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.
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!

**DECIIONS, 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 A/II/III
60 min. Spa Lobby

MORNING WALKS A
2 hr. Sign up: Outdoor Sports Activity Board or call Ext. 4355.

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
30 min. 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

STRETCH A Limit: 30 Yoga Studio
H2O POWER A Limit: 24 T-Pool

NEW C2M: CONDITIONING TO THE MAX II/III Limit: 18 Gym 1
ABOVE & BELOW THE BELT II Limit: 20 Gym 3

NEW STRETCH & ROLL A Limit: 24 Gym 2

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

NEW THE COACH APPROACH: LIFE COACHING SKILLS FOR RELATIONSHIPS CME Cactus Room
What deeper connection is possible in your relationship? How well do you listen? Join Life Enhancement Coach Terry Horton to learn how you can use coaching skills in your relationship.

11:00 AM

FIREFI! TABATA WORKOUT III Gym 1
30 min.

DESSERT DRUMMING A
5 min.

PILATES MAT I Yoga Studio

NEW POSTURE & BALANCE IN THE WATER A Limit: 15 Aquatic Center

WALLYBALL II/III Racquet Ct. 1

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.

SPOTLIGHT ON WOMEN’S HEALTH CME Catalina Room
Join Nicola Finley, MD, and get the latest scoop on hormones and breast cancer.

12:00 PM

KETTLEBELL 101 II/III
Gym 3
30 min.

INTRO TO INDOOR CYCLING I Limit: 19 Indoor Cycling Studio

LUNCH & LEARN Demo Kitchen
Enjoy ZUCCHINI NOODLE FRITTERS WITH LOCAL GOAT CHEESE & SPICED PECANS, soup, salad and dessert and watch our demo chef prepare the entrée.

COMMUNITY TABLE: LIFE ENHANCEMENT CENTER Canyon Ranch Grill™
Find out what the Life Enhancement Center is all about - the programs, the environment, the mission.

1:00 PM

TAI CHI SWORD A Yoga Studio

INTRO TO WALLYBALL I Racquet Ct. 1

NEW HEALING BOTANICALS IN WATERCOLOR & INK Art Studio 1

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.

ACUPUNCTURE & THE TREATMENT OF STRESS, ANXIETY & DEPRESSION Catalina Room
Acupuncture helps slow down the busy mind, relaxes the nervous system and offers a renewed sense of well-being. Join Marta Vergara, LAc, and learn self-care techniques to take home with you.

PROPERTY ORIENTATION 9am & 11am. Meet in Clubhouse Lobby.
### My Schedule: Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>Zumba® A</td>
<td>Gym 1</td>
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<td></td>
<td>Yoga Pilates Blend II/III</td>
<td>Yoga Studio</td>
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<td>MoveStrong: Advanced</td>
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<td></td>
<td>Functional Training III</td>
<td>Cardio &amp; Strength Gym</td>
<td>Limit: 10</td>
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<tr>
<td></td>
<td>Freeform Fusion II/III</td>
<td>Gym 3</td>
<td>Limit: 15</td>
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<td></td>
<td>Golf Clinic: Driving</td>
<td>Golf Performance Center</td>
<td>Limit: 4</td>
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<td></td>
<td>Hands-On Cooking Class: Easy Entertaining</td>
<td>Demo Kitchen</td>
<td>Limit: 12</td>
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<tr>
<td>3:00 PM</td>
<td>Buff Booty II</td>
<td>Gym 1</td>
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<td></td>
<td>New TRX® Strong II/III</td>
<td>Gym 3</td>
<td>Limit: 11</td>
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<tr>
<td></td>
<td>Intermediate Yoga II</td>
<td>Yoga Studio</td>
<td></td>
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<tr>
<td></td>
<td>Wallyball II/III</td>
<td>Racquet Ct. 1</td>
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<tr>
<td></td>
<td>The Sixth Sense: Harnessing Your Intuition</td>
<td>Catalina Room</td>
<td>Ranch clairvoyant Pat Bruckmann will discuss how to access the unlimited knowledge the universe has to offer.</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Strength Basics I</td>
<td>Cardio &amp; Strength Gym</td>
<td>Limit: 10</td>
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<tr>
<td></td>
<td>Restorative Yoga A</td>
<td>Yoga Studio</td>
<td>Limit: 20</td>
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<td></td>
<td>New Alpha Cycling A</td>
<td>Indoor Cycling Studio</td>
<td>Limit: 19</td>
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<tr>
<td></td>
<td>Hiit It! III</td>
<td>Gym 1</td>
<td>Limit: 12</td>
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<tr>
<td></td>
<td>Stretch &amp; Relaxation A</td>
<td>Gym 2</td>
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<tr>
<td>5:00 PM</td>
<td>Meditation A</td>
<td>Sanctuary</td>
<td>30 min.</td>
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<td></td>
<td>Authentically Local</td>
<td>Double U Café</td>
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<tr>
<td>6:00 PM</td>
<td>Living Through Lunar Cycles</td>
<td>Catalina Room</td>
<td>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.</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Meet &amp; Greet with Dan Hayes FE</td>
<td>Mesquite Room</td>
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<tr>
<td>7:00 PM</td>
<td>High Ropes Challenge Course</td>
<td>Spa Lobby</td>
<td>Limit: 8</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>Totally Trivia</td>
<td>Pavilion</td>
<td>Compete against fellow guests in a fun night of trivia. You’ll walk away knowing more than you did when you began, and may win Canyon Ranch prizes for what you already know!</td>
</tr>
</tbody>
</table>

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**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.

**Tentative Schedule**

**8:00 PM**

Totally Trivia

Compete against fellow guests in a fun night of trivia. You'll walk away knowing more than you did when you began, and may win Canyon Ranch prizes for what you already know!

---

**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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Sign up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM</td>
<td>Morning Walks</td>
<td>Spa Lobby</td>
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<tr>
<td>6:30 AM</td>
<td>Intuitive Archery</td>
<td>Spa Lobby</td>
<td>Limit 6</td>
<td></td>
</tr>
<tr>
<td>7:00 AM</td>
<td>Sunrise Yoga</td>
<td>T-Pool</td>
<td></td>
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<tr>
<td>7:00 AM</td>
<td>Rebound Jump Boots Clinic</td>
<td>Racquetball Courts</td>
<td>Limit 6</td>
<td></td>
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<tr>
<td>7:30 AM</td>
<td>BogoFit Boot Camp Clinic</td>
<td>T-Pool</td>
<td>Limit 10</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Tennis: Intermediate/Advanced Clinic</td>
<td>Tennis Courts</td>
<td></td>
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<tr>
<td>8:30 AM</td>
<td>Dynamic Stretch Express</td>
<td>Gym 2</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>Synchronized Swim Workout</td>
<td>T-Pool</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>Long &amp; Lean Barre Workout</td>
<td>Gym 2</td>
<td>Limit 25</td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Stride &amp; Strength</td>
<td>Cardio &amp; Strength Gym</td>
<td>Limit 14</td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td>New Game Time Ready</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>Indoor Cycling</td>
<td>Indoor Cycling Studio</td>
<td>Limit 19</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>Above &amp; Below The Belt</td>
<td>Gym 3</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>Cardio Tennis Clinic</td>
<td>Tennis Courts</td>
<td></td>
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<tr>
<td>9:00 AM</td>
<td>New Asian Brush Painting</td>
<td>Art Studio 1</td>
<td>Limit 8</td>
<td></td>
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<tr>
<td>10:00 AM</td>
<td>H2O Power</td>
<td>T-Pool</td>
<td>Limit 24</td>
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<tr>
<td>10:00 AM</td>
<td>Stretch</td>
<td>Yoga Studio</td>
<td>Limit 30</td>
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<tr>
<td>10:00 AM</td>
<td>Fitness First</td>
<td>Gym 3</td>
<td></td>
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<tr>
<td>10:00 AM</td>
<td>Cardio Circuit</td>
<td>Cardio &amp; Strength Gym</td>
<td>Limit 20</td>
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<tr>
<td>10:00 AM</td>
<td>Core Conditioning</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td>10:00 AM</td>
<td>On The Ball</td>
<td>Gym 2</td>
<td></td>
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<tr>
<td>10:00 AM</td>
<td>Golf Clinic: Putting</td>
<td>Golf Performance Center</td>
<td>Limit 4</td>
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</tbody>
</table>

11:00 AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Sign up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM</td>
<td>Intermediate Yoga</td>
<td>Yoga Studio</td>
<td>II</td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>DJ Dance Party</td>
<td>Gym 1</td>
<td>II</td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Stretch</td>
<td>Gym 2</td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>Muscle Max</td>
<td>Gym 3</td>
<td>II/III</td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Aqua Fit</td>
<td>Aquatic Center</td>
<td>I</td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>Wallyball</td>
<td>Racquet Ct. 1</td>
<td>II/III</td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>Pilates Reformer Clinic: Beginning</td>
<td>Pilates Studio</td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>New Mosaic of your Life</td>
<td>Art Studio 1</td>
<td>Limit 8</td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>Better Footwear: The Road to Happy Feet</td>
<td>Spa Lobby</td>
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Noon

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Sign up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>Hiit It!</td>
<td>Gym 1</td>
<td>III</td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Aerial Hammock Yoga Clinic</td>
<td>Gym 3</td>
<td>Limit 5</td>
<td></td>
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<tr>
<td>12:00 PM</td>
<td>Lunch &amp; Learn</td>
<td>Demo Kitchen</td>
<td></td>
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<tr>
<td>12:00 PM</td>
<td>Community Table: Membership Sales</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td>12:00 PM</td>
<td>Beauty Studio</td>
<td>Spa Lobby</td>
<td></td>
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<tr>
<td>12:00 PM</td>
<td>Breast Cancer: Reducing Risk &amp; Improving Survivorship</td>
<td>CME Catalina Room</td>
<td></td>
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</tbody>
</table>

1:00 PM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Sign up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>Zumba®</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td>1:00 PM</td>
<td>Yoga for a Healthy Back</td>
<td>Yoga Studio</td>
<td>I</td>
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<tr>
<td>1:00 PM</td>
<td>Boxer's Workout</td>
<td>Gym 3</td>
<td></td>
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<tr>
<td>1:00 PM</td>
<td>New Stretch &amp; Roll</td>
<td>Gym 2</td>
<td>Limit 12</td>
<td></td>
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<tr>
<td>1:00 PM</td>
<td>Golf Clinic: Chipping</td>
<td>Golf Performance Center</td>
<td>Limit 4</td>
<td></td>
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<tr>
<td>1:00 PM</td>
<td>Hands-On Cooking Class</td>
<td>Demo Kitchen</td>
<td></td>
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</tbody>
</table>

Tentative Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Sign up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>Summertime Thai Kitchen with Chef Dan Hayes</td>
<td>Demo Kitchen</td>
<td></td>
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</tbody>
</table>

Property Orientation

9am & 11am. Meet in Clubhouse Lobby.

Tentative Schedule
### MY SCHEDULE THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>6 am</td>
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<td>7 am</td>
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<td>8 pm</td>
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<td>9 pm</td>
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</tbody>
</table>

**PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.**
FRIDAY | JULY 12, 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
CLIMBING FOR FITNESS  Limit: 8  Spa Lobby
2 hr.  $155  Sign up: Outdoor Sports Activity Board or call Ext. 4355.

7:00 AM
X-TREME OUTDOOR BOOT CAMP  III  Spa Lobby
60 min.
PICKLEBALL INTRO CLINIC  Tennis Courts
50 min.  $90  Sign up: Spa Activity Board.

8:00 AM
CENTERING MEDITATION  A  Sanctuary
30 min.
TENNIS: INTERMEDIATE/ADVANCED CLINIC  Tennis Courts
$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
CORE & MORE  A  Gym 2
20 min.
AERIAL ADVENTURE: ZIPLINE  Spa Lobby
1 hr. 30 min.  $110  Sign up: Outdoor Sports Activity Board.

9:00 AM
EPIC WATER BLAST  III  Limit: 20  T-Pool
ZUMBA® A  Gym 1
STRIDE & STRENGTH  A  Limit: 14  Cardio & Strength Gym
SURFSET FITNESS  III  Limit: 11  Gym 3
INDOOR CYCLING  A  Limit: 19  Indoor Cycling Studio
CHAIR YOGA  I  Limit: 20  Yoga Studio
CARDIO TENNIS CLINIC  Tennis Courts
$90  Sign up: Spa Activity Board.
NEW INSPIRED SKETCHBOOKING  Limit: 8  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.

10:00 AM
TENNIS MIXER  Limit: 12  Tennis Courts
Sign up: Spa Activity Board.
H2O POWER  A  Limit: 24  T-Pool
STRETCH  A  Limit: 30  Yoga Studio
FIERCE! TABATA WORKOUT  III  Gym 1
NEW STRETCH & ROLL  A  Limit: 24  Gym 2
CARDIO CIRCUIT  II  Limit: 20  Cardio & Strength Gym
PILATES CIRCUIT CLASS  A  Limit: 20  Gym 3
GOLF CLINIC: DRIVING  Limit: 4  Golf Performance Center
2 hr.  $109  Sign up: Ext. 4338.

11:00 AM
INTERMEDIATE YOGA  II  Yoga Studio
TRX® FUSION  III  Limit: 11  Gym 1
ROCKIN’ RETRO  I/II  Aquatic Center
AQUA FIT  I  Limit: 15  Racquet Ct. 1
WALLYBALL  II/III  Pilates Studio
PILATES REFORMER TOWER WORKOUT  Limit: 5  $90  Sign up: Ext. 4338.
STUDIO PAINTING: WATERCOLOR  Limit: 6  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.

NOON
FITNESS FOR YOUR FEET®  A  Gym 1
Limit: 30
20 min.
LUNCH & LEARN
Enjoy MEDITERRANEAN GRILLED LAMB CHOPS WITH CHIMICHURRI, soup, salad and dessert and watch our demo chef prepare the entire meal.

COMMUNITY TABLE:
SELLING CANYON RANCH  Canyon Ranch Grill®
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
QI GONG  A  Yoga Studio
INTRO TO WALLYBALL  I  Racquet Ct. 1
SACRED WATER MEDITATION  Limit: 9  Catalina Room
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.
LEARN HOW TO FOCUS YOUR INTENTION  Catalina Room
With Canyon Ranch psychic Lesley Lupo, learn how to move a crystal pendulum by simply focusing your gaze.

2:00 PM
BUFF BOOTY  II  Gym 1
NEW HEART-OPENING PRACTICE  A  Yoga Studio
MOVESTRONG: ADVANCED  Cardio & Strength Gym
FUNCTIONAL TRAINING  III  Limit: 10  Gym 2
STRETCH  A  Limit: 30  Gym 3
BOXER’S WORKOUT  III  Limit: 12  Demo Kitchen
HANDS-ON COOKING CLASS: BBQ U  Limit: 12  Demo Kitchen
School is in session; it’s time to enroll. Learn to use the grill so everything you cook comes out at the same time and perfectly cooked! You’ll be the envy of your whole block.
2 hr.  $169  Sign up: Ext. 4338.
3:00 PM  
PILATES TO THE BEAT II/III  Gym 1  
MUSCLE MAX II/III  Gym 3  
VINYASÀ FLOW II  Yoga Studio  
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.

3:15 PM  
WATSU DEMO  Aquatic Center  
Want to learn more about Watsu®? Come and observe this uniquely relaxing and therapeutic aqua treatment.

4:00 PM  
DAO-IN CHINESE YOGA I  Yoga Studio  
NEW ALPHA CYCLING A Limit: 19  Indoor Cycling Studio  
60 min.  
STRENGTH BASICS I Limit: 10  Cardio & Strength Gym  
HIIT II! III Limit: 12  Gym 1  
30 min.  
STRETCH & RELAXATION A  Gym 2  
AERIAL HAMMOCK YOGA CLINIC Limit: 5  Gym 3  
$90  Sign up: Ext. 4338.

5:00 PM  
MEDITATION A  Sanctuary  
30 min.  
PAELLA NIGHT  Double U Café  
Join us for a taste of seaside Spain at Canyon Ranch. Vibrant Paella, served with heaps of seafood, rice and the unmistakable taste of saffron.  
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  
MINIMAL EXERCISE, MAXIMUM RESULTS  Catalina Room  
With an exercise physiologist, learn strategies for optimizing body fat loss and your training time.

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

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 Spa Lobby 2 hr.

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.

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

9:00 AM
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym
KILLER DRILLS & SKILLS III Limit: 18 Gym 3
INDOOR CYCLING A Limit: 19 Indoor Cycling Studio
WORLD BEAT A Gym 1
CHAIR YOGA I Limit: 20 Yoga Studio
STUDIO PAINTING: ACRYLIC 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
STRETCH A Limit: 30 Yoga Studio
MUSCLE MAX II/III Gym 3
NEW STRETCH & ROLL A Limit: 24 Gym 2
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

11:00 AM
PIILATES MAGIC CIRCLE A Limit: 25 Gym 3
POWER FLOW II/III Yoga Studio
WALLYBALL II/III Racquet Ct. 1
BOSU 3D EXTREME III Gym 1
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

Enjoy SEARED TUNA AND DEVILED EGG 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 WALL YBALL I Racquet Ct. 1

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.

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

NEW GAME TIME READY III Limit: 15 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: 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.

2 hr. $169 Sign up: Ext. 4338.

A SHOCKING APPROACH TO TREATING ACHES & PAINS CME Catalina Room

Extracorporeal Shockwave & Laser Therapy are treatments designed to provide pain relief, promote healing and restore and enhance day-to-day function. Find out more from a Canyon Ranch expert.

3:00 PM

BUFF BOOTY II Gym 1
ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3
WALLYBALL II/III Racquet Ct. 1

4:00 PM

INDOOR CYCLING A Limit: 19 Indoor Cycling Studio
RESTORATIVE YOGA A Limit: 20 Yoga Studio
STRETCH & RELAXATION A Gym 2

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
8-MILE WALK III Spa Lobby 2 hr.

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.

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

9:00 AM
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym
KILLER DRILLS & SKILLS III Limit: 18 Gym 3
INDOOR CYCLING A Limit: 19 Indoor Cycling Studio
WORLD BEAT A Gym 1
CHAIR YOGA I Limit: 20 Yoga Studio
STUDIO PAINTING: ACRYLIC 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
STRETCH A Limit: 30 Yoga Studio
MUSCLE MAX II/III Gym 3
NEW STRETCH & ROLL A Limit: 24 Gym 2
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

11:00 AM
PIILATES MAGIC CIRCLE A Limit: 25 Gym 3
POWER FLOW II/III Yoga Studio
WALLYBALL II/III Racquet Ct. 1
BOSU 3D EXTREME III Gym 1
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.
**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.
**TENTATIVE SCHEDULE**

**FIERCE! TABATA WORKOUT**

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.

**NEW YOGA FOR DETOX**

**NEW TRX® STRONG**

**AQUA FIT**

**WALLYBALL**

**THE SCIENCE OF WEIGHT LOSS**

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.

**NEW GOLF CLINIC: PITCHING**

What do braise, roast, sauté, poach, pan steam mean? Finally, all the answers to those basic cooking questions! Learn the simple rules and how to do them.

**FOODIE FUNDAMENTALS**

What do braise, roast, sauté, poach, pan steam mean? Finally, all the answers to those basic cooking questions! Learn the simple rules and how to do them.

**HANDS-ON COOKING CLASS:**

- **FITNESS FIRST**
- **FIREFIGHTER TABATA WORKOUT**
- **STRAIN & STRENGTH**
- **NEW YOGA WITH PROPS**

**NEW GOLF CLINIC: putting**

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

**INTRO TO INDOOR CYCLING**

**GLUTE TRANSFORMATION CLINIC**

**AERIAL HAMMOCK YOGA CLINIC**

**LUNCH & LEARN**

Enjoy MOJO MARINATED PORK TENDERLOIN WITH CUCUMBER CARROT 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.

**NOON**

**PROPERTY ORIENTATION**

Meet in Clubhouse Lobby.

**6:00 AM**

**MORNING WALKS**

**INTUITIVE ARCHERY**

**ARCHEOLOGICAL ADVENTURE**

**CENTERING MEDITATION**

**CORE & MORE**

**9:00 AM**

**SYNCHRONIZED SWIM WORKOUT**

**FITNESS FIRST**

**FIERCE! TABATA WORKOUT**

**STRIDE & STRENGTH**

**NEW YOGA WITH PROPS**

**10:00 AM**

**H2O POWER**

**STRETCH A**

**CARDIO CIRCUIT**

**NEW TRX® STRETCH**

**GOLF CLINIC: PUTTING**

**3:00 PM**

**DESSERT DRUMMING**

**YOGA FOUNDATIONS**

**NEW GAME TIME READY**

**WALLYBALL**

**4:00 PM**

**STRETCH & RELAXATION**

**INDOOR CYCLING**

**RESTORATIVE YOGA**

**BREAK THROUGH TO A CREATIVE LIFE**

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.

---

**1:00 PM**

**BREATHING**

**INTRO TO WALLYBALL**

**GOLF CLINIC: DRIVING**

**BEAUTY STUDIO**

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.

**ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH**

Heidi Harrasion, MA, CG, explains how astrology can be combined with the subtle energy of gemstones to guide you toward personal growth and enhance the energy in your astrological birth chart.

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**2:00 PM**

**YIN YOGA**

**PILATES FOR BALANCE**

**BUFF BOOTY**

**SURFSET FITNESS**

**GOLF CLINIC: PITCHING**

**HANDS-ON COOKING CLASS:**

- **FOODIE FUNDAMENTALS**

**PLUTO, THE PLANET OF POWER AND TRANSFORMATION**

Canyon Ranch Astrologer Shivani Baker will share what the meaning of Pluto is in our charts, and how its energy affects us personally, nationally and globally.

---

**3:00 PM**

**DESSERT DRUMMING**

**YOGA FOUNDATIONS**

**NEW GAME TIME READY**

**WALLYBALL**

---

**4:00 PM**

**STRETCH & RELAXATION**

**INDOOR CYCLING**

**RESTORATIVE YOGA**

**BREAK THROUGH TO A CREATIVE LIFE**

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.
**MY SCHEDULE SUNDAY**

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.
**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.

---

**10:00 AM**

**H2O POWER** A Limit: 24  T-Pool

**STRETCH** A Limit: 30  Yoga Studio

**MUSCLE MAX** II/III  Gym 3

**NEW STRETCH & ROLL** A Limit: 24  Gym 2

**CORE CONDITIONING** II/III Limit: 24  Cardio & Strength Gym

**GOLF CLINIC: IRONS**  Limit: 4  Golf Performance Center

**SIGNATURE DYNAMICS**  Catalina Room

Graphologist Heidi Harralson, MA, will show you what your signature reveals about you. Learn how simple changes to your pen strokes can enhance your personal development.

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**11:00 AM**

**BOSU 3D EXTREME** III  Gym 1

**KILLER DRILLS & SKILLS** III Limit: 18  Yoga Studio

**INTERMEDIATE YOGA** II  Aquatic Center

**AQUA FIT** I  Racquet Ct. 1

**WALLYBALL** I/III  Cactus Room

**A MODERATE APPROACH TO HEALTH**  Catalina Room

It's time to look at moderation as a means of staying healthy. Canyon Ranch in Tucson Medical Director Stephen Brewer, MD, explains how this concept applies to areas such as exercise and diet.

---

**1:00 PM**

**INTRO TO WALLYBALL** I  Racquet Ct. 1

**NEW INSPIRED SKETCHBOOKING**  Limit: 8  Art Studio 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 ADVANCES IN NON-SURGICAL FACIAL REJUVENATION AND SKIN HEALTH**  CME  Cactus Room

Plump, smooth and replenish your skin with the latest technology and products. Director of CR aesthetics Amy Henderson, RN, BSN, discusses treatment options and overall skin health.

**AUTOSOMAL DNA TESTS & FAMILY HISTORY**  Catalina Room

Genevieve Leavitt, MA, describes the three most popular DNA tests for genealogy. Find out what they can and can’t reveal to you. Learn how to understand your results and any next steps you might take.

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**Tentative Schedule**

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.
**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

CME  — Continuing Medical Education

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**2:00 PM**

**YOGA FOUNDATIONS I**  
Yoga Studio

**BOXER’S WORKOUT**  III  Limit: 12  
Gym 3

**STRETCH**  A  Limit: 30  
Gym 2

**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.  $169  Sign up: Ext. 4338.

**VENUS, THE PLANET OF LOVE AND MONEY**  
Spa Lobby

Join Canyon Ranch Astrologer Shivani Baker as she discusses how the appearance of Venus in our chart reflects our style of romance, attitude about money, beauty and creating harmony.

---

**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.

**THESE FEET ARE MADE FOR WALKING**  CME  Catalina Room

Maria DelliVeneri, MS, ATC, will explore common foot complaints from the ground up.

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**4:00 PM**

**RESTORATIVE YOGA**  A  Limit: 20  
Yoga Studio

**INDOOR CYCLING**  A  Limit: 19  
Indoor Cycling Studio

**STRETCH & RELAXATION**  A  
Gym 2

**NEW ASIAN BRUSH PAINTING**  Limit: 8  
Art Studio 1

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

**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.

**WAKE-UP CALL: SLEEP FOR GOOD HEALTH**  CME  Cactus Room

Join Director of Sleep Medicine Param Dedhia, MD, to learn about the importance of restorative sleep.

---

**6:00 PM**

**STUDIO PAINTING: ACRYLIC**  Limit: 6  
Art Studio 1

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

**MINDFULNESS: WHAT, WHY & HOW?**  CME  Catalina Room

Join life management therapist John Shukwit, MA, LPC, BCC, for a practical look at what it means to pay attention to life as it unfolds, and the benefits of bringing mindfulness into daily living.

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**7:00 PM**

**CLIMBING FOR FITNESS**  Limit: 8  
Spa Lobby

2 hr.  $155  Sign up: Outdoor Sports Activity Board or call Ext. 4355.

**MOVIE NIGHT**  
Clubhouse Media Room

"Beasts of the Southern Wild." Faced with her dad’s fading health & melting ice-caps that flood her bayou town & unleash ancient aurochs, six-year-old Hushpuppy must learn the ways of courage & love.

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

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**TENTATIVE SCHEDULE**

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**MY SCHEDULE MONDAY**

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<tr>
<th>Time</th>
<th>Activity Description</th>
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**PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.**
### TUESDAY | JULY 16, 2019

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

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**TENTATIVE SCHEDULE**

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

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### HIKING & BIKING

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</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>BIRD WALK</td>
<td>Spa Lobby</td>
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<td>2 hr. Sign up: Outdoor Sports Activity Board or Ext. 4355.</td>
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<td>HIGH ROPE CHALLENGE COURSE [Limit: 8]</td>
<td>Spa Lobby</td>
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<td>3 hr. $235 Sign up: Outdoor Sports Activity Board or Ext. 4355.</td>
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<td>7:00 AM</td>
<td>REBOUND JUMP BOOTS CLINIC [II/III Limit: 6]</td>
<td>Racquetball Courts</td>
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<td>$90 Sign up: Ext. 4338.</td>
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<td>8:00 AM</td>
<td>TAI CHI [A]</td>
<td>Yoga Studio</td>
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<td>CENTERING MEDITATION [A]</td>
<td>Sanctuary</td>
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<td></td>
<td>30 min.</td>
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<td></td>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC [A]</td>
<td>Tennis Courts</td>
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<tr>
<td></td>
<td>$90 Sign up: Spa Activity Board.</td>
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<tr>
<td>8:30 AM</td>
<td>DYNAMIC STRETCH EXPRESS [II/III]</td>
<td>Gym 2</td>
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<tr>
<td></td>
<td>20 min.</td>
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<td></td>
<td>MEMBERSHIP &amp; REAL ESTATE</td>
<td>Spa Lobby</td>
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<tr>
<td></td>
<td>Learn how to become a Canyon Ranch Member - or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®. 30 min.</td>
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<tr>
<td>9:00 AM</td>
<td>FITNESS FIRST [I]</td>
<td>Gym 1</td>
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<tr>
<td></td>
<td>STRIDE &amp; STRENGTH [A Limit: 14]</td>
<td>Cardio &amp; Strength Gym</td>
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<tr>
<td></td>
<td>EPIC WATER BLAST [III Limit: 20]</td>
<td>T-Pool</td>
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<tr>
<td></td>
<td>YOGA FOUNDATIONS [I]</td>
<td>Yoga Studio</td>
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<tr>
<td></td>
<td>INDOOR CYCLING [A Limit: 19]</td>
<td>Indoor Cycling Studio</td>
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<tr>
<td></td>
<td>CARDIO TENNIS CLINIC [A]</td>
<td>Tennis Courts</td>
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<td></td>
<td>$90 Sign up: Spa Activity Board.</td>
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<tr>
<td></td>
<td>CREATING WITH NATURE [2 hr. $109 Sign up: Ext. 4338.]</td>
<td>Art Studio 1</td>
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</tbody>
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### 10:00 AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td></td>
<td>PILATES FOR BALANCE [II/III Limit: 18]</td>
<td>Gym 2</td>
</tr>
<tr>
<td></td>
<td>H2O POWER [A Limit: 24]</td>
<td>T-Pool</td>
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<tr>
<td></td>
<td>TENNIS MIXER [Limit: 12]</td>
<td>Tennis Courts</td>
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<td></td>
<td>STRETCH [Limit: 30]</td>
<td>Yoga Studio</td>
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<tr>
<td></td>
<td>FIERCE! TABATA WORKOUT [III]</td>
<td>Cardio &amp; Strength Gym</td>
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<td></td>
<td>CARDIO CIRCUIT [II Limit: 20]</td>
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<tr>
<td></td>
<td>PILATES REFORMER CLINIC: BEGINNING [Limit: 5]</td>
<td>Pilates Studio</td>
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<td></td>
<td>$90 Sign up: Ext. 4338.</td>
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<tr>
<td></td>
<td>POST-TRAUMATIC GROWTH AND SPIRITUAL AWAKENING</td>
<td>Cactus Room</td>
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<tr>
<td></td>
<td>Trauma has power to transform. Stephanie Ludwig, PhD, MA, MDiv speaks about the spiritual dimension of post-traumatic growth &amp; how positive changes post-trauma can be nurtured by spiritual practice.</td>
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</tbody>
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### 11:00 AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td></td>
<td>DJ DANCE PARTY [II]</td>
<td>Gym 1</td>
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<tr>
<td></td>
<td>STRETCH [A Limit: 30]</td>
<td>Gym 2</td>
</tr>
<tr>
<td></td>
<td>MOVESTRONG: ADVANCED FUNCTIONAL TRAINING [III Limit: 10]</td>
<td>Cardio &amp; Strength Gym</td>
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<td></td>
<td>VINYASA FLOW [II]</td>
<td>Yoga Studio</td>
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<tr>
<td></td>
<td>WALLYBALL [II/III]</td>
<td>Racquet Ct. 1</td>
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<tr>
<td></td>
<td>AQUA FIT [I Limit: 15]</td>
<td>Aquatic Center</td>
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<td></td>
<td>WATER PAINTING MEDITATION [Limit: 12]</td>
<td>Art Studio 1</td>
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<tr>
<td></td>
<td>PREVENTING HEART DISEASE [CME]</td>
<td>Catalina Room</td>
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<td></td>
<td>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.</td>
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<td>NOON FITNESS FOR YOUR FEET [A Limit: 30]</td>
<td>Gym 1</td>
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<td>20 min.</td>
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<td></td>
<td>LUNCH &amp; LEARN</td>
<td>Demo Kitchen</td>
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<td>Enjoy SMOKED CHICKEN TACOS WITH GUACAMOLE AND ROASTED VEGETABLE SALSA and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in today’s demo recipes.</td>
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<td>COMMUNITY TABLE: OUTDOOR SPORTS</td>
<td>Canyon Ranch Grill™</td>
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<td></td>
<td>Chat with one of our Outdoor Sports Guides and learn all about hiking, biking, high ropes adventures, archery, nature activities and wilderness survival skills.</td>
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### 1:00 PM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td></td>
<td>BREATHING [Yoga Studio]</td>
<td>Racquet Ct. 1</td>
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<tr>
<td></td>
<td>INTRO TO WALLYBALL [I]</td>
<td>Spa Lobby</td>
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<tr>
<td></td>
<td>NAILED IT - LATEST TECHNOLOGY</td>
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<td>IN NAIL CARE WITH DAZZLE DRY</td>
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<td>Dazzle Dry is the original, nontoxic, vegan, cruelty free nail care system. Meet a Dazzle Dry expert and learn how to keep your hands &amp; nails youthful &amp; in great condition.</td>
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<td>NOT TONIGHT HONEY, I HAVE A HEADACHE [CME]</td>
<td>Catalina Room</td>
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<td></td>
<td>Nicola Finley, MD, will explore female sexuality - physical and emotional factors that impact women's sexual desire and arousal throughout life. This presentation is directed toward a female audience.</td>
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</tbody>
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### PREVENTING HEART DISEASE CONTENT

Canyon Ranch in Tucson Medical Director Stephen Brewer, MD, will discuss risk factors for coronary artery disease.
2:00 PM

LET’S DANCE  A  Gym 3
NEW STRETCH & ROLL  A  Limit: 24  Gym 2
BUFF BOOTY  II  Gym 1
NEW HEART-OPENING PRACTICE  A  Yoga Studio
PILATES REFORMER CLINIC:
INTERMEDIATE/ADVANCED  Limit: 5  Pilates Studio
$90  Sign up: Ext. 4338.
GOLF CLINIC: PUTTING  Limit: 4  Golf Performance Center
$105  Sign up: Ext. 4338.
HANDS-ON COOKING CLASS:
SIMPLE SOUPS AND SALADS  Limit: 12  Demo Kitchen
Spring and Summer are here and we have some healthy, simple, and delicious dishes to teach you! Step up your soup and salad game with some new and easy starters and sides.
2 hr.  $169  Sign up: Ext. 4338.
TARGETING YOUR HEART RATE  CME  Spa Lobby
Join a Canyon Ranch exercise physiologist for a live demonstration of target heart rate determination.
NUTRIGENETICS FOR PERSONALIZED WEIGHT LOSS - THE FUTURE IS HERE!  CME  Cactus Room
What is the right weight loss diet for you? Nutritionist Lisa Powell, MS, RDN will discuss how your genes hold clues for effective weight loss.

3:00 PM

CORE CONDITIONING II/III  Limit: 24  Gym 1
DESSERT DRUMMING A  Limit: 21  Gym 2
WALLYBALL II/III  Racquet Ct. 1
ANGELS AMONG US  Catalina Room
Do guardian angels exist, and what role do they play in our lives? Clairvoyant Pat Bruckmann discusses angel energy in the modern age.

4:00 PM

STRETCH & RELAXATION A  Gym 2
RESTORATIVE YOGA A  Limit: 20  Yoga Studio
INDOOR CYCLING A  Limit: 19  Indoor Cycling Studio
GLUTE TRANSFORMATION CLINIC  Limit: 5  Cardio & Strength Gym
$90  Sign up: Ext. 4338.

5:00 PM

MEDITATION A  Sanctuary
30 min.
TACO NIGHT  Double U Café
It's Taco Tuesday in the Double U!
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.
DE-STRESSING YOUR EXERCISE ROUTINE  CME  Cactus Room
Which workout is best for you: strength, endurance, aerobic, balance or agility training? Join a Canyon Ranch exercise physiologist and learn how to best reach your fitness goals.

6:00 PM

HANDS-ON COOKING CLASS:
FOR THE LOVE OF CHOCOLATE  Limit: 12  Demo Kitchen
Deepen your love of chocolate while making decadent chocolate treats such as chocolate truffles, ganache, chocolate bark, and dipping chocolate. The best part is... the whole thing!
60 min.  $89  Sign up: Ext. 4338.
CLASSICAL DRAWING WORKSHOP  Limit: 6  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.

7:00 PM

BREAKING BAD (OR OLD) HABITS  Cactus 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.

8:00 PM

GAME NIGHT  Pavilion
Join fellow guests for a night of board games and fun. Spend your evening making new friends or perfecting your Yahtzee score!

MY SCHEDULE TUESDAY

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.
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 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
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

REMINDEERS:
• 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.

WALKS & RUNS

Morning walks daily 6:30 AM - A Please bring your water bottle for all walks.
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TENTATIVE SCHEDULE

**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.

**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.

**MOSAIC OF YOUR LIFE**
Create a 6” x 6” framed mosaic in which each form and color purposefully represents the experiences and events that make you the unique person you are today.
STUDIO PAINTING: ACRYLIC
Discover your inner painter! Learn foundational acrylic painting techniques while your creative side brings life to a canvas.

STUDIO PAINTING: WATERCOLOR
Explore your creativity through the delicate and subtle beauty of watercolor. Learn techniques for developing a painting practice that teaches patient self-expression.

DANCE

DJ DANCE PARTY
It's the can't-miss, high-energy cardio party. Dance instructors teach you to move and groove in this workout with attitude.

LET'S DANCE
A different dance form each week emphasizing fun, rhythmic movement. See Spa Lobby Fitness Board for today's class.

WORLD BEAT
Join our drummers and instructors for this free-spirited dance workout that combines Latin, African, Brazilian, hip hop, jazz and modern dance.

ZUMBA®
Feel the energy and move your body to fun and easy-to-follow Latin rhythms.

FLEXIBILITY

DYNAMIC STRETCH EXPRESS
In this 20-minute class, perform powerful dynamic stretches, followed by static stretches to improve your functional range for sports and daily living.

FITNESS FOR YOUR FEET®
20 minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength, and increase function and flexibility using our exercise domes.

STRETCH
Improve total body flexibility.

STRETCH & RELAXATION
Promotes flexibility and breathing and relaxes tense muscles.

STRETCH & ROLL
Improve your mobility in this session focused on static and dynamic stretches, combined with full-body, myofascial releasing techniques. No shoes.

TRX® STRETCH
Use the suspension straps to improve your muscle flexibility and joint mobility.

GOLF

GOLF CLINIC: CHIPPING
Find out how to chip the ball consistently to within one-putt range.

GOLF CLINIC: DRIVING
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: 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: PITCHING
Learn the fundamentals of successful pitching and how to fly the ball over obstacles with confidence.

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

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.

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.

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.

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

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

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

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

mental and physical activity.

Two levels and 16 elements make the High Ropes Course an exciting
high level challenge.

Climb our rock wall for a great workout.

CLIMBING FOR FITNESS

Enjoy a bird-watching stroll around the Ranch and neighboring horse

BIRD WALK

Mesoamerican artifacts and village sites in the Tucson basin.

OUTDOOR SPORTS

various props to assist you in your practice.

This yoga class, inspired by B.K.S. Iyengar, focuses on alignment using

YOGA WITH PROPS

This beginner class focuses on alignment in basic postures from a

YOGA FOR DETOX

Learn postures and breathing techniques that help maintain a healthy

YOGA FOR A HEALTHY BACK

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 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

ARCHAEOLOGICAL 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 ROPE 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.

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.
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

<table>
<thead>
<tr>
<th>To schedule private activities</th>
<th>please call Outdoor Sports at Ext. 4355, between 8 am and 4 pm.</th>
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<tbody>
<tr>
<td>Beginning hikes – Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.</td>
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<tr>
<td>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.</td>
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<tr>
<td>Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.</td>
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<tr>
<td>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.</td>
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<tr>
<td>Bikes are available for short-term use from our Biking office at no charge.</td>
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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.

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.
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
PHONE NUMBERS

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<td>Bell Services</td>
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<tr>
<td>Canyon Ranch Grill™</td>
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<td>CR aesthetics™</td>
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<td>CR™ shops</td>
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<td>Skin Health (appointments)</td>
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<tr>
<td>Tennis</td>
<td>4358, 4400</td>
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<tr>
<td>Welcome Center</td>
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LIFE-THREATENING EMERGENCIES, CALL 9+911

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- 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
- Housekeeping: 4367
- Life Enhancement Center®: 4465
- Life Management: 4430
- Medical: 4419
- Memberships: 4567
- Message Retrieval: 0
- Nutrition: 4480
- Outdoor Sports (Hiking & Biking): 4355
- Program Advisors: 4338
- Real Estate Sales: 4220
- Registration: 4300
- Reservations: 7713
- Showcase Boutique: 4318
- Skin Health (appointments): 4411
- Tennis: 4358, 4400
- Welcome Center: 4331