YOUR DAILY SCHEDULE
SEPTEMBER 4 – 10, 2019

Hands-on Cooking
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, 8 am to 5 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
Please note that there are no lifeguards on duty at any pools.

The Aquatic Center features indoor therapy pools, a hot tub, Watsu® dome, 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.

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 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. Heated to 84˚F.

T-Pool: near the Life Enhancement Center®; features 25-yard lap swimming. Heated to 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/TENNIS & WALLYBALL COURTS
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.
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.**
**WEDNESDAY  |  SEPTEMBER 4, 2019**

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

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**Hiking & Biking**

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

Food, water, backpack and poles are provided.

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

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**6:00 AM**

**Morning Walks**

**Spa Lobby**

**6:30 AM**

**Primitive Fire-Making**

**Spa Lobby**

**7:00 AM**

**Pickleball Intro Clinic**

**Tennis Courts**

**8:00 AM**

**Centering Meditation**

**Sanctuary**

**Tennis: Intermediate/Advanced Clinic**

**Tennis Courts**

**8:30 AM**

**Fitness for Your Feet®**

**Gym 1**

**9:00 AM**

**Cardio Combat**

**Gym 1**

**Long & Lean Barre Workout**

**Gym 2**

**Stride & Strength**

**Cardio & Strength Gym**

**Indoor Cycling**

**Indoor Cycling Studio**

**New Yoga for Detox**

**Yoga Studio**

**Pilates Reformer Tower Workout**

**Pilates Studio**

**Cardio Tennis Clinic**

**Tennis Courts**

**Ceramic Expressions**

**Art Studio 1**

**Landscape Tour**

Meet in Clubhouse Lobby

Learn about desert landscaping practices, plants, design and more on a tour with a Canyon Ranch landscape expert.

**9:30 AM**

**Native Awareness**

**Spa Lobby**

1 hr. 30 min.  Sign up: Outdoor Sports Activity Board.

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**10:00 AM**

**New C2M: Conditioning to the Max**

**Gym 1**

**Above & Below the Belt**

**Gym 3**

**Cardio Circuit**

**Cardio & Strength Gym**

**Stretch**

**Yoga Studio**

**H2O Power**

**T-Pool**

**New the Coach Approach: How to Be Your Own Life Coach**

**CME  Cactus Room**

What do you want in life? What needs to shift? Life Enhancement Coach Terry Horton discusses how you can use coaching skills on yourself. Draft your vision for transformative wellness and fulfillment.

**11:00 AM**

**Fierce! Tabata Workout**

**Gym 1**

**Desert Drumming**

**Gym 2**

**Pilates Mat I**

**Yoga Studio**

**New Posture & Balance in the Water**

**Aquatic Center**

**Wallyball**

**Racquet Ct. 1**

**New Potter’s Wheel Demo**

Creative expression expert Bridget Longoria, MA, demonstrates the art of throwing clay pottery. Find out how you can incorporate this meditative art into your Canyon Ranch journey.

**Spirit & Medicine**

**CME  Sanctuary**

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

**Noon**

**Kettlebell 101**

**Gym 3**

30 min.

**Intro to Indoor Cycling**

**Indoor Cycling Studio**

**Lunch & Learn**

Demo Kitchen

Enjoy Zucchini Noodle Fritters with Local Pecans and Goat Cheese, 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**

**Yoga Studio**

**New Healing Botanicals in Watercolor & Ink**

**Art Studio 1**

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

**Forgiveness from the Heart**

**Sanctuary**

Spiritual Wellness Director Stephanie Ludwig, MDiv, PhD, shows you how to heal resentment, hurt and regret through the spiritual practice of forgiving others and yourself.

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

**Putting the Pause on Menopause**

**CME  Catalina Room**

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

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**More Info Classes and Activities**

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

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

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

**FE** – Featured Speaker: Kate Gavigan  **CME** – Continuing Medical Education

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2:00 PM

- **ZUMBA®** A  Gym 1
- **FREEFORM FUSION** II/III  Limit: 15  Gym 2
- **MOVESTRONG: ADVANCED**  Cardio & Strength Gym
- **FUNCTIONAL TRAINING** III  Limit: 10  Yoga Studio
- **YOGA PILATES BLEND** II/III  Yoga Studio
- **GOLF CLINIC: DRIVING** Limit: 4  Golf Performance Center
- **YOGA PILATES BLEND** A  Yoga Studio
- **NEW TRX® STRONG** II  Limit: 11  Gym 3
- **INTERMEDIATE YOGA** II  Yoga Studio
- **WALLYBALL** II/III  Racquet Ct. 1

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3:00 PM

- **BUFF BOOTY** II  Gym 1
- **NEW TRX® STRONG** II/III  Limit: 11  Gym 3
- **INTERMEDIATE YOGA** II  Yoga Studio
- **WALLYBALL** II/III  Racquet Ct. 1

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4:00 PM

- **STRETCH & RELAXATION** A  Gym 2
- **INDOOR CYCLING** A  Limit: 18  Indoor Cycling Studio
- **RESTORATIVE YOGA** A  Limit: 20  Yoga Studio
- **SCIENCE & NEAR-DEATH EXPERIENCES** Catalina Room

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5:00 PM

- **MEDITATION** A  Sanctuary
- **AUTHENTICALLY LOCAL** Double U Café

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6:00 PM

- **MASTERING THE MERCURY RETROGRADE** Catalina Room
- **HIGH ROPE CHALLENGE COURSE** Limit: 8  Spa Lobby
- **NEW LIVING AND CREATING WITH REVERENCE** Cactus Room

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8:00 PM

- **PLAYIN’ WITH THE EXPRESSION ARTS - YOUR RIGHT TO PLAY** FE  Catalina Room

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**DID YOU KNOW?**

**DOCS EARN CONTINUING MEDICAL EDUCATION CREDITS**

You’re not just at an awesome resort. Canyon Ranch is the foremost name in preventive care and lifelong wellness. Physicians earn up to **70 AMA PRA Category 1 Credits™** (12 credits on average with a 4-night stay; 25 with a 7-night stay) at Canyon Ranch in Tucson. Look for the CME icon on our daily schedule. (Please note that the number of CME credits is subject to change based on annual accreditation renewal.)

Interested? Call Ext. 4465.

**SELECT SUPPLEMENTS**

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

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

**MY SCHEDULE WEDNESDAY**

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PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
### HIKING & BIKING

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

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

### 6:00 AM
**MORNING WALKS**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00 AM</td>
<td>MORNING WALKS</td>
<td>Spa Lobby</td>
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### 6:30 AM
**INTUITIVE ARCHERY**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:30 AM</td>
<td>INTUITIVE ARCHERY</td>
<td>Spa Lobby</td>
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### 7:00 AM
**SUNRISE YOGA**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>SUNRISE YOGA</td>
<td>Yoga Studio</td>
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</table>

### 7:30 AM
**BOGAFIT BOOT CAMP CLINIC**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>7:30 AM</td>
<td>BOGAFIT BOOT CAMP CLINIC</td>
<td>T-Pool</td>
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</table>

### 8:00 AM
**TENNIS: INTERMEDIATE/ADVANCED CLINIC**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>TENNIS: INTERMEDIATE/ADVANCED CLINIC</td>
<td>Tennis Courts</td>
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</tbody>
</table>

### 8:30 AM
**DYNAMIC STRETCH EXPRESS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>DYNAMIC STRETCH EXPRESS</td>
<td>Gym 2</td>
</tr>
</tbody>
</table>

### 9:00 AM
**GAME TIME READY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>GAME TIME READY</td>
<td>Gym 1</td>
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**LONG & LEAN BARRE WORKOUT**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>LONG &amp; LEAN BARRE WORKOUT</td>
<td>Gym 2</td>
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</table>

**ABOVE & BELOW THE BELT**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>ABOVE &amp; BELOW THE BELT</td>
<td>Gym 3</td>
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</table>

**STRIDE & STRENGTH**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>STRIDE &amp; STRENGTH</td>
<td>Cardio &amp; Strength Gym</td>
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</table>

**INDOOR CYCLING**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>INDOOR CYCLING</td>
<td>Indoor Cycling Studio</td>
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**CARDIO TENNIS CLINIC**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>CARDIO TENNIS CLINIC</td>
<td>Tennis Courts</td>
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**NEW ASIAN BRUSH PAINTING**

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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td>NEW ASIAN BRUSH PAINTING</td>
<td>Art Studio 1</td>
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</tbody>
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### 10:00 AM
**SURFSET FITNESS**

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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>SURFSET FITNESS</td>
<td>Gym 1</td>
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**FITNESS FIRST**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>FITNESS FIRST</td>
<td>Gym 2</td>
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</table>

**CARDIO CIRCUIT**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>CARDIO CIRCUIT</td>
<td>Yoga Studio</td>
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</table>

**STRETCH**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>STRETCH</td>
<td>T-Pool</td>
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**H2O POWER**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>H2O POWER</td>
<td>T-Pool</td>
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**GOLF CLINIC: PUTTING**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>GOLF CLINIC: PUTTING</td>
<td>Golf Performance Center</td>
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**NEW RECOVERY FOR YOUR FEET**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>10:00 AM</td>
<td>NEW RECOVERY FOR YOUR FEET</td>
<td>Sanctuary</td>
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### 11:00 AM
**DJ DANCE PARTY**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>DJ DANCE PARTY</td>
<td>Gym 1</td>
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**MUSCLE MAX**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>MUSCLE MAX</td>
<td>Gym 3</td>
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**INTERMEDIATE YOGA**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>INTERMEDIATE YOGA</td>
<td>Yoga Studio</td>
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**AQUA FIT**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>AQUA FIT</td>
<td>Aquatic Center</td>
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**WALLYBALL**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>WALLYBALL</td>
<td>Racquet Center 1</td>
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</table>

**PIRATES REFORMER CLINIC: BEGINNING**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>PILOTS REFORMER CLINIC: BEGINNING</td>
<td>Pilates Studio</td>
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**NEW MOSAIC OF YOUR LIFE**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>NEW MOSAIC OF YOUR LIFE</td>
<td>Art Studio 1</td>
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**BETTER FOOTWEAR: THE ROAD TO HAPPY FEET**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>BETTER FOOTWEAR: THE ROAD TO HAPPY FEET</td>
<td>Spa Lobby</td>
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**WHAT IS SPIRITUAL INTELLIGENCE?**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00 AM</td>
<td>WHAT IS SPIRITUAL INTELLIGENCE?</td>
<td>Catalina Room</td>
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### NOON
**HIIT IT!**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>12:00 PM</td>
<td>HIIT IT!</td>
<td>Gym 1</td>
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**AERIAL HAMMOCK YOGA CLINIC**

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>12:00 PM</td>
<td>AERIAL HAMMOCK YOGA CLINIC</td>
<td>Gym 3</td>
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**LUNCH & LEARN**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>12:00 PM</td>
<td>LUNCH &amp; LEARN</td>
<td>Canyon Ranch Grill™</td>
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**COMMUNITY TABLE: MEMBERSHIP SALES**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>12:00 PM</td>
<td>COMMUNITY TABLE: MEMBERSHIP SALES</td>
<td>Canyon Ranch Grill™</td>
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### 1:00 PM
**NEW AWAKEN TO REIKI**

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<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>1:00 PM</td>
<td>NEW AWAKEN TO REIKI</td>
<td>Yoga Studio</td>
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**INTRO TO WALLYBALL**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>INTRO TO WALLYBALL</td>
<td>Racquet Center 1</td>
</tr>
</tbody>
</table>

**BEAUTY STUDIO**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>BEAUTY STUDIO</td>
<td>Spa Lobby</td>
</tr>
</tbody>
</table>

**THE REAL SKINNY ON WEIGHT MANAGEMENT**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>THE REAL SKINNY ON WEIGHT MANAGEMENT</td>
<td>Catalina Room</td>
</tr>
</tbody>
</table>

**HANDS-ON COOKING: QUICK FIX**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 PM</td>
<td>HANDS-ON COOKING: QUICK FIX</td>
<td>Demo Kitchen</td>
</tr>
</tbody>
</table>

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.

### 2:00 PM
**ZUMBA®**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>ZUMBA®</td>
<td>Gym 1</td>
</tr>
</tbody>
</table>

**NEW STRETCH & ROLL**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>NEW STRETCH &amp; ROLL</td>
<td>Gym 2</td>
</tr>
</tbody>
</table>

**BOXER’S WORKOUT**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>BOXER’S WORKOUT</td>
<td>Gym 3</td>
</tr>
</tbody>
</table>

**GOLF CLINIC: CHIPPING**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>GOLF CLINIC: CHIPPING</td>
<td>Golf Performance Center</td>
</tr>
</tbody>
</table>

**HANDS-ON COOKING: QUICK FIX**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td>HANDS-ON COOKING: QUICK FIX</td>
<td>Demo Kitchen</td>
</tr>
</tbody>
</table>

### 3:00 PM
**NEW RECOVERY FOR YOUR FEET**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 PM</td>
<td>NEW RECOVERY FOR YOUR FEET</td>
<td>Spa Lobby</td>
</tr>
</tbody>
</table>

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**PROPERTY ORIENTATION**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am &amp; 11am</td>
<td>PROPERTY ORIENTATION</td>
<td>Meet in Clubhouse Lobby</td>
</tr>
</tbody>
</table>

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.
**KNOW YOUR LEVEL**

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

Questions? Call Program Advising at Ext. 4338.

**EXPLORE**
canyonranch.com

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

**Experience Guide HIGHLIGHTS**

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

Interested? Call Program Advising at Ext. 4338.

**MY SCHEDULE THURSDAY**

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

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

**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
## FRIDAY | SEPTEMBER 6, 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**
4 hr. $100  See Outdoor Sports Activity Board or call Ext. 4355.

**PHOTOGRAPHY HIKE**
Limit: 8  Spa Lobby
2 hr.  $150  See Outdoor Sports Activity Board or call Ext. 4355.

---

### 6:30 AM

**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**
60 min.  Gym 1

**PICTLEBALL INTRO CLINIC**
Tennis Courts
50 min.  $90  Sign up: Spa Activity Board.

---

### 8:00 AM

**CENTERING MEDITATION**
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**
Gym 2
20 min.

---

### 9:00 AM

**ZUMBA®**
Gym 1

**STRIDE & STRENGTH**
Limit: 14  Gym 1

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

**CHAIR YOGA**
Limit: 20  Yoga Studio

**DEEP WATER PUMP**
Limit: 12  T-Pool

**AERIAL ADVENTURE: ZIPLINE**
Limit: 8
1 hr. 30 min.  $110  Sign up: Outdoor Sports Activity Board.

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

**NEW INSPIRED SKETCHBOOKING**
Limit: 8
2 hr.  $105  Sign up: Ext. 4338.

---

### 10:00 AM

**FIERCE! TABATA WORKOUT**
Gym 1

**NEW TRX® STRETCH**
Limit: 11  Gym 3

**CARDIO CIRCUIT**
Limit: 20  Cardio & Strength Gym

**H2O POWER**
Limit: 24  Yoga Studio

**TENNIS MIXER**
Limit: 12  Tennis Courts
Sign up: Spa Activity Board.

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

---

### 11:00 AM

**ROCKIN’ RETRO**
Limit: 11  Gym 1

**TRX® FUSION**
Limit: 11  Gym 3

**INTERMEDIATE YOGA**
Aquatic Studio

**AQUA FIT**
Limit: 15  Aquatic Studio

**WALLYBALL**
Limit: 11  Racquet Ct. 1

**PILATES REFORMER TOWER WORKOUT**
Limit: 5  Pilates Studio

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

**NEW CREATING RITUALS FOR SPIRITUAL SELF-CARE**
Catalina Room
Enrich your inner life by turning routines into rituals and creating sacred space. Cara Howell, MPH, MSW, LCSW, shares tools and techniques that shift how you experience your days.

---

### NOON

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

**LUNCH & LEARN**
Demo Kitchen
Enjoy TEQUILA LIME GRILLED SHRIMP WITH AVOCADO VINAIGRETTE, soup, salad and dessert and watch our demo chef prepare the entrée.

**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.

**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

**QI GONG**
Yoga Studio

**SACRED WATER MEDITATION**
Limit: 9  Aquatic Center

**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

**BUFF BOOTY**
Gym 1

**BOXER’S WORKOUT**
Limit: 12  Gym 3

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

**NEW HEART-OPENING PRACTICE**
Yoga Studio

**HANDS-ON COOKING: BBQ U**
Limit: 12  Demo Kitchen
School is in session; it’s time to enroll. Learn to use the grill so everything you cook comes out at the same time and perfectly cooked! You’ll be the envy of your whole block.

2 hr.  $169  Sign up: Ext. 4338.
3:00 PM
PILATES TO THE BEAT II/III
Muscle Max II/III
Vinyasa Flow II
Wallyball II/III
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.
RECOVERY CAPITAL: THE KEY TO BUILDING YOUR FOUNDATION
Join nationally published author, Dr. Allen Berger, as he discusses the internal and external assets we need to support our recovery and how to identify toxic attitudes that undermine it.
3:15 PM
WATSU DEMO
Want to learn more about Watsu®? Come and observe this uniquely relaxing and therapeutic aqua treatment.
4:00 PM
STRETCH & RELAXATION A
Indoor Cycling A Limit: 18
Dao-in Chinese Yoga I
Aerial Hammock Yoga Clinic Limit: 5
$90 Sign up: Ext. 4338.
5:00 PM
MEDITATION A
30 min.
PAELLA NIGHT
Join us for a taste of seaside Spain at Canyon Ranch. Vibrant Paella, served with heaps of seafood, rice and the unmistakable taste of saffron.
OPEN 12-STEP RECOVERY MEETING
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.
KAIZEN: A POWERFUL TOOL FOR CHANGE CME
Cactus Room
The desire to improve is a universal human trait. Robert Maurer, PhD, explores how the ancient Japanese practice of kaizen can enhance creativity, health and relationships.
6:00 PM
EXERCISING FOR A STRONG HEART & HEALTHY BONES CME
Catalina Room
Cardiovascular fitness and bone health are keys to longevity and vitality. An exercise physiologist discusses ways women can modify their exercise to support a healthy heart and bones.
8:00 PM
BINGO
Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!
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
BIRD WALK Limit: 8
2 hr. Sign up: Outdoor Sports Activity Board or Ext. 4355.

6:30 AM
HIGH ROPE CHALLENGE COURSE Limit: 8
3 hr. $235 Sign up: Outdoor Sports Activity Board or Ext. 4355.

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

9:00 AM
WORLD BEAT A
KILLER DRILLS & SKILLS III Limit: 18
STRIDE & STRENGTH A Limit: 14
INDOOR CYCLING A Limit: 18
CHAIR YOGA I Limit: 20
STUDIO PAINTING: ACRYLIC Limit: 6
2 hr. $109 Sign up: Ext. 4338.

10:00 AM
DRUMMING CIRCLE A
MUSCLE MAX I/II
CARDIO CIRCUIT II Limit: 20
STRETCH A Limit: 30
H2O POWER A Limit: 24
GOLF CLINIC: PITCHING Limit: 4
$105 Sign up: Ext. 4338.

11:00 AM
BOSU 3D EXTREME III
NEW STRETCH & ROLL A Limit: 24
PILATES MAGIC CIRCLE A Limit: 25
NEW POSTURE & BALANCE IN THE WATER A Limit: 15
WALLYBALL II/III
LET GO & FLOW Limit: 6
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
30 min. Gym 1

LUNCH & LEARN
Enjoy GRILLED FLANK STEAK WITH SPANISH PESTO AND GARBANZO BEAN SALAD soup, salad and dessert and watch our demo chef prepare the entrée.

COMMUNITY TABLE:
HEALTHY FEET CENTER Canyon Ranch Grill™
The correct shoe for your activities and mechanics can help you remain active and injury free. Learn about the bio-mechanics of the gait and address inefficiencies.

1:00 PM
INTRO TO WALLYBALL I Racquet Ct. 1
GOLF CLINIC: IRONS Limit: 4 Golf Performance Center
$105 Sign up: Ext. 4338.

1:30 PM
MEMBERSHIP & REAL ESTATE Spa Lobby
Learn how to become a Canyon Ranch Member - or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®.
30 min.

2:00 PM
ZUMBA® A Gym 1
FREEFORM FUSION II/III Limit: 15 Gym 2
NEW TRX® STRETCH A Limit: 11 Gym 3
GENTLE VINYASA I Yoga Studio
$90 Sign up: Ext. 4338.

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

HANDS-ON COOKING:
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.

ESTABLISHING BALANCE:
UNDERSTANDING ACHES & PAINS CME Catalina Room
Do you have lingering pain? Taylor Wade, MS, LAT, ATC, will help explain why we develop chronic injuries and the importance of establishing muscular and postural balance within the body.

3:00 PM
BUFF BOOTY II Gym 1
YOGA PILATES BLEND II/III Gym 2
ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3
WALLYBALL II/III Racquet Ct. 1

EMOTIONAL SOBRIETY
How can we foster emotional maturity, healthy relationships & authentic love? Recovery expert Dr. Allen Berger shares insight into emotional sobriety & illuminates forces within us that undermine it.

4:00 PM
STRETCH & RELAXATION A Gym 2
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
RESTORATIVE YOGA A Limit: 20 Yoga Studio
HOW SUCCESSFUL PEOPLE SUCCEED Medical Reception
A new body of research examines how people create and sustain their success in health, career and relationships. Learn the four surprising skills that are essential for success.
2 hr. $169 Sign up: Ext. 4338.
**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced, A– all levels  **FITNESS CLASSES** 45 min.;  **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

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

**CME** – Continuing Medical Education

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**5:00 PM**

**MEDITATION**  
Sanctuary  
30 min.

**ARIZONA GRILL**  
Double U Café

**OPEN 12-STEP RECOVERY MEETING**  
Mesquite Room

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

---

**6:00 PM**

**DISCOVERING THE SONORAN DESERT**  
Catalina Room

What has drawn people to this desert for thousands of years? Join Canyon Ranch hiking guide & former volunteer naturalist at Sabino Canyon Dick McKenna as he shares some of its wonders.

---

**7:00 PM**

**THE HUMAN NEED FOR ATTENTION**  
Catalina Room

What are healthy and unhealthy types of attention? Join Robert Maurer, PhD, and learn about the surprising effects of attention on health.

**NEW FROM AVERAGE TO IRONMAN**  
Cactus Room

An Ironman triathlon is one the most challenging feats of physical and mental toughness. Join Tony Finley for an interactive discussion about how you to reach your goals - Ironman or average!

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**8:00 PM**

**BREAKING BAD (OR OLD) HABITS**  
Catalina Room

It’s hard to make changes, even ones you want. Hawkeye Richardson, executive director of an educational nonprofit, shows how to harness your energy to be effective, productive and live with intention.

---

**KNOW YOUR LEVEL**

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

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**Experience Guide HIGHLIGHTS**

**MAT: MUSCLE ACTIVATION TECHNIQUE**

Based on the Roskopf Principle – “Muscle tightness is secondary to muscle weakness” – MAT therapy is a systematic approach for evaluating and correcting muscular imbalances that contribute to stiffness, injury and pain, tight or weak muscles and compromised movement. Your therapist administers tests to see which muscles are underactive, then helps you make manual corrections. You can see immediate improvement in function and movement – and aim toward long-term relief of muscle tightness and joint pain.

Interested? Call Program Advising at Ext. 4338.

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**LIFE ENHANCEMENT CENTER**

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

Interested? Call Ext. 4465 for more information.

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**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

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PLEASE BE ADVISED: SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
HIKING & BIKING

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

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

6:00 AM
MORNING WALKS A
Spa Lobby
ARCHEOLOGICAL ADVENTURE 1
Limit: 8
5 hr. $110 Sign up: Outdoor Sports Activity Board.

6:30 AM
INTUITIVE ARCHERY 2
Limit: 6
Spa Lobby
2 hr. $110 Sign up: Ext. 4338.

8:00 AM
CENTERING MEDITATION A
Sanctuary
30 min.

8:30 AM
CORE & MORE A
Gym 2
20 min.

9:00 AM
FIERCE! TABATA WORKOUT III
Gym 1
STRIDE & STRENGTH A
Limit: 14
Cardio & Strength Gym
INDOOR CYCLING A
Limit: 18
Indoor Cycling Studio
NEW YOGA WITH PROPS A
Yoga Studio
DEEP WATER PUMP A
Limit: 12
T-Pool

10:00 AM
CORE CONDITIONING II/III
Limit: 24
Gym 1
NEW TRX® STRETCH A
Limit: 11
Gym 3
CARDIO CIRCUIT II
Limit: 20
Cardio & Strength Gym
STRETCH A
Limit: 30
Yoga Studio
H2O POWER A
Limit: 24
T-Pool
GOLF CLINIC: PUTTING
Limit: 4
Golf Performance Center
$105 Sign up: Ext. 4338.

11:00 AM
ZUMBA® A
Gym 1
NEW TRX® STRONG II/III
Limit: 11
Gym 3
NEW YOGA FOR DETOX II
Yoga Studio
AQUA FIT I
Limit: 15
Aquatic Center
WALLYBALL II/III
Sanctuary
THE SCIENCE OF WEIGHT LOSS
CME Catalina Room

An exercise physiologist will take a scientific look at metabolism and weight loss. Bring your questions and watch some weight-loss myths get blown out of the water.

NOON
QI GONG A
Yoga Studio
AERIAL HAMMOCK YOGA CLINIC
Limit: 5
Gym 3
$90 Sign up: Ext. 4338.
GLUTE TRANSFORMATION CLINIC
Limit: 5
Cardio & Strength Gym
$90 Sign up: Ext. 4338.
LUNCH & LEARN
Enjoy MU SHU VEGETABLES & SCALLION PANCAKE, soup, salad and dessert and watch our demo chef prepare the entrée.
COMMUNITY TABLE: SKIN CARE
Learn about our skin care services and the product lines available. Samples are provided.

1:00 PM
BREATHEING A
Yoga Studio
GOLF CLINIC: DRIVING A
Limit: 4
Golf Performance Center
$105 Sign up: Ext. 4338.
BEAUTY STUDIO
Spa Lobby
Learn about the latest trends in the beauty industry. Our Salon experts will offer DIYs and beauty secrets for hair, and share tips on products, tools, color and cut.
ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH
Catalina Room
Heidi Harralson, MA, CG, explains how astrology can be combined with the subtle energy of gemstones to guide you toward personal growth and enhance the energy in your astrological birth chart.

2:00 PM
SURFSET FITNESS III
Limit: 11
Gym 1
LONG & LEAN BARRE WORKOUT A
Limit: 25
Gym 2
ABOVE & BELOW THE BELT I/II
Limit: 20
Gym 3
YIN YOGA II
Yoga Studio
GOLF CLINIC: PITCHING A
Limit: 4
Golf Performance Center
$105 Sign up: Ext. 4338.
HANDS-ON COOKING:
FOODIE FUNDAMENTALS
Limit: 12
Demo Kitchen
What do braise, roast, sauté, poach, pan steam mean? Finally, all the answers to those basic cooking questions! Learn the simple rules and steps to be an outstanding success in the kitchen.
2 hr. $169 Sign up: Ext. 4338.
NEW THE POWER OF SLEEP
Limit: 12
Medical Reception
Learn about the science behind sleep, its importance to your health, and practical strategies for improving the quantity and quality of your sleep. Expert Robert Maurer, PhD, leads this exploration.
1 hr. 30 min. $169 Sign up: Ext. 4338.

3:00 PM
NEW GAME TIME READY III
Limit: 15
Gym 1
DESSERT DRUMMING A
Limit: 21
Gym 2
YOGA FOUNDATIONS I
Yoga Studio
WALLYBALL II/III
Racquet Ct. 1
NEW HOW IS IT WITH YOUR SOUL?
Sanctuary
Studies show the majority of people report being unhappy with their lives. Jessica Swift, MPS, leads a discussion about the fulfillment and joy derived from living "soul deep."
**SUNDAY**

**6 am**

**7 am**

**8 am**

**9 am**

**10 am**

**11 am**

**Noon**

**1 pm**

**2 pm**

**3 pm**

**4 pm**

**5 pm**

**6 pm**

**7 pm**

**8 pm**

**9 pm**

**4:00 PM**

**HIIT IT!**  III  Limit: 12  Gym 1

**30 min.**

**STRETCH & RELAXATION**  A  Gym 2

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

**BREAK THROUGH TO A CREATIVE LIFE**

Join creative expression provider Helen Walthier, JD, MLA, to gain insight into your creative process and enhance your creative journey. Hear inspiring stories of creativity and personal growth.

**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**

**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.

**7:00 PM**

**GLOW-GA**  A  Yoga Studio

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.

Body paint and glow sticks provided.

**CRYSTAL SOUND MEDITATION**  Sanctuary

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

**SHARE YOUR EXPERIENCE!**

**LOVE A CLASS YOU TOOK? STILL FEEL THE THRILL OF YOUR MORNING HIKE?**

Connect with Canyon Ranch social channels!

Check in or tag @canyonranch

**LOOK FOR US ON**

[Facebook](#)  [Instagram](#)  [Twitter](#)  [Pinterest](#)  [YouTube](#)

**PLEASE BE ADVISED:** SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE.
Hiking & Biking
You’ll find our daily schedule and sign-up boards outside the Outdoor Sports area in the Spa. We list length, terrain, elevation gain and altitude for all hikes and bike rides. Our staff will be happy to make recommendations to suit your interests & level of fitness.

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

6:00 AM
Morning Walks A Spa Lobby
Photography Hike Limit: 8 Spa Lobby
4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.
New Rock Climbing, Naturally Limit: 6 Spa Lobby
5 hr. $425 Sign up: Outdoor Sports Activity Board.

7:00 AM
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.
C.R. Starter Canyon Ranch Grill™
Your first visit to Canyon Ranch, only better! Enjoy breakfast with a Canyon Ranch expert to learn the ropes and gain helpful tips to make the most of your stay.

8:30 AM
Fitness for Your Feet® A Gym 1
 Limit: 30
20 min.

9:00 AM
New C2m: Conditioning to the Max II/III Gym 1
Limit: 18
Pilates for Balance II/III Gym 2
Limit: 18
Stride & Strength A Cardio & Strength Gym
Limit: 14
Indoor Cycling A Indoor Cycling Studio
Limit: 18
Chair Yoga A Yoga Studio
Limit: 20
Cardio Tennis Clinic Tennis Courts
$90 Sign up: Spa Activity Board.

Experience Guide Highlights

Spiritual Dialogue
This service focuses on the human need for a spiritually meaningful life. Through conversation, intuitive tools and guidance, a spiritual wellness provider will help you explore your spiritual path and find new ways to integrate spirituality into your daily life. No matter what your faith, experience or belief, you can deepen your personal spiritual practice.

Intrigued? Call Program Advising at Ext. 4338.

10:00 AM
Core Conditioning II/III Gym 1
Limit: 24
Muscle Max II/III Gym 3
Cardio Circuit II Limit: 20
Stretch A Yoga Studio
Limit: 30
H2o Power A T-Pool
Limit: 24
Golf Clinic: Irons Limit: 4
$105 Sign up: Ext. 4338.

All Wired Up Limit: 10 Art Studio 2
Join artist Cindy Wall to create an inspirational fabric and wire wall hanging. Some basic sewing is involved as well as other techniques.

Living Through Loss
Gather wisdom and healing practices from spiritual wellness provider Jessica Swift, MPS, to help you through times of loss and grief.

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.

noon
Trx® 101 I/II Gym 3
Limit: 11
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 entree.

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

1:00 PM
Intro to Wallyball II Racquet Ct. 1
New Inspired Sketchbooking 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 Facia Rejuvenation and Skin Health Catalina 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.
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

BOSU® 3D EXTREME III
Gym 1

LONG & LEAN BARRE WORKOUT A Limit: 25
Gym 2

BOXER’S WORKOUT III Limit: 12
Gym 3

YOGA FOUNDATIONS I Yoga Studio

PIATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio

$90 Sign up: Ext. 4338.

HANDS-ON COOKING: CHICKEN & FISH Limit: 12 Demo Kitchen

WE will teach you how to cook these two proteins perfectly. Along with healthy easy to make sauces, marinades, and crusts, you can finally say goodbye to boring, overcooked chicken and fish.

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

VENUS, THE PLANET OF LOVE AND MONEY Spa Lobby

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

3:00 PM

ROCKIN’ RETRO I/II
Gym 1

NEW TRX® STRETCH A Limit: 11
Gym 3

YOGA PILATES BLEND II/III Yoga Studio

WALLYBALL II/III Racquet Ct. 1

DON’T WORRY, BEAD HAPPY Limit: 18 Art Studio 2

Relax your mind while making a unique bracelet, keychain or bookmark from an array of beautiful gem, pearl and crystal beads. 1 hr. 30 min. Sign up: Ext. 4338.

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.

BALANCING PAIN, PLAY & PERFORMANCE CME Catalina Room

Maria Delli Veneri, MS, ATC, will help you explore ways to use movement as medicine. Learn how to incorporate injury prevention and recovery into your fitness regimen.

4:00 PM

STRETCH & RELAXATION A Gym 2

SPIRITUAL 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.

NEW WHAT’S MENOPAUSE GOT TO DO WITH IT? CME Cactus Room

Join Nicola Finley, MD, to look at menopause, perimenopause and premature menopause. Find out how they affect women - in sleep, mood, weight and sexuality. Learn integrative management strategies.

6:00 PM

STUDIO PAINTING: ACRYLIC Limit: 11 Art Studio 1

NEW MYOKINES - HOW THE BODY IMPROVES FROM EXERCISE CME Catalina Room

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

7:00 PM

NIGHT VISION GOGGLES EXPERIENCE Limit: 6 Spa Lobby

CLIMBING FOR FITNESS Limit: 8 Spa Lobby

2 hr. $115 Sign up: Ext. 4338.

WHAT DOES YOUR SMILE SAY ABOUT YOU? Cactus 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.

8:00 PM

REMARKABILITY: THE KEY TO PERSONAL & BUSINESS SUCCESS Catalina Room

In this engaging presentation, Bob Shaff helps you learn the attitudes and actions that can set you and your company apart from others, and build strong relationships with the people in your life.

KNOW YOUR LEVEL

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

Questions? Call Program Advising at Ext. 4338.

MY SCHEDULE MONDAY

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

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

Food, water, backpack and poles are provided.

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

| 6:00 AM | MORNING WALKS A | Spa Lobby |
| 6:30 AM | BIRD WALK: Limit: 8 | Spa Lobby |
|  | 2 hr. | Sign up: Outdoor Sports Activity Board or Ext. 4355. |
| 7:00 AM | TAI CHI | Yoga Studio |
| 7:00 AM | REBOUND JUMP BOOTS CLINIC II/III: Limit: 6 | Racquetball Courts |
|  | $90 | Sign up: Ext. 4338. |
| 8:00 AM | CENTERING MEDITATION A | Sanctuary |
| TENNIS: INTERMEDIATE/ADVANCED CLINIC | $90 | Sign up: Spa Activity Board. |
| 8:30 AM | DYNAMIC STRETCH EXPRESS II/III: 20 min. | Gym 2 |
| 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®. |
| 9:00 AM | SURFSET FITNESS III: Limit: 11 | Gym 1 |
| FITNESS FIRST I | Gym 2 |
| STRIDE & STRENGTH A: Limit: 14 | Cardio & Strength Gym |
| INDOOR CYCLING A: Limit: 18 | Indoor Cycling Studio |
| YOGA FOUNDATIONS I | Yoga Studio |
| AURA MEDITATION | Sanctuary |
| 30 min. | |
| CARDIO TENNIS CLINIC | $90 | Sign up: Spa Activity Board. |
| 10:00 AM | FIERCE! TABATA WORKOUT III: Limit: 11 | Gym 1 |
| TRX® FUSION III: Limit: 11 | Gym 3 |
| CARDIO CIRCUIT II: Limit: 20 | Cardio & Strength Gym |
| STRETCH A: Limit: 30 | Yoga Studio |
| H2O POWER A: Limit: 24 | T-Pool |
| TENNIS MIXER: Limit: 12 | Tennis Courts |
| Sign up: Spa Activity Board. | |
| PILATES REFORMER CLINIC: BEGINNING | $90 | Sign up: Ext. 4338. |
| GOLF CLINIC: CHIPPING: | Limit: 4 | Golf Performance Center |
| $105 | Sign up: Ext. 4338. |

### 11:00 AM

| 11:00 AM | DJ DANCE PARTY II | Gym 1 |
| MOVESTRONG: ADVANCED FUNCTIONAL TRAINING III: Limit: 10 | Cardio & Strength Gym |
| VINYASA FLOW II | Yoga Studio |
| AQUA FIT | Aquatic Center |
| WALLYBALL II/III | Racquet Cl. 1 |
| PREVENTING HEART DISEASE | CME Catalina Room |

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

### 11:15 AM

| 11:15 AM | CRYSTAL MEDITATION | Sanctuary |
| After an introduction on working with crystals, learn how to relax and meditate with a quartz crystal. |
| 30 min. | |

### NOON

| NOON | FITNESS FOR YOUR FEET® A: Limit: 30 | Gym 1 |
| LUNCH & LEARN | 20 min. | |
| 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.

### 1:00 PM

| 1:00 PM | BREATHING A | Yoga Studio |
| INTRO TO WALLYBALL | Racquet Cl. 1 |
| 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. |
| ACUTIONS®: 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

| 2:00 PM | BUFF BOOTY II | Gym 1 |
| NEW STRETCH & ROLL A: Limit: 24 | Gym 2 |
| MUSCLE MAX II/I | Gym 3 |
| NEW HEART-OPENING PRACTICE II | Yoga Studio |
| PILATES REFORMER CLINIC: INTERMEDIATE/ADVANCED | Pilates Studio |
| $90 | Sign up: Ext. 4338. |
| GOLF CLINIC: PUTTING: Limit: 4 | Golf Performance Center |
| $105 | Sign up: Ext. 4338. |
| HANDS-ON COOKING: SIMPLE SOUPS & SALADS | 2 hr. | $169 |
| $105 | 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.
Experience Guide HIGHLIGHTS

WATSU - AQUATIC MASSAGE
Float comfortably and fully supported in a chest-high pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body moves through the water, it reaches a state of relaxation so deep that the mind can follow. A freedom of awareness encourages healing to occur. Watsu® can address stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range-of-motion issues and emotional release. This is a profound experience unlike any other. Swimwear required.

Intrigued? Call Program Advising at Ext. 4338.

Experience Guide HIGHLIGHTS

DIGESTIVE WELLNESS
Your gut health – how well you digest, absorb and metabolize nutrients and eliminate waste products – is essential to your overall health and vitality. Meet with a registered dietitian/nutritionist to assess your diet and identify potential toxins or irritants. You’ll receive personalized strategies to treat digestive conditions or problems, including recommendations about healing foods, any supplementation and avenues toward achieving optimal gut health.

Intrigued? Call Program Advising at Ext. 4338.

MY SCHEDULE TUESDAY

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

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

WALKS
Morning walks
Daily 6:00 AM - A
Please bring your water bottle for all walks.

MOUNTAIN BIKE RIDES
Please see Outdoor Sports Boards for available dates and times.

CARDIO & STRENGTH GYM:
8 am to 5 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 water shoes 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. Th, Fr, Su, Mo, Tu 11am

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. Th 7:30am

DEEP WATER PUMP
Non-impact cardiovascular workout in deep water using a flotation belt. Fr, Su 9am

H2O POWER
A challenging aerobic conditioning class in shallow and deep water. Daily 10am

POSTURE & BALANCE IN THE WATER
Use core engagement to increase good posture and improve balance with this water workout. We, Sa 11am

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. Tu 4pm

BOSU 3D EXTREME
This high-intensity, team-oriented workout combines functional, integrated, total body training with explosive cardio, intense core and interactive team challenges. Sa 11am; Mo 2pm

BOXER’S WORKOUT
Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included. Th, Fr, Mo 2pm

CARDIO CIRCUIT
Aerobic circuit workout using cardio machines and strength equipment. Daily 10am

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. We 9am

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. Su, Mo 10am; Tu 3pm

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

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

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

GAME TIME READY
Test your athleticism with this class incorporating plyometric, speed and coordination drills. Th 9am; Su 3pm

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. Th, Sa 12pm; Su 4pm

INDOOR CYCLING
The outdoor ride is transported into the studio where you experience a strength-, endurance- or interval-focused class. Daily 9am; We, Fr, Sa 4pm

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. We 12pm

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. Th, Sa, Mo, Tu 1pm

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. Sa 9am; Mo 11am

REBOUND JUMP BOOTS CLINIC
With springs on your feet, enjoy an amazing cardio workout. Tu 7am

ROCKIN’ RETRO
Get your heart pumpin’ and spark nostalgia in this low-intensity class featuring fun and easy choreography set to music from the ’60s, ’70s and ’80s. Fr 11am; Mo 3pm

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. Th, Mo 4pm

STRIDE & STRENGTH
Treadmill work followed by strength and muscular endurance. Daily 9am

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. Th 10am; Su 2pm; Mo 11am; Tu 9am

WALLYBALL
Fast-paced athletic sport challenge similar to volleyball, using the four walls of an indoor court. One-time prerequisite: Introduction to Wallyball. Daily 11am, 3pm

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. Fr 7am

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. Th 9am; Mo 4pm

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. We 9am

CLASSICAL DRAWING WORKSHOP
Learn the classical techniques of drawing, and how to put them all together to create your own skillful drawing practice. Tu 6pm

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. We 1pm

INSPIRED SKETCHBOOKING
Connect with your everyday creativity as you invite words and images to fill the pages of your art-making sketchbook. Fr 9am; Mo 1pm

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. Sa 11am

 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. Th 11am
STUDIO PAINTING: ACRYLIC
Discover your inner painter! Learn foundational acrylic painting techniques while your creative side brings life to a canvas. **Sa 9am; Mo 6pm**

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. **Fr 11am; Tu 4pm**

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. **Th, Tu 11am**

WORLD BEAT
Join our drummers and instructors for this free-spirited dance workout that combines Latin, African, Brazilian, hip hop, jazz and modern dance. **Sa 9am**

ZUMBA®
Feel the energy and move your body to fun and easy-to-follow Latin rhythms. **We, Th, Sa 2pm; Fr 9am; Su 11am**

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. **Th, Tu 8:30am**

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. **We, Sa, Mo 8:30am; Fr, Tu 12pm**

STRETCH
Improve total body flexibility. **Daily 10am**

STRETCH & RELAXATION
Promotes flexibility and breathing and relaxes tense muscles. **Daily 4pm**

STRETCH & ROLL
Improve your mobility in this session focused on static and dynamic stretches, combined with full-body, myofascial releasing techniques. **No shoes. Th, Tu 2pm; Sa 11am**

TRX® STRETCH
Use the suspension straps to improve your muscle flexibility and joint mobility. **Fr, Su 10am; Sa 2pm; Mo 3pm**

GOLF

GOLF CLINIC: CHIPPING
Find out how to chip the ball consistently to within one-putt range. **Th, Sa 2pm; Tu 10am**

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. **We 2pm; Fr 10am; Su 1pm**

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. **Sa 1pm; Mo 10am**

GOLF CLINIC: PITCHING
Learn the fundamentals of successful pitching and how to fly the ball over obstacles with confidence. **Sa 10am; Su 2pm**

GOLF CLINIC: PUTTING
40 percent of shots in a round of golf are putts - learn to improve your stroke. **Th, Sa 10am; Tu 2pm**

MIND-BODY

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

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

AWaken TO REIKI
Balance and align your chakras (energy centers) using breath work, chair yoga stretches, meditation and reiki. All levels welcome. **Th 1pm**

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

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

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

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

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

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

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

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

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. **Fr, Tu 2pm**

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

MEDITATION
Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. **Daily 5pm**

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. **Mo 9am**

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

PILATES MAT I
Learn the fundamentals and the beginning exercises of the Pilates mat discipline. **We 11am**

PILATES REFORMER CLINIC: BEGINNING
Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body and lengthening the spine. **Th 11am; Sa 2pm; Tu 10am**
PIILATES REFORMER CLINIC: INTERMEDIATE/ADVANCED
This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required. 
Tu 2pm

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

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

POWER FLOW
Focus on stamina, strength and power, using variations of sun salutations and balancing postures in this power flow yoga class. Th 3pm

QI GONG
This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind. Fr 1pm; Su 12pm

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

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

TAI CHI
Experience this ancient Chinese movement practice that helps conserve and develop life energy. Tu 7am

TAI CHI SWORD
Learn to enhance the fluency of chi with Taoist sword techniques. We 1pm

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

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

YOGA FOR A HEALTHY BACK
Learn postures and breathing techniques that help maintain a healthy back. Th 2pm

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. 
We 9am; Su 11am

YOGA FOUNDATIONS
This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. Su 3pm; Mo 2pm; Tu 9am

YOGA PILATES BLEND
Vinyasa yoga meets Pilates mat method in this flow-style workout. A great opportunity to practice both disciplines in one class. 
We 2pm; Sa, Mo 3pm

YOGA WITH PROPS
This yoga class, inspired by B.K.S. Iyengar, focuses on alignment using various props to assist you in your practice. Su 9am

BIRD WALK
Enjoy a bird-watching stroll around the Ranch and neighboring horse farm. Binoculars provided. Sa 6am; Tu 6:30am

CLIMBING FOR FITNESS
Climb our rock wall for a great workout. Fr 6:30am; Mo 7pm

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

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

NATIVE AWARENESS
Experience the outdoors as you learn mobile meditation techniques led by a Canyon Ranch Outdoor Sports expert. We 9:30am

PHOTOGRAPHY HIKE
Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided. Fr, Mo 6am

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Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided. Fr, Mo 6am

PRIMITIVE FIRE-MAKING
Connect with the primal thrill of creating fire. We 6:30am

ROCK CLIMBING, NATURALLY
Join our rock climbing facilitators on an excursion to the Catalina Mountains to learn how to climb on natural rock. We’ll use iconic climbing routes in stunning scenery. All levels are welcome. We, Mo 6am

TWILIGHT PHOTO WALK
Learn how to photograph nature on this afternoon photo walk around the Ranch. A camera and a thumb drive of your images will be provided. Th 3:30pm

STRENGTH

ABOVE & BELOW THE BELT
Use various types of props in this 10-station, circuit-based endurance class. We 10am; Th 9am; Sa, Tu 3pm; Su 2pm

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

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

CORE & MORE
Twenty minutes focused on strengthening your abs and lower back. Fr, Su 8:30am

GLUTE TRANSFORMATION CLINIC
Training your glutes is about more than just aesthetics; learn how you can prevent injury, improve athletic performance, and enhance your general fitness by targeting the glutes. Su 12pm; Tu 1pm

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

LONG & LEAN BARRE WORKOUT
High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre. We, Th 9am; Su, Mo 2pm

MOVESTRONG: ADVANCED FUNCTIONAL TRAINING
Challenge your body with the MoveStrong Functional Training System. Using your body weight and moving objects, you’ll build cardiovascular endurance and strength. We, Fr 2pm; Tu 11am

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. Su 6am

Mesoamerican artifacts and village sites in the Tucson basin.
MUSCLE MAX
Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment.  
Th 11am; Fr 3pm; Sa, Mo 10am; Tu 2pm

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

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

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

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.

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

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

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

We Share the Desert

BE AWARE,
BE SAFE

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

Javelinas travel in herds and will normally avoid you, but can be protective if you get near their babies.
If you see a bobcat or (extremely unlikely) a mountain lion, maintain eye contact and back away slowly. Do not run. And never walk barefoot in the desert.

NEVER feed, touch or bother any wildlife you see here.
It’s dangerous, against the law – and it’s exciting enough just to see them.
HEALTH TIPS

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

EXCELLENT REASONS TO GET A MOVE ON
Exercise makes you feel proud of yourself: There’s no more satisfying and legitimate source of self-esteem than knowing you’re taking good care of you.

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

HAVE YOU TRIED THESE?

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

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

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

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

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

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

HEALTHY temptations

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

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

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

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

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

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

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

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