YOUR DAILY SCHEDULE
JUNE 19 – 25, 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.

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**6:00 AM**

**MORNING WALKS** A 60 min.

**PRIMITIVE FIRE-MAKING** Limit: 6 2 hr. Sign up: Outdoor Sports Activity Board or call Ext. 4355.

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**7:00 AM**

**PICKLEBALL INTRO CLINIC** 50 min. $90 Sign up: Spa Activity Board.

**NEW ROCK CLIMBING, NATURALLY** Limit: 6 5 hr. $425 Sign up: Outdoor Sports Activity Board.

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**8:00 AM**

**CENTERING MEDITATION** A 30 min.

**TENNIS: INTERMEDIATE/ADVANCED CLINIC** $90 Sign up: Spa Activity Board.

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**8:30 AM**

**FITNESS FOR YOUR FEET®** A Limit: 30 20 min.

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**9:00 AM**

**STRIDE & STRENGTH** A Limit: 14

**NATIVE AWARENESS** Limit: 10

**LONG & LEAN BARRE WORKOUT** A Limit: 25

**NEW YOGA FOR DETOX** A

**CARDIO COMBAT** III Limit: 16

**RHYTHMIC CYCLING**

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

**PILES REFORMER TOWER WORKOUT** Limit: 5

**CERAMIC EXPRESSIONS** Limit: 8 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.

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**10:00 AM**

**H2O POWER** A Limit: 24

**STRETCH** A Limit: 30

**NEW C2M: CONDITIONING TO THE MAX** II/III Limit: 18

**ABOVE & BELOW THE BELT** I/II Limit: 20

**CARDIO CIRCUIT** II Limit: 20

**NEW STRETCH & ROLL** A Limit: 24

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**11:00 AM**

**FIerce! TABATA WORKOUT** III

**WALLYBALL** I/II/III

**NEW POSTURE & BALANCE IN THE WATER** A Limit: 15

**PILATES MAT** I

**DESERT DRUMMING** A Limit: 21

**NEW POTTER'S WHEEL DEMO**

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.

**SPIRIT & MEDICINE**

Join Nicola Finley, MD, in an exploration of the role of spirituality in medicine. Learn about the role of mind-body medicine and how social and environmental factors affect your health.

**1:00 PM**

**TAI CHI SWORD** A

**INTRO TO WALLYBALL** I

**NEW HEALING BOTANICALS**

**IN WATERCOLOR & INK**

**NEW RECOVERY FOR YOUR FEET**

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.

**PUTTING THE PAUSE ON MENOPAUSE** CME Catalina Room

Meet Canyon Ranch physician Diane Downing, MD, and explore your options in the transition into menopause.

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**2:00 PM**

**YOGA PILATES BLEND** I/II/III

**MOVESTRONG: ADVANCED FUNCTIONAL TRAINING** III Limit: 10

**ZUMBA®** A

**FREEFORM FUSION** II/III Limit: 15

**GOLF CLINIC; DRIVING** Limit: 4

**HANDS-ON COOKING CLASS:**

**ENTERTAINING EXPRESS** Limit: 12

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.

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**Property Orientation**

9am & 11am. Meet in Clubhouse Lobby.
3:00 PM
WALLYBALL  II/III  Racquet Ct. 1
NEW TRX® STRONG II/III  Limit: 11  Gym 3
INTERMEDIATE YOGA II  Yoga Studio
BUFF BOOTY II  Gym 1

4:00 PM
RESTORATIVE YOGA A  Limit: 20  Yoga Studio
STRENGTH BASICS I  Limit: 10  Cardio & Strength Gym
STRETCH & RELAXATION A  Gym 2
HIIT I!  III  Limit: 12  Gym 1
30 min.
NEW ALPHA CYCLING A  Limit: 19  Indoor Cycling Studio
60 min.

SCIENCE & NEAR-DEATH EXPERIENCES  Catalina Room
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  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.
LIVING AS YOUR TRUE SELF  Cactus Room
Join Spiritual Wellness Director Stephanie Ludwig, PhD, MA, MDiv, to discover the peace of mind and heart that comes with the courageous practice of living authentically.

6:00 PM
LIVING THROUGH LUNAR CYCLES  Catalina Room
Learn practical ways of incorporating lunar energy into your healthy living routine. Astrologer Will McCastle details how the moon’s phases and movement through the zodiac can increase your potential.

7:00 PM
HIGH ROPE CHALLENGE COURSE  Limit: 8  Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.
HAPPINESS - WHY IS IT SO ELUSIVE?  Cactus Room
University of Arizona College of Science Assistant Dean Bob Logan discusses the pursuit of happiness and how it relates to brain function. You’ll gain insights for living with passion and purpose. 1 hr. 10 min.

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
- **Morning Walks**  
  Limit: 6  
  **Spa Lobby**  
  Intuitive Archery  
  Sign up: Ext. 4338.

### 7:00 AM
- **Sunrise Yoga II/III**  
  **T-Pool**  
  60 min.
- **Rebound Jump Boots Clinic II/III**  
  Limit: 6  
  **Racquetball Courts**  
  Sign up: Ext. 4338.

### 7:30 AM
- **Bogafit Boot Camp Clinic**  
  Limit: 10  
  **T-Pool**  
  Sign up: Ext. 4338.

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

### 8:30 AM
- **Dynamic Stretch Express II/III**  
  **Gym 2**  
  20 min.

### 9:00 AM
- **Synchronized Swim Workout II/III**  
  **T-Pool**  
- **New Game Time Ready III**  
  Limit: 15  
  **Gym 1**
- **Indoor Cycling A**  
  Limit: 19  
  **Indoor Cycling Studio**
- **Long & Lean Barre Workout A**  
  Limit: 25  
  **Gym 2**
- **Above & Below the Belt I/II**  
  Limit: 20  
  **Gym 3**
- **Stride & Strength A**  
  Limit: 14  
  **Cardio & Strength Gym**  
  **Tennis Courts**
- **Cardio Tennis Clinic**  
  Sign up: Spa Activity Board.
- **New Asian Brush Painting**  
  Limit: 8  
  **Art Studio 1**  
  2 hr.  
  $109  
  Sign up: Ext. 4338.

### 10:00 AM
- **Fitness First I**  
  **Gym 3**
- **Cardio Circuit II**  
  Limit: 20  
  **Cardio & Strength Gym**
- **Core Conditioning II/III**  
  Limit: 24  
  **Gym 1**
- **On the Ball A**  
  Limit: 20  
  **Gym 2**
- **Stretch A**  
  Limit: 30  
  **Yoga Studio**
- **H2O Power A**  
  Limit: 24  
  **T-Pool**
- **Golf Clinic: Putting**  
  Limit: 4  
  **Golf Performance Center**  
  $105  
  Sign up: Ext. 4338.

## NOON
- **Hiit It! III**  
  Limit: 12  
  **Gym 1**  
  30 min.
- **Aerial Hammock Yoga Clinic**  
  Limit: 5  
  **Gym 3**  
  $90  
  Sign up: Ext. 4338.
- **Lunch & Learn**  
  **Demo Kitchen**
  Enjoy Smoked Chicken Tacos with Guacamole and Roasted Vegetable Salsa, soup, salad and dessert and watch our demo chef prepare the entree.

## Quiet Time
- **Community Table: Membership Sales**  
  **Canyon Ranch Grill™**
  Learn how Membership at Canyon Ranch is the best investment you can make in lifelong health for you and your family.

### 1:00 PM
- **Gyrokinesis A**  
  Limit: 15  
  **Gym 1**
- **Intro to Wallball I**  
  Sign up: Spa Activity Board.
- **Breathing A**  
  **Spa Lobby**
  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.

### 2:00 PM
- **Boxer's Workout III**  
  Limit: 12  
  **Gym 3**
- **Zumba® A**  
  **Gym 1**
- **New Stretch & Roll A**  
  Limit: 24  
  **Gym 2**
- **Yoga for a Healthy Back I**  
  **Yoga Studio**
- **Golf Clinic: Chipping**  
  Limit: 4  
  **Golf Performance Center**  
  $105  
  Sign up: Ext. 4338.
- **Hands-on Cooking Class: Quick Fix**  
  Limit: 12  
  **Demo Kitchen**
  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.  
  2 hr.  
  $149  
  Sign up: Ext. 4338.
THURSDAY | JUNE 20, 2019

3:00 PM
WALLYBALL II/III Racquet Ct. 1
PILATES CIRCUIT CLASS A Limit: 20 Gym 3
POWER FLOW II/III Yoga Studio
NEW C2M: CONDITIONING TO THE MAX II/III Limit: 18 Gym 1
DESERT DRUMMING A Limit: 21 Gym 2
TEA AT THREE MEMBERS ONLY Double U Café

Members are invited to enjoy afternoon tea with Joanie Zimmermann, Corporate Director of Memberships. She would love to meet with you and answer any questions while you’re here.

THE SIXTH SENSE: HARNESING YOUR INTUITION Catalina Room
Ranch clairvoyant Pat Bruckmann will discuss how to access the unlimited knowledge the universe has to offer.

4:00 PM
RESTORATIVE YOGA A Limit: 20 Yoga Studio
INDOOR CYCLING A Limit: 19 Indoor Cycling Studio
STRETCH & RELAXATION A Gym 2
TWILIGHT PHOTO WALK Limit: 8 Spa Lobby
3 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355 for current time and to sign up.

5:00 PM
MEDITATION A Sanctuary
30 min.
MEXICAN FARE Double U Café
Kick back and enjoy an authentic taste of Mexico.

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
SPIRITUAL CYCLING A Limit: 19 Indoor Cycling Studio
MASTERING THE MERCURY RETROGRADE Catalina Room
Canyon Ranch astrologer Will McCastle will explain how the Mercury Retrograde period can be a spiritually insightful time, when we benefit from expressions of the heart rather than the head.

7:00 PM
AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby
1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.

8:00 PM
THE TRUTH ABOUT FOOD ADDICTION Catalina Room
Join food addiction specialist, Dr. Ross MD, MPH as she explores the neurobiology behind food cravings and addresses historical shifts in food production that have promoted addictive behaviors.
## 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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHOTOGRAPHY HIKE</td>
<td>Spa Lobby</td>
<td>8</td>
<td>4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.</td>
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### 6:00 AM

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<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>MORNING WALKS A</td>
<td>Spa Lobby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLIMBING FOR FITNESS</td>
<td>Spa Lobby</td>
<td>8</td>
<td>2 hr. $155 Sign up: Outdoor Sports Activity Board or call Ext. 4355.</td>
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### 7:00 AM

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<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
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<tbody>
<tr>
<td>X-TREME OUTDOOR BOOT CAMP III</td>
<td>Spa Lobby</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PICKLEBALL INTRO CLINIC</td>
<td>Tennis Courts</td>
<td></td>
<td>50 min. $90 Sign up: Spa Activity Board.</td>
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### 8:00 AM

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<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>CENTERING MEDITATION A</td>
<td>Sanctuary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>Canyon Ranch Grill™</td>
<td></td>
<td>$90 Sign up: Spa Activity Board.</td>
</tr>
<tr>
<td>CR STARTER</td>
<td>Yoga Studio</td>
<td></td>
<td>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.</td>
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### 8:30 AM

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<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>CORE &amp; MORE A</td>
<td>Gym 2</td>
<td></td>
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</tr>
<tr>
<td>AERIAL ADVENTURE: ZIPLINE</td>
<td>Spa Lobby</td>
<td>8</td>
<td>1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.</td>
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### 9:00 AM

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<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>EPIC WATER BLAST III</td>
<td>T-Pool</td>
<td>20</td>
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<tr>
<td>INDOOR CYCLING A</td>
<td>Indoor Cycling Studio</td>
<td>19</td>
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<tr>
<td>CHAIR YOGA I</td>
<td>Yoga Studio</td>
<td>20</td>
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<tr>
<td>ZUMBA® A</td>
<td>Gym 1</td>
<td></td>
<td></td>
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<tr>
<td>STRETCH &amp; STRENGTH A</td>
<td>Cardio &amp; Strength Gym</td>
<td>14</td>
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<tr>
<td>SURFSET FITNESS III</td>
<td>Tennis Courts</td>
<td>11</td>
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<tr>
<td>CARDIO TENNIS CLINIC</td>
<td>Spa Activity Board</td>
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<tr>
<td>NEW INSPIRED SKETCHBOOKING</td>
<td>Art Studio 1</td>
<td>8</td>
<td>2 hr. $105 Sign up: Ext. 4338.</td>
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<tr>
<td>SUMMER SOLSTICE MEDITATION</td>
<td>Sanctuary</td>
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### 10:00 AM

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<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
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<tbody>
<tr>
<td>FIERCE! TABATA WORKOUT III</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td>CARDIO CIRCUIT II</td>
<td>Cardio &amp; Strength Gym</td>
<td>20</td>
<td></td>
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<tr>
<td>NEW STRETCH &amp; ROLL A</td>
<td>Yoga Studio</td>
<td>24</td>
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<tr>
<td>STRETCH A</td>
<td>Tennis Courts</td>
<td>30</td>
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<tr>
<td>TENNIS MIXER</td>
<td>Spa Activity Board</td>
<td>12</td>
<td></td>
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<tr>
<td>H2O POWER A</td>
<td>T-Pool</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>PILATES CIRCUIT CLASS A</td>
<td>Gym 3</td>
<td>20</td>
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<tr>
<td>GOLF CLINIC: DRIVING</td>
<td>Golf Performance Center</td>
<td>4</td>
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<td>$105 Sign up: Ext. 4338.</td>
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### 11:00 AM

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<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
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<tbody>
<tr>
<td>TRX® FUSION III</td>
<td>Gym 3</td>
<td>11</td>
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<tr>
<td>INTERMEDIATE YOGA II</td>
<td>Yoga Studio</td>
<td></td>
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<tr>
<td>WALLYBALL I/II</td>
<td>Racquet Ct. 1</td>
<td>15</td>
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<tr>
<td>AQUA FIT II</td>
<td>Aquatic Center</td>
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<tr>
<td>ROCKIN’ RETRO I/II</td>
<td>Gym 1</td>
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<tr>
<td>PILATES REFORMER TOWER WORKOUT</td>
<td>Pilates Studio</td>
<td>5</td>
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<td>$90 Sign up: Ext. 4338.</td>
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<tr>
<td>STUDIO PAINTING: WATERCOLOR</td>
<td>Art Studio 1</td>
<td>6</td>
<td></td>
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<tr>
<td>2 hr. $109 Sign up: Ext. 4338.</td>
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### NOON

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<th>Activity</th>
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<th>Limit</th>
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<tbody>
<tr>
<td>FITNESS FOR YOUR FEET® A</td>
<td>Yoga Studio</td>
<td>30</td>
<td>20 min.</td>
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### LUNCH & LEARN

Enjoy CAULIFLOWER PIZZA CRUST WITH ROASTED ARTICHOKE, OLIVES & SWEET PEPPER SAUCE, soup, salad and dessert and watch our demo chef prepare the entrée.

### COMMUNITY TABLE: NUTRITION

A Canyon Ranch nutritionist will answer all your questions about our healthy and delicious food and let you know the broad range of services available.

### COMMUNITY TABLE: SELLING CANYON RANCH

What could make Canyon Ranch better? Being here with family and friends! Learn from a sales team member on how to organize an individual stay or group trip for a truly memorable experience.

### 1:00 PM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Description</th>
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<tbody>
<tr>
<td>QI GONG A</td>
<td>Yoga Studio</td>
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<tr>
<td>INTRO TO WALLYBALL I</td>
<td>Racquet Ct. 1</td>
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<tr>
<td>NEW INSPIRED SKETCHBOOKING</td>
<td>Art Studio 1</td>
<td></td>
<td>2 hr. $105 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td>SUMMER SOLSTICE MEDITATION</td>
<td>Sanctuary</td>
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<tr>
<td>SACRED WATER MEDITATION</td>
<td>Aquatic Center</td>
<td>9</td>
<td>Experience the healing power of water. Float in a warm pool as a spiritual wellness provider guides you in a soothing meditation, restoring connection to your sacred self. $59 Sign Up: Ext. 4338.</td>
</tr>
<tr>
<td>LEARN HOW TO FOCUS YOUR INTENTION</td>
<td>Catalina Room</td>
<td></td>
<td>With Canyon Ranch psychic Lesley Lupo, learn how to move a crystal pendulum by simply focusing your gaze.</td>
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</table>
FRIDAY | JUNE 21, 2019

2:00 PM
BUFF BOOY II
MOVESTRONG: ADVANCED
FUNCTIONAL TRAINING III
STRETCH A
BOXER’S WORKOUT III
NEW HEART-OPENING PRACTICE A
HANDS-ON COOKING CLASS: BBQ U
NEW ASK AN ASTROLOGER

3:00 PM
VINYASA FLOW II
PILATES TO THE BEAT II/III
MUSCLE MAX II/III
WALLYBALL II/III
BOD POD® BODY COMPOSITION DEMO

3:15 PM
WATSU DEMO

4:00 PM
STRENGTH BASICS I
NEW ALPHA CYCLING A
STRETCH & RELAXATION A
HIIT IT! III
DAO-IN CHINESE YOGA I
AERIAL HAMMOCK YOGA CLINIC

5:00 PM
MEDITATION A
PAELLA NIGHT

6:00 PM
PROBIOTIC POWERHOUSES CME
BINGO Pavilion

8:00 PM
MY SCHEDULE FRIDAY

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
2 hr. Spa Lobby

6:00 AM
MORNING WALKS A
Bird Walk Limit: 8
2 hr. Sign up: Outdoor Sports Activity Board or Ext. 4355.
HIGH ROPE CHALLENGE COURSE Limit: 8
3 hr. $235 Sign up: Outdoor Sports Activity Board or Ext. 4355.

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

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

9:00 AM
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym
CHAIR YOGA I Limit: 20 Yoga Studio
WORLD BEAT A Gym 1
KILLER DRILLS & SKILLS III Limit: 18 Gym 3
INDOOR CYCLING A Limit: 19 Indoor Cycling Studio
STUDIO PAINTING: ACRYLIC A Limit: 6 Art Studio 1
2 hr. $109 Sign up: Ext. 4338.

10:00 AM
DRUMMING CIRCLE A Gym 1
H2O POWER A Limit: 24 T-Pool
MUSCLE MAX II/III Gym 3
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
NEW STRETCH & ROLL A Limit: 24 Gym 2
STRETCH A Limit: 30 Yoga Studio
GOLF CLINIC: PITCHING Limit: 4 Golf Performance Center
$105 Sign up: Ext. 4338.

11:00 AM
WALLYBALL II/III Racquet Ct. 1
NEW POSTURE & BALANCE IN THE WATER A Limit: 15 Aquatic Center
BOSU 3D EXTREME III Gym 1
PILATES MAGIC CIRCLE A Limit: 25 Gym 3
POWER FLOW II/III Yoga Studio
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 GRILLED TRI TIP WITH SPANISH PESTO AND GARANZO BEAN SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.

COMMUNITY TABLE: FITNESS Canyon Ranch Grill™
Bring your questions and chat with one of our knowledgeable fitness professionals.

1:00 PM
GYROKINESIS A Limit: 15 Gym 1
INTRO TO WALLYBALL I Sign up: Spa Activity Board.
GOLF CLINIC: IRONS Limit: 4 Golf Performance Center
$105 Sign up: Ext. 4338.

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
ZUMBA® A Gym 1
GENTLE VINYASA I Yoga Studio
LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2
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.
MANAGING OSTEOARTHRITIS OF THE HIP AND KNEE CME Catalina Room
Taylor Wade, MS, LAT, ATC, talks about ways to efficiently manage osteoarthritis, and treatment advancements utilized at Canyon Ranch for osteoarthritis.
SATURDAY
JUNE 22, 2019
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MY SCHEDULE

3:00 PM
BUFF BOOTY II
GYM 1
ABOVE & BELOW THE BELT I/II Limit: 20
GYM 3
WALLYBALL II/III Racquet Ct. 1
Cactus Room
MYTH AND METAPHOR: A RECOVERY JOURNEY
Join addictions expert, Dr. Ross, MD, MPH as she uses Joseph Campbell’s “Hero’s Journey” to explore the recovery pathway and offers examples of narrative, art and other forms of myth and metaphor.

4:00 PM
STRETCH & RELAXATION A
GYM 2
RESTORATIVE YOGA A Limit: 20
Yoga Studio
INDOOR CYCLING A Limit: 19
Indoor Cycling Studio
PASSION!
New brain research provides some surprising and simple tools for sustaining enthusiasm and enhancing creativity and joy. A class in psychaerobics with Robert Maurer, PhD.
2 hr. $169 Sign up: Ext. 4338.

5:00 PM
MEDITATION A
SANCTUARY
30 min.
ARIZONA GRILL
DOUBLE U CAFE
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
THE HUMAN NEED FOR ATTENTION CME CACTUS ROOM
What are healthy and unhealthy types of attention? Join Robert Maurer, PhD, and learn about the surprising effects of attention on health.
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.

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
MORNING WALKS A
2 hr. $110 Sign up: Ext. 4338.

7:00 AM
ARCHAEOLOGICAL ADVENTURE 1 Limit: 8
5 hr. $110 Sign up: Outdoor Sports Activity Board.

8:00 AM
QI GONG A
CENTERING MEDITATION A
HANDS-ON COOKING CLASS:
COFFEE EXPERIENCE Limit: 12
30 min.
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

9:00 AM
SYNCHRONIZED SWIM WORKOUT II/III
NEW YOGA WITH PROPS A
INDOOR CYCLING A Limit: 19
STRIKE & STRENGTH A Limit: 14
FIERCE! TABATA WORKOUT III
FITNESS FIRST I

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

11:00 AM
WALLYBALL II/III Limit: 19
AQUA FIT I Limit: 15
ZUMBA® A
NEW TRX® STRONG II/III Limit: 11
STRETCH A Limit: 30
NEW YOGA FOR DETOX A
THE SCIENCE OF WEIGHT LOSS CME
An exercise physiologist will take a scientific look at metabolism and weight loss. Bring your questions and watch some weight-loss myths get blown out of the water.

NOON
INTRO TO INDOOR CYCLING I Limit: 19
GLUTE TRANSFORMATION CLINIC Limit: 5
AERIAL HAMMOCK YOGA CLINIC $90 Sign up: Ext. 4338.
COMMUNITY TABLE: SKIN CARE Learn about our skin care services and the product lines available. Samples are provided.

1:00 PM
INTRO TO WALLYBALL I
GOLF CLINIC: DRIVING II Limit: 4
BEAUTY STUDIO
CHANGE YOUR AURA, CHANGE YOUR LIFE Catalina Room
Join clairvoyant Pat Bruckmann to learn about auras and chakras and how you can improve your state of well-being.

2:00 PM
BUFF BOOTY II
SURFSET FITNESS III Limit: 11
YIN YOGA II
NEW PILATES FOR BALANCE II/III Limit: 15
GOLF CLINIC: PITCHING Limit: 4
$105 Sign up: Ext. 4338.
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.

NEW THE POWER OF SLEEP
Learn about the science behind sleep, its importance to your health, and practical strategies for improving the quantity and quality of your sleep. Expert Robert Maurer, PhD, leads this exploration. 1 hr. 30 min. $169 Sign up: Ext. 4338.
NEW THE ROAD TO AUTHENTICITY AND WISDOM THROUGH ASTROLOGY Cactus 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.
3:00 PM
DESSERT DRUMMING A  Limit: 21  Gym 2
YOGA FOUNDATIONS I  Yoga Studio
NEW GAME TIME READY III  Limit: 15  Gym 1
WALLYBALL II/III  Racquet Ct. 1

4:00 PM
STRETCH & RELAXATION A  Gym 2
INDOOR CYCLING A  Limit: 19  Indoor Cycling Studio
RESTORATIVE YOGA A  Limit: 20  Yoga Studio
BREAK THROUGH TO A CREATIVE LIFE  Sanctuary
Join creative expression provider Helen Walthier, JD, MLA, to gain insight into your creative process and enhance your creative journey. Hear inspiring stories of creativity and personal growth.

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.

6:00 PM
NEW INSPIRED SKETCHBOOKING  Limit: 8  Art Studio 1
2 hr. $109  Sign up: Ext. 4338.

7:00 PM
GLOW-GA A  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.

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

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HIKING & BIKING

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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  Tennis Courts
$90  Sign up: Spa Activity Board.
CR STARTER
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
PILATES FOR BALANCE II/III  Limit: 15  N  Gym 2
30 min.
STRIDE & STRENGTH A  Limit: 14  Cardio & Strength Gym
NEW C2M: CONDITIONING TO THE MAX II/III  Limit: 18  Gym 1
INDOOR CYCLING A  Limit: 19  Indoor Cycling Studio
CHAIR YOGA  Limit: 20  Yoga Studio
AQUA ZUMBA A  Limit: 20  T-Pool
CARDIO TENNIS CLINIC
$90  Sign up: Spa Activity Board.
MY SCHEDULE MONDAY

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

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3 pm

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9 pm

PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
**TUESDAY | JUNE 25, 2019**

**PROPERTY ORIENTATION** 9am & 11am. Meet in Clubhouse Lobby.

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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.

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**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

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

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**7:00 AM**

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

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**8:00 AM**

**TAI CHI A**  Yoga Studio
30 min.  Sanctuary

**CENTERING MEDITATION A**  Tennis Courts

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

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**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.

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**9:00 AM**

**EPIC WATER BLAST III**  Limit: 20  T-Pool
**AURA MEDITATION**  Sanctuary
**INDOOR CYCLING A**  Limit: 19  Indoor Cycling Studio
**YOGA FOUNDATIONS I**  Yoga Studio
**STRIDE & STRENGTH A**  Limit: 14  Cardio & Strength Gym
**FITNESS FIRST I**  Card 1
**SURFSET FITNESS III**  Limit: 11  Gym 3
**CARDIO TENNIS CLINIC**  Tennis Courts
$90  Sign up: Spa Activity Board.
**CREATING WITH NATURE**  Limit: 8  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.

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**10:00 AM**

**FIERCER! TABATA WORKOUT III**  Gym 1
**CARDIO CIRCUIT II**  Limit: 20  Cardio & Strength Gym
**NEW PILATES FOR BALANCE II/III**  Limit: 15  Gym 2
**STRETCH A**  Limit: 30  Yoga Studio
**H2O POWER A**  Limit: 24  T-Pool
**TENNIS MIXER**  Limit: 12  Tennis Courts
**SIGN UP: SPA ACTIVITY BOARD.**
**TRX® FUSION III**  Limit: 11  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.

**THE PATH TO SELF-LOVE**  Cactus Room
Spiritual Wellness Director Stephanie Ludwig, PhD, MA, MDiv, will help you explore ways to develop a genuinely compassionate and loving relationship with yourself.

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**11:00 AM**

**VINAYASA FLOW II**  Yoga Studio
**WALLYBALL II/III**  Racquet Ct. 1
**AQUA FIT I**  Limit: 15  Aquatic Center
**MOGESTRONG: ADVANCED FUNCTIONAL TRAINING III**  Limit: 10  Cardio & Strength Gym
**STRETCH A**  Limit: 30  Gym 2
**DJ DANCE PARTY II**  Gym 1

**NEW WATER PAINTING MEDITATION**  Limit: 12  Art Studio 1
Experience the centering tranquility of meditative water painting, guided by Creative Expression provider Bridget Longoria, MA. The mind quiets as the brush dances and painted lines emerge and fade.

**PREVENTING HEART DISEASE**  CME Catalina Room
Canyon Ranch in Tucson Medical Director Stephen Brewer, MD, will discuss risk factors for coronary artery disease.

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**NOON**

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

**SPIRITUAL CYCLING A**  Limit: 19  Indoor Cycling Studio
**COMMUNITY TABLE: CR AESTHETICS™**  Canyon Ranch Grill™
Learn about our aesthetics program and how advanced skin care treatments can help you to look as great as you feel!

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**1:00 PM**

**INTRO TO WALLYBALL I**  Racquet Ct. 1
**SIGN UP: SPA ACTIVITY BOARD.**
**BREATHEING A**  Yoga Studio
**NAILED IT - LATEST TECHNOLOGY IN NAIL CARE WITH DAZZLE DRY**  Spa Lobby
Dazzle Dry is the original, nontoxic, vegan, cruelty free nail care system. Meet a Dazzle Dry expert and learn how to keep your hands & nails youthful & in great condition.

**WAKE-UP CALL: SLEEP FOR GOOD HEALTH**  CME Catalina Room
Join Director of Sleep Medicine Param Dedhia, MD, to learn about the importance of restorative sleep.

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**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**

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

**MORNING WALKS A**  Spa Lobby

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

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**7:00 AM**

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

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**8:00 AM**

**TAI CHI A**  Yoga Studio
30 min.  Sanctuary

**CENTERING MEDITATION A**  Tennis Courts

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

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**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.

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**9:00 AM**

**EPIC WATER BLAST III**  Limit: 20  T-Pool
**AURA MEDITATION**  Sanctuary
**INDOOR CYCLING A**  Limit: 19  Indoor Cycling Studio
**YOGA FOUNDATIONS I**  Yoga Studio
**STRIDE & STRENGTH A**  Limit: 14  Cardio & Strength Gym
**FITNESS FIRST I**  Card 1
**SURFSET FITNESS III**  Limit: 11  Gym 3
**CARDIO TENNIS CLINIC**  Tennis Courts
$90  Sign up: Spa Activity Board.
**CREATING WITH NATURE**  Limit: 8  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.
**TUESDAY**  
**JUNE 25, 2019**

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**MY SCHEDULE TUESDAY**

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<tr>
<td>2:00 PM</td>
<td><strong>BUFF BOOTY II</strong></td>
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<td><strong>NEW STRETCH &amp; ROLL A</strong></td>
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<td><strong>LET'S DANCE A</strong></td>
<td>Gym 3</td>
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<td><strong>PILATES REFORMER CLINIC: INTERMEDIATE/ADVANCED</strong></td>
<td>Pilates Studio</td>
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<td>Limit: 5</td>
<td>$90 Sign up: Ext. 4338.</td>
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<td><strong>GOLF CLINIC: PUTTING</strong></td>
<td>Golf Performance Center</td>
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<td></td>
<td>Limit: 4</td>
<td>$105 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td></td>
<td><strong>NEW HEART-OPENING PRACTICE A</strong></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td></td>
<td><strong>HANDS-ON COOKING CLASS: KNIFE SKILLS</strong></td>
<td>Demo Kitchen</td>
</tr>
<tr>
<td></td>
<td>Limit: 12</td>
<td>Can my knife go in the dishwasher? How do I sharpen my knife? What type of knife is perfect for me? Get all the answers to your questions! Learn how to use your knife safely and effectively. 60 min. $89 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td></td>
<td><strong>TARGETING YOUR HEART RATE CME</strong></td>
<td>Spa Lobby</td>
</tr>
<tr>
<td></td>
<td><strong>DESERT DRUMMING A</strong></td>
<td>Gym 2</td>
</tr>
<tr>
<td></td>
<td><strong>CORE CONDITIONING II/III Limit: 24</strong></td>
<td>Gym 1</td>
</tr>
<tr>
<td></td>
<td><strong>WALLYBALL II/III</strong></td>
<td>Racquet Ct. 1</td>
</tr>
<tr>
<td>4:00 PM</td>
<td><strong>STRETCH &amp; RELAXATION A</strong></td>
<td>Gym 2</td>
</tr>
<tr>
<td></td>
<td><strong>RESTORATIVE YOGA A</strong></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td></td>
<td><strong>INDOOR CYCLING A</strong></td>
<td>Indoor Cycling Studio</td>
</tr>
<tr>
<td></td>
<td><strong>GLUTE TRANSFORMATION CLINIC</strong></td>
<td>Cardio &amp; Strength Gym</td>
</tr>
<tr>
<td></td>
<td>Limit: 19</td>
<td>$90 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td></td>
<td><strong>STUDIO PAINTING: WATERCOLOR</strong></td>
<td>Art Studio 1</td>
</tr>
<tr>
<td></td>
<td>Limit: 6</td>
<td>2 hr. $109 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>MEDITATION A</strong></td>
<td>Sanctuary</td>
</tr>
<tr>
<td></td>
<td><strong>TACO NIGHT</strong></td>
<td>Double U Café</td>
</tr>
<tr>
<td></td>
<td><strong>OPEN 12-STEP RECOVERY MEETING</strong></td>
<td>Mesquite Room</td>
</tr>
<tr>
<td></td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>HEALTHY CONFRONTATION CME</strong></td>
<td>Cactus Room</td>
</tr>
<tr>
<td></td>
<td>Confrontations with clear intent are essential to healing and improving relationships with colleagues, family and ourselves. Amy Hawthorne, MS, LMFT, explores the dynamics of healthy confrontation.</td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>HANDS-ON COOKING CLASS: FOR THE LOVE OF CHOCOLATE</strong></td>
<td>Demo Kitchen</td>
</tr>
<tr>
<td></td>
<td><strong>CLASSICAL DRAWING WORKSHOP</strong></td>
<td>Art Studio 1</td>
</tr>
<tr>
<td></td>
<td>Limit: 6</td>
<td>2 hr. $109 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>WINDOWS TO WISDOM</strong></td>
<td>Cactus Room</td>
</tr>
</tbody>
</table>

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

WALKS & RUNS
Morning walks daily 6:30 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
inlines. Daily
Afternoon walk — An invigorating
30-minute walk that will
accommodate all paces. Daily 4PM
8-mile walk — Level III.
12-13.5-minute-per-mile pace
(4.5-5.0 mph on the treadmill). Sat 6:30 AM
3-5 Mile Run — Level II/III. An
8-11-minute-per-mile pace. Inclines. We

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.
**AQUATIC**

**AQUA FIT**
In warm water, focus on muscular endurance and range of motion.

**AQUA ZUMBA**
Join the Zumba® party. Splash, laugh, twist and shout in this fun, challenging cardio water workout that will leave you exhilarated and wanting more!

**BOGAFIT BOOT CAMP CLINIC**
This isn’t your regular boot camp. Hop into the pool and onto a floating FITMAT™, where you’ll workout with balance and strength exercises.

**EPIC WATER BLAST**
An intense and powerful water circuit class using a variety of tools to challenge you in shallow and deep water.

**H2O POWER**
A challenging aerobic conditioning class in shallow and deep water.

**POSTURE & BALANCE IN THE WATER**
Use core engagement to increase good posture and improve balance with this water workout.

**SYNCHRONIZED SWIM WORKOUT**
A rhythmic, dance-like form of swimming synchronized to music. This aquatic class is designed to challenge stability, endurance, muscular coordination and the deep stabilizers of the core.

**CARDIO**

**ALPHA CYCLING**
Conquer the road with this structured, intensity-driven ride! We use our newest technology and power threshold testing strategies to provide finely tuned metrics throughout this 60-minute experience.

**BOSU 3D EXTREME**
This high-intensity, team-oriented workout combines functional, integrated, total body training with explosive cardio, intense core and interactive team challenges.

**BOXER’S WORKOUT**
Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included.

**CARDIO CIRCUIT**
Aerobic circuit workout using cardio machines and strength equipment.

**CARDIO COMBAT**
Get down with this combat-style workout that combines mixed martial arts-style kicks, punches and blocks with intense cardio, strength and core exercise. Standing and floor work included.

**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.

**DESERT DRUMMING**
Burn calories, release stress and feel the joy by drumming on a physioball in this fun, invigorating class.

**FIERCE! TABATA WORKOUT**
Fast and furious integrated intervals are enhanced with core strength exercises. Tabata offers the best of cardio training techniques to provide a full-body workout.

**FITNESS FIRST**
Easy-to-follow, gentle, low-impact choreography including functional exercises and stretching.

**GAME TIME READY**
Test your athleticism with this class incorporating plyometric, speed and coordination drills.

**HIIT IT!**
30 minutes of high-intensity training with minimal breaks between exercises. Increase cardiovascular output using athletic and strength training for an all-round aerobic and anaerobic workout.

**INDOOR CYCLING**
The outdoor ride is transported into the studio where you experience a strength-, endurance- or interval-focused class.

**INTRO 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.

**INTRO TO WALLYBALL**
This is a one-time prerequisite for 11 am and 3 pm Wallyball. Learn the rules and basic skills for this popular game.

**KILLER DRILLS & SKILLS**
Take your strength and endurance to the extreme in this rigorous and relentless workout. Utilize a variety of equipment to achieve a total body workout.

**REBOUND JUMP BOOTS CLINIC**
With springs on your feet, enjoy an amazing cardio workout.

**ROCKIN’ RETRO**
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.

**SPIRITUAL CYCLING**
Music and lighting will help create an indoor cycling journey of mindfulness and a set intention. Let this class move you to a heightened state of awareness and a deeper sense of gratitude.

**STRIDE & STRENGTH**
Treadmill work followed by strength and muscular endurance.

**SURFSET FITNESS**
Surf’s up! Inspired by the sport of surfing, this fun, land-based workout mimics the movement of a surfboard in water, combining elements of cardio, strength, balance and core training.

**WALLYBALL**
Fast-paced athletic sport challenge similar to volleyball, using the four walls of an indoor court. One-time prerequisite: Introduction to Wallyball.

**X-TREME OUTDOOR BOOT CAMP**
Join us at the Challenge Course for this hour-long test of your abilities. Weight-lifting gloves recommended. Bring a water bottle and towel.

**CREATIVE EXPRESSION**

**ASIAN BRUSH PAINTING**
Connect more deeply with the essential nature of what you see, and express those inner qualities through line, gesture and color using this elegant and gentle technique.

**CERAMIC EXPRESSIONS**
Explore the process of kiln-fired ceramic arts in this two-hour experience. Create a unique vessel to enjoy at home or give as a gift.

**CLASSICAL DRAWING WORKSHOP**
Learn the classical techniques of drawing, and how to put them all together to create your own skillful drawing practice.

**CREATING WITH NATURE**
Get inspired by the beauty of nature and learn to reconnect with its healing power by making visual art from found materials.

**CREATIVE WRITING FOR SELF-DISCOVERY**
Take a deep dive into the spiritual practice of journaling with spiritual wellness provider Danita Noland, MDiv. Learn multiple prose & poetry exercises for discovering & expressing your truest self.

**HEALING BOTANICALS IN WATERCOLOR & INK**
Explore the beauty and remedying properties of medicinal plants as you create a set of meditative healing plant cards tailored to your wellness journey.

**INSPIRED SKETCHBOOKING**
Connect with your everyday creativity as you invite words and images to fill the pages of your art-making sketchbook.

**LET GO & FLOW**
Experience moving more freely with the changing currents of your life through the integration of abstract painting, movement and music.
TENTATIVE SCHEDULE

MOBILITY.
Use the suspension straps to improve your muscle flexibility and joint rhythms. Feel the energy and move your body to fun and easy-to-follow Latin

3-second holds. Whether intermediate or advanced, you’ll benefit from these insights.

DRIVING, aka the long ball, is about 3-1 tempo, sweet-spot strikes and 3-second holds. Whether intermediate or advanced, you’ll benefit from these insights.

GOLF CLINIC: DRIVING

GOLF CLINIC: IRONS
The irons are known as golf’s accuracy clubs. Learn what “hit down on the ball,” “divot forward” and “back-footing it” mean.

GOLF CLINIC: PUTTING
40 percent of shots in a round of golf are putts - learn to improve your stroke.

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.

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

BREATHING
Learn proper breathing techniques for relaxation and stress reduction.

CENTERING MEDITATION
Take 30 minutes to start your day by getting in touch with your daily intention and connecting with your breath.

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.

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.

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.

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.

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

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.

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

HEART-OPENING PRACTICE
A non-flow practice for intermediate students, featuring poses that open the heart chakra. You’ll have time to truly experience each pose, incorporating breath and mantra.

INTERMEDIATE YOGA
This nonflow class will deepen your practice as we move into more challenging postures with focus on alignment and form.

MEDITATION
Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax.

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.
TENTATIVE SCHEDULE

This yoga class, inspired by B.K.S. Iyengar, focuses on alignment using various props to assist you in your practice. This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing.

YOGA FOUNDATIONS
This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing.

YOGA PILATES BLEND
Vinyasa yoga meets Pilates mat method in this flow-style workout. A great opportunity to practice both disciplines in one class.

YOGA PILATES BLISS
Learn how to use the Pilates magic circle to engage your core, strengthen and stretch.

PIRATES 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.

PIRATES MAGIC CIRCLE
Learn how to use the Pilates magic circle to engage your core, strengthen and stretch.

PIRATES MAT I
Learn the fundamentals and the beginning exercises of the Pilates mat discipline.

PIRATES REFORMER CLINIC: BEGINNING
Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body and lengthening the spine.

PIRATES REFORMER CLINIC: INTERMEDIATE/ADVANCED
This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required.

PIRATES 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!

PIRATES 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.

POWER FLOW
Focus on stamina, strength and power, using variations of sun salutations and balancing postures in this power flow yoga class.

QI GONG
This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind.

RESTORATIVE YOGA
Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses.

SUNRISE YOGA
Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice.

TAI CHI
Experience this ancient Chinese movement practice that helps conserve and develop life energy.

TAI CHI SWORD
Learn to enhance the fluency of chi with Taoist sword techniques.

VINYASA FLOW
Stretch, balance and flow through challenging, intermediate-level postures that connect movement and breath. Build endurance, flexibility and strength.

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.

YOGA FOR A HEALTHY BACK
Learn postures and breathing techniques that help maintain a healthy back.

YOGA FOR DETOX
Let go of whatever no longer serves you in body, mind and spirit. This class features pranayama (yogic breathing) and yoga poses emphasizing spinal rotation and lymph drainage.

YOGA FOUNDATIONS
This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing.

YOGA PILATES BLEND
Vinyasa yoga meets Pilates mat method in this flow-style workout. A great opportunity to practice both disciplines in one class.

YOGA WITH PROPS
This yoga class, inspired by B.K.S. Iyengar, focuses on alignment using various props to assist you in your practice.

OUTDOOR SPORTS

ARCHEOLOGICAL ADVENTURE
Step back through time into the highly artistic, peaceful and ancient world of the Hohokam. This guided tour takes you to view rock art, Mesoamerican artifacts and village sites in the Tucson basin.

BIRD WALK
Enjoy a bird-watching stroll around the Ranch and neighboring horse farm. Binoculars provided.

CLIMBING FOR FITNESS
Climb our rock wall for a great workout.

HIGH ROPES CHALLENGE COURSE
Two levels and 16 elements make the High Ropes Course an exciting mental and physical activity.

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.

NATIVE AWARENESS
Experience the outdoors as you learn mobile meditation techniques led by a Canyon Ranch Outdoor Sports expert.

PHOTOGRAPHY HIKE
Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided.

PRIMITIVE FIRE-MAKING
Connect with the primal thrill of creating fire.

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.

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.

STRENGTH

ABOVE & BELOW THE BELT
Use various types of props in this 10-station, circuit-based endurance class.

BUFF BOOTY
Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance.

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.

CORE & MORE
Twenty minutes focused on strengthening your abs and lower back.

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.

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.

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.

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.

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Challenge your body with the MoveStrong™ Functional Training System. Using your body weight and moving objects, you’ll build cardiovascular endurance and strength.
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.

**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.

**We Share the Desert |** Javelina [hav-a-LEAN-uh]

**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.

**Muscle Max**

Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment.

**On the Ball**

Use a stability ball to improve muscle tone, balance, posture and coordination.

**Strength Basics**

Learn and perform nine exercises that will start you on your way to foundational strength training, incorporating body weight and dumbbells.

**TRX® 101**

As we introduce you the TRX® suspension straps, learn a new way to strengthen your body.

**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.

**TRX® Strong**

Focus on developing strength in this challenging full-body workout using the TRX® straps. TRX® 101 is recommended before attending.

**Tennis**

**Cardio Tennis Clinic**

Enjoy a heart-pumping cardio tennis workout to music.

**Pickleball Intro Clinic**

Learn the basics skills of this highly popular game from our tennis pros.

**Tennis Mixer**

Our Round Robin doubles mixer is a great way to meet other players. No partner needed. Level: Intermediate.
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

HANDS-ON cooking