YOUR DAILY SCHEDULE

AUGUST 8 – 13, 2019
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!

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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.**
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.

6:00 AM
3-, 4- OR 5-MILE RUN I/II/III Spa Lobby
60 min.
MORNING WALKS A Spa Lobby
PRACTICE FIRE-MAKING Limit: 6 Spa Lobby
2 hr. Sign up: Outdoor Sports Activity Board or call Ext. 4355.

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

8:00 AM
CENTERING MEDITATION A Sanctuary
30 min.
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
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
CARDIO COMBAT III Limit: 16 Gym 1
NEW YOGA FOR DETOX A Yoga Studio
NATIVE AWARENESS Limit: 10 Spa Lobby
1 hr. 30 min. Sign up: Outdoor Sports Activity Board.
LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2
STRIKE & STRENGTH A Limit: 14 Cardio & Strength Gym
PILATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio
$90 Sign up: Ext. 4338.
CARDIO TENNIS CLINIC Tennis Courts
$90 Sign up: Spa Activity Board.
CERAMIC EXPRESSIONS Limit: 8 Art Studio 1
2 hr. $109 Sign up: Ext. 4338.
LANDSCAPE TOUR Meet in Clubhouse Lobby
Learn about desert landscaping practices, plants, design and more on a tour with a Canyon Ranch landscape expert.

10:00 AM
ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
NEW C2M: CONDITIONING TO THE MAX I/II/III Limit: 18 Gym 1
H2O POWER A Limit: 24 T-Pool
MEN’S STRETCH A Gym 2
WOMEN’S STRETCH A Limit: 30 Yoga Studio

11:00 AM
PILATES MAT I Yoga Studio
WALLYBALL I/II/III Racquet Ct. 1
DESSERT DRUMMING A Limit: 21 Gym 2
NEW POSTURE & BALANCE IN THE WATER A Limit: 15 Aquatic Center
FIERCE! TABATA WORKOUT III Gym 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.

NOON
KETTLEBELL 101 I/II/III Gym 3
30 min.
INTRO TO INDOOR CYCLING I Limit: 18 Indoor Cycling Studio
LUNCH & LEARN
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
NEW HEALING BOTANICALS Art Studio 1
IN WATERCOLOR & INK I Limit: 8
2 hr. $109 Sign up: Ext. 4338.
ACUTONICS®: A HARMONIC APPROACH TO ALTERNATIVE HEALTH CARE Catalina Room
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.

2:00 PM
ZUMBA® A Yoga Studio
YOGA PILATES BLEND I/II/III Gym 1
MOVESTRONG: ADVANCED Cardio & Strength Gym
FUNCTIONAL TRAINING III Limit: 10 Gym 3
FREEFORM FUSION I/II Limit: 15 Golf Performance Center
GOLF CLINIC: DRIVING Limit: 4
$105 Sign up: Ext. 4338.
HANDS-ON COOKING CLASS: EASY ENTERTAINING Limit: 12 Demo Kitchen
Entertaining can be stressful enough without spending so much time in the kitchen instead of with your family and friends. Learn some simple and easy dishes that will delight your guests.
2 hr. $169 Sign up: Ext. 4338.

3:00 PM
BUFF BOOTY II Gym 1
WALLYBALL I/II/III Racquet Ct. 1
INTERMEDIATE YOGA II Yoga Studio
NEW TRX® STRONG I/II/III Limit: 11 Gym 3
EXPLORATION IN SOUL CONSCIOUSNESS Catalina Room
Clairvoyant Pat Bruckmann discusses past lives, spirit communication and other related topics.
Please be advised: scheduled activities are subject to change.

**MY SCHEDULE WEDNESDAY**

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<th>Time</th>
<th>Activity</th>
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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

**CME—Continuing Medical Education**
### 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

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<thead>
<tr>
<th>Time</th>
<th>Event</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>INTUITIVE ARCHERY Limit: 6</td>
<td>Spa Lobby</td>
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<td></td>
<td>2 hr. $110 Sign up: Ext. 4338.</td>
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### 7:00 AM

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<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>SUNRISE YOGA II/III</td>
<td>T-Pool</td>
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<td>60 min.</td>
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<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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### 7:30 AM

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30 AM</td>
<td>BOGAFIT BOOT CAMP CLINIC Limit: 10</td>
<td>T-Pool</td>
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<td>$90 Sign up: Ext. 4338.</td>
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### 8:00 AM

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>Tennis Courts</td>
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<td>$90 Sign up: Spa Activity Board.</td>
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### 8:30 AM

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:30 AM</td>
<td>DYNAMIC STRETCH EXPRESS II/III</td>
<td>Gym 2</td>
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<td>20 min.</td>
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### 9:00 AM

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<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>ABOVE &amp; BELOW THE BELT II/II Limit: 20</td>
<td>Gym 3</td>
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<td>NEW GAME TIME READY III Limit: 15</td>
<td>Gym 1</td>
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<td></td>
<td>INDOOR CYCLING A Limit: 18</td>
<td>Indoor Cycling Studio</td>
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<td>LONG &amp; LEAN BARRE WORKOUT A Limit: 25</td>
<td>Gym 2</td>
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<td></td>
<td>STRIDE &amp; STRENGTH A Limit: 14</td>
<td>Cardio &amp; Strength Gym</td>
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<td>CARDIO TENNIS CLINIC $90 Sign up: Spa Activity Board.</td>
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<td>NEW ASIAN BRUSH PAINTING $109 Sign up: Ext. 4338.</td>
<td>Art Studio 1</td>
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<td>2 hr. $109 Sign up: Ext. 4338.</td>
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### 10:00 AM

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<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>CARDIO CIRCUIT II Limit: 20</td>
<td>Cardio &amp; Strength Gym</td>
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<td></td>
<td>CORE CONDITIONING II/III Limit: 24</td>
<td>Gym 1</td>
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<td></td>
<td>WOMEN'S STRETCH A Limit: 30</td>
<td>Yoga Studio</td>
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<td>MEN'S STRETCH A</td>
<td>Gym 2</td>
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<td>H2O POWER A Limit: 24</td>
<td>T-Pool</td>
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<td></td>
<td>GOLF CLINIC: PUTTING $105 Sign up: Ext. 4338.</td>
<td>Golf Performance Center</td>
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### 11:00 AM

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>WALLYBALL II/III</td>
<td>Racquet Ct. 1</td>
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<tr>
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<td>INTERMEDIATE YOGA II</td>
<td>Yoga Studio</td>
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<td>AQUA FIT I Limit: 15</td>
<td>Aquatic Center</td>
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<td>DJ DANCE PARTY II</td>
<td>Gym 1</td>
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<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>
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<td>$90 Sign up: Ext. 4338.</td>
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<td>NEW MOSAIC OF YOUR LIFE $169 Sign up: Ext. 4338.</td>
<td>Art Studio 1</td>
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<td></td>
<td>NEW RECOVERY FOR YOUR FEET</td>
<td>Sanctuary</td>
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<td>Swollen, tired, achy feet and legs? Learn about new technologies</td>
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<td>that can boost circulation and vascular health, reduce edema, speed</td>
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<td>recovery after exercise and support foot and ankle health.</td>
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<td>30 min.</td>
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<td>BETTER FOOTWEAR: THE ROAD TO HAPPY FEET Canyon Ranch footwear</td>
<td>Spa Lobby</td>
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<td>expert Cindi Binder will show you how to select the right athletic</td>
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<td>shoes, and how to correct alignment and relieve foot pain using</td>
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<td>orthotics.</td>
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### NOON

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<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>NOON</td>
<td>HIIT IT! III Limit: 12</td>
<td>Gym 1</td>
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<td>30 min.</td>
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<td>AERIAL HAMMOCK YOGA CLINIC Limit: 5</td>
<td>Gym 3</td>
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<td></td>
<td>$90 Sign up: Ext. 4338.</td>
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<td>LUNCH &amp; LEARN</td>
<td>Demo Kitchen</td>
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<td>Enjoy SOY SEARED STEAK SANDWICH WITH ROASTED CARROT FRIES, soup,</td>
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<td>salad and dessert and watch our demo chef prepare the entrée.</td>
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<td>COMMUNITY TABLE: MEMBERSHIP SALES Learn how Membership at Canyon</td>
<td>Canyon Ranch Grill</td>
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<td>Ranch is the best investment you can make in lifelong health for you</td>
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<td>and your family.</td>
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### 1:00 PM

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>1:00 PM</td>
<td>BREATHING A Limit: 20</td>
<td>Yoga Studio</td>
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<td>GYROKINESIS A Limit: 15</td>
<td>Gym 1</td>
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<td></td>
<td>INTRO TO WALLYBALL</td>
<td>Racquet Ct. 1</td>
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<td></td>
<td>BEAUTY STUDIO</td>
<td>Spa Lobby</td>
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<td>Learn about the latest trends in the beauty industry. Our Salon</td>
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<td>experts will offer DIYs and beauty secrets for hair, and share tips</td>
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<td>on products, tools, color and cut.</td>
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<td>BOOSTING YOUR BRAIN POWER CME Catalina Room Canyon Ranch internist</td>
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<td>and integrative medicine expert Param Dedhia, MD, will show you how</td>
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<td>to enhance your memory, creativity and problem-solving abilities and</td>
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<td>boost your brain power.</td>
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### 2:00 PM

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<th>Time</th>
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<tbody>
<tr>
<td>2:00 PM</td>
<td>ZUMBA A Limit: 20</td>
<td>Gym 1</td>
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<td>NEW STRETCH &amp; ROLL A Limit: 24</td>
<td>Gym 2</td>
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<td>BOXER'S WORKOUT III Limit: 12</td>
<td>Gym 3</td>
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<td></td>
<td>YOGA FOR A HEALTHY BACK I Yoga Studio</td>
<td>Yoga Studio</td>
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<td>GOLF CLINIC: CHIPPING $105 Sign up: Ext. 4338.</td>
<td>Golf Performance Center</td>
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<td>HANDS-ON COOKING CLASS: QUICK FIX Limit: 12</td>
<td>Demo Kitchen</td>
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<td>It’s dinnertime and you are in a hurry; it’s time for a quick fix.</td>
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<td>Let us show you the tricks and give you the simple tips to put a</td>
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<td>healthy, satisfying dinner on the table in less than 20 minutes.</td>
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<td>2 hr. $169 Sign up: Ext. 4338.</td>
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<td>Time</td>
<td>Activity</td>
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<tr>
<td>3:00 PM</td>
<td>PILATES CIRCUIT CLASS A Limit: 20 Gym 3</td>
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<td>NEW C2M: CONDITIONING TO THE MAX II/III Limit: 18 Gym 1</td>
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<td></td>
<td>POWER FLOW II/III Yoga Studio</td>
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<td></td>
<td>WALLYBALL II/III Racquet Ct. 1</td>
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<td>DESERT DRUMMING A Limit: 21 Gym 2</td>
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<td>LEARN HOW TO FOCUS YOUR INTENTION Catalina Room</td>
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<td>With Canyon Ranch psychic Lesley Lupo, learn how to move a crystal</td>
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<td>pendulum by simply focusing your gaze.</td>
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<td>4:00 PM</td>
<td>RESTORATIVE YOGA A Limit: 20 Yoga Studio</td>
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<td>NEW ALPHA CYCLING A Limit: 18 Indoor Cycling Studio</td>
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<td>STRETCH &amp; RELAXATION A Gym 2</td>
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<td>TWILIGHT PHOTO WALK Limit: 8 Spa Lobby</td>
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|          | 3 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355 for current time and to sign up.
| 5:00 PM  | MEDITATION A Sanctuary                                                   |
|          | MEXICAN FARE Kick back and enjoy an authentic taste of Mexico.           |
|          | OPEN 12-STEP RECOVERY MEETING Mesquite Room Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery. |
| 6:00 PM  | SPIRITUAL CYCLING A Limit: 18 Indoor Cycling Studio                      |
|          | LIVING THROUGH LUNAR CYCLES Catalina Room Learn practical ways of incorporating lunar energy into your healthy living routine. Astrologer Will McCastle details how the moon’s phases and movement through the zodiac can increase your potential. |
| 7:00 PM  | AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby 1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board. |
|          | NEW LIVING AND CREATING WITH REVERENCE Cactus Room Explore how a life-giving sense of reverence can be more fully integrated into your daily life through reflections on the wisdom of women and craftsmen from many cultures, with Claire Campbell Park. |
| 8:00 PM  | CREATE YOUR OWN VISION BOARD Limit: 15 Catalina Room A vision board is a powerful collage of pictures representing what you want to attract in life. Sheila Sornsin will help you create a visual reminder of your hopes, dreams and desires. 1 hr. 30 min. Sign up: ext. 4338. |
|          | MY SCHEDULE THURSDAY                                                      |
| 6 am     |                                                                          |
| 7 am     |                                                                          |
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| 9 pm     |                                                                          |

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

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

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

6:00 AM
MORNING WALKS A
Spa Lobby
4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.

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

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 Limit: 8
Spa Lobby
1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.

9:00 AM
INDOOR CYCLING A Limit: 18
Indoor Cycling Studio

CHAIR YOGA I Limit: 20
Yoga Studio

ZUMBA® A
Yoga Studio

STRIDE & STRENGTH A Limit: 14
Cardio & Strength Gym

SURFSET FITNESS III Limit: 11
Gym 3

CARDIO TENNIS CLINIC
Tennis Courts

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

10:00 AM
FIERCE! TABATA WORKOUT III
Gym 1

CARDIO CIRCUIT II Limit: 20
Cardio & Strength Gym

MEN’S STRETCH A
Gym 2

WOMEN’S STRETCH A Limit: 30
Yoga Studio

TENNIS MIXER Limit: 12
Tennis Courts

SIGN UP: SPA ACTIVITY BOARD.

H2O POWER A Limit: 24
T-Pool

PILATES CIRCUIT CLASS A Limit: 20
Gym 3

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

11:00 AM
INTERMEDIATE YOGA II Yoga Studio

WALLYBALL II/III Racquet Ct. 1

TRX® FUSION III Limit: 11 Gym 3

ROCKIN’ RETRO I/II Gym 1

AQUA FIT I Limit: 15 Aquatic Center

PILATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio
$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 Limit: 30 Gym 1

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

NEW DON’T TAKE IT PERSONALLY Catalina Room
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 III Limit: 12 Gym 3

BUFF BOOTY II Gym 1

MOVESTRONG: ADVANCED FUNCTIONAL TRAINING III Limit: 10 Cardio & Strength Gym

NEW HEART-OPENING PRACTICE A Yoga Studio

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
MUSCLE MAX II/III Gym 3

PILATES TO THE BEAT II/III Yoga Studio

VINYASA FLOW Gym 1

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.
**MY SCHEDULE** FRIDAY

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

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

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

---

**5:30 AM**

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

---

**6:00 AM**

**MORNING WALKS**  A  Spa Lobby
**BIRD WALK**  Limit: 8  Spa Lobby
2 hr.  Sign up: Outdoor Sports Activity Board or Ext. 4355.
**HIGH ROPES CHALLENGE COURSE**  Limit: 8  Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.

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**7:00 AM**

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

---

**9:00 AM**

**INDOOR CYCLING**  A  Limit: 18  Indoor Cycling Studio
**WORLD BEAT**  A  Gym 1
**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**  II/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
**BOSU 3D EXTREME**  III  Gym 1
**LET GO & FLOW**  Limit: 6  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.
**KEEP YOUR JOINTS HEALTHY**  CME  Catalina Room
A Canyon Ranch exercise physiologist clarifies the difference between hurt and harm, and shows you how to escape the pain cycle.

---

**NOON**

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

**LUNCH & LEARN**  Demo Kitchen
Enjoy 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.

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**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.

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**2:00 PM**

**FREEFORM FUSION**  II/III  Limit: 15  Gym 3
**GENTLE VINYASA**  I  Yoga Studio
**LONG & LEAN BARRE WORKOUT**  A  Limit: 25  Gym 2
**PIATES REFORMER CLINIC: BEGINNING**  Limit: 5  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
Taylor Wade, MS, LAT, ATC, will explore common foot complaints from the ground up.
2 hr.  $169  Sign up: Ext. 4338.

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**3:00 PM**

**YOGA PILATES BLEND**  II/III  Yoga Studio
**ABOVE & BELOW THE BELT**  II/II  Limit: 20  Gym 3
**BUFF BOOTY**  II  Gym 1
**WALLYBALL**  II/III  Racquet Ct. 1

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**4:00 PM**

**RESTORATIVE YOGA**  A  Limit: 20  Yoga Studio
**INDOOR CYCLING**  A  Limit: 18  Indoor Cycling Studio
**STRETCH & RELAXATION**  A  Gym 2
**5:00 PM**
**MEDITATION A**
30 min.
**ARIZONA GRILL**
Hosted by the local community and featuring a special guest speaker, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious.
**THE SPIRITUAL ART OF AGING**
How can we approach the aging process like artists of life, seeing it as a creative & spiritual opportunity? Pamela Dintaman, MDiv, BCC, shares perspective on this important, inevitable phase of life.

**6:00 PM**
**CREATIVE PHOTOGRAPHY**
Catalina Room
Find out how to see nature with a photographer's eye. Learn new techniques as an Outdoor Sports photography guide demonstrates ways to create stunning images of the Sonoran Desert.

**7:00 PM**
**COFFEE & CANVAS**
Limit: 9
Art Studio 2
Unleash your creative side and have fun! Our teachers guide you step-by-step through a painting. Enjoy coffee, snacks and great company while creating a work of art to remind you of your Ranch stay.
1 hr. 30 min. $45 Sign up: Ext. 4338.
6:00 AM
MORNING WALKS  A
INTUITIVE ARCHERY  Limit: 6
2 hr. $110 Sign up: Ext. 4338.

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

8:00 AM
QI GONG  A
CENTERING MEDITATION  A
30 min.

8:30 AM
CORE & MORE  A

9:00 AM
INDOOR CYCLING  A  Limit: 18
NEW YOGA WITH PROPS  A
FITNESS FIRST  I
STRIDE & STRENGTH  A  Limit: 14

10:00 AM
CARDIO CIRCUIT  II  Limit: 20
CORE CONDITIONING  II/III  Limit: 24
WOMEN'S STRETCH  A  Limit: 30
MEN'S STRETCH  A
H2O POWER  A  Limit: 24
GOLF CLINIC: PUTTING  Limit: 4
NEW SAM® PRO 2.0 WEARABLE ULTRASOUND DEMO

11:00 AM
WALLYBALL  II/III
NEW TRX® STRONG  II/III  Limit: 11
STRETCH  A  Limit: 30
ZUMBA®  A
NEW YOGA FOR DETOX  A
AQUA FIT  I  Limit: 15
THE SCIENCE OF WEIGHT LOSS

NOON
INTRO TO INDOOR CYCLING  I  Limit: 18
INDOOR CYCLING Studio
GLUTE TRANSFORMATION CLINIC  Limit: 5
Cardio & Strength Gym
AERIAL HAMMOCK YOGA CLINIC  Limit: 5
Gym 3
LUNCH & LEARN
Demo Kitchen

1:00 PM
BREATHING  A
GOLF CLINIC: DRIVING  Limit: 4
Golf Performance Center
BEAUTY STUDIO
Spa Lobby

2:00 PM
BUFF BOOTY  II  Gym 1
SURFSET FITNESS  III  Limit: 11
YIN YOGA  II  Yoga Studio
PILATES FOR BALANCE  II/III  Limit: 18
Golf Performance Center
GOLF CLINIC: PITCHING  Limit: 4
$105 Sign up: Ext. 4338.
HANDS-ON COOKING CLASS:
FOODIE FUNDAMENTALS  Limit: 12
Demo Kitchen

3:00 PM
YOGA FOUNDATIONS  I
Yoga Studio
NEW GAME TIME READY  III  Limit: 15
Racquet Ct. 1
WALLYBALL  II/III
DESERt DRUMMING  A  Limit: 21

4:00 PM
HIIT IT!  III  Limit: 12
30 min.
RESTORATIVE YOGA  A  Limit: 20
Yoga Studio
STRETCH & RELAXATION  A
Sanctuary
BREAK THROUGH TO A CREATIVE LIFE
Sanctuary

NEW SAM® PRO 2.0 WEARABLE ULTRASOUND DEMO
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.

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.

Learn about our skin care services and the product lines available. Samples are provided.

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.

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.
**MY SCHEDULE SUNDAY**

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<td>6 am</td>
<td>MEDISTRATION A 30 min.</td>
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<td>7 am</td>
<td>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.</td>
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<td>8 am</td>
<td>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.</td>
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<td>9 am</td>
<td>PLUTO, THE PLANET OF POWER AND TRANSFORMATION Catalina Room 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.</td>
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<td>10 am</td>
<td>GLOW-GA Yoga Studio Body paint and glow sticks provided.</td>
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<td>11 am</td>
<td>CRYSTAL SOUND MEDITATION Sanctuary Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.</td>
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<td>BINGO Pavilion Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!</td>
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Please be advised: Scheduled activities are subject to change.
### MONDAY | AUGUST 12, 2019
PROPERTY ORIENTATION 9am & 11am. Meet in Clubhouse Lobby.

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

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

---

**6:00 AM**
**MORNING WALKS** A Spa Lobby
**PHOTOGRAPHY HIKE** Limit: 8 Spa Lobby
4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.

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

---

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

---

**8:00 AM**
**CENTERING MEDITATION** A Sanctuary
30 min. **TENNIS: INTERMEDIATE/ADVANCED CLINIC** Tennis Courts
$90 Sign up: Spa Activity Board. **CR STARTER**
Your first visit to Canyon Ranch, only better! Enjoy breakfast with a Canyon Ranch expert to learn the ropes and gain helpful tips to make the most of your stay.

---

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

---

**9:00 AM**
**INDOOR CYCLING** A Limit: 18 Indoor Cycling Studio
**PILATES FOR BALANCE** I/II/III Limit: 18 Gym 2 **CHAIR YOGA** I Limit: 20 Yoga Studio **NEW C2M: CONDITIONING TO THE MAX** I/II/III Limit: 18 Cardio & Strength Gym **NEW STRIDE & STRENGTH** A Limit: 14 **CARDIO TENNIS CLINIC**
$90 Sign up: Spa Activity Board.

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**10:00 AM**
**MUSCLE MAX** II/III Gym 3 **CORE CONDITIONING** II/III Limit: 24 Gym 1 **H2O POWER** A Limit: 24 T-Pool **WOMEN’S STRETCH** A Limit: 30 Yoga Studio **MEN’S STRETCH** A Gym 2 **GOLF CLINIC: IRONS** Limit: 4 Golf Performance Center
$105 Sign up: Ext. 4338.

**PHOTOGRAPHY HIKE** Limit: 8
4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.

---

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

**STONE POWER: INSIGHT & HEALING WITH GEMS & MINERALS** Catalina Room
Heidi Harralson, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.

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**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.

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**NOON**
**TRX® 101** I/I 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** 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

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**MY SCHEDULE**  
**MONDAY**

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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.

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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 ACES & 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.  $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

- **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.

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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.

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<td>10:00 AM</td>
<td>FIERCE! TABATA WORKOUT III</td>
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<td>H2O POWER A LIMIT: 24</td>
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<td>WALLYBALL II/III</td>
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<td>VINYASA FLOW II</td>
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<td>AQUA FIT I LIMIT: 15</td>
<td>Aquatic Center</td>
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<td>DJ DANCE PARTY II</td>
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<td>MOVESTRONG: ADVANCED FUNCTIONAL TRAINING III LIMIT: 10</td>
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<td>WATER PAINTING MEDITATION Limit: 12</td>
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<td>PREVENTING HEART DISEASE CME</td>
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<td>THE REAL SKINNY ON WEIGHT MANAGEMENT CME</td>
<td>Catalina Room</td>
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**Hiking & Biking**

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

Food, water, backpack and poles are provided.

Please dress for the weather and wear hiking boots or appropriate cycling footwear.

**HIKING & BIKING**

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### 2:00 PM

**LET'S DANCE**

**NEW STRETCH & ROLL**

**BUFF BOOTY II**

**NEW HEART-OPENING PRACTICE A**

**PIRATES REFORMER CLINIC: INTERMEDIATE/ADVANCED**

**GOLF CLINIC: PUTTING**

**HANDS-ON COOKING CLASS:**

**SIMPLE SOUPS AND SALADS**

**TARGETING YOUR HEART RATE**

**NUTRIGENETICS FOR PERSONALIZED WEIGHT LOSS - THE FUTURE IS HERE!**

**3:00 PM**

**CORE CONDITIONING II/III**

**WALLYBALL II/III**

**DESERT DRUMMING A**

**NEW RECOVERY FOR YOUR FEET**

**ANGELS AMONG US**

**4:00 PM**

**RESTORATIVE YOGA A**

**STRETCH & RELAXATION A**

**NEW ALPHA CYCLING A**

**GLUTE TRANSFORMATION CLINIC**

**STUDIO PAINTING: WATERCOLOR**

**5:00 PM**

**MEDITATION A**

**TACO NIGHT**

**OPEN 12-STEP RECOVERY MEETING**

**NEW COMMITTING TO EXERCISE WHEN YOU'RE OVER-COMMITTED**

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### 6:00 PM

**CLASSICAL DRAWING WORKSHOP**

**HANDS-ON COOKING CLASS:**

**FOR THE LOVE OF CHOCOLATE**

**3:00 PM**

**TARGETING YOUR HEART RATE**

**4:00 PM**

**RESTORATIVE YOGA A**

**5:00 PM**

**MEDITATION A**

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### 7:00 PM

**TAKE A BREATH BREAK**

**GAME NIGHT**

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### 8:00 PM

**GAME NIGHT**

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### MY SCHEDULE TUESDAY

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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.
**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-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**
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.

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.

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.

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 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.

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.

BREATHEING
Learn proper breathing techniques for relaxation and stress reduction.
POWER FLOW
Focus on stamina, strength and power, using variations of sun salutations and balancing postures in this power flow yoga class.

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

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

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

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

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

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

YIN YOGA
Release deeply held tension in this quiet, contemplative class which takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes.

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

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

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

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

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

OUTDOOR SPORTS

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.
**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**

**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?

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.

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!

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

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