YOUR DAILY SCHEDULE

JUNE 5 – 11, 2019

Crystal Sound Activation
FITNESS FACILITIES

BASKETBALL COURT
Enjoy our half-court basketball area near the pickleball court. Shoot alone or with your friends. Basketballs are available at the Spa Reception Desk.

CARDIO & STRENGTH GYM
Our workout facilities are equipped with stationary bicycles, treadmills, selectorized weight machines, Precor® EFX® machines, Functional Fitness System, free weights, stair machines, rowing machines, recumbent elliptical machines and more. Headsets are available. Please feel free to ask fitness instructors for help, 6:30 am to 6 pm daily. Shoes and shirts are required. As a courtesy, please no perfume or cologne in the gym.

PILATES STUDIO
This beautiful space features all the equipment you need for a total-body Pilates workout: reformers, barrels, Wunda chair, GYROTONIC® Tower and more. Take advantage of clinics, private sessions and our complimentary Pilates classes.

AQUATIC CENTER & POOLS
The Aquatic Center features indoor therapy pools, a hot tub, pools for Watsu,® an underwater treadmill, aquatic therapy, pool classes and swimming. Group classes are held year-round in the Indoor Pool and T-Pool; both provide showers and changing rooms. Water shoes are welcome but not required for classes.

Please note that there are no lifeguards on duty.

Indoor Pool: located in the Aquatic Center; includes an underwater treadmill and is heated to a comfortable 90˚F. This pool is not recommended for extended lap swimming or intense exercise.

Indoor Therapy Pool: located in the Aquatic Center; heated to a 93˚F.

Flagstone Pool: next to the Double U Café; heated to 86˚F.

L-Pool: located near the tennis courts. Provides a class-free environment for relaxation. Features two shaded underwater treadmills. Maintained at 84˚F.

T-Pool: near the Life Enhancement Center®; features 25-yard lap swimming. Maintained at 82˚F.

PRIVATE PERSONAL TRAINING & YOGA STUDIO
We provide dedicated spaces for private training, one-on-one yoga and mind-body lessons. Our peaceful Yoga Studio is used for group classes.

SQUASH, RACQUETBALL, PICKLEBALL & WALLYBALL
Play any of these fast-paced sports to burn calories and get a good workout. Equipment, including protective eyewear, is available at the Spa Reception Desk. Use of our indoor hard courts is complimentary. Check the Daily Schedule for wallyball times.

HOURS & LOCATIONS

CANYON RANCH GRILL™
Breakfast: 7 – 9:30 am
Lunch: 11:30 am – 2 pm
Dinner: 5:30 – 8 pm

Please make your dinner reservations with the Canyon Ranch Grill™ 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 need to leave in less time, please notify your server when you place your order.

DOUBLE U CAFÉ
Breakfast: 6 – 10 am
Lunch: 11 am – 4 pm
Dinner: 5 – 7:30 pm

Espresso drinks, smoothies and snacks are available throughout the day.

SPA
6:30 am to 10 pm

CR aesthetics™
Monday – Friday: 9 am - 5 pm

SHOWCASE BOUTIQUE
Monday – Friday: 8:30 am – 9 pm
Saturday: 9 am – 9 pm
Sunday: 9 am – 5 pm

CR™ shops
Monday – Friday: 9 am – 9 pm
Saturday: 9 am – 9 pm
Sunday: 9 am – 5 pm

As a courtesy to all guests, talking on phones is permitted only in your private room, on your patio, in the phone booths in the Clubhouse and Spa, on patio outside of Gyms 2 and 3, on the bench outside of the Clubhouse Media Room, on the bench between the Pavilion and fountain and on the two benches behind CR™ shops.
TO CANYON RANCH TUCSON

We’re delighted that you’ve arrived at our inspiring corner of the world. You’re in exactly the right place for renewing dreams and connecting with what matters most in life. Away from daily distractions, you have the chance to strengthen your connections with nature, the people around you, and with yourself. And everyone in the Canyon Ranch family is grateful for the chance to connect with you.

We’re giving connections special emphasis at the Ranch. We encourage you to spend time absorbing the desert’s beauty, feeling your relationship with the earth. And to explore your inner life, the authentic you. You might reflect, too, on how you connect with people around you.

Take a walk through our Labyrinth – guided or on your own – to both disconnect and reconnect. Accept the Ropes Course Challenge to bolster your understanding of relationships, trust and inner strengths. A Watsu® duet – side-by-side aquatic massage – dissolves stress and rejuvenates with a unique experience worth sharing. Check the daily schedule, too, for expert talks on spirituality, forgiveness, mindfulness and more.

We look forward to seeing you around the Ranch and hearing about your experiences. To your good health!

DECISIONS, DECISIONS …

So, what will you do while you’re here? With so many great choices, we recommend you start by talking with one of our PROGRAM ADVISORS. They’re the ultimate Ranch insiders who know about every service, activity and can’t-miss event.

Explain what you want from your Canyon Ranch stay. Your Program Advisor is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven’t tried yet.

Stop by Program Advising in the Spa or call Ext. 4338.

CONNECTING every day

At Canyon Ranch, we’re all about helping you foster connections. With the earth, with others and with you. Using this symbol – 🌿 – we’ve noted activities, services and experiences throughout this schedule that build connection in powerful ways.

Connect!
### HIKING & BIKING

You’ll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness.

Food, water, backpack and poles are provided. Please dress for the weather and wear hiking boots or appropriate cycling footwear.

| 6:00 AM | | |
|---------|---------|
| 3-, 4- OR 5-MILE RUN | I/II/III | Spa Lobby |
| 60 min |
| MORNING WALKS | A | Spa Lobby |
| PRIMITIVE FIRE-MAKING | Limit: 6 | Spa Lobby |
| 2 hr. | Sign up: Outdoor Sports Activity Board or call Ext. 4355. |
| 7:00 AM | | |
| PICKLEBALL INTRO CLINIC | | Tennis Courts |
| 50 min. | $90 | Sign up: Spa Activity Board. |
| NEW ROCK CLIMBING, NATURALLY | Limit: 6 | Spa Lobby |
| 5 hr. | $425 | Sign up: Outdoor Sports Activity Board. |

### 8:00 AM

| CENTERING MEDITATION | A | Sanctuary |
| TENNIS: INTERMEDIATE/ADVANCED CLINIC | | Tennis Courts |
| $90 | Sign up: Spa Activity Board. |

### 8:30 AM

| FITNESS FOR YOUR FEET® | A | Limit: 30 | Gym 1 |
| 20 min |

### 9:00 AM

| LONG & LEAN BARRE WORKOUT | A | Limit: 25 | Gym 2 |
| NATIVE AWARENESS | Limit: 10 | Spa Lobby |
| 1 hr. 30 min. | Sign up: Outdoor Sports Activity Board. |
| STRIDE & STRENGTH | A | Limit: 14 | Cardio & Strength Gym |
| CARDIO COMBAT | III | Limit: 16 | Gym 1 |
| CHAIR YOGA | I | Limit: 20 | Yoga Studio |
| INDOOR CYCLING | A | Limit: 19 | Indoor Cycling Studio |
| PILATES REFORMER TOWER WORKOUT | Limit: 5 | Pilates Studio |
| $90 | Sign up: Ext. 4338. |
| CARDIO TENNIS CLINIC | | Tennis Courts |
| $90 | Sign up: Spa Activity Board. |
| CERAMIC EXPRESSIONS | Limit: 8 | Art Studio 1 |
| 2 hr. | $109 | Sign up: Ext. 4338. |
| LANDSCAPE TOUR | Meet in Clubhouse Lobby |
| Learn about desert landscaping practices, plants, design and more on a tour with a Canyon Ranch landscape expert. |

### 10:00 AM

| STRETCH | A | Limit: 30 | Yoga Studio |
| NEW C2M: CONDITIONING TO THE MAX | II/III | Limit: 18 | Gym 1 |
| H2O POWER | A | Limit: 24 | T-Pool |
| CARDIO CIRCUIT | II | Limit: 20 | Cardio & Strength Gym |
| ABOVE & BELOW THE BELT | I/II | Limit: 20 | Gym 3 |
| NEW STRETCH & ROLL | A | Limit: 24 | Gym 2 |

### 11:00 AM

| WALLYBALL | II/III | Limit: 19 | Indoor Cycling Studio |
| FIERCE! TABATA WORKOUT | III | | Gym 1 |
| DESERT DRUMMING | A | Limit: 21 | Gym 2 |
| NEW POSTURE & BALANCE IN THE WATER | A Limit: 15 | Aquatic Center |
| PILATES MAT | I | | Yoga Studio |
| NEW POTTER’S WHEEL DEMO | | | Art Studio 1 |
| Creative expression expert Bridget Longoria, MA, demonstrates the art of throwing clay pottery. Find out how you can incorporate this meditative art into your Canyon Ranch journey. |

### 12:00 PM

### NOON

| INTRO TO INDOOR CYCLING | | Indoor Cycling Studio |
| KETTLEBELL 101 | II/III | Gym 3 |
| 30 min |
| LUNCH & LEARN | | Demo Kitchen |
| Enjoy SEARED STEAK SANDWICH WITH ROASTED CARROT FRIES, soup, salad and dessert and watch our demo chef prepare the entrée. |

### 1:00 PM

| TAI CHI SWORD | A | Yoga Studio |
| INTRO TO WALLYBALL | | Racquet Ct. 1 |
| NEW HEALING BOTANICALS | | Art Studio 1 |
| IN WATERCOLOR & INK | Limit: 8 | | |
| 2 hr. | $109 | Sign up: Ext. 4338. |
| NEW RECOVERY FOR YOUR FEET | Medical Reception |
| Swollen, tired, achy feet and legs? Learn about new technologies that can boost circulation and vascular health, reduce edema, speed recovery after exercise and support foot and ankle health. |
| 30 min |
| PUTTING THE PAUSE ON MENOPAUSE | CME | Catalina Room |
| Meet Canyon Ranch physician Diane Downing, MD, and explore your options in the transition into menopause. |

### 2:00 PM

| ZUMBA® | A | Yoga Studio |
| YOGA PILATES BLEND | II/III | Cardio & Strength Gym |
| MOVEFLEX: ADVANCED FUNCTIONAL TRAINING | III | Limit: 10 | Gym 3 |
| FREEFORM FUSION | II/III | Limit: 15 | | |
| GOLF CLINIC: DRIVING | Limit: 4 | Golf Performance Center |
| $105 | Sign up: Ext. 4338. |
| HANDS-ON COOKING CLASS: EASY ENTERTAINING | Limit: 12 | Demo Kitchen |
| Entertaining can be stressful enough without spending so much time in the kitchen instead of with your family and friends. Learn some simple and easy dishes that will delight your guests. |
| 60 min. | $89 | Sign up: Ext. 4338. |
**CME** – Continuing Medical Education

**FITNESS LEVELS**  I– beginner, II– intermediate, III– advanced, A– all levels  **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

Your service allowance may be applied toward activity fees.  This schedule is also found online at canyonranch.com/plan-your-stay

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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>3:00 PM</td>
<td>WALLYBALL II/III</td>
<td>Racquet Ct. 1</td>
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<td>INTERMEDIATE YOGA II</td>
<td>Yoga Studio</td>
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<td>NEW TRX® STRONG II/III Limit: 11</td>
<td>Gym 1</td>
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<td>buff BOOTY II</td>
<td>Gym 2</td>
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<td>CARDIO COMBAT III Limit: 16</td>
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<td>4:00 PM</td>
<td>STRENGTH BASICS I Limit: 10</td>
<td>Cardio &amp; Strength Gym</td>
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<td>STRETCH &amp; RELAXATION A</td>
<td>Gym 2</td>
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<td>HIIT IT! III Limit: 12 30 min.</td>
<td>Gym 1</td>
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<td>NEW ALPHA CYCLING A Limit: 19 60 min.</td>
<td>Indoor Cycling Studio</td>
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<td>RESTORATIVE YOGA A Limit: 20</td>
<td>Yoga Studio</td>
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<td></td>
<td>SCIENCE &amp; NEAR-DEATH EXPERIENCES</td>
<td>Catalina Room</td>
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Does science support claims of near-death experiences? Canyon Ranch psychic Lesley Lupo, who had such an experience, will discuss this fascinating topic.

| 5:00 PM  | MEDITATION A 30 min. AUTHENTICALLY LOCAL     | Sanctuary        |
|          | Enjoy local, seasonal cuisine in a relaxed, casual environment. This means Southwestern spice and heritage ingredients - all from Tucson, the first UNESCO City of Gastronomy in the U.S. |
|          | OPEN 12-STEP RECOVERY MEETING                | Mesquite Room    |
|          | Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery. |
|          | HOT TOPIC: DREAM STREET FOUNDATION           | Cactus Room      |
|          | Join Patty Grubman, co-founder of Dream Street Foundation, and Alice Steinfeld, to hear about young people with serious conditions who visit Canyon Ranch each year and have life-changing experiences. |
| 6:00 PM  | RECOGNIZING LOVE’S POTENTIAL THROUGH ASTROLOGY | Catalina Room    |
|          | What can astrology reveal about a new love or a long-term partnership? Astrologer Will McCastle discusses relationship astrology through the perspective of star crossed couples of the modern era. |
| 7:00 PM  | HIGH ROPEs CHALLENGE COURSE Limit: 8         | Spa Lobby        |
|          | YOU HAVE ENOUGH, YOU WILL THRIVE             | Cactus Room      |
|          | Bridge your present to your future prosperity. Remove intimidation from money & conversations around finance. Connect your dreams to your reality with the use of a vision board. |
| 8:00 PM  | TAKE A BREATH BREAK                          | Catalina Room    |
|          | Reduce stress by using techniques from the Practice of Mindfulness. Join Dan Johnson, Executive Director of the Wellness Council of Arizona, for this sampling of approaches to relaxation. |

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**MORE INFO Classes and Activities**

Look in the back of this weekly program for complete descriptions of classes, fitness levels and general information.

**LIFE ENHANCEMENT CENTER**

Discover a path that leads to the healthiest, happiest, most vibrant you. The Life Enhancement Program®, held year-round at our beautiful, self-contained Life Enhancement Center®, has been called “the heart of Canyon Ranch.” It’s designed for people who are looking for a first-hand experience in all-healthy living. Whether you’re pursuing a wellness goal or simply want to live healthier for life, you’ll find the expertise and resources you need to succeed. This enlightening, engaging experience has helped thousands of people take positive, permanent steps toward reaching – and often surpassing – personal aspirations.

Interested? Call Ext. 4465 for more information.

**ON THE RIGHT FOOT**

Hiking, biking, climbing, Zumba® – you’re moving a lot during your stay. Have you done anything to treat your feet? The Prickly Pear Pedicure nourishes and hydrates in true Arizona fashion.

Schedule your appointment at Ext. 4414.

**MY SCHEDULE WEDNESDAY**

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**PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.**
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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Capacity</th>
<th>Fee</th>
<th>Sign Up</th>
<th>Notes</th>
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<tbody>
<tr>
<td>6:00 AM</td>
<td>MORNING WALKS A</td>
<td>Spa Lobby</td>
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<td>6:30 AM</td>
<td>INTUITIVE ARCHERY Limit: 6</td>
<td>Spa Lobby</td>
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<td>$110 Sign up: Ext. 4338.</td>
<td>2 hr.</td>
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<td>7:00 AM</td>
<td>SUNRISE YOGA II/III 60 min.</td>
<td>T-Pool</td>
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<td>$90 Sign up: Ext. 4338.</td>
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<td>7:30 AM</td>
<td>BOGAFIT BOOT CAMP CLINIC Limit: 10</td>
<td>T-Pool</td>
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<td>$90 Sign up: Ext. 4338.</td>
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<td>8:00 AM</td>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>Tennis Courts</td>
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<td>$90 Sign up: Spa Activity Board.</td>
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<td>8:30 AM</td>
<td>DYNAMIC STRETCH EXPRESS II/III 20 min.</td>
<td>Gym 2</td>
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<td>9:00 AM</td>
<td>YOGA FOUNDATIONS 2 I/II</td>
<td>Yoga Studio</td>
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<td>SYNCHRONIZED SWIM WORKOUT II/III</td>
<td>T-Pool</td>
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<td>INDOOR CYCLING A Limit: 19</td>
<td>Indoor Cycling Studio</td>
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<td>LONG &amp; LEAN BARRE WORKOUT A Limit: 25</td>
<td>Gym 2</td>
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<td>STRIDE &amp; STRENGTH A Limit: 14</td>
<td>Cardio &amp; Strength Gym</td>
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<td>NEW GAME TIME READY III Limit: 15</td>
<td>Gym 1</td>
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<td>ABOVE &amp; BELOW THE BELT I/II Limit: 20</td>
<td>Gym 3</td>
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<td></td>
<td>CARDIO TENNIS CLINIC $90 Sign up: Spa Activity Board.</td>
<td>Tennis Courts</td>
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<td></td>
<td>NEW ASIAN BRUSH PAINTING Limit: 8</td>
<td>Art Studio 1</td>
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<td>$149 Sign up: Ext. 4338.</td>
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<td>11:00 AM</td>
<td>INTERMEDIATE YOGA II Yoga Studio</td>
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<td>MUSCLE MAX II/III Gym 3</td>
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<td>STRETCH A Limit: 30 Gym 2</td>
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<td>WALLYBALL II/III Racquet Ct. 1 Gym 1</td>
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<td>DJ DANCE PARTY II Gym 1</td>
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<td>AQUA FIT I Limit: 15 Aquatic Center</td>
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<td>$90 Sign up: Ext. 4338.</td>
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<td>PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio</td>
<td>$90 Sign up: Ext. 4338.</td>
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<td>NEW MOSAIC OF YOUR LIFE Limit: 8 Art Studio 1</td>
<td>$169 Sign up: Ext. 4338.</td>
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<td>BETTER FOOTWEAR: THE ROAD TO HAPPY FEET Spa Lobby</td>
<td>$105 Sign up: Ext. 4338.</td>
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<td>$109 Sign up: Spa Activity Board.</td>
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<td>NOON</td>
<td>HIIT IT! III Limit: 12 Gym 1</td>
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<td>AERIAL HAMMOCK YOGA CLINIC Limit: 5 Gym 3</td>
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<td>$90 Sign up: Ext. 4338.</td>
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<td></td>
<td>LUNCH &amp; LEARN Demo Kitchen</td>
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<td>COMMUNITY TABLE: MEMBERSHIP SALES Canyon Ranch Grill™</td>
<td>Learn how Membership at Canyon Ranch is the best investment you can make in lifelong health for you and your family.</td>
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<td>1:00 PM</td>
<td>BREATHING A Yoga Studio</td>
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<td>GYROKINESIS A Limit: 15 Racquet Ct. 1 Spa Lobby</td>
<td>$90 Sign up: Ext. 4338.</td>
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<td>INTRO TO WALLYBALL Yoga Studio</td>
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<td>BEAUTY STUDIO Spa Lobby</td>
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<td>DOCTOR'S RX: MORE SEX, FUN &amp; ROCK 'N ROLL CME Catalina Room</td>
<td>Canyon Ranch internist and mind-body medicine expert Param Dedhia, MD, offers his &quot;prescription&quot; for reconnecting with your inner joy and energy.</td>
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<td>2:00 PM</td>
<td>ZUMBA® A Yoga Studio</td>
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<td></td>
<td>YOGA FOR A HEALTHY BACK Yoga Studio</td>
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<td></td>
<td>NEW STRETCH &amp; ROLL Gym 2</td>
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<td>BOXER'S WORKOUT III Limit: 12 Gym 3</td>
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<td>GOLF CLINIC: CHIPPING Golf Performance Center</td>
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<td></td>
<td>HANDS-ON COOKING CLASS: QUICK FIX Demo Kitchen</td>
<td>It's dinnertime and you are in a hurry; it's time for a quick fix. Let us show you the tricks and give you the simple tips to put a healthy, satisfying dinner on the table in less than 20 minutes.</td>
<td></td>
<td></td>
<td>$149 Sign up: Ext. 4338.</td>
<td>2 hr.</td>
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**Hiking & Biking**

You'll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness.

Food, water, backpack and poles are provided. Please dress for the weather and wear hiking boots or appropriate cycling footwear.

**Property Orientation**

9am & 11am. Meet in Clubhouse Lobby.
### THURSDAY, JUNE 6, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6 am</td>
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<tr>
<td>6:00 PM</td>
<td>WALLYBALL II/III</td>
<td>Racquet Ct. 1</td>
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<td></td>
<td>POWER FLOW II/III</td>
<td>Yoga Studio</td>
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<td>NEW C2M: CONDITIONING TO THE MAX II/III Limit: 18</td>
<td>Gym 1</td>
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<td>PILATES CIRCUIT CLASS A Limit: 20</td>
<td>Gym 3</td>
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<td>DESERT DRUMMING A Limit: 21</td>
<td>Gym 2</td>
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#### MY SCHEDULE

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>3:00 PM</td>
<td>WALLYBALL II/III</td>
<td>Racquet Ct. 1</td>
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<tr>
<td></td>
<td>POWER FLOW II/III</td>
<td>Yoga Studio</td>
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<td></td>
<td>NEW C2M: CONDITIONING TO THE MAX II/III Limit: 18</td>
<td>Gym 1</td>
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<td>PILATES CIRCUIT CLASS A Limit: 20</td>
<td>Gym 3</td>
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<tr>
<td></td>
<td>DESERT DRUMMING A Limit: 21</td>
<td>Gym 2</td>
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<tr>
<td></td>
<td>THE SIXTH SENSE: HARNESING YOUR INTUITION</td>
<td>Catalina Room</td>
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<td></td>
<td>Ranch clairvoyant Pat Bruckmann will discuss how to access the</td>
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<td></td>
<td>unlimited knowledge the universe has to offer.</td>
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<tr>
<td>4:00 PM</td>
<td>STRETCH &amp; RELAXATION A</td>
<td>Gym 2</td>
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<td>INDOOR CYCLING A Limit: 19</td>
<td>Indoor Cycling Studio</td>
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<td>RESTORATIVE YOGA A Limit: 20</td>
<td>Yoga Studio</td>
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<td>TWILIGHT PHOTO WALK Limit: 8</td>
<td>Spa Lobby</td>
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<td></td>
<td>3 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355 for current time and to sign up.</td>
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<tr>
<td>5:00 PM</td>
<td>MEDITATION A 30 min.</td>
<td>Sanctuary</td>
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<td>MEXICAN FARE</td>
<td>Double U Café</td>
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<td>Kick back and enjoy an authentic taste of Mexico.</td>
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<td>OPEN 12-STEP RECOVERY MEETING</td>
<td>Mesquite Room</td>
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<td>Hosted by the local community, this meeting welcomes members of</td>
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<td>all 12-step fellowships, their families and those who are just curious</td>
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<tr>
<td></td>
<td>about the spiritual principles of recovery.</td>
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<td></td>
<td>CULTIVATING COMPASSION</td>
<td>Cactus Room</td>
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<tr>
<td></td>
<td>Join Amy Hawthorne, MS, LMFT, to gain a deeper understanding of</td>
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<td>what compassion is, what prevents us from cultivating it, and why it is</td>
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<td>essential for health, healing and change.</td>
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<td>6:00 PM</td>
<td>SPIRITUAL CYCLING A Limit: 19</td>
<td>Indoor Cycling Studio</td>
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<td>Music and lighting will help create an indoor cycling journey of</td>
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<td>mindfulness and a set intention. Let this class move you to a</td>
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<td></td>
<td>heightened state of awareness and a deeper sense of gratitude.</td>
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<td>LIVING THROUGH LUNAR CYCLES</td>
<td>Catalina Room</td>
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<td></td>
<td>Learn practical ways of incorporating lunar energy into your healthy</td>
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<td>living routine. Astrologer Will McCastle details how the moon's phases</td>
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<td>and movement through the zodiac can increase your potential.</td>
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<tr>
<td>7:00 PM</td>
<td>AERIAL ADVENTURE: ZIPLINE Limit: 8</td>
<td>Spa Lobby</td>
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<td>1 hr. 30 min. $110 See Outdoor Sports Activity Board.</td>
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<td></td>
<td>PROTECTING THE HEART OF THE JAGUAR</td>
<td>Cactus Room</td>
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<td></td>
<td>Learn about the powerful, charismatic jaguar, regionally known as &quot;el tigre,&quot; and other wild critters roaming the desert borderlands beyond Canyon Ranch.</td>
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<tr>
<td>8:00 PM</td>
<td>FROM AVERAGE TO IRONMAN</td>
<td>Catalina Room</td>
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<td>An Ironman triathlon is one the most challenging feats of physical</td>
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<td>and mental toughness. Join Tony Finley for an interactive discussion</td>
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<td>about how you to reach your goals - Ironman or average!</td>
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</tbody>
</table>

### CME – Continuing Medical Education

Please be advised: Scheduled activities are subject to change.
### Photography Hike
- **5:30 AM**
  - **Photography Hike**  
    - Limit: 8
    - **Spa Lobby**
    - **4 hr.** $110
    - See Outdoor Sports Activity Board or call Ext. 4355.

### Morning Walks
- **6:00 AM**
  - **Morning Walks**  
    - **Spa Lobby**

### Climbing for Fitness
- **6:30 AM**
  - **Climbing for Fitness**  
    - Limit: 8
    - **Spa Lobby**
    - **2 hr.** $155
    - Sign up: Outdoor Sports Activity Board or call Ext. 4355.

### X-Treme Outdoor Boot Camp
- **7:00 AM**
  - **X-Treme Outdoor Boot Camp**  
    - **Spa Lobby**
    - **60 min.** $90
    - Sign up: Spa Activity Board.

### Centering Meditation
- **8:00 AM**
  - **Centering Meditation**  
    - **Sanctuary**
    - **30 min.**

### Tennis: Intermediate/Advanced Clinic
- **8:00 AM**
  - **Tennis: Intermediate/Advanced Clinic**  
    - **Tennis Courts**
    - **$90**
    - Sign up: Spa Activity Board.

### Yoga for Your Feet
- **9:00 AM**
  - **Yoga for Your Feet**  
    - **Gym 1**
    - **20 min.**

### Qigong
- **9:00 AM**
  - **Qigong**  
    - **Catalina Room**

### Why Watsu?
Watsu® is an experience like no other – float in a pool of warm water while a therapist massages to soften and stretch toward ultimate relaxation.

Call Program Advising at Ext. 4338 for more information.
### More Info

**FE** — Featured Events

**CME** — Continuing Medical Education

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Alpha Cycling</td>
<td>2:00 PM</td>
<td>Indoor Cycling Studio</td>
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<tr>
<td>New Pilates to the Beat</td>
<td>2:00 PM</td>
<td>Yoga Studio</td>
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<td>HIIT II/III</td>
<td>3:00 PM</td>
<td>Spa Lobby</td>
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<tr>
<td>Wallyball II/III</td>
<td>3:00 PM</td>
<td>Racquet Ct. 1</td>
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<td>Muscle Max II/III</td>
<td>3:00 PM</td>
<td>Gym 3</td>
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<tr>
<td>Vinyasa Flow II</td>
<td>3:00 PM</td>
<td>Gym 1</td>
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<tr>
<td>New Playing with Sculpture</td>
<td>3:15 PM</td>
<td>Yoga Studio</td>
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<td>Watsu Demo</td>
<td>4:00 PM</td>
<td>Aquatic Center</td>
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<td>Dao-in Chinese Yoga I</td>
<td>4:00 PM</td>
<td>Yoga Studio</td>
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<tr>
<td>Strength Basics I</td>
<td>4:00 PM</td>
<td>Cardio &amp; Strength Gym</td>
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<tr>
<td>New Alpha Cycling I</td>
<td>4:00 PM</td>
<td>Indoor Cycling Studio</td>
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<tr>
<td>Stretch &amp; Relaxation A</td>
<td>4:00 PM</td>
<td>Gym 2</td>
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<tr>
<td>HIIT II/III</td>
<td>4:00 PM</td>
<td>Gym 1</td>
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<tr>
<td>Aerial Hammock Yoga Clinic</td>
<td>4:00 PM</td>
<td>Gym 3</td>
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</tbody>
</table>

**5:00 PM**

**Meditation**

**6:00 PM**

**Minimal Exercise, Maximum Results**

**7:00 PM**

**Sex Education in the USA**

**8:00 PM**

**Bingo**

### My Schedule — Friday

<table>
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<tr>
<th>Time</th>
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### PLEASE BE ADVISED: Scheduled Activities Are Subject To Change.
Hiking & Biking

You'll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness.

Food, water, backpack and poles are provided. Please dress for the weather and wear hiking boots or appropriate cycling footwear.

5:30 AM

8-Mile Walk III

6:00 AM

Bird Walk Limit: 8

Moring Walks A

6:30 AM

High Ropes Challenge Course Limit: 8

7:00 AM

Spiritual Cycling A Limit: 19 ♦ Indoor Cycling Studio

8:00 AM

Hands-On Cooking Class: Breakfast on the Go! Limit: 12 Demo Kitchen

When you are in a hurry and still want to get your day off in a healthy way, this is for you. We will teach you how to make simple and quick meals to get you out the door fueled for the day.

8:30 AM

Fitness for Your Feet® A Limit: 30 Gym 1

9:00 AM

Stride & Strength A Limit: 14 Cardio & Strength Gym

World Beat A Gym 1

Indoor Cycling A Limit: 19 Indoor Cycling Studio

Yoga Pilates Blend II/III Yoga Studio

Above & Below the Belt I/II Limit: 20 Gym 3

Studio Painting: Acrylic II Limit: 6 Art Studio 1

2 hr. $105 Sign up: Ext. 4338.

10:00 AM

Stretch A Limit: 30 Yoga Studio

Drumming Circle A ♦ Gym 1

H2O Power A Limit: 24 T-Pool

Cardio Circuit II Limit: 20 Cardio & Strength Gym

New Stretch & Roll A Limit: 24 Gym 2

Muscle Max II/III Gym 3

Golf Clinic: Pitching Limit: 4 Golf Performance Center

$105 Sign up: Ext. 4338.

11:00 AM

Wallyball II/III Racquet Ct. 1

Bosu 3D Extreme III Gym 1

Pilates Magic Circle A Limit: 25 Gym 3

Power Flow II/III ♦ Yoga Studio

New Posture & Balance in the Water A Limit: 15 Aquatic Center

Let Go & Flow Limit: 6 Art Studio 1

2 hr. $109 Sign up: Ext. 4338.

Keep Your Joints Healthy CME Catalina Room

A Canyon Ranch exercise physiologist clarifies the difference between hurt and harm, and shows you how to escape the pain cycle.

Noon

Hiit It! III Limit: 12 Gym 1

30 min.

Lunch & Learn Demo Kitchen

Enjoy Tandoori Chicken and Roasted Vegetable Lentil Salad, soup, salad and dessert and watch our demo chef prepare the entrée.

Community Table: Acupuncture Canyon Ranch Grill™

Join a member of our Acupuncture department and learn about our offerings.

1:00 PM

Gyrokinesis A Limit: 15 Gym 1

Intro to Wallyball I Racquet Ct. 1

Golf Clinic: Irons Limit: 4 Golf Performance Center

$105 Sign up: Ext. 4338.

Hot Topic: 50 Shades of Communication FE CME Cactus Room

Do men and women do it differently? Join Life Management Therapist Alice Steinfeld, MEd, MA, LPC to discuss expectations and communication in relationships.

1:30 PM

Membership & Real Estate Spa Lobby

Learn how to become a Canyon Ranch Member - or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®.

30 min.

2:00 PM

Long & Lean Barre Workout A Limit: 25 Gym 2

New Game Time Ready III Limit: 15 Gym 1

Gentle Vinyasa I Yoga Studio

Freeform Fusion II/III Limit: 15 Gym 3

Golf Clinic: Chipping Limit: 4 Golf Performance Center

$105 Sign up: Ext. 4338.

Pilates Reformer Clinic: Beginning Limit: 5 Pilates Studio

$90 Sign up: Ext. 4338.

Hands-On Cooking Class: Cast Iron Cooking, Cleaning and Care Limit: 12 Demo Kitchen

It's time to get back to basics: learn how to cook in, clean & restore a cast iron pan. Whether it is your great, great grandmother's, or brand new, you'll learn how to care for your new favorite pan.

60 min. $89 Sign up: Ext. 4338.

These Feet Are Made for Walking ♦ CME Catalina Room

Taylor Wade, MS, LAT, ATC, will explore common foot complaints from the ground up.
FITNESS LEVELS I– beginner, II– intermediate, III– advanced, A– all levels  FITNESS CLASSES 45 min.; PRESENTATIONS/WORKSHOPS 50 min. unless noted.

Your service allowance may be applied toward activity fees. This schedule is also found online at canyonranch.com/plan-your-stay

FE – Featured Events: Women, Sensuality and Health  CME – Continuing Medical Education

Explore Canyon Ranch: canyonranch.com

Take advantage of our expansive website! Use our Wish List to plan your next stay. Take a look at our other locations and spas – on land and at sea. And continue your transformative lifestyle journey with healthy tips, recipes and guidance on our blog. You’ll find it all at canyonranch.com.

3:00 PM
WALLYBALL  II/III  Gym 2
BUFF BOOTY  II  Gym 3
KILLER DRILLS & SKILLS  III  Limit: 18

4:00 PM
INDOOR CYCLING  A  Limit: 19  Indoor Cycling Studio
RESTORATIVE YOGA  A  Limit: 20  Yoga Studio
STRETCH & RELAXATION  A  Gym 2
WELLNESS PANEL  ♦  Catalina Room
Join our Canyon Ranch experts in nutrition, exercise physiology, fitness and skin care for this open forum discussion. Learn how they apply wellness in their own lives - and bring lots of questions!

5:00 PM
MEDITATION  A  Sanctuary
30 min.
ARIZONA GRILL
Savor the Southwest’s unique Sonoran cuisine.

OPEN 12-STEP RECOVERY MEETING  Mesquite Room
Hosted by the local community and featuring a special guest speaker, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious.

NEW LOVE YOUR BODY, LOVE YOURSELF  ☯  Cactus Room
Spiritual Wellness Provider Pamela Dintaman, MDiv, helps you connect your spiritual path with your body - to accept it as friend and companion, opening to healing, joy and self-understanding.

6:00 PM
DISCOVERING THE SONORAN DESERT  Catalina Room
What has drawn people to this desert for thousands of years? Join Canyon Ranch hiking guide & former volunteer naturalist at Sabino Canyon Dick McKenna as he shares some of its wonders.

7:00 PM
COFFEE & CANVAS  Limit: 9  Art Studio 2
Unleash your creative side and have fun! Our teachers guide you step-by-step through a painting. Enjoy coffee, snacks and great company while creating a work of art to remind you of your Ranch stay.
1 hr. 30 min. $45 Sign up: Ext. 4338.
SEXUAL DESIRE DISCREPANCY: HOW TO GET BACK IN SYNC  FE  Cactus Room
Welcome to one of the most common topics in sex therapy. Kristen Mark, PhD, MPH, of University of Kentucky and the Kinsey Institute, presents scientific evidence on how to manage desire discrepancies.

8:00 PM
BREAKING BAD (OR OLD) HABITS  ♦  Catalina Room
It’s hard to make changes, even ones you want. Hawkeye Richardson, executive director of an educational nonprofit, shows how to harness your energy to be effective, productive and live with intention.

Know Your Level
Choose the right activities for you. We describe our fitness levels at the back of the daily schedule, so you can decide which classes & outings will safely meet your needs & interests.
Questions? Call Program Advising at Ext. 4338.

Global Wellness Day
Global Wellness Day is a social project dedicated to living well. The purpose of Global Wellness Day is to ask the question, even if for just one day, “How can I live a healthier and better life?”, to direct the thoughts of both individuals and society towards “living well” and to raise awareness.

The main goals of this day are to recognize the value of life, free yourself from every day stress, make peace with yourself, to practice mindfulness and to raise awareness about living well and increase motivation.

Our experts at Canyon Ranch are here every day to help you reach your wellness goals. We have several featured programs today that are focused on the specific goals of the day. Look for items tagged with ♦ to help you focus on your health & wellness.

My Schedule Saturday

6 am
7 am
8 am
9 am
10 am
11 am
Noon
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm

Please be advised: Scheduled activities are subject to change.
SUNDAY | JUNE 9, 2019
PROPERTY ORIENTATION 9am & 11am. Meet in Clubhouse Lobby.

HIKING & BIKING
You'll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness. Food, water, backpack and poles are provided. Please dress for the weather and wear hiking boots or appropriate cycling footwear.

6:00 AM
MORNING WALKS A
INTUITIVE ARCHERY A
Limit: 6
2 hr. $110 Sign up: Ext. 4338.

8:00 AM
QI GONG A
CENTERING MEDITATION A
Hands-On Cooking Class:
COFFEE EXPERIENCE Limit: 12
Learn all you need to know about coffee. From decoding labels to proper pairing with foods to enhance your coffee experience, you will be an expert no matter if you like to French press or cold brew. 60 min. $89 Sign up: Ext. 4338.

8:30 AM
CORE & MORE A
20 min.

9:00 AM
YOGA FOR A HEALTHY BACK I
INDOOR CYCLING A Limit: 19
SYNCHRONIZED SWIM WORKOUT II/III
FITNESS FIRST I
FIERCE! TABATA WORKOUT III
STRIDE & STRENGTH A Limit: 14
30 min.

10:00 AM
CARDIO CIRCUIT II Limit: 20
CORE CONDITIONING II/III Limit: 24
H2O POWER A Limit: 24
NEW TRX® STRETCH A Limit: 11
STRETCH A Limit: 30
GOLF CLINIC: PUTTING II Limit: 4
$105 Sign up: Ext. 4338.

11:00 AM
AQUA FIT I Limit: 15
NEW TRX® STRONG II/III Limit: 11
VINAYASA FLOW II
ZUMBA® A
WALLYBALL II/III
STRETCH A Limit: 30
THE SCIENCE OF WEIGHT LOSS CME Catalina Room

NOON
INTRO TO INDOOR CYCLING I Limit: 19
GLUTE TRANSFORMATION CLINIC Limit: 5
AERIAL HAMMOCK YOGA CLINIC Limit: 5
LUNCH & LEARN
Enjoy SEARED TUNA AND DEVILED EGG SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.
COMMUNITY TABLE: SKIN CARE
Learn about our skin care services and the product lines available. Samples are provided.

1:00 PM
BREATHING A
INTRO TO WALLYBALL I
GOLF CLINIC: DRIVING Limit: 4
BEAUTY STUDIO A
Learn about the latest trends in the beauty industry. Our Salon experts will offer DIYs and beauty secrets for hair, and share tips on products, tools, color and cut.
WHAT DO WE (NOT) KNOW ABOUT SEXUAL PLEASURE FE
There's always more to learn. Kristen Mark, PhD, MPH, University of Kentucky, discusses sexual pleasure in couple relationships, why we may not prioritize it, and how to improve pleasure from orgasm.

2:00 PM
PIILATES FOR BALANCE II/III Limit: 18
YIN YOGA II
BUFF BOOTY II
SURFSET FITNESS III Limit: 11
GOLF CLINIC: PITCHING Limit: 4
HANDS-ON COOKING CLASS:
FOODIE FUNDAMENTALS Limit: 12
What do braise, roast, sauté, poach, pan steam mean? Finally, all the answers to those basic cooking questions! Learn the simple rules and steps to be an outstanding success in the kitchen. 2 hr. $149 Sign up: Ext. 4338.

3:00 PM
WALLYBALL II/III
DESSERT DRUMMING A Limit: 21
YOGA FOUNDATIONS I
NEW GAME TIME READY III Limit: 15
HIIT IT! III Limit: 12
30 min.

3:30 PM
RESTORATIVE YOGA A Limit: 20
STRETCH & RELAXATION A
HIIT IT! A Limit: 12

MORE INFO
Classes and Activities
Look in the back of this weekly program for complete descriptions of classes, fitness levels and general information.
Need even more? Call Program Advising at Ext. 4338.
5:00 PM
MEDITATION
Sanctuary
30 min.

AUTHENTICALLY LOCAL
Enjoy local, seasonal cuisine in a relaxed, casual environment. This means Southwestern spice and heritage ingredients - all from Tucson, the first UNESCO City of Gastronomy in the U.S.

OPEN 12-STEP RECOVERY MEETING
Mesquite Room
Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery.

6:00 PM
NEW THE ROAD TO AUTHENTICITY AND WISDOM THROUGH ASTROLOGY
Catalina Room
Explore major transformation times in our charts. Canyon Ranch Astrologer Shivani Baker discusses Jupiter and Uranus, and how to take advantage of transit events during turning points in our lives.

7:00 PM
GLOW-GA
Yoga Studio
Body paint and glow sticks provided.

CRYSTAL SOUND MEDITATION
Sanctuary
Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.

THE PELVIC FLOOR:
HOW OPTIMIZE SEXUAL FUNCTION
Cactus Room
Physical therapist Diana Fassett will discuss the importance of the pelvic floor muscles and how Kegel exercises, used to strengthen these muscles, are frequently performed incorrectly.

8:00 PM
BINGO
Pavilion
Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!

MUSCULOSKELETAL & JOINT ASSESSMENT
Exercise and movement has been shown to prevent injury and disease. If you are experiencing limitations or musculoskeletal pain that disrupts your activities of daily living or are looking to optimize your activity and participation in athletics, work and life consider a Musculoskeletal and Joint Assessment with a Canyon Ranch Certified Athletic Trainer.

Interested? Call Medical Scheduling at Ext. 4419.

SELECT SUPPLEMENTS
There’s no such thing as a one-for-all vitamin. Meet with an expert to discuss what vitamins you should be taking based on age, health risks, history and dietary patterns.

Schedule a Vitamin & Mineral Evaluation with Program Advising at Ext. 4338.

Experience Guide HIGHLIGHTS

BODY COMPOSITION SCREENING
With a simple 8-minute test, our Bod Pod® device will accurately measure your body fat percentage and lean body mass. An exercise physiologist will review and explain your results. You can use your service allowance toward this helpful test. 25 minutes.

Interested? Call Program Advising at Ext. 4338.

CR AESTHETICS™
LOOK AS GREAT AS YOU FEEL
Introducing Canyon Ranch aesthetics™ – products that replenish, plump and smooth skin. Meet with a team that will create a treatment plan specific to your goals using the finest skincare products and injectables, including JUVÉDERM®, BOTOX® and LATISSE®.

Book an appointment, Monday through Friday: Call Ext. 4112.

MY SCHEDULE SUNDAY

6 am
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PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
MONDAY | JUNE 10, 2019
PROPERTY ORIENTATION 9am & 11am. Meet in Clubhouse Lobby.

HIKING & BIKING
You’ll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness.

Food, water, backpack and poles are provided.
Please dress for the weather and wear hiking boots or appropriate cycling footwear.

5:30 AM
PHOTOGRAPHY HIKE Limit: 8 Spa Lobby
4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.

6:00 AM
MORNING WALKS A Spa Lobby

7:00 AM
PICKLEBALL INTRO CLINIC Tennis Courts
50 min. $90 Sign up: Spa Activity Board.
NEW ROCK CLIMBING, NATURALLY Limit: 6 Spa Lobby
5 hr. $425 Sign up: Outdoor Sports Activity Board.

7:30 AM
BOGAFIT BOOT CAMP CLINIC Limit: 10 T-Pool
$90 Sign up: Ext. 4338.

8:00 AM
CENTERING MEDITATION A Sanctuary
30 min.

TENNIS: INTERMEDIATE/ADVANCED CLINIC
$90 Sign up: Spa Activity Board.
CR STARTER Canyon Ranch Grill™

Your first visit to Canyon Ranch, only better! Enjoy breakfast with a Canyon Ranch expert to learn the ropes and gain helpful tips to make the most of your stay.

8:30 AM
FITNESS FOR YOUR FEET® A Limit: 30 Gym 1
20 min.

9:00 AM
STRETCH A Limit: 30 Yoga Studio
H2O POWER A Limit: 24 T-Pool
CORE CONDITIONING II/III Limit: 24 Gym 1
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
NEW STRETCH & ROLL A Limit: 24 Gym 2
MUSCLE MAX II/III Gym 3
GOLF CLINIC: IRONS Limit: 4 Golf Performance Center
$105 Sign up: Ext. 4338.

THE SPIRITUAL POWER OF BEING PRESENT Cactus Room
Guided by Spiritual Wellness Director Stephanie Ludwig, PhD, MA, MDiv, learn how to pay attention to the richness of life unfolding right now and embrace your full power of presence.

10:00 AM
NOON
TRX® 101 I/II Limit: 11 Gym 3
30 min.

LUNCH & LEARN
Demo Kitchen
Enjoy PECAN CRUSTED CHICKEN WITH LOCAL GOAT CHEESE, soup, salad and dessert and watch our demo chef prepare the entree.

COMMUNITY TABLE: FOOD DEVELOPMENT Canyon Ranch Grill™
Learn about the Canyon Ranch “food story” and how the synergy between food and nutrition shapes the great tasting, healthy cuisine at Canyon Ranch.

1:00 PM
INTRO TO WALLYBALL I Racquet Ct. 1
BETTER FOOTWEAR: THE ROAD TO HAPPY FEET Spa Lobby
Canyon Ranch footwear expert Cindi Binder will show you how to select the right athletic shoes, and how to correct alignment and relieve foot pain using orthotics.

NEW MEAL PLANNING MADE EASY Cactus Room
Explore two meal planning systems using a cook/workbook and an online platform. Our nutritionist will show you how to save time and energy while preparing tasty, nutritious, portion-controlled meals.

CURRENT CONTROVERSIES IN SEXUAL HEALTH RESEARCH FE Catalina Room
Learn about the latest research about treatment for low libido, marketing for sexual health, sex addiction and much more with Kristen Mark, PhD, MPH, from the University of KY and Nicola Finley, MD.

KNOW YOUR LEVEL
Choose the right activities for you. We describe our fitness levels at the back of the daily schedule, so you can decide which classes & outings will safely meet your needs & interests.
Questions? Call Program Advising at Ext. 4338.
2:00 PM
STRETCH  A  Limit: 30  Gym 2
BOXER’S WORKOUT  III  Limit: 12  Gym 3
YOGA FOUNDATIONS  I  Yoga Studio
NEW GAME TIME READY  III  Limit: 15  Gym 1
PILATES REFORMER TOWER WORKOUT  Limit: 5  Pilates Studio
$90  Sign up: Ext. 4338.

HANDS-ON COOKING CLASS: THE CHICKEN & FISH SOLUTION  Limit: 12  Demo Kitchen
We will teach you how to cook these two proteins perfectly. Along with healthy easy to make sauces, marinades, and crusts, you can finally say goodbye to boring, overcooked chicken and fish.
2 hr.  $149  Sign up: Ext. 4338.

ASTROLOGY: BEYOND THE BASICS  Spa Lobby
Your astrological chart is a mandala that reveals both life purpose and personal synchronicity. Join Canyon Ranch astrologer Shivani Baker, as they reveal what popular horoscopes don’t tell you.

3:00 PM
YOGA PILATES BLEND  II/III  Yoga Studio
ROCKIN’ RETRO  I/II  Gym 1
LONG & LEAN BARRE WORKOUT  A  Limit: 25  Gym 2
FREEFORM FUSION  II/III  Limit: 15  Gym 3
WALLYBALL  II/III  Racquet Ct. 1
BOD POD® BODY COMPOSITION DEMO  Spa Lobby
See a demonstration of this quick, non-invasive test to measure body composition. A Canyon Ranch exercise physiologist will explain the importance of lean body mass.
30 min.

SENSE & SENSUALITY: HOW THE BODY’S POSITION INFLUENCES OUR PLEASURE  FE  CME  Catalina Room
Join Certified Athletic Trainer Maria Delliveneri as she makes the connection between our bodies’ natural asymmetries and their influence on our breath, movement, and pleasure as we age.

4:00 PM
INDOOR CYCLING  A  Limit: 19  Indoor Cycling Studio
RESTORATIVE YOGA  A  Limit: 20  Yoga Studio
STRETCH & RELAXATION  A  Gym 2
INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN  Spa Lobby
Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

5:00 PM
MEDITATION  A  Sanctuary
30 min.

AUTHENTICALLY LOCAL  Double U Café
Enjoy local, seasonal cuisine in a relaxed, casual environment. This means Southwestern spice and heritage ingredients - all from Tucson, the first UNESCO City of Gastronomy in the U.S.

OPEN 12-STEP RECOVERY MEETING  Mesquite Room
Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery.

UNFOLDING FEMALE SENSUALITY  FE  Cactus Room
Pamela Dintaman, Spiritual Wellness Provider, guides us in opening to erotic energy and body wisdom as part of spirituality. Explore obstructions around shame, consent, pleasure and intimacy.
This presentation is directed toward a female audience.

6:00 PM
OSTEOPOROSIS & EXERCISE  CME  Catalina Room
An exercise physiologist will discuss ways to modify your exercise program to optimize bone health.

7:00 PM
CLIMBING FOR FITNESS  Limit: 8  Spa Lobby
2 hr.  $155  Sign up: Outdoor Sports Activity Board or call Ext. 4355.

Experience Guide HIGHLIGHTS
BUILDING BETTER RELATIONSHIPS
Healthy, loving relationships are a source of joy and well-being. They can also be challenging. Clarify the underlying issues, identify alternative communication strategies and develop skills to enhance any relationship.
You can use your service allowance toward this life-enhancing session.
50 minutes.
Intrigued? Call Program Advising at Ext. 4338.

SHOCKWAVE & CLASS IV LASER
For an injury that has been causing you pain or limiting your range of movement and activity, Extracorporeal Shockwave Therapy, Class IV Laser Therapy or a combination to aid the body’s natural healing process. These treatments have been shown to bring pain relief where other nonsurgical, noninvasive treatments have failed.

Intrigued? Medical Scheduling at Ext. 4419.

MY SCHEDULE  MONDAY
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PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
**HIKING & BIKING**

You’ll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness.

Food, water, backpack and poles are provided.
Please dress for the weather and wear hiking boots or appropriate cycling footwear.

6:00 AM
**BIRD WALK**  Limit: 8  Spa Lobby
2 hr.  Sign up: Outdoor Sports Activity Board or Ext. 4355.

**MORNING WALKS**  A  Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.

**HIGH ROPECES CHALLENGE COURSE**  Limit: 8  Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.

7:00 AM
**REBOUND JUMP BOOTS CLINIC**  II/III  Limit: 6  Racquetball Courts
$90  Sign up: Ext. 4338.

8:00 AM
**TAI CHI A**  Yoga Studio
30 min.

**CENTERING MEDITATION A**  Sanctuary
30 min.

**TIENNS: INTERMEDIATE/ADVANCED CLINIC**  Tennis Courts
$90  Sign up: Spa Activity Board.

8:30 AM
**DYNAMIC STRETCH EXPRESS II/III**  Gym 2
20 min.

**MEMBERSHIP & REAL ESTATE**  Spa Lobby
Learn how to become a Canyon Ranch Member - or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®.
30 min.

9:00 AM
**YOGA FOUNDATIONS 2 I/II**  Yoga Studio
30 min.

**INDOOR CYCLING A**  Indoor Cycling Studio  Limit: 19  Sanctuary
30 min.

**AURA MEDITATION**  Spa Lobby
30 min.

**EPIC WATER BLAST III**  T-Pool  Limit: 20

**SURFSET FITNESS III**  Gym 3  Limit: 11

**STRIDE & STRENGTH A**  Cardio & Strength Gym  Limit: 14

**FITNESS FIRST I**  Gym 1

**CARDIO TENNIS CLINIC**  $90  Sign up: Spa Activity Board.

**CREATING WITH NATURE**  Art Studio 1  Limit: 8
2 hr.  $109  Sign up: Ext. 4338.

**MORE INFO Classes and Activities**

Look in the back of this weekly program for complete descriptions of classes, fitness levels and general information.

Need even more? Call Program Advising at Ext. 4338.
**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced, A– all levels  **FITNESS CLASSES** 45 min.;  **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

Your service allowance may be applied toward activity fees. This schedule is also found online at canyonranch.com/plan-your-stay.

FE – Featured Events: Women, Sensuality and Health  CME – Continuing Medical Education

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### 2:00 PM
**YIN YOGA** II  
**BUFF BOOTY** II  
**NEW STRETCH & ROLL** A  Limit: 24  
**LET’S DANCE** A  
**GOLF CLINIC: PUTTING**  Limit: 4  
**PIATES REFORMER CLINIC: INTERMEDIATE/ADVANCED**  Limit: 5

**$105 Sign up: Ext. 4338.**

### 3:00 PM
**CORE CONDITIONING** II/III  Limit: 24  
**WALLYBALL** II/III  
**DESERT DRUMMING** A  Limit: 21

**$90 Sign up: Ext. 4338.**

### 4:00 PM
**STRETCH & RELAXATION** A  
**INDOOR CYCLING** A  Limit: 19  
**RESTORATIVE YOGA** A  Limit: 20  
**GLUTE TRANSFORMATION CLINIC**  Limit: 5

**$90 Sign up: Ext. 4338.**

### 5:00 PM
**TACO NIGHT**  
**OPEN 12-STEP RECOVERY MEETING**  
**YOGA & SENSUALITY** FE  
**NUTRIGENETICS FOR PERSONALIZED WEIGHT LOSS - THE FUTURE IS HERE!**

**$50 Sign up: Ext. 4338.**

### 6:00 PM
**HANDS-ON COOKING CLASS: FOR THE LOVE OF CHOCOLATE**  Limit: 12

**$69 Sign up: Ext. 4338.**

### 8:00 PM
**GAME NIGHT**  

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**Please be advised:** Scheduled activities are subject to change.

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**HANDS-ON COOKING**

**TASTY & FUN**

Enjoy learning new skills each day in the Demo Kitchen, located near the Double U Café. Our expert and always-entertaining chef shares professional tips for you to take home inspiration, confidence and easy-to-prepare recipes.

Interested? Call Program Advising at Ext. 4338.

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**KNOW YOUR LEVEL**

Choose the right activities for you. We describe our fitness levels at the back of the daily schedule, so you can decide which classes & outings will safely meet your needs & interests.

Questions? Call Program Advising at Ext. 4338.

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**MY SCHEDULE TUESDAY**

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**PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.**
WALKS & RUNS

Morning walks daily 6:00 AM - A
Please bring your water bottle for all walks.
30-minute walk — Level I.
15-minute-per-mile pace (4 mph on a treadmill). 2-mile walk with gentle inclines. Daily
45-minute walk — Level II-III.
13-minute-per-mile pace (4.5 mph on a treadmill). 3-mile walk with inclines. Daily
8-mile walk — Level III.
12-13.5-minute-per-mile pace (4.5-5.0 mph on the treadmill). Sa 6:30 AM

CARDIO & WEIGHT GYM:
6:30 am to 6 pm – Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. 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.

SIX CLASS CATEGORIES:
Aquatic • Cardio • Dance • Flexibility • Mind-body • Strength

FOUR FITNESS LEVELS:
I (Beginner)  II (Intermediate)  III (Advanced)  A (All Levels)
A complete and well-balanced program will ideally include a combination of cardio, strength and flexibility.

BEGINNER
All, 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 or 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/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 later than 5 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 wearing aqua socks or athletic socks in the pool.
• The two-mile loop is open from dawn to dusk.
AERobic and anaerobic workout.

CARDIO COMBAT

Cardio circuit workout using cardio machines and strength equipment. Daily 10am

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. Th, Su, Mo 10am; Tu 3pm

DESSERT DRUMMING

Burn calories, release stress and feel the joy by drumming on a physioball in this fun, invigorating class. We 11am; Th, Su, Tu 3pm

FIERCE! TABATA WORKOUT

Fast and furious integrated intervals are enhanced with core strength exercises. Tabata offers the best cardio training techniques to provide a full-body workout. We 11am; Fr, Tu 10a; Su 9am

FITNESS FIRST

Easy-to-follow, gentle, low-impact choreography including functional exercises and stretching. Th 10am; Su, Tu 9am

GAME TIME READY

Test you athleticism with this class incorporating plyometric, speed and coordination drills. Th 9am; Sa, Mo 2pm; Su 3pm

HIIT IT!

30 minutes of high-intensity training with minimal breaks. Increase cardio output using athletic and strength training for an all-round aerobic and anaerobic workout. We, Fr, Su 4pm; Th, Sa 12pm
**MIND-BODY**

**AERIAL HAMMOCK YOGA CLINIC**
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. Please see a Program Advisor for restrictions. Th, Su 12pm; Fr 4pm

**AURA MEDITATION**
Join Canyon Ranch clairvoyant Pat Bruckmann for a guided aura-clearing meditation. Tu 9am

**BREATHING**
Learn proper breathing techniques for relaxation and stress reduction. Th, Su, Tu 1pm

**CENTERING MEDITATION**
Take 30 minutes to start your day by getting in touch with your daily intention and connecting with your breath. We, Fr, Su, Mo, Tu 8am

**CHAIR YOGA**
This class uses chairs and incorporates balancing and other standing poses. Ideal if you don’t want to sit on the floor, or would like to try chair yoga for breaks at work. We, Fr, Mo 9am; Fr 2pm

**DAO-IN CHINESE YOGA**
This Taoist practice helps attune your chi and the five elements in your body with universal vitality. Through gentle movements and postures, you open your meridian channels and dissipate negativity. Fr 4pm

**DRUMMING CIRCLE**
Experience the spirit and magic of rhythm by playing percussion instruments in this don’t-miss class. No musical training necessary. Instruments provided. Sa 10am

**FREEFORM FUSION**
This Pilates-inspired class features the freeFORM board - a core-conditioning system on wheels: an unstable surface to challenge sense of body position, flexibility, balance and core stability. We, Sa 2pm; Mo 3pm

**GENTLE VINYASA**
A yoga flow class using components of sun salutations and other postures requiring standing, forward bending and kneeling. Sa 2pm

**GLOW-GA**
Glow sticks, body paint and good vibes are welcome in this upbeat yoga class. Loosen up after a full day to the sounds of chart-topping music to put you in a good mood. Su 7pm

**GYROKINESIS**
Release neck and shoulder tension using rhythmic, spiraling movements to open energy pathways, open your joints and improve your posture. Th, Sa 1pm

**INTERMEDIATE YOGA**
This nonflow class will deepen your practice as we move into more challenging postures with focus on alignment and form. We 3pm; Th, Fr, Mo 11am

**MEDITATION**
Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. We, Th, Fr, Sa, Su, Mo 5pm

**PILATES CIRCUIT CLASS**
This total-body Pilates workout incorporates small props such as the magic circle, freeFORM Board and Fletcher Towel, focusing on core activation, mobility and stability. Th 3pm; Fr 10am

**PILATES FOR BALANCE**
Take your Pilates Magic Circle class to another level by incorporating exercises on an unstable surface. Challenge your mobility, core strength and balance all at once. Su 2pm; Mo 9am; Tu 10am

**PILATES MAGIC CIRCLE**
Learn how to use the Pilates magic circle to engage your core, strengthen and stretch. Sa 11am

**PILATES MAT I**
Learn the fundamentals and the beginning exercises of the Pilates mat discipline. We 11am
Pilates Reformer Clinic: Beginning
Increase body awareness as you focus on breathing, alignment, stabilization of the upper body and lower body and lengthening the spine.
Th 11am; Sa 2pm; Tu 10am

Pilates Reformer Clinic: Intermediate/Advanced
This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required.
Tu 2pm

Pilates Reformer Tower Workout
The Pilates Tower and Reformer is designed to work the deepest abdominal muscles while dramatically sculpting your legs, butt, arms and back. Leave this workout feeling totally exhilarated!
We 9am; Fr 11am; Mo 2pm

Pilates to the Beat
This is a lively, Pilates mat-inspired class that’s choreographed to upbeat pop songs. Challenge yourself to rhythmically flow from one exercise to next - it’s toe-tapping fun.
Fr 3pm

Power Flow
Focus on stamina, strength and power, using variations of sun salutations and balancing postures in this power flow yoga class.
Th 3pm; Sa 11am

Qi Gong
This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind.
Fr 1pm; Su 8am

Restorative Yoga
Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses.
We, Th, Sa, Su, Mo, Tu 4pm

Sunrise Yoga
Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice.
Th 7am

Tai Chi
Experience this ancient Chinese movement practice that helps conserve and develop life energy.
Tu 8am

Tai Chi Sword
Learn to enhance the fluency of chi with Taoist sword techniques.
We 1pm

Vinyasa Flow
Stretch, balance and flow through challenging, intermediate-level postures that connect movement and breath. Build endurance, flexibility and strength.
Fr 3pm; Su, Tu 11am

Yin Yoga
Release deeply held tension in this quiet, contemplative class which takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes.
Su, Tu 2pm

Yoga & Sensuality
Explore how yoga can augment female sexuality. Join yoga instructor Tanja Bungardt-Price & Nicola Finley, MD as you move through yoga poses and learn the about the intersection of yoga & sexuality.
Tu 5pm

Yoga for a Healthy Back
Learn postures and breathing techniques that help maintain a healthy back.
Th 2pm; Su 9am

Yoga Foundations
This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing.
Su 3pm; Mo 2pm

Yoga Foundations 2
Deepen your practice and move beyond the fundamentals of Yoga Foundations. This nonflow practice will focus on standing, kneeling and seated poses as well as breathing techniques.
Th, Tu 9am

Yoga Pilates Blend
Vinyasa yoga meets Pilates mat method in this flow-style workout. A great opportunity to practice both disciplines in one class.
We 2pm; Sa 9am; Mo 3pm

Outdoor Sports

Bird Walk
Enjoy a bird-watching stroll around the Ranch and neighboring horse farm. Binoculars provided.
Sa, Tu 6am

Climbing for Fitness
Climb our rock wall for a great workout.
Fr 6:30am; Mo 7pm

High Ropes Challenge Course
Two levels and 16 elements make the High Ropes Course an exciting mental and physical activity.
We 7pm; Sa 6:30am; Tu 6am

Intuitive Archery
There is more to getting the arrow from the bow to the target than mere technical knowledge. Come explore the mindfulness skills and archery techniques that will help you with your archery practice.
Th 6:30am; Su 6am

Native Awareness
Experience the outdoors as you learn mobile meditation techniques led by a Canyon Ranch Outdoor Sports expert.
We 9am

Photography Hike
Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided.
Fr, Mo 5:30am

Primitive Fire-Making
Connect with the primal thrill of creating fire.
We 6am

Rock Climbing, Naturally
Join our rock climbing facilitators on an excursion to the Catalina Mountains to learn how to climb on natural rock. We’ll use iconic climbing routes in stunning scenery. All levels are welcome.
We, Mo 7am

Twilight Photo Walk
Learn how to photograph nature on this afternoon photo walk around the Ranch. A camera and a thumb drive of your images will be provided.
Th 4pm

Strength

Above & Below the Belt
Use various types of props in this 10-station, circuit-based endurance class.
We 10am; Sa 9am

Buff Booty
Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance.
We, Sa 3pm; Fr, Su, Tu 2pm

C2M: Conditioning to the Max
Combine power, strength and stability for a full conditioning experience and learn the importance of unilateral movements to decrease compensations and create more power.
We 10am; Th 3pm; Mo 9am

Core & More
Twenty minutes focused on strengthening your abs and lower back.
Fr, Su, Tu 8:30am

Glute Transformation Clinic
Training your glutes is about more than just aesthetics; learn how you can prevent injury, improve athletic performance, and enhance your general fitness by targeting the glutes.
Su 12pm; Tu 4pm

Kettlebell 101
This class integrates strength movements to provide a cardiovascular-based, full-body workout. Challenge your muscle endurance and core stability, and experience kettlebells in a safe environment.
We 12pm

Long & Lean Barre Workout
High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre.
We, Th 9am; Sa 2pm; Mo 3pm

MoveStrong: Advanced Functional Training
Challenge your body with the MoveStrong™ Functional Training System. Using your body weight and moving objects, you’ll build cardiovascular endurance and strength.
We, Fr 2pm; Tu 11am
**MUSCLE MAX**
Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment.
**Th 11am; Fr 3pm; Sa, Mo 10am**

**ON THE BALL**
Use a stability ball to improve muscle tone, balance, posture and coordination. **Th 10am**

**POSTURE & BALANCE**
Learn the importance of training the muscles on the back of your body - known as the posterior chain. Explore balance exercises with various pieces of equipment to improve your posture and balance. **Fr 9am**

**STRENGTH BASICS**
Learn and perform nine exercises that will start you on your way to foundational strength training, incorporating body weight and dumbbells. **We, Fr 4pm**

**TRX® 101**
As we introduce you the TRX® suspension straps, learn a new way to strengthen your body. **Th, Mo 12pm**

**TRX® FUSION**
Advanced fusion workout using TRX® and kettlebell equipment. Strength, cardio and core training are the focus in this dynamic-duo class. **TrX® and kettlebell experience recommended. Fr 11am; Tu 10am**

**TRX® STRONG**
Focus on developing strength in this challenging full-body workout using the TRX® straps. **TrX® 101 is recommended before attending. We 3pm; Su 11am**

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**HIKING & BIKING**
| To schedule private activities please call Outdoor Sports at Ext. 4355, between 8 am and 4 pm. |
| **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. |
| Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided. |
| **Bike rides** – 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. |

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

It is important that you choose a hike 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.

**TenNIS**

**CARDIO TENNIS CLINIC**
Enjoy a heart-pumping cardio tennis workout to music. We, Th, Fr, Mo, Tu 9am

**PICKLEBALL INTRO CLINIC**
Learn the basics skills of this highly popular game from our tennis pros We, Fr, Mo 7am

**TENNI S MIXER**
Our Round Robin doubles mixer is a great way to meet other players. No partner needed. Level: Intermediate. Fr, Tu 10am

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**We Share the Desert**

**BE AWARE, BE SAFE**

The Sonoran Desert is home to fascinating wildlife. Enjoy watching them, watch where you walk, and keep your distance.

**Javelinas** travel in herds and will normally avoid you, but can be protective if you get near their babies.

If you see a bobcat or (extremely unlikely) a mountain lion, maintain eye contact and back away slowly. Do not run. And never walk barefoot in the desert.

**NEVER feed, touch or bother any wildlife you see here.**

It’s dangerous, against the law – and it’s exciting enough just to see them.
HEALTH TIPS
Excerpted from Mel’s Tips for Healthy Living by Mel Zuckerman, Canyon Ranch founder & wellness visionary.
EXCELLENT REASONS TO GET A MOVE ON
Exercise makes you feel proud of yourself: There’s no more satisfying and legitimate source of self-esteem than knowing you’re taking good care of you.

Many forms of exercise get you outside: There’s no substitute for fresh air and time spent in the natural world.

HAVE YOU TRIED THESE?

COCONUT MELT
This rejuvenating experience uses warm coconut poultices to leave your skin soft, smooth and supple. Relax deeply as gentle heat aids in the penetration of this amazing oil.

MEDICAL GAIT & ORTHOTIC ANALYSIS
Sore, tired, achy feet? Meet with a certified athletic trainer for a Medical Gait and Orthotic Analysis to create strategies for pain relief and getting you to put your best foot forward.

MOVESTRONG FUNCTIONAL FITNESS TRAINING
Working with a trainer, use your body weight as resistance to build strength that carries over to real-world activities, using our MoveStrong Functional Training equipment. This advanced total body workout is not recommended for those with limitations and/or injuries.

For more information on these services, call Ext. 4338.

LIFE ENHANCEMENT CENTER® TOURS
Learn about our weeklong immersive wellness programs, including the popular ACHIEVE: Reach Your Healthy Weight. Find renewed inspiration to live your best and healthiest life.

Please call Ext. 4465 to arrange for a personal tour.

HEALTHY temptations
You have wonderful dining options at Canyon Ranch. Our advice: Try them all.

DOUBLE U CAFÉ
Indoors or outside? Choose the bright café setting or poolside dining with mountain views. Order at the counter from a menu of light fare and complete meals. Perfect whether you have a class to run to or you feel like lingering. Plus, you can grab a smoothie, snack or espresso drink all day.

Making it special. Check the schedule each day for themed nights featuring favorite cuisines:
Paella | Mexican Fare | Arizona Grill | Authentic Southwestern

CANYON RANCH GRILL™
The place for friendly table service and wholesome delectables – in an environment of casual elegance. Bon appétit!

DEMO KITCHEN
Watch a Canyon Ranch chef prepare your lunch, spicing things up with surprising tips, professional techniques and plenty of fun. No sign-up necessary, although space is limited. Don’t miss the show!

Become a barbeque hero. Conquer the mighty chicken. Learn healthy foodie fundamentals. Or master one simpler-than-it-looks meal that becomes your specialty for easy entertaining.

Canyon Ranch chefs teach practical skills that can help you in the kitchen every day. Take home well-earned confidence and Ranch recipes that will leave your friends asking, “How’d you do that?”

Ask about Hands-On Cooking classes, or find them in this Daily Schedule. Held in the Demo Kitchen. 2 hours. $169
PHOTO NUMBERS

Beauty Salon (appts.).......................... 4414
Bell Services ........................................4320
Canyon Ranch Grill™ ........................... 4313
CR aesthetics™ ...................................... 4112
CR™ shops ............................................ 4442
Double U Café .................................... 4100
Exercise Physiology ........................... 4730
Fitness .................................................. 4356
Golf Performance Center ................. 4627
Guest Services ..................................... 4312
Hotel Operator ..................................... 0
Housekeeping ....................................... 4367
Life Enhancement Center® ............. 4465
Life Management ................................. 4430
Lifeguard ................................................................
Medical .................................................. 4419
Memberships ......................................... 4567
Message Retrieval ................................... 0
Nutrition ............................................... 4480
Outdoor Sports (Hiking & Biking) ....... 4355
Program Advisors ................................ 4338
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Showcase Boutique .............................. 4318
Skin Health (appointments) ............... 4411
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Welcome Center .................................... 4331

Canyon Ranch

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