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.

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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 GRILLE™
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.
TENTATIVE SCHEDULE

**WEDNESDAY** | **AUGUST 7, 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.

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**6:00 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 OR 5-MILE RUN II/III</td>
<td>Spa Lobby</td>
<td></td>
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<tr>
<td>60 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MORNING WALKS A</td>
<td>Spa Lobby</td>
<td></td>
</tr>
<tr>
<td>Primitive Fire-Making</td>
<td>Spa Lobby</td>
<td></td>
</tr>
<tr>
<td>Limit: 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 hr.</td>
<td>Sign up: Outdoor Sports Activity Board or call Ext. 4355.</td>
<td></td>
</tr>
</tbody>
</table>

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**7:00 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>PICKLEBALL INTRO CLINIC</td>
<td>Tennis Courts</td>
<td></td>
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<tr>
<td>50 min.</td>
<td>Sign up: Spa Activity Board.</td>
<td></td>
</tr>
<tr>
<td>NEW ROCK CLIMBING, NATURALLY</td>
<td>Spa Lobby</td>
<td></td>
</tr>
<tr>
<td>Limit: 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 hr.</td>
<td>$425</td>
<td>Sign up: Outdoor Sports Activity Board.</td>
</tr>
</tbody>
</table>

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**8:00 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>CENTERING MEDITATION A</td>
<td>Sanctuary</td>
<td></td>
</tr>
<tr>
<td>30 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>Tennis Courts</td>
<td></td>
</tr>
<tr>
<td>$90</td>
<td>Sign up: Spa Activity Board.</td>
<td></td>
</tr>
</tbody>
</table>

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**8:30 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FITNESS FOR YOUR FEET® A</td>
<td>Gym 1</td>
<td></td>
</tr>
<tr>
<td>Limit: 30</td>
<td></td>
<td></td>
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<tr>
<td>20 min.</td>
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<td></td>
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**9:00 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDOOR CYCLING A</td>
<td>Indoor Cycling Studio</td>
<td></td>
</tr>
<tr>
<td>Limit: 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CARDIO COMBAT III</td>
<td>Yoga Studio</td>
<td></td>
</tr>
<tr>
<td>Limit: 16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NEW YOGA FOR DETOX A</td>
<td>Spa Lobby</td>
<td></td>
</tr>
<tr>
<td>NATIVE AWARENESS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 hr. 30 min.</td>
<td>Sign up: Outdoor Sports Activity Board.</td>
<td></td>
</tr>
<tr>
<td>LONG &amp; LEAN BARRE WORKOUT A</td>
<td>Gym 2</td>
<td></td>
</tr>
<tr>
<td>Limit: 25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STRIDE &amp; STRENGTH A</td>
<td>Cardio &amp; Strength Gym</td>
<td></td>
</tr>
<tr>
<td>Limit: 14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PILATES REFORMER TOWER WORKOUT</td>
<td>Pilates Studio</td>
<td></td>
</tr>
<tr>
<td>Limit: 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$90</td>
<td>Sign up: Ext. 4338.</td>
<td></td>
</tr>
<tr>
<td>CARDIO TENNIS CLINIC</td>
<td>Tennis Courts</td>
<td></td>
</tr>
<tr>
<td>$90</td>
<td>Sign up: Spa Activity Board.</td>
<td></td>
</tr>
<tr>
<td>CERAMIC EXPRESSIONS II/III</td>
<td>Art Studio 1</td>
<td></td>
</tr>
<tr>
<td>Limit: 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 hr.</td>
<td>$109</td>
<td>Sign up: Ext. 4338.</td>
</tr>
<tr>
<td>LANDSCAPE TOUR</td>
<td>Meet in Clubhouse Lobby</td>
<td></td>
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</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABOVE &amp; BELOW THE BELT II/III</td>
<td>Gym 3</td>
<td></td>
</tr>
<tr>
<td>Limit: 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CARDIO CIRCUIT II</td>
<td>Cardio &amp; Strength Gym</td>
<td></td>
</tr>
<tr>
<td>Limit: 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NEW C2M: CONDITIONING TO THE MAX II/III</td>
<td>Gym 1</td>
<td></td>
</tr>
<tr>
<td>Limit: 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>H2O POWER A</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td>Limit: 24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEN’S STRETCH A</td>
<td>Gym 2</td>
<td></td>
</tr>
<tr>
<td>WOMEN’S STRETCH A</td>
<td>Yoga Studio</td>
<td></td>
</tr>
<tr>
<td>Limit: 30</td>
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</tr>
</tbody>
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**11:00 AM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>PILATES MAT I</td>
<td>Yoga Studio</td>
<td></td>
</tr>
<tr>
<td>WALLYBALL III</td>
<td>Racquet Ct. 1</td>
<td></td>
</tr>
<tr>
<td>DESERT DRUMMING A</td>
<td>Gym 2</td>
<td></td>
</tr>
<tr>
<td>Limit: 21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NEW POSTURE &amp; BALANCE IN THE WATER A</td>
<td>Aquatic Center</td>
<td></td>
</tr>
<tr>
<td>Limit: 15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FIERCE! TABATA WORKOUT III</td>
<td>Gym 1</td>
<td></td>
</tr>
<tr>
<td>NEW POTTER’S WHEEL DEMO</td>
<td>Art Studio 1</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SPOTLIGHT ON WOMEN’S HEALTH CME</td>
<td>Catalina Room</td>
<td></td>
</tr>
<tr>
<td>Join Nicola Finley, MD, and get the latest scoop on hormones and breast cancer.</td>
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</tbody>
</table>

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**1:00 PM**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>TAI CHI SWORD A</td>
<td>Yoga Studio</td>
<td></td>
</tr>
<tr>
<td>NEW HEALING BOTANICALS</td>
<td>Art Studio 1</td>
<td></td>
</tr>
<tr>
<td>IN WATERCOLOR &amp; INK</td>
<td>Limit: 8</td>
<td></td>
</tr>
<tr>
<td>2 hr.</td>
<td>$109</td>
<td>Sign up: Ext. 4338.</td>
</tr>
<tr>
<td>ACUTONICS®: A HARMONIC APPROACH TO ALTERNATIVE HEALTH CARE</td>
<td>Catalina Room</td>
<td></td>
</tr>
<tr>
<td>Acupuncturist and acutonics practitioner Marta Vergara, LAc, will help you explore this non-invasive healing approach - a blend of acupuncture and harmonics that sends sound through the meridians.</td>
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</tr>
<tr>
<td>HANDS-ON COOKING CLASS: EASY ENTERTAINING</td>
<td>Dema Kitchen</td>
<td></td>
</tr>
<tr>
<td>Yoga Studio</td>
<td></td>
<td></td>
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<tr>
<td>MOVESTRONG: ADVANCED FUNCTIONAL TRAINING</td>
<td>Cardio &amp; Strength Gym</td>
<td></td>
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<tr>
<td>Limit: 10</td>
<td></td>
<td></td>
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<tr>
<td>FREEFORM FUSION III</td>
<td>Gym 3</td>
<td></td>
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<tr>
<td>Limit: 15</td>
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<td></td>
</tr>
<tr>
<td>GOLF CLINIC: DRIVING</td>
<td>Golf Performance Center</td>
<td></td>
</tr>
<tr>
<td>$105</td>
<td>Sign up: Ext. 4338.</td>
<td></td>
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<td>Gym 3</td>
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<td></td>
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<td>Golf Performance Center</td>
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<tr>
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<td></td>
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<tr>
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<td>Gym 3</td>
<td></td>
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<td>Golf Performance Center</td>
<td></td>
</tr>
<tr>
<td>$105</td>
<td>Sign up: Ext. 4338.</td>
<td></td>
</tr>
</tbody>
</table>
**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

<table>
<thead>
<tr>
<th>MY SCHEDULE WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6 am</strong></td>
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<tr>
<td><strong>7 am</strong></td>
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<td><strong>8 am</strong></td>
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<td><strong>9 am</strong></td>
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<td><strong>10 am</strong></td>
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<tr>
<td><strong>11 am</strong></td>
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<tr>
<td><strong>Noon</strong></td>
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<td><strong>1 pm</strong></td>
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<td><strong>2 pm</strong></td>
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<td><strong>3 pm</strong></td>
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<td><strong>4 pm</strong></td>
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<td><strong>5 pm</strong></td>
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<td><strong>6 pm</strong></td>
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<td><strong>7 pm</strong></td>
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<tr>
<td><strong>8 pm</strong></td>
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<tr>
<td><strong>9 pm</strong></td>
</tr>
</tbody>
</table>

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

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**4:00 PM**

**INDOOR CYCLING**  A  Limit: 18  
Indoor Cycling Studio

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

**STRETCH & RELAXATION**  A  
Gym 2

---

**5:00 PM**

**MEDITATION**  A  
Sanctuary  
30 min.

**AUTHENTICALLY LOCAL**

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

**OPEN 12-STEP RECOVERY MEETING**

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**

**RECOGNIZING LOVE’S POTENTIAL THROUGH ASTROLOGY**

Catalina Room

What can astrology reveal about a new love or a long-term partnership? Astrologer Will McCastle discusses relationship astrology through the perspective of star crossed couples of the modern era.

---

**7:00 PM**

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

**PROTECTING THE HEART OF THE JAGUAR**

Cactus Room  
Learn about the powerful, charismatic jaguar, regionally known as “el tigre,” and other wild critters roaming the desert borderlands beyond Canyon Ranch.

---

**8:00 PM**

**WHAT DOES YOUR SMILE SAY ABOUT YOU?**

Catalina Room

Joel Steinfeld, DMD, will share insights about dental health and how it relates to your general well-being. Hear about techniques in modern dentistry and how you may benefit from these new advances.
### THURSDAY | AUGUST 8, 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.

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<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Cost</th>
<th>Sign Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM</td>
<td>MORNING WALKS A</td>
<td>Spa Lobby</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>INTUITIVE ARCHERY Limit: 6</td>
<td>Spa Lobby</td>
<td></td>
<td>$110</td>
<td>Ext. 4338.</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>SUNRISE YOGA II/III</td>
<td>T-Pool</td>
<td>60 min.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30 AM</td>
<td>BOGAFIT BOOT CAMP CLINIC Limit: 10</td>
<td>T-Pool</td>
<td></td>
<td>$90</td>
<td>Sign up: Ext. 4338.</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>Tennis Courts</td>
<td></td>
<td>$90</td>
<td>Sign up: Spa Activity Board.</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>DYNAMIC STRETCH EXPRESS II/III</td>
<td>Gym 2</td>
<td>20 min.</td>
<td></td>
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</tr>
<tr>
<td>9:00 AM</td>
<td>ABOVE &amp; BELOW THE BELT II Limit: 20</td>
<td>Gym 3</td>
<td></td>
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<tr>
<td></td>
<td>NEW GAME TIME READY III Limit: 15</td>
<td>Gym 1</td>
<td></td>
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<td></td>
<td>INDOOR CYCLING A Limit: 18</td>
<td>Indoor Cycling Studio</td>
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<td></td>
<td>LONG &amp; LEAN BARRE WORKOUT A Limit: 25</td>
<td>Cardio &amp; Strength Gym</td>
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<td></td>
<td>STRIDE &amp; STRENGTH A Limit: 14</td>
<td>Cardio &amp; Strength Gym</td>
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<tr>
<td></td>
<td>CARDIO TENNIS CLINIC</td>
<td>$90 Sign up: Spa Activity Board.</td>
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<tr>
<td></td>
<td>NEW ASIAN BRUSH PAINTING II Limit: 8</td>
<td>Art Studio 1</td>
<td>2 hr. $109</td>
<td>Sign up: Ext. 4338.</td>
<td></td>
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<tr>
<td>10:00 AM</td>
<td>CARDIO CIRCUIT II Limit: 20</td>
<td>Cardio &amp; Strength Gym</td>
<td></td>
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<td></td>
<td>CORE CONDITIONING II/III Limit: 24</td>
<td>Gym 1</td>
<td></td>
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<td></td>
<td>WOMEN’S STRETCH A Limit: 30</td>
<td>Yoga Studio</td>
<td></td>
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<tr>
<td></td>
<td>MEN’S STRETCH A Limit: 24</td>
<td>Gym 2</td>
<td></td>
<td></td>
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<td></td>
<td>H2O POWER A Limit: 24</td>
<td>T-Pool</td>
<td></td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>WALLYBALL II/III</td>
<td>Racquet Ct. 1</td>
<td></td>
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<tr>
<td></td>
<td>INTERMEDIATE YOGA II</td>
<td>Yoga Studio</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>AQUA FIT II Limit: 15</td>
<td>Aquatic Center</td>
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<td></td>
<td>DJ DANCE PARTY II</td>
<td>Gym 1</td>
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<td></td>
<td>MUSCLE MAX II/III</td>
<td>Gym 3</td>
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<td></td>
<td>PILATES REFORMER CLINIC: BEGINNING Limit: 5</td>
<td>Pilates Studio</td>
<td>$90</td>
<td>Sign up: Ext. 4338.</td>
<td></td>
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<tr>
<td></td>
<td>NEW MOSAIC OF YOUR LIFE Limit: 8</td>
<td>Art Studio 1</td>
<td>2 hr. $169</td>
<td>Sign up: Ext. 4338.</td>
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<tr>
<td></td>
<td>NEW RECOVERY FOR YOUR FEET Spa Lobby</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td></td>
<td>BETTER FOOTWEAR: THE ROAD TO HAPPY FEET</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td></td>
<td>SWOLLEN, TIREDF, ACHY FEET &amp; 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.</td>
<td>Canyon Ranch Grill™</td>
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<td></td>
<td>COMMUNITY TABLE: MEMBERSHIP SALES Canyon Ranch Grill™</td>
<td>Canyon Ranch Grill™</td>
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<td></td>
<td>Learn how Membership at Canyon Ranch is the best investment you can make in lifelong health for you and your family.</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td>1:00 PM</td>
<td>HIIT IT! III Limit: 12</td>
<td>Gym 1</td>
<td>30 min.</td>
<td>$90</td>
<td>Sign up: Ext. 4338.</td>
</tr>
<tr>
<td></td>
<td>AERIAL HAMMOCK YOGA CLINIC Limit: 5</td>
<td>Gym 3</td>
<td></td>
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<tr>
<td></td>
<td>LUNCH &amp; LEARN Demo Kitchen</td>
<td>Canyon Ranch Grill™</td>
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<td></td>
<td>ENJOY SOY SEARED STEAK SANDWICH WITH ROASTED CARROT FRIES, SOUP, SALAD AND DESSERT and watch our demo chef prepare the entree.</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td>2:00 PM</td>
<td>ZUMBA®</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td></td>
<td>BEAUTY STUDIO CME Catalina Room</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td></td>
<td>LEARN ABOUT THE LATEST TRENDS IN THE BEAUTY INDUSTRY. OUR SALON EXPERTS WILL OFFER DIY'S AND BEAUTY SECRETS FOR HAIR, AND SHARE TIPS ON PRODUCTS, TOOLS, COLOR AND CUT.</td>
<td>Canyon Ranch Grill™</td>
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<td></td>
<td>BOOSTING YOUR BRAIN POWER</td>
<td>CME Catalina Room</td>
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<tr>
<td></td>
<td>LEARN ABOUT THE LATEST TRENDS IN THE BEAUTY INDUSTRY. OUR SALON EXPERTS WILL OFFER DIY'S AND BEAUTY SECRETS FOR HAIR, AND SHARE TIPS ON PRODUCTS, TOOLS, COLOR AND CUT.</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td></td>
<td>HANDS-ON COOKING CLASS: QUICK FIX Demo Kitchen</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td></td>
<td>IT'S DINNERTIME AND YOU ARE IN A HURRY; IT'S TIME FOR A QUICK FIX. LET US SHOW YOU THE TRICKS AND GIVE YOU THE SIMPLE TIPS TO PUT A HEALTHY, SATISFYING DINNER ON THE TABLE IN LESS THAN 20 MINUTES. 2 hr. $169 Sign up: Ext. 4338.</td>
<td>Canyon Ranch Grill™</td>
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</tr>
</tbody>
</table>
**MY SCHEDULE THURSDAY**

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

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

#### CARDIO CIRCUIT
- **Limit: 20**

#### STRIDE & STRENGTH
- **Limit: 14**

#### CARDIO TENNIS CLINIC
- **$105 Sign up: Ext. 4338.**

#### ZUMBA®

#### INSPIRED SKETCHBOOKING
- **Limit: 8**

#### NEW
- **NEW**

#### H2O POWER
- **Sign up: Spa Activity Board.**

#### PILATES CIRCUIT CLASS
- **A Limit: 20**

#### GOLF CLINIC: DRIVING
- **Limit: 4**

#### TENTATIVE SCHEDULE

### 6:00 AM
- **MORNING WALKS** A
  - Spa Lobby
- **PHOTOGRAPHY HIKE** A
  - Spa Lobby
  - **4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.**
- **CLIMBING FOR FITNESS** A
  - 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** II
  - Tennis Courts
  - **50 min. $90 Sign up: Spa Activity Board.**

### 8:00 AM
- **CENTERING MEDITATION** A
  - Sanctuary
  - **30 min.**
- **TENNIS: INTERMEDIATE/ADVANCED CLINIC** A
  - Tennis Courts
  - **$90 Sign up: Spa Activity Board.**
- **CR STARTER** A
  - 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.**

### 9:00 AM
- **INDOOR CYCLING** A
  - Cardio & Strength Gym
  - **Limit: 18**
- **CHAIR YOGA** I
  - Yoga Studio
  - **Limit: 20**
- **ZUMBA®** A
  - Yoga Studio
  - **Gym 1**
- **STRIDE & STRENGTH** A
  - Cardio & Strength Gym
  - **Limit: 14**
- **SURFSET FITNESS** II/ III
  - Gym 3
  - **Limit: 11**
- **CARDIO TENNIS CLINIC** A
  - Tennis Courts
  - **$90 Sign up: Spa Activity Board.**
- **NEW INSPIRED SKETCHBOOKING** A
  - Art Studio 1
  - **Limit: 8**
  - **2 hr. $109 Sign up: Ext. 4338.**

### 10:00 AM
- **FIERCE! TABATA WORKOUT** III
  - Gym 1
  - **III**
- **CARDIO CIRCUIT** II
  - Cardio & Strength Gym
  - **Limit: 20**
- **MEN’S STRETCH** A
  - Yoga Studio
  - **Gym 2**
- **WOMEN’S STRETCH** A
  - Yoga Studio
  - **Limit: 30**
- **TENNIS MIXER** A
  - Tennis Courts
  - **Limit: 12**
  - **Sign up: Spa Activity Board.**
- **H2O POWER** A
  - T-Pool
  - **Limit: 24**
- **PILATES CIRCUIT CLASS** A
  - Gym 3
  - **Limit: 20**
- **GOLF CLINIC: DRIVING**
  - Golf Performance Center
  - **Limit: 4**
  - **$105 Sign up: Ext. 4338.**

### 11:00 AM
- **INTERMEDIATE YOGA** II
  - Yoga Studio
  - **III**
- **WALLYBALL** II/III
  - Racquet Ct. 1
  - **$169 Sign up: Ext. 4338.**
- **TRX® FUSION** II/ III
  - Gym 3
  - **Limit: 11**
- **ROCKIN’ RETRO** I/II
  - Gym 1
- **AQUA FIT** I
  - Aquatic Center
  - **Limit: 15**
- **PILATES REFORMER TOWER WORKOUT** II
  - Pilates Studio
  - **Limit: 5**
  - **$90 Sign up: Ext. 4338.**
- **STUDIO PAINTING: WATERCOLOR** A
  - Art Studio 1
  - **Limit: 6**
  - **2 hr. $109 Sign up: Ext. 4338.**

### 12:00 PM
- **FITNESS FOR YOUR FEET®** A
  - Gym 1
  - **Limit: 30**
- **LUNCH & LEARN**
  - Demo Kitchen
  - **Enjoy PARMESAN CRUSTED MAHI AND ROASTED RED PEPPER SAUCE, soup, salad and dessert and watch our demo chef prepare the entrée.**
- **COMMUNITY TABLE: OUTDOOR SPORTS**
  - Canyon Ranch Grill™
  - **Chat with one of our Outdoor Sports Guides and learn all about hiking, biking, high ropes adventures, archery, nature activities and wilderness survival skills.**
- **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
  - **Catalina Room**
  - **NEW DON’T TAKE IT PERSONALLY**
  - **We’ve all heard this advice. Don't take it personally. Self-help books have devoted chapters to the benefits but don't tell us how. Join Lesley Lupo to explore ways to accomplish this goal.**

### 2:00 PM
- **BOXER’S WORKOUT** II
  - Gym 3
  - **Limit: 12**
- **BUFF BOOTY** II
  - Gym 1
  - **NEW HEART-OPENING PRACTICE** A
  - Yoga Studio
  - **A**
  - **HANDS-ON COOKING CLASS: BBQ U**
  - **Limit: 12**
  - **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
- **MUSCLE MAX** II/III
  - Gym 3
  - **NEW**
  - **PILATES TO THE BEAT** II/III
  - Yoga Studio
  - **VINYASA FLOW** II
  - **WALLYBALL** II/III
  - **Spa Lobby
  - **BOD POD® BODY COMPOSITION DEMO**
  - **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.**
**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 PM</td>
<td>STRETCH &amp; RELAXATION  A</td>
<td>Gym 2</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>MEDITATION  A</td>
<td>Sanctuary</td>
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<tr>
<td>5:00 PM</td>
<td>DAO-IN CHINESE YOGA  I</td>
<td>Yoga Studio</td>
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<tr>
<td>5:00 PM</td>
<td>INDOOR CYCLING  A  Limit: 18</td>
<td>Indoor Cycling Studio</td>
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<tr>
<td>5:00 PM</td>
<td>AERIAL HAMMOCK YOGA CLINIC  Limit: 5</td>
<td>Gym 3</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>$90  Sign up: Ext. 4338.</td>
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<tr>
<td>5:00 PM</td>
<td>PAELLA NIGHT  A</td>
<td>Double U Café</td>
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<tr>
<td>6:00 PM</td>
<td>OPEN 12-STEP RECOVERY MEETING</td>
<td>Mesquite Room</td>
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<tr>
<td>6:00 PM</td>
<td>PLANT-BASED LIVING FOR YOUR GOOD HEALTH  CME</td>
<td>Cactus Room</td>
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<tr>
<td>6:00 PM</td>
<td>MINIMAL EXERCISE, MAXIMUM RESULTS  CME</td>
<td>Catalina Room</td>
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<tr>
<td>8:00 PM</td>
<td>BINGO</td>
<td>Pavilion</td>
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</tbody>
</table>

**PLEASE BE ADVISED:** SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
SATURDAY | AUGUST 10, 2019

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

**HIKING & BIKING**

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

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

**5:30 AM**

8-MILE WALK III  
Spa Lobby  
*2 hr.*

**6:00 AM**

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

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

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

**7:00 AM**

SPIRITUAL CYCLING A Limit: 18  
Indoor Cycling Studio

**9:00 AM**

INDOOR CYCLING A Limit: 18  
Indoor Cycling Studio

WORLD BEAT A  
Yoga Studio

CHAIR YOGA I Limit: 20  
Yoga Studio

STRIDE & STRENGTH A Limit: 14  
Cardio & Strength Gym

STUDIO PAINTING: ACRYLIC Limit: 6  
Art Studio 1  
*2 hr.*  
$109  
Sign up: Ext. 4338.

**10:00 AM**

MUSCLE MAX II/III  
Gym 3

DRUMMING CIRCLE A  
Gym 1

WOMEN'S STRETCH A Limit: 30  
Yoga Studio

MEN'S STRETCH A  
Gym 2

H2O POWER A Limit: 24  
T-Pool

GOLF CLINIC: PITCHING Limit: 4  
Golf Performance Center  
*$105  
Sign up: Ext. 4338.

NEW SAM® PRO 2.0 WEARABLE ULTRASOUND DEMO  
Medical Reception

Learn about the latest wearable, multi-hour, low-intensity ultrasound device to help treat arthritis pain, accelerate the natural healing of tissue injuries and reduce pain while you're on the go.

**11:00 AM**

WALLYBALL III  
Racquet Ct. 1

PILATES MAGIC CIRCLE A Limit: 25  
Gym 3

POWER FLOW II/III  
Yoga Studio

NEW POSTURE & BALANCE IN THE WATER A Limit: 15  
Aquatic Center  
*2 hr.*  
$109  
Sign up: Ext. 4338.

KEEP YOUR JOINTS HEALTHY CME  
Catalina Room

**NOON**

HIIT IT! III Limit: 12  
Gym 1  
*30 min.*

LUNCH & LEARN  
Demo Kitchen

Enjoy CHICKEN KALE PEANUT SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.

COMMUNITY TABLE: SPIRITUAL WELLNESS  
Canyon Ranch Grill™

Learn about our beautiful spiritually oriented venues and services with a spiritual wellness provider.

**1:00 PM**

INTRO TO WALLYBALL I  
Racquet Ct. 1

GYROKINESIS A Limit: 15  
Gym 1

GOLF CLINIC: IRONS Limit: 4  
Golf Performance Center  
*$105  
Sign up: Ext. 4338.

COMMUNICATING WITH YOUR PET  
Catalina Room

Canyon Ranch clairvoyant Pat Bruckmann reveals ways to intuitively read your pet’s mind and moods. Take part in a meditation to discover your animal spirit guide.

**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**

FREEFORM FUSION II/III Limit: 15  
Gym 3

GENTLE VINYASA I  
Yoga Studio

LONG & LEAN BARRE WORKOUT A Limit: 25  
Pilates Studio  
*$90  
Sign up: Ext. 4338.

GOLF CLINIC: CHIPPING Limit: 4  
Golf Performance Center  
*$105  
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.

TENTATIVE SCHEDULE

**3:00 PM**

YOGA PILATES BLEND II/III  
Yoga Studio

ABOVE & BELOW THE BELT II Limit: 20  
Gym 1

BUFF BOOTY II  
Racquet Ct. 1

WALLYBALL II/III  
Racquet Ct. 1

**3:30 PM**

RESTORATIVE YOGA A Limit: 20  
Yoga Studio

INDOOR CYCLING A Limit: 18  
Indoor Cycling Studio

**4:00 PM**

RESTORATIVE YOGA A Limit: 20  
Yoga Studio

INDOOR CYCLING A Limit: 18  
Indoor Cycling Studio

STRETCH & RELAXATION A

**HIKING & BIKING**

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

**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.
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

## 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>6:00 AM</th>
<th>MORNING WALKS</th>
<th>A</th>
<th>Spa Lobby</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>INTUITIVE ARCHERY</td>
<td>Limit: 6</td>
<td>Spa Lobby</td>
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<tr>
<td></td>
<td>2 hr.</td>
<td>$110</td>
<td>Sign up: Ext. 4338.</td>
</tr>
</tbody>
</table>

| 7:00 AM  | ARCHAEOLOGICAL ADVENTURE | I | Limit: 8 | Spa Lobby |
|----------|--------------------------|---|-----------|
|          | 5 hr. | $110 | Sign up: Outdoor Sports Activity Board. |

<table>
<thead>
<tr>
<th>8:00 AM</th>
<th>QI GONG</th>
<th>A</th>
<th>Yoga Studio</th>
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<tbody>
<tr>
<td></td>
<td>CENTERING MEDITATION</td>
<td>A</td>
<td>Sanctuary</td>
</tr>
<tr>
<td></td>
<td>30 min.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>8:30 AM</th>
<th>CORE &amp; MORE</th>
<th>A</th>
<th>Gym 2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20 min.</td>
<td></td>
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</tbody>
</table>

| 9:00 AM  | INDOOR CYCLING | A | Limit: 18 | Indoor Cycling Studio |
|----------|----------------|---|-----------|
|          | NEW YOGA WITH PROPS | A | Yoga Studio |
|          | FIERCE! TABATA WORKOUT | III | Gym 1 |
|          | FITNESS FIRST | I | Gym 1 |
|          | STRIDE & STRENGTH | A | Limit: 14 | Cardio & Strength Gym |

| 10:00 AM | CARDIO CIRCUIT | II | Limit: 20 | Cardio & Strength Gym |
|-----------|----------------|---|-----------|
|           | CORE CONDITIONING | II/III | Limit: 20 | Gym 1 |
|           | WOMEN’S STRETCH | A | Limit: 50 | Yoga Studio |
|           | MEN’S STRETCH | A | Gym 2 |
|           | H2O POWER | A | Limit: 24 | T-Pool |
|           | GOLF CLINIC: PUTTING | Limit: 4 | Golf Performance Center |
|           | $105 | Sign up: Ext. 4338. |
|           | NEW SAM® PRO 2.0 WEARABLE ULTRASOUND DEMO | Medical Reception |
|           | Learn about the latest wearable, multi-hour, low-intensity ultrasound device to help treat arthritis pain, accelerate the natural healing of tissue injuries and reduce pain while you’re on the go. |

<table>
<thead>
<tr>
<th>11:00 AM</th>
<th>WALLYBALL</th>
<th>II/III</th>
<th>Racquet Ct. 1</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>NEW TRX® STRONG</td>
<td>II/III</td>
<td>Gym 3</td>
</tr>
<tr>
<td></td>
<td>STRETCH</td>
<td>A</td>
<td>Limit: 30</td>
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<tr>
<td></td>
<td>ZUMBA®</td>
<td>A</td>
<td>Gym 1</td>
</tr>
<tr>
<td></td>
<td>NEW YOGA FOR DETOX</td>
<td>A</td>
<td>Yoga Studio</td>
</tr>
<tr>
<td></td>
<td>AQUA FIT</td>
<td>I</td>
<td>Limit: 15</td>
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<tr>
<td></td>
<td>THE SCIENCE OF WEIGHT LOSS</td>
<td>CME</td>
<td>Catalina Room</td>
</tr>
</tbody>
</table>

## NOON

<table>
<thead>
<tr>
<th>1:00 PM</th>
<th>BREATHEING</th>
<th>A</th>
<th>Yoga Studio</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>GOLF CLINIC: DRIVING</td>
<td>Limit: 4</td>
<td>Golf Performance Center</td>
</tr>
<tr>
<td></td>
<td>$105</td>
<td>Sign up: Ext. 4338.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>BEAUTY STUDIO</td>
<td>Spa Lobby</td>
<td></td>
</tr>
<tr>
<td></td>
<td>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.</td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2:00 PM</th>
<th>HANDS-ON COOKING CLASS: FOODIE FUNDAMENTALS</th>
<th>Limit: 12</th>
<th>Demo Kitchen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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.</td>
<td></td>
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<tr>
<td></td>
<td>2 hr.</td>
<td>$169</td>
<td>Sign up: Ext. 4338.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3:00 PM</th>
<th>YOGA FOUNDATIONS</th>
<th>Yoga Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>NEW GAME TIME READY</td>
<td>III</td>
</tr>
</tbody>
</table>

| 4:00 PM  | HIIT IT! | III | Limit: 12 | Gym 1 |
|----------|---------|---|-----------|
|          | RESTORATIVE YOGA | A | Limit: 20 | Yoga Studio |
|          | STRETCH & RELAXATION | A | Gym 2 |
|          | 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. |

**Note:** The schedule is subject to change. Please check the Spa Lobby for the most up-to-date information. **Tentative Schedule.**
**MY SCHEDULE SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6 am</td>
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<td>9 am</td>
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<td>11 am</td>
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<tr>
<td>8 pm</td>
<td></td>
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</tr>
<tr>
<td>9 pm</td>
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</tbody>
</table>

**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 Spa Lobby
Photography Hike Spa Lobby
6 hr. $110 See 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 Spa Lobby
5 hr. $425 Sign up: Outdoor Sports Activity Board.

7:30 AM

BogaFit Boot Camp Clinic T-Pool
Limit: 10 $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 Gym 1
20 min.

9:00 AM

Indoor Cycling Limit: 18 Indoor Cycling Studio
Pilates for Balance Gym 2
Chair Yoga Yoga Studio
New C2M: Conditioning to the Max Gym 1
Limit: 18
Stride & Strength Gym 1
Cardio Tennis Clinic $90 Sign up: Spa Activity Board.

10:00 AM

Muscle Max II/III Gym 3
Core Conditioning II/III Limit: 24 Gym 1
H2O Power T-Pool
Women's Stretch A限: 24 Yoga Studio
Men's Stretch A Gym 2
Golf Clinic: Irons Limit: 4 Golf Performance Center
$105 Sign up: Ext. 4338.

The Spiritual Power of Being Present
Guided by Spiritual Wellness Director Stephanie Ludwig, PhD, MA, MDiv, learn how to pay attention to the richness of life unfolding right now and embrace your full power of presence.

Stone Power: Insight & Healing with Gems & Minerals Catalina Room
Heidi Harrison, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.

11:00 AM

Wallyball II/III Racquet Ct. 1
Intermediate Yoga II Yoga Studio
Aqua Fit I Limit: 15 Aquatic Center
Bosu 3D Extreme III Gym 1
Killer Drills & Skills III Gym 3
Medically Unexplained Symptoms CME Catalina Room
Stephen Brewer, MD, showcases an innovative look at understanding complex syndromes, such as fibromyalgia and irritable bowel syndrome.

Noon

TRX® 101 I/II Limit: 11 Gym 3
30 min.

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 entrée.

Community Table: Food Development Canyon Ranch Grill™
Learn about the Canyon Ranch "food story" and how the synergy between food and nutrition shapes the great tasting, healthy cuisine at Canyon Ranch.

1:00 PM

Intro to Wallyball I Racquet Ct. 1
New Inspired Sketchbooking I Limit: 8 Art Studio 1
2 hr. $109 Sign up: Ext. 4338
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.
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

2:00 PM
YOGA FOUNDATIONS  I Yoga Studio
BOXER’S WORKOUT III Limit: 12 Gym 3
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 Cactus Room
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
WALLYBALL II/III Racquet Ct. 1
LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2
ROCKIN’ RETRO I/II Gym 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.

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.

4:00 PM
STRETCH & RELAXATION A Gym 2
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
RESTORATIVE YOGA A Limit: 20 Yoga Studio
NEW ASIAN BRUSH PAINTING Limit: 8 Art Studio 1
2 hr.  $105 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
DIGITAL DETOX CME Catalina Room
Amy Hawthorne, MS, LMFT, leads a lighthearted exploration of technology and its addictive qualities, implications for us and our children, and how to incorporate it into our lives with more balance.

STUDIO PAINTING: ACRYLIC Limit: 6 Art Studio 1
2 hr.  $109 Sign up: Ext. 4338.

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

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Limit</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIRD WALK</td>
<td>8</td>
<td>Spa Lobby</td>
</tr>
<tr>
<td>MORNING WALKS</td>
<td></td>
<td>Spa Lobby</td>
</tr>
<tr>
<td>HIGH ROPE CHALLENGE COURSE</td>
<td>8</td>
<td>Spa Lobby</td>
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### 7:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Limit</th>
<th>Location</th>
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<tbody>
<tr>
<td>REBOUND JUMP BOOTS CLINIC II/III</td>
<td>6</td>
<td>Racquetball Courts</td>
</tr>
<tr>
<td>TAI CHI</td>
<td></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>CENTERING MEDITATION A</td>
<td></td>
<td>Sanctuary</td>
</tr>
<tr>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>$90</td>
<td>Tennis Courts</td>
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### 8:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Limit</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>DYNAMIC STRETCH EXPRESS II/III</td>
<td>20 min.</td>
<td>Gym 2</td>
</tr>
<tr>
<td>MEMBERSHIP &amp; REAL ESTATE</td>
<td></td>
<td>Spa Lobby</td>
</tr>
<tr>
<td>YOGA FOUNDATIONS I</td>
<td></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>INDOOR CYCLING A</td>
<td>18</td>
<td>Indoor Cycling Studio</td>
</tr>
<tr>
<td>FITNESS FIRST I</td>
<td></td>
<td>Gym 1</td>
</tr>
<tr>
<td>STRIDE &amp; STRENGTH A</td>
<td>14</td>
<td>Cardio &amp; Strength Gym</td>
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<tr>
<td>SURFSET FITNESS III</td>
<td>11</td>
<td>Gym 3</td>
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<tr>
<td>CARDIO TENNIS CLINIC</td>
<td>$90</td>
<td>Tennis Courts</td>
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<tr>
<td>CREATING WITH NATURE</td>
<td>Limit 8</td>
<td>Art Studio 1</td>
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### 9:00 AM

<table>
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<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>YOGA FOUNDATIONS I</td>
<td></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>INDOOR CYCLING A</td>
<td></td>
<td>Indoor Cycling Studio</td>
</tr>
<tr>
<td>FITNESS FIRST I</td>
<td></td>
<td>Gym 1</td>
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<tr>
<td>STRIDE &amp; STRENGTH A</td>
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<td>Cardio &amp; Strength Gym</td>
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<tr>
<td>SURFSET FITNESS III</td>
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<tr>
<td>CARDIO TENNIS CLINIC</td>
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<td>Tennis Courts</td>
</tr>
<tr>
<td>CREATING WITH NATURE</td>
<td>Limit 8</td>
<td>Art Studio 1</td>
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### 10:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>FIERCE! TABATA WORKOUT III</td>
<td>Gym 1</td>
</tr>
<tr>
<td>TRX AE FUSION III</td>
<td>Gym 3</td>
</tr>
<tr>
<td>H2O POWER A</td>
<td>T-Pool</td>
</tr>
<tr>
<td>TENNIS MIXER</td>
<td>Sign up: Spa Activity Board</td>
</tr>
<tr>
<td>MEN’S STRETCH A</td>
<td>Gym 2</td>
</tr>
<tr>
<td>WOMEN’S STRETCH A</td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>GOLF CLINIC: CHIPPING</td>
<td>Golf Performance Center</td>
</tr>
<tr>
<td>$105 Sign up: Ext. 4338.</td>
<td></td>
</tr>
<tr>
<td>POST-TRAUMATIC GROWTH AND SPIRITUAL AWAKENING</td>
<td>Cactus Room</td>
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Trauma has power to transform. Stephanie Ludwig, PhD, MA, MDiv speaks about the spiritual dimension of post-traumatic growth & how positive changes post-trauma can be nurtured by spiritual practice.

### 11:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>WALLYBALL II/III</td>
<td>Racquet Ct. 1</td>
</tr>
<tr>
<td>VINYASA FLOW II</td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>AQUA FIT I</td>
<td>Aquatic Center</td>
</tr>
<tr>
<td>DJ DANCE PARTY II</td>
<td>Gym 1</td>
</tr>
<tr>
<td>MOVESTRONG: ADVANCED FUNCTIONAL TRAINING III</td>
<td>Limit 10</td>
</tr>
<tr>
<td>WATER PAINTING MEDITATION</td>
<td>Art Studio 2</td>
</tr>
<tr>
<td>PREVENTING HEART DISEASE CME</td>
<td>Catalina Room</td>
</tr>
</tbody>
</table>

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

### 11:15 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>CRYSTAL MEDITATION</td>
<td>Sanctuary</td>
</tr>
</tbody>
</table>

After an introduction on working with crystals, learn how to relax and meditate with a quartz crystal.

### 12:00 PM

**TENTATIVE SCHEDULE**

10:00 AM - 11:00 AM: 
- FIERCE! TABATA WORKOUT III (Gym 1)
- TRX AE FUSION III (Gym 3)
- H2O POWER A (T-Pool)
- TENNIS MIXER (Sign up: Spa Activity Board)
- MEN’S STRETCH A (Gym 2)
- WOMEN’S STRETCH A (Yoga Studio)
- GOLF CLINIC: CHIPPING (Limit 4, $105 Sign up: Ext. 4338)
- POST-TRAUMATIC GROWTH AND SPIRITUAL AWAKENING (Cactus Room)

Trauma has power to transform. Stephanie Ludwig, PhD, MA, MDiv speaks about the spiritual dimension of post-traumatic growth & how positive changes post-trauma can be nurtured by spiritual practice.

11:00 AM - 12:00 PM: 
- WALLYBALL II/III (Racquet Ct. 1)
- VINYASA FLOW II (Yoga Studio)
- AQUA FIT I (Aquatic Center)
- DJ DANCE PARTY II (Gym 1)
- MOVESTRONG: ADVANCED FUNCTIONAL TRAINING III (Limit 10, Cardio & Strength Gym)
- WATER PAINTING MEDITATION (Limit 12, Art Studio 2)
- PREVENTING HEART DISEASE CME (Catalina Room)

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

12:00 PM - 1:00 PM: 
- CRYSTAL MEDITATION (Sanctuary)

After an introduction on working with crystals, learn how to relax and meditate with a quartz crystal.

1:00 PM - 2:00 PM: 
- INTRO TO WALLYBALL I (Racquet Ct. 1)
- 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.

- THE REAL SKINNY ON WEIGHT MANAGEMENT CME (Catalina Room)

With Param Dedhia, MD, learn new approaches to healthy weight loss and discover how to keep weight off with lifelong maintenance.
TUESDAY | AUGUST 13, 2019

FITNESS LEVELS I– beginner, II– intermediate, III– advanced, A– all levels  

Presentations/Workshops 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

---

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  
$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**  
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 Debbie Straub, MS, RDN will discuss how your genes hold clues for effective weight loss.

---

3:00 PM

**CORE CONDITIONING II/III** Limit: 24  
Gym 1

**WALLYBALL II/III**  
Sanctuary

**DESERT DRUMMING A** Limit: 21  
Sanctuary

**NEW RECOVERY FOR YOUR FEET**  
Sanctuary

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.

**ANGELS AMONG US**  
Sanctuary

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

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

**STRETCH & RELAXATION**  
Yoga Studio

**NEW ALPHA CYCLING A** Limit: 18  
Indoor Cycling Studio

60 min.

**GLUTE TRANSFORMATION CLINIC** Limit: 5  
Cardio & Strength Gym

$90 Sign up: Ext. 4338.

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

2 hr. $109 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.

**NEW COMMITTING TO EXERCISE WHEN YOU’RE OVER-COMMITTED**  
CME Cactus Room

People often struggle to balance exercise and a busy schedule. An Exercise physiologist talks about surviving when things aren’t perfect - a key to graceful aging.

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6:00 PM

**CLASSICAL DRAWING WORKSHOP** Limit: 6  
Art Studio 1

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

**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.

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7:00 PM

**TAKE A BREATH BREAK**  
Cactus Room

Reduce stress by using techniques from the Practice of Mindfulness. Join Dan Johnson, Executive Director of the Wellness Council of Arizona, for this sampling of approaches to relaxation.

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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!

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MY SCHEDULE TUESDAY

<table>
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<th>Time</th>
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PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
CLASSES & ACTIVITIES

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

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

AQUATIC

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

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.

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.

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-around 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
See how it feels to move more freely with the changing currents of your life. Create an abstract painting by pouring paint onto a canvas while integrating movement.

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.

**MEN’S STRETCH**
Designed for men to improve total body flexibility.

**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.

**WOMEN’S STRETCH**
Designed for women to improve total body flexibility.

**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. We 11am

**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.

**PILATES REFORMER TOWER WORKOUT**
The Pilates Tower and Reformer is designed to work the deepest abdominal muscles while dramatically sculpting your legs, butt, arms and back. Leave this workout feeling totally exhilarated!

**PILATES TO THE BEAT**
This is a lively, Pilates mat-inspired class that’s choreographed to upbeat pop songs. Challenge yourself to rhythmically flow from one exercise to next - it’s toe-tapping fun.
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.

VINAYASA 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

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.

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.
**TENTATIVE SCHEDULE**

**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.

**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.

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**We Share the Desert**

**Be Aware, Be Safe**

The Sonoran Desert is home to fascinating wildlife.

Enjoy watching them, watch where you walk, and keep your distance.

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

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

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

It's dangerous, against the law – and it's exciting enough just to see them.
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

HAVE YOU TRIED THESE?

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.

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.

HEALTH TIPS
Excerpted from Mel’s Tips for Healthy Living by Mel Zuckerman, Canyon Ranch founder & wellness visionary.

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.
PHONE NUMBERS

Beauty Salon (appts.)................. 4414
Bell Services............................ 4320
Canyon Ranch Grill.................... 4313
CR aesthetics®.......................... 4112
CR™ shops.................................. 4442
Double U Café......................... 4100
Exercise Physiology.................... 4730
Fitness........................................ 4356
Golf Performance Center............... 4627
Guest Services.......................... 4312
Hotel Operator........................... 4320
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

LIFE-THREATENING EMERGENCIES, CALL 9+911

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Canyon Ranch

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