Dome*

8 am ■ **CANYON RANCH AT HOME** *Demo Kitchen*  
A Canyon Ranch health professional will suggest practical ways to continue the Canyon Ranch lifestyle at home. Buffet breakfast served at 7:45 a.m. – program begins at 8 a.m.

■ **TENNIS: INTERMEDIATE TO ADVANCED CLINIC** *Tennis Courts*  
*Fee: \$60; Sign up: Spa Activity Board*

8:30 am **ABS EXPRESS \*** *Gym 9*  
**INTRODUCTION TO INDOOR CYCLING I** *Gym 5*

9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
▼ **CHAIR YOGA I** *Limit 20* *Gym 9*  
▼ **HI-LO CHALLENGE II/III** *Gym 1*  
**INDOOR CYCLING \*** *Limit 23* *Gym 5*  
▼ **STRIDE & STRENGTH \*** *Limit 18* *Gyms 2,3,4*  
■ **CARDIO TENNIS CLINIC** *Tennis Courts*  
Enjoy a heart-pumping cardio tennis workout to music.  
*Fee: \$60; Sign up: Spa Activity Board*  
■ **GOLF CLINIC: CHIPPING** *Golf Performance Center*  
Learn to chip the ball consistently to within one-putt range.  
*Limit 4. Fee: \$95; Sign up: Ext. 4338*

10 am **BODY BLITZ III** *Gym 1*  
**CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
**H<sub>2</sub>O POWER \*** *T-Pool*  
**MEN'S STRETCH \*** *Gym 7*  
▼ **WOMEN'S STRETCH \*** *Gym 9*

10-11:30 am ■ **DON'T WORRY, BEAD HAPPY** *Pavilion*  
Make a beautiful bracelet using gem, pearl and crystal beads, with artist Shirley Loose. *Sign up: Ext. 4338*

11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**CARDIO CIRCUIT IN THE WATER II** *Limit 20* *T-Pool*  
**CARDIO GROOVE II** *Gym 1*  
**INTERMEDIATE YOGA (90 min) II** *Yoga Dome*  
**MUSCLE MAX II/III** *Gym 8*  
**STRETCH \*** *Gym 9*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*

11 am  
(cont'd)

■ **THE NUMBERS OF YOUR LIFE** *Spa Lobby*  
The universe has a rhythm and an order that can be interpreted through numeric cycles and sequences. Join Canyon Ranch numerologist Kathleen Medina for a look at your personal numbers and year, derived from your birth date and name.

■ **SPIRITUAL ANCHORING IN TURBULENT TIMES** *Cactus Room*  
Feeling frustrated, anxious, or uncertain? Do you sometimes feel inadequate, or as if everything is just too much? You're not alone. Learn how you can find peace, love and healing during times of transition and change.

## AFTERNOON

Noon **YAMUNA® FOOT FITNESS \*** *Gym 9*

■ **LUNCH & LEARN** *Demo Kitchen*  
Enjoy ITALIAN MEATBALL SANDWICH, soup, salad and dessert and watch our demo chef prepare the entrée.

1 pm **QI GONG \*** *Gym 8*

■ **MAKE THE PLANETS WORK FOR YOU!** *Catalina Room*  
Traditionally used by kings, queens and heads of state as a predictive tool, the ancient art of astrology provides valuable information about timing. Learn how to use this powerful science to maximize opportunity, soften challenges and live more harmoniously with the help of Catherine Basket, M.C.

■ **ORTHOTICS FOR HAPPY, HEALTHY FEET** *Spa Lobby*  
Misalignments in your feet can cause problems throughout your body. Learn how to correct alignment and relieve pain through the latest technology in orthotics.

■ **GOLF CONDITIONING TIPS** *Golf Performance Center*  
Our PGA professionals will provide one on-target tip per attendee. *Complimentary. Limit 6.*

1 - 2:50 pm ■ **AWAKENING THE POWER WITHIN: ACHIEVING OPTIMAL HEALTH THROUGH ENERGY HEALING** *Cactus Room*  
Awaken and enhance your personal energy awareness with Gary Schwartz, Ph.D., Director of Development of Energy Healing at Canyon Ranch and author of *The Energy Healing Experiments*, and learn take-home skills for vitality and optimal health. *Limit 10. Fee: \$155; Sign up: Ext. 4338*

1:15 pm ■ **WATSU® DEMO** *Aquatic Center*  
Join us for a demonstration of this unique aquatic treatment – it's great for jet lag, stress release and sleep.

2 pm **BOXER'S WORKOUT III** *Limit 12* *Gym 8*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*

**LET'S DANCE \*** *Gym 1*  
▼ **POSTURE & BALANCE I/II** *Limit 20* *Gym 9*  
**YOGA FOUNDATIONS I** *Yoga Dome*

■ **GOLF CLINIC: PITCHING** *Golf Performance Center*  
Learn how to fly the ball over obstacles with confidence.  
*Limit 4. Fee: \$95; Sign up: Ext. 4338*

- 2 - 4 pm ■ **BARBEQUE U** *Demo Kitchen*  
Enroll now and learn all the secrets of great grilling. We'll show you marinades, sauces and relishes that will make you the valedictorian of outdoor cooking. *Fee: \$125; Sign up: Ext. 4338*
- 3 pm **ASHTANGA YOGA II** *Yoga Dome*  
▼ **BUFF BOOTY II** *Gym 1*  
**PILATES MAT WORK I** *Gym 9*  
**POWER PUMP II/III** *Gym 4*  
**WALLYBALL II/III** ◊ *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*
- **BEAUTY SECRETS: MAKEUP DEMO** *Spa Lobby*  
Learn tips and tricks with our Beauty Services design team to bring out the best you can be.
- 4 pm **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
**RESTORATIVE YOGA \*** *Gym 9*  
**STRETCH & RELAXATION \*** *Gym 7*
- 5 pm **MEDITATION \*** *Yoga Dome*  
■ **12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.
- 5:10 pm ■ **ACUPUNCTURE & THE TREATMENT OF STRESS, ANXIETY & DEPRESSION** *Catalina Room*  
Find out how acupuncture helps slow down the busy mind, relaxes the nervous system and offers a renewed sense of well-being. Join Marta Vergara, L.Ac., and learn self-care techniques to take home with you.

## EVENING

- 5:30 - 7:30 pm ■ **ASIAN CUISINE NIGHT** *Double U Café*  
Begin with Ginger Chicken Pot Stickers, Miso Broth with Japanese Vegetables and California Rolls. Entrée selections feature: Chicken Yakatori, Beef in Hoisin Sauce and Tofu with Hoisin Sauce, Shrimp Ponzu or Salmon Teriyaki. End with delightful Coconut Pound Cake with Five-Spice Syrup.
- 6:30 pm **SOUND EXPERIENCE: JUST "BE"** *Sanctuary*  
Drop in and enjoy our Ambience Sound System. Soothe your spirit and transition into your evening. Open nightly 6:30 p.m. - 9 p.m.
- 6:30 - 8 pm ■ **MINI-CONCERT** *Clubhouse Living Room*  
LARRY REDHOUSE, piano.
- 7 pm ■ **MINIMAL EXERCISE, MAXIMUM RESULTS** *Cactus Room*  
Learn the latest strategies for optimizing body fat loss and your training time. Find out how to gain the results you want, with Eric Alikpala, M.S., exercise physiologist.
- 8 pm ■ **BINGO** *Pavilion*  
Join in the fun with a rousing game of Bingo and snacks. Win Canyon Ranch prizes!

## My Schedule

SEPTEMBER 24, 2010

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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# SATURDAY | SEPTEMBER 25, 2010

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) \* (All Levels)

◇ Introduction to Wallyball is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball

■ Daily discussions and workshops    ▼ Exercise & Vitality at Any Age

## MORNING

- HIKING & BIKING**  
Complimentary and private excursions available.  
*Sign up: Hiking & Biking Activity Board*
- 6 - 8 am **8-MILE WALK III** *Meet in Spa Lobby*
- 6:30 am **MORNING WALKS \*** *Meet in Spa Lobby*
- 6:30 - 8:30 am **BIRD WALK** *Meet in Spa Lobby*  
Enjoy a leisurely bird-watching walk around the Ranch and the neighboring horse farm. Binoculars and a snack will be provided. *Limit 10. Sign up: Hiking & Biking Activity Board*
- 6:30 - 10:30 am **HIKE & PAINT** *Meet In Spa Lobby*  
Join us for an easy hike to a beautiful destination, where you will create your own watercolor art. Instruction and supplies provided. *Limit 8. Fee: \$90. Sign up: Hiking & Biking Activity Board or Ext. 4355 prior to 4 p.m. the day before the event.*
- 8:15 - 8:50 am **RANCH SAVVY BREAKFAST** *Double U Café*  
Just arrived? Join us at the start of your day and learn more about Canyon Ranch and how you can maximize your stay during an informal breakfast chat. *Call Guest Services at Ext. 4312 for more information.*
- 8:30 am **ABS EXPRESS \*** *Gym 9*  
**SERIOUS CYCLING (75 min) II/III** *Limit 23* *Gym 5*
- 9 am ▼ **ABOVE & BELOW THE BELT I/II** *Limit 20* *Gym 8*  
▼ **JOINT FREEING \*** *Gym 9*  
▼ **STRIDE & STRENGTH \*** *Limit 18* *Gyms 2,3,4*  
**WORLD BEAT \*** *Gym 1*
- **HANDS-ON COOKING EXPRESS: IS YOUR COFFEE RIGHT FOR YOU?** *Demo Kitchen*  
Learn all about growing, roasting, grinding and brewing. Discover how to read labels and pick the best coffee for you. Get hands-on experience pulling shots, frothing milk and creating your favorite coffee drink. *Fee \$75; Sign up: Ext. 4338*
- **GOLF CLINIC: PITCHING** *Golf Performance Center*  
Learn the fundamentals of successful pitching and how to fly the ball over obstacles with confidence. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 10 am **BODY BLITZ III** *Gym 1*  
**CARDIO CIRCUIT II** *Limit 20* *Gyms 2,3*  
▼ **FITNESS FIRST I** *Gym 8*  
**MEN'S STRETCH \*** *Gym 7*  
**WOMEN'S STRETCH \*** *Gym 9*
- 11 am ▼ **AQUA SHAPE I** *Limit 15* *Aquatic Center*  
**STEP II/III** *Gym 1*  
**STRETCH \*** *Gym 9*  
**TRX® & FLEX III** *Limit 11* *Gym 8*  
**VINYASA FLOW II** *Yoga Dome*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*
- **KEEP YOUR JOINTS HEALTHY** *Catalina Room*  
Hear about the latest research on self-help for painful joints. A Canyon Ranch exercise physiologist clarifies the difference between hurt and harm, and shows you how to use this understanding to escape the pain cycle.

## AFTERNOON

- Noon **YAMUNA® FOOT FITNESS \*** *Gym 9*
- **LUNCH & LEARN** *Demo Kitchen*  
Enjoy TEQUILA LIME SHRIMP WITH GRILLED VEGETABLE SALSA, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm ■ **SECRETS OF COSMIC TIMING** *Catalina Room*  
Do you believe in synchronicity? Have you ever felt as if you were effortlessly tuned in to the events around you? Learn to recognize flashes of personal power and use them more effectively, with the help of Canyon Ranch astrologer Catherine Baskett, M.C.
- 2 pm ▼ **BREATHING \*** *Gym 9*  
**GLIDE & BURN II/III** *Limit 24* *Gym 7*  
**INTRODUCTION TO WALLYBALL I** ◇ *Racquet Ct. 1*  
*Sign up: Spa Activity Board*  
**YOGA FOUNDATION I** *Yoga Dome*  
**ZUMBA® \*** *Gym 1*
- **GOLF CLINIC: CHIPPING** *Golf Performance Center*  
Learn to chip the ball consistently to within one-putt range. *Limit 4. Fee: \$95; Sign up: Ext. 4338*
- 2 - 4 pm ■ **HANDS-ON COOKING CLASS** *Demo Kitchen*  
*Super Snacks.* Boost your energy level and satisfy your cravings between meals with these simple and nutritious snacks. All who attend will receive a product sample. *Fee: \$125; Sign up: Ext. 4338*
- 3 pm **INTERMEDIATE YOGA II** *Yoga Dome*  
**KILLER DRILLS & SKILLS III** *Gym 1*  
**WALLYBALL II/III** ◇ *Racquet Ct. 1*  
**WET WORKOUT \*** *T-Pool*  
**YAMUNA BODY ROLLING \*** *Gym 9*
- **ACUTONICS®: A HARMONIC APPROACH TO ALTERNATIVE HEALTH CARE** *Catalina Room*  
Acutonics blends the ancient tradition of acupuncture with harmonics. Join acupuncturist and Acutonics practitioner Marta Vergara, L.Ac., to explore and experience firsthand this non-invasive approach to healing by sending sound through the meridians.
- 4 pm **INDOOR CYCLING \*** *Limit 23* *Gym 5*  
**RESTORATIVE YOGA** *Gym 9*  
**STRETCH & RELAXATION \*** *Gym 7*
- 5 pm **YIN YOGA II** *Yoga Dome*
- **12-STEP OPEN RECOVERY MEETING** *Cactus Room*  
Share your experiences at this guest-hosted meeting based on AA principles. Everyone is welcome.

5:10 pm ■ **SELF, INC.** *Catalina Room*  
 Self-esteem is a many-splendored thing. Ann Pardo, Director of Life Management, will help you learn ways to augment the self-esteem you have and enhance the esteem that could be.

## EVENING

6:30 pm ■ **SOUND EXPERIENCE: JUST "BE"** *Sanctuary*  
 Drop in and enjoy our Ambience Sound System. Soothe your spirit and transition into your evening. Open nightly 6:30 p.m. – 9 p.m.

6:30 - 8 pm ■ **MINI-CONCERT** *Clubhouse Living Room*  
 JACK HOWE TRIO

7 pm ■ **BALANCE YOUR BRAIN THROUGH HANDWRITING** *Cactus Room*  
 Handwriting is a complex psychomotor skill that reveals your personality and behavior. Using graphotherapy exercises, board certified graphologist Heidi Harralson, M.A., C.G., will show you how to communicate with both sides of your brain, increase self-awareness, unblock creativity, and actualize your potential.

8 pm ■ **FINDING YOUR VOICE 101: 7 STEPS TO AWAKEN & STRENGTHEN THE VOICE** *Catalina Room*  
 Does your voice sound confident and authentic? Join Tryshe Dhevney, voice specialist, international speaker and certified sound healing practitioner and learn easy ways to strengthen your voice and speak with more power, passion and authenticity.

## My Schedule

SEPTEMBER 25, 2010

6 am \_\_\_\_\_

7 am \_\_\_\_\_

8 am \_\_\_\_\_

9 am \_\_\_\_\_

10 am \_\_\_\_\_

11 am \_\_\_\_\_

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9 pm \_\_\_\_\_

# Find YOUR LEVEL

We encourage you to get fit and have fun! When choosing a class, please be mindful of your fitness level. Although you may be an avid runner, keep in mind that your flexibility may be at a different level. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask the instructor or call Fitness at Ext. 4356.

We offer classes in six categories:

**AQUATIC • CARDIO • FLEXIBILITY • MIND-BODY  
• SPECIALTY • STRENGTH**

Within these categories are four fitness levels:

**I (BEGINNER) • II (INTERMEDIATE) • III (ADVANCED)  
\* (ALL LEVELS)**

*A complete and well-balanced program will ideally include a combination of cardio, strength and flexibility.*

## **BEGINNER: ALL LEVELS, LEVEL I, LEVEL I/II**

**Cardio** – New or returning to a cardiovascular program/ occasional walking, 15-20 minutes. Low to moderate intensity

**Strength** – New or returning to a strength program/no formal or specific weight-training program

**Flexibility** – New or returning to a flexibility program

**Yoga** – New or returning to a yoga practice

## **INTERMEDIATE: LEVEL II, LEVEL II/III**

**Cardio** – Current program consisting of 30 to 40 minutes of cardiovascular work 3 to 4 times a week. Moderate intensity.

**Strength** – Current program including push-ups, squats, lunges

**Flexibility** – Currently stretching on a regular basis at the beginning or end of a workout

**Yoga** – At least 6 months of practicing once a week, comfortable doing a Sun Salutation

## **ADVANCED: NO LIMITATIONS, LEVEL II, LEVEL II/III, LEVEL III**

**Cardio** – Current program consisting of 40+ minutes of cardiovascular work 4 or more times a week. Moderate to high intensity.

**Strength** – Current free-weight program consisting of multi-planar movements on unstable surfaces

**Flexibility** – Currently stretching on a regular basis at the beginning or end of a workout

**Yoga** – Daily practice for several years that includes advanced poses

## REMINDERS:

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance 10 minutes after the hour.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise the use of aqua socks or athletic socks in the pool.
- Cell phone use is permitted only in your room, on your patio, under the Gazebo in front of the Ranch Store, outside the spa between Gyms 7 and 8, and in the phone booths in the Clubhouse.

## WEIGHT ROOM SUPERVISION:

Gyms 2,3,4 – Aerobic/Weight Room

6:30 a.m. to 6 p.m. – Classes held in the weight room have priority use of equipment.

Shirt and shoes are required.

## AQUATIC

**AQUA SHAPE** – (Limit 15) In warm water, focus on muscular endurance and range of motion. **Daily 11 a.m. - I**

**CARDIO CIRCUIT IN THE WATER** – (Limit 20) a circuit-based class set in shallow and deep water encouraging muscle fatigue while maintaining an aerobic level. **Su,M,W,F 11 a.m. - II**

**DEEP WATER PUMP II** – (Limit 12) Non-impact cardiovascular workout in deep water with flotation belt. **T,Th 11 a.m. - II**

**H<sub>2</sub>O POWER** – An aerobic conditioning class in shallow and deep water. **Su,M,W,F 10 a.m. - \***

**WATER VOLLEYBALL** – Keep cool in the water with this fun activity. **Su,W 9 a.m. - \***

**WET WORKOUT** – Combine aerobic conditioning and muscular endurance work in the pool. **Daily 3 p.m. - \***

## CARDIO

**BODY BLITZ** – High-intensity cardio, strength and endurance workout using the CorePole® body bar and medicine ball. Designed for those without injury or limitations. **M,W,F,Sa 10 a.m. - III**

**BOOMIN' BABIES** – Get your heart pumpin' and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. Class includes warm up, 30 minutes of aerobic choreography, cool down and stretch. **M 9 a.m.; W 3 p.m. - I/II**

**BOXER'S WORKOUT** – (Limit 12) Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included. **M,W,F 2 p.m. - III**

**CARDIO CIRCUIT** – (Limit 20) Aerobic circuit workout using cardio machines and strength equipment. **Daily 10 a.m.; Su,T,Th 2 p.m. - II**

**CARDIO GROOVE** – This aerobic challenge uses urban-based music and dance moves for a fun workout. **T,F 11 a.m. - II**

**CORE CONDITIONING** – Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. **Su,T,Th 10 a.m. - III**

**DJ DANCE PARTY** – It's the can't-miss, high-energy cardio party. Dance instructors teach you to move and groove your body in this workout with attitude. **Su,Th 11 a.m. - II**

**FITNESS FIRST** – Easy-to-follow, gentle low-impact choreography including functional exercises and stretching. **Su,T,Th,Sa 10 a.m. - I**

**HI-LO CHALLENGE** – High-energy aerobic class combining high/low-impact choreography. **F 9 a.m. - II/III**

**INDOOR CYCLING** – (Limit 23) Strength, endurance, interval or all-terrain rides. Bring a water bottle. Suggested prerequisite: Introduction to Indoor Cycling. **Su,M,W,F 9 a.m.; Daily 4 p.m. - \***

**INTRODUCTION TO INDOOR CYCLING** – Learn the fundamentals of indoor cycling. Class covers proper bike setup and riding techniques. This is a MUST for first-time riders. **W,F 8:30 a.m. - I**

**KILLER DRILLS & SKILLS** – A vigorous workout incorporating sports moves and power drills. **T,Th,Sa 3 p.m. - III**

**SERIOUS CYCLE** – (Limit 23) 60 minutes of high-intensity cycling followed by 15 minutes of stretching. **T,Th,Sa 8:30 a.m. - II/III**

**STEP** – A high-energy step class for the experienced stepper. **Sa 11 a.m. II/III**

**STRIDE & STRENGTH** – (Limit 18) Treadmill work followed by strength and muscular endurance. **Daily 9 a.m. - \***

## FLEXIBILITY

**MEN'S STRETCH** – Designed for men to improve total body flexibility. **Daily 10 a.m. - \***

**STRETCH** – Improve total body flexibility. **Su,T,W,F,Sa 11 a.m. - \***

**STRETCH & RELAXATION** – Promotes flexibility, breathing and relaxation. **Daily 4 p.m. - \***

**WOMEN'S STRETCH** – Designed for women to improve total body flexibility. **Daily 10 a.m. - \***

## MIND-BODY

**ASHTANGA YOGA** – This tradition consists of a series of standing postures, including sun salutations, utilizing a precise breath count. Our expert instructors will provide hands-on adjustments to help you maximize the benefits of your practice. **F 3 p.m. - II**

**BREATHING** – Learn proper breathing techniques for relaxation and stress reduction. **T,Th,Sa 2 p.m. - \***

**CENTERING MEDITATION** – Start your day by getting in touch with your daily intention and connecting with your breath. **T,Th 8:30 a.m. - \***

**CHAIR YOGA** – (Limit 20) Experience a yoga class using a chair, including balancing and other standing poses. This class is for those who do not want to sit on the floor or who would like to learn new ways to use a chair for yoga breaks at work. **M,F 9 a.m. - I**

**JOINT FREEING** – Reduce stress, improve circulation, increase flexibility, and deepen your path to better health. **Th,Sa 9 a.m. - \***

**KUNDALINI-STYLE YOGA** – Experience immediate benefits as you engage every aspect of your being with this ancient practice that combines movement, breath, meditation, rhythm and sound. **Th 3 p.m. - \***

**MEDITATION** – Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. **Su,T,Th,F 5 p.m. - \***

**QI GONG** – An ancient art using breath to strengthen internal organs and gentle movement for calming the mind. **F 1 p.m. - \***

**RESTORATIVE YOGA** – Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle supported poses. **Daily 4 p.m. - \***

**SUNRISE YOGA** – Energize your day with an early-morning yoga practice (before breakfast is recommended) including classical poses, breathing and meditation techniques. If you practice yoga regularly, this class is for you. **W,F 7 to 8:30 a.m. - II/III**

**TAI CHI** – An ancient Chinese body movement that helps conserve and develop life energy. **Su 1 p.m. - \***

**TRAGER® MENTASTICS** – Mentally directed movements produce feelings of lightness, freedom, openness, grace and pleasure. **M 2 p.m. - \***

**YIN YOGA** – Effortlessly increase your flexibility. This quiet, contemplative class takes a Taoist approach to yoga asana, focusing on relaxing into seated, supine and prone postures for up to five minutes. Release deeply held tension and increase circulation of blood and energy, especially through hips and lower back. **M,Sa 5 p.m. - II**

**YOGA FOR A HEALTHY BACK** – Within the tools of yoga, learn postures and breathing techniques that help maintain a healthy back. **Su,W 9 a.m. - I**

THE FOLLOWING CLASSES PROVIDE A BASIC YOGA TRACK – FROM BEGINNING YOGA TO A MORE ADVANCED CLASS, DEPENDING ON YOUR LEVEL OF EXPERIENCE (SEE “FIND YOUR LEVEL,” PAGE 18).

**YOGA FOUNDATIONS** – Learn a series of simple, safe and highly effective skills based in yoga to reduce stress, calm the mind and emotions and improve your physical health. These skills include body awareness, breathing, postures, relaxation and meditation. **Daily 2 p.m. - I**

**GENTLE VINYASA** – A gentle approach to a yoga flow class using components of a sun salute and other postures sequenced together with the breath. **T,Th 11 a.m. - I**

**VINYASA FLOW** – Vinyasa means movement with breath. Using a more advanced version of sun salutations and other dynamic sequences, this class will guide you through a flow of challenging postures connected with the movements of the breath and build endurance, flexibility and strength. **Su,W,Sa 11 a.m. - II**

**INTERMEDIATE YOGA** – Build on foundation postures and move into more challenging ones, including arm balances, inversions and other intermediate-level postures. **M,F 11 a.m (90 min.); Su,M,T,W,Sa 3 p.m. - II**

## SPECIALTY

**BALLAST BALL BLAST** – (Limit 20) The BOSU® Ballast™ Ball (a weighted stability ball) workout can enhance your total fitness program by integrating balance training into aerobic and strength exercises, as well as stretching. **Su,W 9 a.m. - II/III**

**BELLY DANCING** – Shimmy and shake to this Middle Eastern dance. Ssensuously move your hips and abdomen to the beat. **T 2 p.m. - \***

**BUFF BOOTY** – Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance. **Th 9 a.m.; Su,M,F 3 p.m. - II**

**DESERT DRUMMING** – Burn calories, release stress and feel the joy by drumming on a physioball. (Drumsticks provided.) **T,Th 3 p.m. - \***

**FIT STRIP** – This class takes some of the basic moves of the strip tease and combines them with core-strengthening elements to create a fun and sexy workout. **M 2 p.m. - \***

**GLIDE & BURN** – (Limit 24) Use the power and grace of the Gliding™ discs to enhance muscular endurance, balance, flexibility and core stabilization. Progressive movements are used to strengthen the muscles, challenge the core and provide a fun and unique workout. **Th,Sa 2 p.m. - II/III**

**INTRODUCTION TO WALLYBALL** – This is a one-time prerequisite for 11 a.m. and 3 p.m. Wallyball. Learn the rules and basic skills for this popular game. *Sign up: Spa Activity Board.* **Daily 2 p.m. - I**

**LET'S DANCE** – A different dance form each day emphasizing fun rhythmic movement. See Spa Lobby Fitness Board for today's class. **Su,W,Th,F 2 p.m. - \***

**ON THE BALL** – Use a stability ball to improve muscle tone, balance, posture and coordination. **M,Th 11 a.m.** - \*

**PILATES MAT WORK** – Combines muscle balance, core strength and breath. **T,F 3 p.m. - I; Su 3 p.m. - II**

**POSTURE & BALANCE** – (Limit 20) Challenge your balance using various equipment and learn take-home exercises. **Su,M,W,F 2 p.m. - I/II**

**WALLYBALL** – Fast-paced athletic sport challenge similar to volleyball, using the four walls of an indoor court. One-time prerequisite: Introduction to Wallyball. **Daily 11 a.m. and 3 p.m. - II/III**

**WORLD BEAT** – Join our drummers and instructors for this free-spirited dance workout that combines Latin, African, Brazilian and modern dance. **T,Sa 9 a.m.** - \*

**YAMUNA® BODY ROLLING** – Specially designed balls are used in various routines to elongate muscles and improve alignment. **T 9 a.m.; M,W,Th,Sa 3 p.m.** - \*

**YAMUNA FOOT FITNESS** – Twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility utilizing Yamuna's Foot Wakers and Foot Savers. **Su,T,Th 8:30 a.m.; M,W,F,Sa 12 p.m.** - \*

**ZUMBA®** – Join the party and move your body to fun and easy-to-follow Latin rhythms. **M,W 11 a.m.; Sa 2 p.m.** - \*

## STRENGTH

**ABOVE & BELOW THE BELT** – (Limit 20) Use various types of props in this 10-station circuit-based endurance class. **Daily 9 a.m. - I/II**

**ABS EXPRESS** – 20 minutes focusing on strengthening your abs and lower back. **M,W,F,Sa 8:30 a.m.; Su,T 12 p.m.** - \*

**MUSCLE MAX** – Strength exercises for the total body utilizing a variety of resistance equipment. **F 11 a.m.; Su 3 p.m. - II/III**

**POWER PUMP** – (Limit 12) Intermediate/advanced strength training using the concept of superset training. Superset training is a quick and effective way to achieve a total body workout. With a combination of free weights, you will learn how to perform one exercise immediately followed by another without rest, and then rest before repeating the two movements. **M,F 3 p.m. - II/III**

**TRX® & FLEX** – (Limit 11) This athletic workout emphasizes functional strength and endurance. Combine kettlebells and the TRX suspension system for a cutting-edge experience. **T,Th,Sa 11 a.m.; Su,T 2 p.m. - III**

## WALKS & RUNS

### MORNING WALKS – DAILY 6:30 A.M. - \*

Please bring your water bottle for all walks.

*30-minute walk* – A walk on relatively flat terrain that will accommodate ALL PACES up to 4 mph, which is a 15-minute-per-mile pace. **Daily**

*40-minute walk* – Intermediate walk including some hills with the lead at a 13-minute-per-mile pace, which is 4.5 mph on a treadmill. **Su,T,W,F**

*40-minute Interval Training Walk* – Challenge yourself with a 40-minute walking workout interval style. We will use both hills and speed changes to perform 1- to 4-minute intervals of harder efforts followed by 1 to 4 minutes of recovery paced walking. **M,Th,Sa**

*50-minute walk* – Hilly power walk with the lead at a 12-minute-per-mile pace, which is 5 mph on a treadmill. **M,T,F**

*One-hour walk* – Sixty minutes of leisurely walking that will cover 3.5 to 4 miles. **Su,T,Th**

### 8-MILE WALK – WEDNESDAY & SATURDAY 6 - 8 A.M. - III

A power walk to Sabino Canyon and back at a 12-13-minute-per-mile pace (4.5-5 mph on a treadmill). Bring water bottle.

### 3- TO 5-MILE RUN – SUNDAY & THURSDAY 6:30 A.M. - III

Calling all runners! Begin your day with an invigorating run. We will accommodate your desired mileage and pace.

For all Hiking and Biking activities, please sign up on the Activity Boards located in front of the Hiking and Biking Offices. Departure times vary due to the location and level of hike or bike ride.

To schedule private activities or if you have any other questions, please call Outdoor Sports at Ext. 4355 between 8 a.m. and 4 p.m.

It is important that you choose a hike that you can complete comfortably and that will not compromise your safety or that of the group. Please take altitude into account when selecting a hike.

#### ▼ Exercise & Vitality at Any Age

Depending on your level of fitness, hiking and biking may be a huge part of maintaining vitality and quality of life. And the fresh air is wonderful!

## HIKING

**BEGINNING HIKES** – Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

**INTERMEDIATE AND ADVANCED HIKES** – Hikes rated 3 through 6, have more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group.

Please enjoy a nutritious breakfast prior to your Outdoor Sports activity. Snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trail heads are provided.

## BIKING

Bike rides are rated beginner, intermediate and advanced, ranging from casual four-mile cruises to extended 30-mile tours.

We ride both on pavement and limited mountain trails.

Bikes are available for short-term use from our Biking office at no charge.

## TENNIS

Our USPTA-certified tennis professionals offer beginning to advanced player instruction. Tennis clinics are offered Monday through Friday at 8 a.m. Please sign up at the Spa Activity Boards. To schedule private activities or for more information, please call Tennis at Ext. 4358 or Program Advising at Ext. 4338.

## GOLF

Lessons and clinics are held in our state-of-the-art Golf Performance Center. Sign up for daily clinics by calling Ext. 4338. Call our PGA Golf Pro at Ext. 4627 to learn more about the Golf Program and Special Packages.

## ATHLETIC FOOTWEAR ANALYSIS

Which shoes are right for you? Meet with an athletic footwear specialist to discuss your activities, preferences and special requirements. Call Ext. 4280 for your personal consultation.

