

SEPTEMBER 26 – OCTOBER 2, 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

Experience CANYON RANCH

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

ASHIATSU – DEEP BAREFOOT MASSAGE

If you like deep-tissue massage, this is the treatment for you. The therapist holds on to bars overhead for balance and uses the feet, not the hands, for a deep, yet relaxing massage. This deep compression massage brings about a structural change in chronic soft tissue damage. Ashiatsu also evokes deep relaxation and stimulates the body’s lymphatic system. This is an effective technique for relief of persistent lower back and neck tension. Call Ext. 4338. 50 or 100 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. (Sun, Mon, 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 – Skin Care

MONDAY – Canyon Ranch Institute™

TUESDAY – Life Enhancement Center®

WEDNESDAY – Membership Sales

THURSDAY – Dining with the Doc

FRIDAY – Hotel

SATURDAY – Foot Strike

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 26, 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*
H₂O POWER * *T-Pool*
MEN'S STRETCH * *Gym 7*
▼ **WOMEN'S STRETCH *** *Gym 9*
- **YOU ARE WHAT YOU WRITE** *Cactus Room*
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.
- 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 MEDITERRANEAN CHICKEN WITH ROASTED RED BELL PEPPER SAUCE, 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.
- **THE SIXTH SENSE: HARNESSING YOUR INTUITION** *Catalina Room*
Are we guided by energy around us? What are the clues? Join Canyon Ranch clairvoyant Pat Bruckmann for a discussion on how to access the unlimited knowledge that the universe has to offer.
- 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*
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 ■ **DANCING FOR HEALING** *Catalina Room*
 Discover how dance can stimulate your awareness of body, mind and spirit, enhance a meditation practice, and lead you toward a greater sense of personal peace.

EVENING

5:30 - 7:30 pm **MEXICAN FIESTA** *Double U Café*
 Savor delicious, nutritious south-of-the-border fare 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 ■ **ASTROLOGY: WHAT IS IT & HOW DO I USE IT?** *Cactus Room*
 Why has astrology been around for thousands of years? Because it works. Canyon Ranch astrologer, Susie Cox, will explain it all to you. Come with questions and be ready to laugh.

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 26, 2010

6 am _____

7 am _____

8 am _____

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11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

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7 pm _____

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9 pm _____

MONDAY | SEPTEMBER 27, 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
- 9:30 - 11 am ■ **I CAN CHANGE: LET'S BEGIN!** *Cactus Room*
Do you make healthy lifestyle changes only to end up frustrated and discouraged about not maintaining them? Learn the stages of change, which stage you are in, and strategies for living a healthier, happier life. *Fee: \$110; Sign up: Ext. 4338*
- 10 am **BODY BLITZ III** *Gym 1*
CARDIO CIRCUIT II *Limit 20* *Gyms 2,3*
H₂O 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*
■ **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.

AFTERNOON

- Noon **YAMUNA® FOOT FITNESS *** *Gym 9*
- **LUNCH & LEARN** *Demo Kitchen*
Enjoy RASPBERRY CHIPOTLE GLAZED SALMON, 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: BUNKERS** *Golf Performance Center*
Learn how to get out of the bunker every time. *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*
- 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*
■ **SKIN CARE 101** *Spa Lobby*
An aesthetician from our Skin Care department will discuss the basics and principles of skin care.

- 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 ■ **SO UPSET I CAN'T THINK STRAIGHT!** *Catalina Room*
Discover the many ways your brain affects your emotions. With John Shukwit, M.A., L.P.C., explore techniques to override ingrained thought patterns and learn how to STOP and develop a thoughtful response to life's stressors.

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.
- 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 HEALTH, OPTIMAL LIVING** *Cactus Room*
Take full ownership of your health and wellness. Param Dedhia, M.D., Canyon Ranch medical expert on longevity, will discuss the latest science and robust experience of optimal living. Set your feet firmly on the path to lifelong vitality.
- 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 27, 2010

6 am _____

7 am _____

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12 pm _____

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4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

TUESDAY | SEPTEMBER 28, 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 - **BIRD WALK** *Meet in Spa Lobby*

8:30 am 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 - **RANCH SAVVY BREAKFAST** *Double U Café*
8:50 am 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 - **WATERCOLOR BASICS** *Creative Arts Center*
11:30 am 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.

■ **RESILIENCY IN A CHANGING WORLD** *Catalina Room*
Stay calm, centered and resilient in our changing world. Join Sue Kagel, Canyon Ranch Healing Touch Practitioner, and learn quick and effective new energy techniques to strengthen your resiliency using a holistic approach.

AFTERNOON

Noon **ABS EXPRESS *** *Gym 9*

■ **LUNCH & LEARN** *Demo Kitchen*
Enjoy GRILLED CHICKEN WITH SPICY SICILIAN SAUCE, soup, salad and dessert and watch our demo chef prepare the entrée.

1 pm ■ **TARGETING YOUR HEART RATE** *Spa Lobby*
Are you spending lots of time exercising and not seeing the results you want? Join Canyon Ranch exercise physiologist Kristi Cristello for a live demonstration of target heart rate determination.

■ **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 Jyotsna Sahni, M.D., and learn how to identify and treat sleep disorders.

1 - 2:50 pm ■ **UNBOUND: YOUR BODY BEING ITSELF** *Health & Healing Library*
Is your unconscious lying about your body? Learn to live in harmony with the miraculous body that is yours alone. Ann Pardo, Director of Life Management, shares secrets about the human brain that will blow your mind and help rebuild a tattered self-image. *Fee: \$140; Sign up: Ext. 4338*

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 ■ **WHY KNOT?** *Creative Arts Center*
Learn the therapeutic art of Japanese pearl knotting with artist Terri Caminker. Make a freshwater pearl bracelet using this traditional technique, which separates and protects your pearls. *Limit 8. Sign up: Ext. 4338*

- 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.
- 5:10 pm ■ **NOURISH YOUR SLEEP** *Catalina Room*
 How does eating affect sleep? What foods are sleep enhancers? Sleep inducers? How can you optimize your food choices to encourage a better night's sleep? Come and learn the nuts and bolts of sleep hygiene with Jenny Flora, M.S.

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.
- 7 pm ■ **HEALTHY WEIGHT PHILOSOPHY** *Cactus Room*
 Forget height-weight charts and BMI calculations; learn about the Canyon Ranch philosophy for achieving and maintaining your healthy weight with Michael Hewitt, Ph.D.
- 8 pm ■ **ROMANCING YOUR RELATIONSHIPS™** *Catalina Room*
 Join international speaker Eileen Shenker and discover clever ideas and creative gifts to help you build your relationships. Whether it's thanking volunteers, staff or friends, winning prospects, wooing customers, or designing imaginative event favors, you'll find inspiration here.

My Schedule

SEPTEMBER 28, 2010

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

WEDNESDAY | SEPTEMBER 29, 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 prior to 4 pm the day before the event.*
- 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 prior to 4 pm the day before the event.*
- 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*
H₂O 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 CRAB AND MANGO SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm ■ **THE POWER OF MENOPAUSE** *Catalina Room*
Learn how to manage menopause in this lively presentation by Jyotsna Sahni, M.D., as she discusses choices in women's health, from symptoms and solutions to weight management.
■ **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: BUNKERS** *Golf Performance Center*
Learn how to get out of the bunker every time. *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 ■ **INTEGRATIVE MEDICINE** *Catalina Room*
 Take full ownership of your health and wellness. Diane Downing, M.D., will discuss how integrative medicine is applied to modern medicine today.

EVENING

5:30 - **MEXICAN FIESTA** *Double U Café*
 7:30 pm 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 ■ **CREATIVE PHOTOGRAPHY** *Cactus Room*
 Find out how to see nature with a photographer's eye. Enhance your creativity with a camera and learn new techniques as an Outdoor Sports photography guide demonstrates ways to create stunning images of the Sonoran Desert.

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 ■ **THE SCIENCE OF ENERGY HEALING** *Catalina Room*
 Gary Schwartz, Ph.D., author of *The Energy Healing Experiments*, shares his discoveries about the power of energy in peak performance.

My Schedule

SEPTEMBER 29, 2010

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

THURSDAY | SEPTEMBER 30, 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 ✨ Four Days to a Happier, Healthier You featured event

MORNING

HIKING & BIKING

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

6:30 am **3- TO 5-MILE RUN 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 BAJA CRISPY CHICKEN TACOS, 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 Debbie Straub, 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 ■ **EXERCISE: KEEP IT SIMPLE** *Catalina Room*
 Join Kristi Cristello, M.Ed., M.S., exercise physiologist, for motivational tips and information on how to start and maintain an effective exercise program. No matter what your fitness level, you can begin a program for a healthier you.

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.

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 ■ **2012 & THE MAYAN CALENDAR** *Cactus Room*
 Join Canyon Ranch astrologer Catherine Baskett, M.C., L.P.C., in a fun and lively discussion about the truth behind upcoming cycles that culminate in 2012.

8 pm ❁ **WHAT IS THIS THING CALLED HAPPINESS?** *Catalina Room*
 Happiness is easily recognized when you have it, but capturing it can be difficult. Learn what it really means to be happy and how the happiest people differ from others. Discover three fundamental factors that determine how happy you are, and find out which can (or can't) be changed.

My Schedule

SEPTEMBER 30, 2010

6 am _____

7 am _____

8 am _____

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11 am _____

12 pm _____

1 pm _____

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4 pm _____

5 pm _____

6 pm _____

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9 pm _____

FRIDAY | OCTOBER 1, 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 ✨ Four Days to a Happier, Healthier You featured event

MORNING

- HIKING & BIKING**
Complimentary and private excursions available.
Sign up: Hiking & Biking Activity Board
- 6 - 10 am **PHOTOGRAPHY HIKE** *Meet in Spa Lobby*
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.*
- 6:30 am **MORNING WALKS *** *Meet in Spa Lobby*
- 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*
H₂O 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)

- ✨ **HOW HAPPY PEOPLE THINK ABOUT THE PAST & THE FUTURE** *Cactus Room*
It's no secret that happiness is found in the present – but negative emotions about the past or future can make living in the present a constant struggle. Learn four keys to working with those feelings productively, enabling you to live in a time that stretches on forever – the present.
- **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** *Catalina 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 GRILLED STEAK FAJITAS, soup, salad and dessert and watch our demo chef prepare the entrée. Healthy fun for everyone!
- 1 pm **TAI CHI *** *Gym 8*
- **ASK A PSYCHIC** *Catalina Room*
Being psychic, or intuitive, is very different from how it's portrayed in the media. With the help of Lesley Lupo, learn what it is (and what it isn't), and get tips on accessing your own intuition.
- **GOLF CONDITIONING 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.
- 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: BUNKERS** *Golf Performance Center*
Learn how to get out of the bunker every time. *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 ■ **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

- 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*
 FRANK ROSS, piano.
- 7 pm ❄️ **EXERCISE & MOOD** *Cactus Room*
 The endorphin theory is true! Increasing the flow of blood through your body with exercise and movement is directly related to mood. Boost your happiness by finding an exercise routine you enjoy. Michael J. Hewitt, Ph.D., will show you ways to make exercise fun.
- 8 pm ■ **BINGO** *Pavilion*
 Join in the fun with a rousing game of Bingo and snacks. Win Canyon Ranch prizes!

My Schedule

OCTOBER 1, 2010

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

SATURDAY | OCTOBER 2, 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 ✨ Four Days to a Happier, Healthier You featured event

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*
ENERGY STRETCH II *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*
✨ **HOW HAPPY PEOPLE LIVE IN THE PRESENT** *Cactus Room*
The present overflows with opportunities for joy, but many of us fail to recognize them. Learn seven keys to finding happiness in the present and to greater success in whatever you choose to pursue.

- 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 PARMESAN CRUSTED MAHI, soup, salad and dessert and watch our demo chef prepare the entrée.
- 1 pm ✨ **STRESS, HEALING & SPIRITUAL AWAKENING** *Catalina 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.
- 1 - 2:50 pm ■ **MUTABLE MIND: PLASTIC BRAIN, WILLING BODY WORKSHOP** *Health & Healing Library*
Ann Pardo, Director of Life Management, will guide you through the landscape of your brain and its assistants – the body, mind and heart. Explore new research on brain plasticity and learn how to practice mental and physical self-respect. *Fee: \$140. Sign up: Ext. 4338*
- 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*
■ **THE SIXTH SENSE: HARNESSING YOUR INTUITION** *Cactus Room*
Are we guided by energy around us? What are the clues? Join Canyon Ranch clairvoyant Pat Bruckmann for a discussion on how to access the unlimited knowledge that the universe has to offer.
- 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.

✿ **THE JOY OF CHOCOLATE** *Cactus Room*
 Dark and creamy, with nuts or without – revel in the joy of chocolate. Join Lisa Powell, M.S., R.D., Canyon Ranch Nutrition Director and chocolate aficionado, and learn the history and health benefits of chocolate and how to conduct tastings. Samples provided.

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 ■ **KEEPING F.I.T.T.** *Catalina Room*
 Tired of the same old workouts? Not getting the results you want and unsure how to meet your fitness goals? Learn the F.I.T.T. principles with Fitness specialist Shelly Nolan, and find out how to take your workouts to the next level.

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 ■ **CREATIVE PHOTOGRAPHY** *Cactus Room*
 Find out how to see nature with a photographer’s eye. Enhance your creativity with a camera and learn new techniques as an Outdoor Sports photography guide demonstrates ways to create stunning images of the Sonoran Desert.

8 pm ✿ **CHOICES HAPPY PEOPLE AVOID** *Catalina Room*
 Happiness or unhappiness is the result of choices we make every day. Many choices appear to be routes to happiness, but ultimately fail to deliver. Discover five commonly encountered dead ends that lead to unhappiness, and find out how to recognize and avoid them.

My Schedule

OCTOBER 2, 2010

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

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**

H₂O 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

ENERGY STRETCH – Revitalizing combination of stretching and muscular endurance. **Sa 9 a.m. - II**

SATURDAY 9AM 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 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. - ***

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,F 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. Sensuously 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

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.

