YOUR DAILY SCHEDULE

NOVEMBER 20 – 26, 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
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.

OUTDOOR POOLS
Flagstone Pool (next to Double U Café); L-Pool (next to the Aquatic Center), featuring two shaded, underwater treadmills; T-Pool (next to Life Enhancement Center®), offering most of our aquatic classes as well as 25-yard lap swimming. All pools are heated; they average between 82° F and 86° F depending on the pool. Water shoes or aqua socks are welcome but not required.

Please note that there are no lifeguards on duty.

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, & 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.

TENNIS & PICKBALL COURTS
The outdoor Tennis Center features three hard surface courts, two Classic Clay® courts and two Pickleball courts.

SPORTS EQUIPMENT
We’re delighted to lend you a bike, racquet, protective eyewear, sports equipment or basketball. Please inquire at the Spa Desk.

HOURS & LOCATIONS

CANYON RANCH GRILL™
Breakfast: 7 – 9:30 am
Lunch: 11:30 am – 2:30 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: 8:30 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.**
7:00 AM
MORNING WALKS A Limit: 30  Spa Lobby
ROCK CLIMBING, NATURALLY  NEW Limit: 6  Spa Lobby
5 hr.  $425  Sign up: Outdoor Sports Activity Board.

8:00 AM
PRIMATIVE FIRE-MAKING Limit: 6  Spa Lobby
2 hr.  Sign up: Outdoor Sports Activity Board or call Ext. 4355.
CENTERING MEDITATION A  30 min.  Sanctuary
REBOUND JUMP BOOTS CLINIC II/III Limit: 6  Racquet Ct. 1
$90  Sign up: Ext. 4338.
TENNIS: INTERMEDIATE/ADVANCED CLINIC $90  Sign up: Spa Activity Board.

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

9:00 AM
INDOOR CYCLING A Limit: 18  Indoor Cycling Studio
PICKLEBALL Intro CLINIC Limit: 8  Tennis Courts
YOGA Detox  II NEW  Yoga Studio
CERAMIC EXPRESSIONS Limit: 8  Art Studio 1
WORLD BEAT  A  Gym 1
PILATES REFORMER TOWER WORKOUT Limit: 5  Pilates Studio
LONG & LEAN BARRE WORKOUT A Limit: 25  Cardio & Strength Gym
CARDIO TENNIS CLINIC $90  Sign up: Spa Activity Board.
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
H2O POWER A Limit: 24  T-Pool
ABOVE & BELOW THE BELT I/II Limit: 20  Gym 3
STRETCH & ROLL A Limit: 24  Gym 2
CARDIO CIRCUIT II Limit: 20  Cardio & Strength Gym
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.
1 hr.  30 min.  Sign up: Ext. 4338.
STRETCH A Limit: 30  Yoga Studio
DRUMMING CIRCLE A Gym 1
GOLF CLINIC: BUNKERS Limit: 4  Golf Performance Center
50 min.  $90  Sign up: Ext. 4338.

11:00 AM
NOT TONIGHT HONEY, I HAVE A HEADACHE CME Catalina Room
Nicola Finley, MD, will explore female sexuality - physical and emotional factors that impact women's sexual desire and arousal throughout life.
This presentation is directed toward a female audience.
POTTER'S WHEEL DEMO NEW  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.

WEDNESDAY | NOVEMBER 20, 2019
PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

NATIVE AWARENESS Limit: 10  Spa Lobby
1 hr. 30 min.  Sign up: Outdoor Sports Activity Board.
POSTURE & BALANCE IN THE WATER A Limit: 15  NEW  Aquatic Center
WALLYBALL II/III  Gym 1
FIERCE! TABATA WORKOUT III Gym 2
DESSERT DRUMMING A Limit: 21  Yoga Studio
PILATES MAT I  I

NOON
COMMUNITY TABLE: DINE WITH A MEDICAL PROFESSIONAL Canyon Ranch Grill
Chat with a Canyon Ranch medical professional and learn about our state-of-the-art medical services.

KETTLEBALL 101 II/III  Gym 3
30 min.
X-TREME OUTDOOR BOOT CAMP III  Spa Lobby
60 min.

1:00 PM
MIDLIFE HORMONE CHANGES Catalina Room
Stephen Brewer, MD, discusses some of the common physiological and structural changes that men and women can experience during midlife.

HIGH ROPES CHALLENGE COURSE Limit: 8  Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.
TAI CHI SWORD A Yoga Studio
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.
HEALING BOTANICALS IN WATERCOLOR & INK Limit: 8  NEW  Art Studio 1
1 hr. 30 min.  Sign up: Ext. 4338.

2:00 PM
GOLF CLINIC: DRIVING Limit: 4  Golf Performance Center
$105  Sign up: Ext. 4338.
YOGA PILATES BLEND II/III  Yoga Studio
WATER WORKOUT A Limit: 20  T-Pool
HANDS-ON COOKING: EASY DEMO KITCHEN 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.  $160  See Outdoor Sports Activity Board or call 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.

ZUMBA® A Gym 1

3:00 PM
WALLYBALL II/III  Racquet Ct. 1
THE SIXTH SENSE: HARNESSING YOUR INTUITION Cactus Room
Ranch clairvoyant Pat Bruckmann will discuss how to access the unlimited knowledge the universe has to offer.

CARDIO TENNIS CLINIC Tennis Courts
50 min.  $90  Sign up: Spa Activity Board.
TWILIGHT PHOTO WALK Limit: 8  Spa Lobby
3 hr.  $110  See Outdoor Sports Activity Board or call Ext. 4355 for current time and to sign up.
BUFF BOOTY II  
INTERMEDIATE YOGA II  
TRX® STRONG II/III  Limit: 11  NEW

4:00 PM

RESTORATIVE YOGA A  Limit: 20  Yoga Studio
RHYTHMIC RIDE A  Limit: 18  Indoor Cycling Studio
Pickleball: Beginner/Intermediate NEW
Clinic  Limit: 4

$90 Sign up: Spa Activity Board.

Afternoon Walk A  
Stretcher & Relaxation A

Limit: 18

Strength Basics I  Limit: 10  Cardio & Strength Gym

HIIT It! II  Limit: 12  

30 min.

5:00 PM

Meditation A  
Sanctuary

30 min.

Pickleball: Intermediate/Advanced NEW
Clinic  Limit: 4

$90 Sign up: Spa Activity Board.

Living as Your True Self NEW

Cactus Room

Join Spiritual Wellness provider Cara Howell, MPH, MSW, LCSW, to discover the peace of mind and heart that comes with the courageous practice of living authentically.

WILDCARD WEDNESDAYS NEW

Clubhouse Living Room

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

2 hr.

Authentically Local

Double U Café

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

Open 12-Step Recovery Meeting

Mesquite Room

Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery.

6:00 PM

Recognizing Love’s Potential Through Astrology

Catalina Room

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

7:00 PM

You Are Enough, You Have Enough, You Will Thrive NEW

Cactus Room

Bridge your present to your future prosperity. Remove intimidation from money & conversations around finance. Connect your dreams to your reality with the use of a vision board.

Forgiveness From The Heart

Limit: 12  
Sanctuary

Spiritual Wellness provider Jessica Swift, MPS, 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.

7:00 AM
7:00 AM
**SUNRISE YOGA** II/III
60 min.
Yoga Studio

**MORNING WALKS** A
Spa Lobby

8:00 AM
**TENNIS: INTERMEDIATE/ADVANCED**
$90  Sign up: Spa Activity Board.

**GAME TIME READY** III  Limit: 15  NEW
Indoor Cycling Studio

**INDOOR CYCLING** A  Limit: 18
Gym 2

**LONG & LEAN BARRE WORKOUT** A  Limit: 25
Cardio & Strength Gym

**STRIDE & STRENGTH** A  Limit: 14
Tennis Courts

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

**ASIAN BRUSH PAINTING** Limit: 8  NEW
Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.

8:30 AM
**DYNAMIC STRETCH EXPRESS** II/III
20 min.

9:00 AM
**ABOVE & BELOW THE BELT** I/II  Limit: 20
Gym 3

**GAME TIME READY** III  Limit: 15  NEW
Gym 1

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

**LONG & LEAN BARRE WORKOUT** A  Limit: 25
Cardio & Strength Gym

**STRIDE & STRENGTH** A  Limit: 14
Tennis Courts

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

9:20 AM
**(Property Orientation) 10 am & 3 pm. Meet in Hotel Pavilion**

10:00 AM
**H2O POWER** A  Limit: 24
T-Pool

**ON THE BALL** A  Limit: 20
Gym 2

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

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

**SURFSET FITNESS** III  Limit: 11
Gym 1

**RECOVERY FOR YOUR FEET** NEW
Sanctuary
30 min.

**STRETCH** A  Limit: 30
Yoga Studio

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

**FITNESS FIRST** I
Yoga Studio

11:00 AM
**AQUA FIT** I  Limit: 15
Aquatic Center

**INTERMEDIATE YOGA** II
Yoga Studio

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

**AERIAL HAMMOCK YOGA CLINIC** Limit: 5
Gym 3
$90  Sign up: Ext. 4338.

**AERIAL HAMMOCK YOGA CLINIC** Limit: 5
Gym 3
$90  Sign up: Ext. 4338.

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

**COMMUNITY TABLE: MEMBERSHIP SALES** Canyon Ranch Grill
Learn how Membership at Canyon Ranch is the best investment you can make in lifelong health for you and your family.

1:00 PM
**INTUITIVE ARCHERY** Limit: 6
Spa Lobby
2 hr.  $110  Sign up: Ext. 4338.

**AWAKEN TO REIKI** A  NEW
Racquet Ct. 1

**INTRO TO WALLYBALL** I/II/III
Spa Lobby
2 hr.  $155  Sign up: Outdoor Sports Activity Board or call Ext. 4355.

**ALTERNATIVE THERAPIES FOR MANAGING MENOPAUSE** NEW
Catalina Room

**GYROKINESIS** A  Limit: 15
Gym 1

**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.

2:00 PM
**ZUMBA®** A
Gym 1

**WATER WORKOUT** A  Limit: 20
T-Pool

**HANDS-ON COOKING: QUICK FIX** Limit: 12
Demo Kitchen
It's dinnertime and you are in a hurry; it's time for a quick fix. Let us show you the tricks and give you the simple tips to put a healthy, satisfying dinner on the table in less than 20 minutes.
2 hr.  $169  Sign up: Ext. 4338.

**YOGA FOR A HEALTHY BACK** I
Yoga Studio

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

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

3:00 PM
**WALLYBALL** II/III
Racquet Ct. 1

**POWER FLOW** II/III
Yoga Studio

**C2M: CONDITIONING TO THE MAX** II/III  Limit: 18  NEW
Gym 1

**LEARN HOW TO FOCUS YOUR INTENTION** Catalina Room
With Canyon Ranch psychic Lesley Lupo, learn how to move a crystal pendulum by simply focusing your gaze.

**DESERT DRUMMING** A  Limit: 21
Gym 2

3:30 PM
**AERIAL ADVENTURE: ZIPLINE** Limit: 8
Spa Lobby
1 hr. 30 min.  $110  Sign up: Outdoor Sports Activity Board.
4:00 PM
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
AFTERNOON WALK A Spa Lobby
PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts
$90 Sign up: Spa Activity Board.
STRETCH & RELAXATION A Gym 2
RESTORATIVE YOGA A Limit: 20 Yoga Studio

5:00 PM
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.

MEDITATION A Sanctuary
30 min.

SPIRITUAL CYCLING A Limit: 18 Indoor Cycling Studio
A SURPRISING LOOK AT BODY IMAGE & INTIMACY Cactus Room
Intimacy with others is connected to intimacy with ourselves. Amy Hawthorne, MS and Nicola Finley, MD, lead a unique interactive discussion among women on body types, body image and expectations.

MEXICAN FARE Double U Café
Kick back and enjoy an authentic taste of Mexico.

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

6:30 PM
NIGHT VISION GOGGLES EXPERIENCE Spa Lobby
Limit: 6 2 hr. $115 Sign up: Ext. 4355.

7:00 PM
TAKE A BREATH BREAK Cactus Room
Reduce stress by using techniques from the Practice of Mindfulness. Join Dan Johnson, Executive Director of the Wellness Council of Arizona, for this sampling of approaches to relaxation.

MY SCHEDULE THURSDAY
6 am __________________________
7 am __________________________
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10 am _________________________
11 am _________________________
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FRIDAY | NOVEMBER 22, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

6:30 AM
PHOTOGRAPHY HIKE  Limit: 8 Spa Lobby
4 hr.  $110  See Outdoor Sports Activity Board or call Ext. 4355.

7:00 AM
MORNING WALKS A Spa Lobby

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

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

9:00 AM
INSPIRED SKETCHBOOKING NEW Art Studio 1
Limit: 8 2 hr.  $109  Sign up: Ext. 4338.
DEEP WATER PUMP A Yoga Studio
Limit: 12  Yoga Pool
CHAIR YOGA I Yoga Studio
Limit: 20  Indoor Cycling Studio
INDOOR CYCLING A Indoor Cycling Studio
Limit: 18
PICKLEBALL INTRO CLINIC Tennis Courts
$90  Sign up: Spa Activity Board.
ZUMBA® A Gym 1
20 min.
STRIDE & STRENGTH A Cardio & Strength Gym
Limit: 14
CARDIO TENNIS CLINIC Tennis Courts
$90  Sign up: Spa Activity Board.

10:00 AM
H2O POWER A Gym 1
Limit: 24
GOLF CLINIC: DRIVING II/III Golf Performance Center
Limit: 4  $105  Sign up: Ext. 4338.
FIERCE! TABATA WORKOUT III Cardio & Strength Gym
12 min.
CARDIO CIRCUIT II/III Gym 2
Limit: 20
STRETCH & ROll A Gym 3
Limit: 12
Sign up: Spa Activity Board.
TENNIS MIXER A Tennis Courts
Limit: 14
STRETCH A Yoga Studio
Limit: 30
TRX® STRETCH A Gym 3
Limit: 11
MEAL PLANNING MADE EASY Cactus Room
We'll answer your questions about the meal planning and show you how to make delicious, nutritious, portion-controlled meals.

11:00 AM
INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.
AQUA FIT I Art Studio 1
Limit: 15
STUDIO PAINTING:
WATERCOLOR Art Studio 1
Limit: 6 2 hr.  $109  Sign up: Ext. 4338.
PILATES REFORMER TOWER WORKOUT Pilates Studio
Limit: 5
$90  Sign up: Ext. 4338

CREATING RITUALS FOR SPIRITUAL SELF-CARE NEW 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.
WALLYBALL II/III Racquet Ct. 1
ROCKIN’ RETRO I/II Gym 1
TRX® FUSION III Limit: 11 Gym 3

NOON
FITNESS FOR YOUR FEET® A Gym 1
Limit: 30
20 min.
INTRO TO INDOOR CYCLING I Indoor Cycling Studio
Limit: 18
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 a memorable experience.

1:00 PM
SACRED WATER MEDITATION Aquatic Center
Limit: 9 Experience the healing power of water. Float in a warm pool as a spiritual wellness provider guides you in a soothing meditation.
$59  Sign Up: Ext. 4338.
QI GONG A Yoga Studio

DON’T TAKE IT PERSONALLY NEW Catalina Room
We all hear 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.

HIGH ROPE CHALLENGE COURSE Spa Lobby
Limit: 8 3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.
MAKE A PRIMITIVE STONE KNIFE Spa Lobby
Limit: 8 3 hr.  Sign up: Outdoor Sports Activity Board or call Ext. 4355.

2:00 PM
GOLF CLINIC: BUNKERS Golf Performance Center
Limit: 4 50 min.  $90  Sign up: Ext. 4338.
HEART-OPENING PRACTICE Yoga Studio
II NEW
WATER WORKOUT II/III T-Pool
Limit: 20
HANDS-ON COOKING: BBQ U 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.
BOXER’S WORKOUT III Gym 3
Limit: 12
BUFF BOOTY II Gym 1

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

3:00 PM
WALLYBALL II/III Racquet Ct. 1
PILATES TO THE BEAT II/III Gym 1
MUSCLE MAX II/III Gym 3
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
### MY SCHEDULE FRIDAY

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### TENTATIVE SCHEDULE

- **Importance of Lean Body Mass.**
  - **30 min.**
  - **VINYASA FLOW II**
  - **Yoga Studio**

### 3:15 PM

- **WATSU DEMO**
  - **Aquatic Center**
  - Want to learn more about Watsu®? Come and observe this uniquely relaxing and therapeutic aqua treatment.

### 4:00 PM

- **SPIRITUAL CYCLING A**
  - **Indoor Cycling Studio**
  - Limit: 18
- **DAO-IN CHINESE YOGA I**
  - **Yoga Studio**
- **INDOOR CYCLING A**
  - **Indoor Cycling Studio**
  - Limit: 18
- **AFTERNOON WALK A**
  - **Spa Lobby**
- **STRENGTH BASICS I**
  - **Cardio & Strength Gym**
  - Limit: 10
- **AERIAL HAMMOCK YOGA**
  - **Gym 3**
  - Sign up: Ext. 4338.
  - **STRETCH & RELAXATION A**
  - **Gym 2**
- **HIIT IT! III**
  - **Gym 1**
  - Limit: 12
  - **30 min.**

### 5:00 PM

- **MEDITATION A**
  - **Sanctuary**
  - **30 min.**
- **PAELLA NIGHT**
  - **Double U Café®**
  - Join us for a taste of seaside Spain at Canyon Ranch. Vibrant Paella, served with heaps of seafood, rice and the unmistakable taste of saffron.
- **OPEN 12-STEP RECOVERY MEETING**
  - **Mesquite Room**
  - Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery.

### 6:00 PM

- **THE GLUTEN CONNECTION**
  - **Catalina Room**
  - **CME**
  - One in 100 people has celiac disease, an oftenundiagnosed inflammatory response to gluten. Join a Canyon Ranch nutritionist and learn about symptoms, testing, and how to follow a gluten-free diet.

### 7:00 PM

- **CRYSTAL BOWL SOUND HEALING**
  - **Cactus Room**
  - Researcher and Sounds True music artist Tryshe Dhevney shares evidence that gemstone-infused crystal bowls resonate with healing properties. You’ll hear the sounds of peace and restoration.

### 8:00 PM

- **BINGO**
  - **Pavilion**
  - Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!
# SATURDAY | NOVEMBER 23, 2019

## 7:00 AM
- **MORNING WALKS** A
  - Location: Spa Lobby
  - 2 hr. Sign up: Outdoor Sports Activity Board or Ext. 4355.

## 8:00 AM
- **HIGH ROPE CHALLENGE**
  - Location: Spa Lobby
  - 3 hr. $235 Sign up: Outdoor Sports Activity Board or Ext. 4355.
- **CENTERING MEDITATION** A
  - Location: Sanctuary
  - 30 min.

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

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

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

## 11:00 AM
- **PILATES MAGIC CIRCLE** A
  - Limit: 25
  - Location: Gym 3
- **STRETCH & ROLL** A
  - Limit: 24
  - Location: Gym 2
- **POSTURE & BALANCE IN THE WATER** A
  - Limit: 15
  - Location: Aquatic Center
  - 2 hr. $109 Sign up: Ext. 4338.
- **LET GO & FLOW**
  - Limit: 6
  - Location: Art Studio 1
  - 2 hr. $109 Sign up: Ext. 4338.
- **KEEP YOUR JOINTS HEALTHY** CME
  - Location: Catalina Room

## NOON
- **HIIT IT** III
  - Limit: 12
  - Location: Gym 1
  - 30 min.
- **COMMUNITY TABLE: FITNESS**
  - Location: Canyon Ranch Grill
  - Bring your questions and chat with one of our knowledgeable fitness professionals.

## 1:00 PM
- **GOLF CLINIC: IRONS**
  - Limit: 4
  - Location: Golf Performance Center
  - $105 Sign up: Ext. 4338

## 1:30 PM
- **MEMBERSHIP & REAL ESTATE**
  - Location: 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
- **MANAGING OSTEOARTHRITIS OF THE HIP AND KNEE** CME
  - Location: Catalina Room
  - Taylor Wade, MS, LAT, ATC, talks about ways to efficiently manage osteoarthritis, and treatment advancements utilized at Canyon Ranch for osteoarthritis.
  - **ZUMBA®** A
  - Location: Gym 1
  - **WATER WORKOUT** A
    - Limit: 20
    - Location: T-Pool
  - **GENTLE VINYASA** I
  - Location: Yoga Studio
  - **GOLF CLINIC: CHIPPING** A
    - Limit: 4
    - Location: Golf Performance Center
    - $105 Sign up: Ext. 4338.
  - **PILATES REFORMER CLINIC:**
    - BEGINNING
      - Limit: 5
      - Location: Pilates Studio
      - $90 Sign up: Ext. 4338.
    - **HANDS-ON COOKING: BREAKFAST ON THE GO!**
      - Limit: 12
      - Location: 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.

## 3:00 PM
- **BUFF BOOGY II**
  - Location: Gym 1
- **YOGA PILATES BLEND** II/III
  - Location: Yoga Studio
  - **ABOVE & BELOW THE BELT** II/III
    - Limit: 20
    - Location: Racquet Ct. 1
  - **WALLYBALL** II/III
  - Location: Racquet Ct. 1

## 3:30 PM
- **AERIAL ADVENTURE: ZIPLINE**
  - Limit: 8
  - Location: Spa Lobby
  - 1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.

## 4:00 PM
- **INDOOR CYCLING** A
  - Limit: 18
  - Location: Indoor Cycling Studio
- **AWAKEN TO REIKI** A
  - Location: Yoga Studio
- **AFTERNOON WALK** A
  - Location: Spa Lobby
  - **STRETCH & RELAXATION** A
  - Location: Yoga Studio
  - **RESTORATIVE YOGA** A
  - Limit: 20
  - Location: Yoga Studio

## 5:00 PM
- **MEDITATION** A
  - Location: Sanctuary
  - 30 min.
- **OPEN 12-STEP RECOVERY MEETING**
  - 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.
  - **LIFT FOR LIFE: DEMYSTIFYING STRENGTH**
**FITNESS LEVELS**
I—beginner, II—intermediate, III—advanced, A—all Levels

**FITNESS CLASSES** 45 min.;

**PRESENTATIONS/WORKSHOPS** 50 min. unless noted. **CME**—Continuing Medical Education

Your service allowance may be applied toward activity fees.

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<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 am</td>
<td><strong>TRAINING</strong> CME Cactus Room Strength training needn’t be intimidating. An exercise physiologist points to the benefits of adding a modest strength-training program to your at-home exercise routine.</td>
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<td>7 am</td>
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<td>Noon</td>
<td><strong>ARIZONA GRILL</strong> Double U Café Savor the Southwest’s unique Sonoran cuisine.</td>
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</tbody>
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**MY SCHEDULE SATURDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6 am</td>
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</tbody>
</table>
### 7:00 AM
- **MORNING WALKS**
  - Spa Lobby

### 7:30 AM
- **ARCHAEOLOGICAL ADVENTURE** 1
  - Limit: 8
  - Spa Lobby
  - 5 hr. $110 Sign up: Outdoor Sports Activity Board.

### 8:00 AM
- **CENTERING MEDITATION**
  - 30 min.
  - Sanctuary

### 8:30 AM
- **CORE & MORE**
  - 20 min.
  - Gym 2

### 9:00 AM
- **DEEP WATER PUMP**
  - Limit: 12
  - T-Pool
- **CARDIO COMBAT**
  - Limit: 16
  - Gym 1
- **INDOOR CYCLING**
  - Limit: 18
  - Indoor Cycling Studio
- **FERCE! TABATA WORKOUT**
  - Limit: 15
  - Gym 1
- **FITNESS FIRST**
  - Limit: 14
  - Gym 3
- ** STRIDE & STRENGTH**
  - Limit: 24
  - Cardio & Strength Gym

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

### 11:00 AM
- **TRX® STRONG**
  - II/III Limit: 11
  - NEW
  - Gym 3
- **AQUA FIT**
  - I Limit: 15
  - NEW
  - Aquatic Center
- **YOGA FOR DETOX**
  - II NEW
  - Yoga Studio
- **HOW IS IT WITH YOUR SOUL?**
  - 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”.
- **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.
- **ZUMBA®**
  - A
  - Gym 1
- **WALLYBALL**
  - II/III
  - Racquet Ct. 1

### NOON
- **GLUTE TRANSFORMATION CLINIC**
  - Limit: 5
  - Cardio & Strength Gym
  - $90 Sign up: Ext. 4338.
- **QI GONG**
  - A
  - Yoga Studio
- **AERIAL HAMMOCK YOGA**
  - Clinic
  - Limit: 5
  - Yoga Studio
  - $90 Sign up: Ext. 4338.
- **AERIAL HAMMOCK YOGA**
  - Clinic
  - Limit: 5
  - Yoga Studio
  - $90 Sign up: Ext. 4338.
- **COMMUNITY TABLE: SKIN CARE**
  - Mesquite Room

### 1:00 PM
- **INTUITIVE ARCHERY**
  - Limit: 6
  - Spa Lobby
  - 2 hr. $110 Sign up: Ext. 4338
- **GOLF CLINIC: DRIVING**
  - Limit: 4
  - Golf Performance Center
  - $105 Sign up: Ext. 4338
- **BREATHEING**
  - A
  - Yoga Studio
  - Spa Lobby
- **BEAUTY STUDIO**
  - Learn about the latest trends in the beauty industry. Our Salon experts will offer DIYs and beauty secrets for hair, and share tips on products, tools, color and cut.

### 2:00 PM
- **WATER WORKOUT A**
  - Limit: 20
  - T-Pool
- **GOLF CLINIC: PITCHING**
  - 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.
- **YIN YOGA**
  - II
  - Yoga Studio
- **SURFSET FITNESS**
  - II
  - Limit: 11
  - Yoga Studio
- **MOVESTRONG: ADVANCED FUNCTIONAL TRAINING**
  - III
  - Limit: 10
  - Cardio & Strength Gym
- **YOGA FOUNDATIONS**
  - I
  - Yoga Studio
- **THE ROAD TO AUTHENTICITY AND WISDOM THROUGH ASTROLOGY**
  - NEW
  - Cactus Room
  - Explore major transformation times in our charts. Canyon Ranch Astrologer Shiavani Baker discusses Jupiter and Uranus, and how to take advantage of transit events during turning points in our lives.
- **BUFF BOOY**
  - II
  - Gym 1

### 3:00 PM
- **WALLYBALL**
  - II/III
  - Racquet Ct. 1
- **WRITING FOR SELF-DISCOVERY**
  - Limit: 12
  - Sanctuary
  - 2 hr. $169 Sign up: Ext. 4338.
- **GAME TIME READY**
  - III
  - Limit: 15
  - NEW
  - Gym 1
- **DESERt DRUMMING**
  - A
  - Limit: 21
  - Gym 2

### 4:00 PM
- **RESTORATIVE YOGA**
  - Limit: 20
  - Yoga Studio
  - $90 Sign up: Spa Activity Board.
- **PICKLEBALL: BEGINNER/INTERMEDIATE CLINIC**
  - Limit: 4
  - NEW
  - Tennis Courts
  - $90 Sign up: Spa Activity Board.
- **AFTERNOON WALK**
  - A
  - 30 min.
  - Spa Lobby
- **HIIT IT!**
  - III
  - Limit: 12
  - Gym 1
- **STRETCH & RELAXATION**
  - A
  - Gym 2

### 5:00 PM
- **MEDITATION**
  - A
  - 30 min.
  - Sanctuary
- **PICTLEBALL: INTERMEDIATE/ADVANCED CLINIC**
  - Limit: 4
  - NEW
  - Tennis Courts
  - $90 Sign up: Spa Activity Board.
- **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**
  - 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
BALANCE YIN & YANG WITH YOGA &
MORE
Catalina Room
Learn how mastering the equilibrium between yin and yang can
positively enhance peace, balance and happiness in your life.

7:00 PM
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.
GLOW-GA
Body paint and glow sticks provided.

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

MY SCHEDULE SUNDAY
6 am
7 am
8 am
9 am
10 am
11 am
Noon
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm
MONDAY  NOVEMBER 25, 2019
PROPERTY ORIENTATION  10 am & 3 pm. Meet in Hotel Pavilion

7:00 AM
MORNING WALKS  A
ROCK CLIMBING, NATURALLY  NEW
Limit: 6
Spa Lobby
5 hr.  $425  Sign up: Outdoor Sports Activity Board.

8:00 AM
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.

CENTERING MEDITATION  A
Sanctuary
30 min.

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

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
CHAIR YOGA I  Limit: 20
Yoga Studio
PICKLEBALL INTRO CLINIC  Limit: 8
Tennis Courts
PILATES FOR BALANCE  II/III  Limit: 18
Gym 2
C2M: CONDITIONING TO THE
MAX  II/III  Limit: 18
Gym 1
STRIDE & STRENGTH  A  Limit: 14
Cardio & Strength Gym
CARPENTERS TENNIS CLINIC
$90  Sign up: Spa Activity Board.

10:00 AM
H2O POWER  A  Limit: 24
T-Pool
MUSCLE MAX  II/III
Gym 3
STRETCH & ROLL  A  Limit: 24  NEW
Gym 3
CORE CONDITIONING  II/III  Limit: 24
Gym 1
GOLF CLINIC: IRONS
50 min.
$105  Sign up: Ext. 4338
Golf Performance Center
STRETCH  A  Limit: 30
Cardio & Strength Gym
LIVING THROUGH LOSS
Gather wisdom and healing practices from spiritual wellness provider
Jessica Swift, MPS, to help you through times of loss and grief.

11:00 AM
MEDICALLY UNEXPLAINED SYMPTOMS
CME  Catalina Room
Stephan Brewer, MD, and John Shukwit, MA, LPC, BCC showcase
an innovative look at understanding complex syndromes, such as
fibromyalgia and irritable bowel syndrome.

SURFSET FITNESS  III  Limit: 11
Aqua Fit  I  Limit: 15
Gym 1
AQUA FIT  I  Limit: 15
Aquatic Center
INTERMEDIATE YOGA  II
1 hr.  15 min.
Gym 1
BOSU 3D EXTREME  III
Gym 1
WALLYBALL  II/III
1 hr.  15 min.
Gym 1
KILLER DRILLS & SKILLS  III  Limit: 18

NOON
COMMUNITY TABLE: MUSCULOSKELETAL
HEALTH
Canyon Ranch Grill
Learn what's new in regenerative medicine and injury prevention with a
Certified Athletic Trainer.
TRX® 101  II/III  Limit: 11
Gym 3
30 min.

12:30 PM
DESERT DISCOVERY HIKE
Spa Lobby
4 hr.  $100  See Outdoor Sports Activity Board or call Ext. 4355 prior to 4
pm Saturday.

1:00 PM
HIGH ROPE CHALLENGE COURSE
Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 4355.
INSPIRED SKETCHBOOKING
NEW  Art Studio 1
2 hr.  $109  Sign up: Ext. 4338.
INTRO TO WALLYBALL
Racquet Ct. 1
MEAL PLANNING MADE EASY
NEW  Cactus Room
Learn a novel way to approach meal planning using an online
platform. Kiely Wilkins, MS, RDN, shows you how to save time and
energy while preparing delicious, nutritious, portion-controlled meals.
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.

2:00 PM
BOXER'S WORKOUT  III  Limit: 12
Gym 3
WATER WORKOUT  A  Limit: 20
T-Pool
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.

PILATES REFORMER TOWER WORKOUT
$90  Sign up: Ext. 4338
Pilates Studio
ASTROLOGY: BEYOND THE BASICS
Spa Lobby
Your astrological chart is a mandala that reveals both life purpose and
personal synchronicity. Join Canyon Ranch astrologer Shivani Baker,
as they reveal what popular horoscopes don't tell you.
GOLF CLINIC: BUNKERS
Limit: 4  Golf Performance Center
50 min.
$90  Sign up: Ext. 4338.
LONG & LEAN BARRE WORKOUT  A  Limit: 25
Gym 2
BOSU 3D EXTREME  III
Gym 1
YOGA FOUNDATIONS  I
Gym 1

3:00 PM
TRX® STRETCH  A  Limit: 11
NEW  Gym 3
YOGA PILATES BLEND  II/III
Yoga Studio
BACK TALK: WHAT ARE YOUR ACHES & PAINS
SAYING?  CME  Catalina Room
Athletic trainer Maria Dell’Veneri, MS, ATC, discusses common forms
of back pain and nonsurgical approaches that may decrease your
symptoms and promote a healthy, active return to life and leisure.
CARDIO TENNIS CLINIC
Tennis Courts
50 min.
$90  Sign up: Spa Activity Board.
BOD POD® BODY COMPOSITION
Spa Lobby
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.
LONG & LEAN BARRE WORKOUT  A  Limit: 25
Gym 2
WALLYBALL  II/III
Racquet Ct. 1

14
ROCKIN’ RETRO I/II

4:00 PM
STRETCH & RELAXATION A
ASIAN BRUSH PAINTING Limit: 8 NEW Art Studio 1
2 hr. $109 Sign up: Ext. 4338.
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
Pickleball Intro Clinic Limit: 8 Tennis Courts
$90 Sign up: Spa Activity Board.
AFTERNOON WALK A
INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN
Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.
RESTORATIVE YOGA A Limit: 20 Yoga Studio

5:00 PM
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.

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.

INTEGRATIVE APPROACHES TO SLEEP CME Cactus Room
Learn how to make quality sleep a part of your lifestyle. Canyon Ranch Director of Sleep Medicine Param Dedhia, MD, helps you explore approaches for achieving your best and healthiest sleep.

MEDITATION A Sanctuary
30 min.

6:00 PM
MINDFULNESS: WHAT, WHY & HOW? CME Catalina Room
Join life management therapist John Shukwit, MA, LPC, BCC, for a practical look at what it means to pay attention to life as it unfolds, and the benefits of bringing mindfulness into daily living.

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

7:00 PM
LAUGHTER IS THE BEST MEDICINE: USING LAUGHTER TO IMPROVE HEALTH Cactus Room
Join certified laughter leader Dr. Carrie Horwitch to learn more about how humor and laughter can improve your health. It will be a fun, interactive experience.

FINDING HOPE: FAMILY AND THE RECOVERY JOURNEY Catalina Room
When our loved ones suffer from the disease of addiction, we suffer too. Tom McDermitt, resource director of Caron Treatment Centers, offers possible solutions towards recovery, healing and hope.

7:00 AM
MORNING WALKS A Spa Lobby

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

FITNESS LEVELS I—beginner, II—intermediate, III—advanced, A—all Levels  
FITNESS CLASSES 45 min; PRESENTATIONS/WORKSHOPS 50 min. unless noted. CME—Continuing Medical Education
Your service allowance may be applied toward activity fees.
### TENTATIVE SCHEDULE

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</tr>
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<tbody>
<tr>
<td><strong>7:00 AM</strong></td>
<td>Morning Walks A</td>
<td>Spa Lobby</td>
<td>4 hr. $110 See Outdoor Sports Activity Board or call Ext. 4355.</td>
</tr>
<tr>
<td><strong>7:30 AM</strong></td>
<td>Bird Walk</td>
<td>Spa Lobby</td>
<td>2 hr. Sign up: Outdoor Sports Activity Board or Ext. 4355.</td>
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<tr>
<td><strong>8:00 AM</strong></td>
<td>Morning Walks A (cont.)</td>
<td>Spa Lobby</td>
<td>5 hr. 30 min. $200 Sign up: Ext. 4355.</td>
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<tr>
<td><strong>8:00 AM</strong></td>
<td>Centering Meditation A</td>
<td>Sanctuary</td>
<td>30 min.</td>
</tr>
<tr>
<td><strong>8:30 AM</strong></td>
<td>Membership &amp; Real Estate</td>
<td>Spa Lobby</td>
<td>Learn how to become a Canyon Ranch Member - or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®. 30 min.</td>
</tr>
<tr>
<td><strong>9:00 AM</strong></td>
<td>Dynamic Stretch Express III/III</td>
<td>Gym 1</td>
<td>20 min.</td>
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<tr>
<td><strong>9:00 AM</strong></td>
<td>Creating with Nature</td>
<td>Art Studio 1</td>
<td>Limit: 8</td>
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<tr>
<td><strong>9:00 AM</strong></td>
<td>Surfset Fitness III Limit: 11</td>
<td>Gym 1</td>
<td>2 hr. $109 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>9:00 AM</strong></td>
<td>Yoga Foundations</td>
<td>Yoga Studio</td>
<td>Limit: 5</td>
</tr>
<tr>
<td><strong>9:00 AM</strong></td>
<td>Indoor Cycling A</td>
<td>Indoor Cycling Studio</td>
<td>Limit: 18</td>
</tr>
<tr>
<td><strong>9:00 AM</strong></td>
<td>Stretch &amp; Strength Gym</td>
<td>Cardio &amp; Strength Gym</td>
<td>Limit: 14</td>
</tr>
<tr>
<td><strong>9:00 AM</strong></td>
<td>Fitness First I</td>
<td>Cardio &amp; Strength Gym</td>
<td>Limit: 1</td>
</tr>
<tr>
<td><strong>9:00 AM</strong></td>
<td>Cardio Tennis Clinic</td>
<td>Tennis Courts</td>
<td>$90 Sign up: Spa Activity Board.</td>
</tr>
<tr>
<td><strong>10:00 AM</strong></td>
<td>Water Workout A</td>
<td>T-Pool</td>
<td>Limit: 24</td>
</tr>
<tr>
<td><strong>10:00 AM</strong></td>
<td>TRX Fusion III Limit: 11</td>
<td>Gym 3</td>
<td>20 min.</td>
</tr>
<tr>
<td><strong>10:00 AM</strong></td>
<td>Fierce! Tabata Workout III/III</td>
<td>Gym 1</td>
<td>2 hr. $105 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>10:00 AM</strong></td>
<td>Tennis Mixer</td>
<td>Tennis Courts</td>
<td>Limit: 12</td>
</tr>
<tr>
<td><strong>10:00 AM</strong></td>
<td>Coffee with Jill</td>
<td>Cardio &amp; Strength Gym</td>
<td>Sign up: Spa Activity Board.</td>
</tr>
<tr>
<td><strong>10:00 AM</strong></td>
<td>The Spiritual Power of Being Present</td>
<td>Cactus Room</td>
<td>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.</td>
</tr>
<tr>
<td><strong>11:00 AM</strong></td>
<td>Aquate Fit I Limit: 15</td>
<td>Aquatic Center</td>
<td>Mediterranean Water Drawing Limit: 12</td>
</tr>
<tr>
<td><strong>11:00 AM</strong></td>
<td>Gentle Vinyasa I</td>
<td>Yoga Studio</td>
<td>Yoga Studio 2</td>
</tr>
<tr>
<td><strong>11:00 AM</strong></td>
<td>Dj Dance Party I</td>
<td>Gym 1</td>
<td>Wallyball II/III</td>
</tr>
<tr>
<td><strong>11:00 AM</strong></td>
<td>Movestrong: Advanced Functional Training III Limit: 10</td>
<td>Cardio &amp; Strength Gym</td>
<td>Wallyball II/III</td>
</tr>
<tr>
<td><strong>11:00 AM</strong></td>
<td>Noontime Class</td>
<td>Canyon Ranch Grill</td>
<td>Yoga Studio 2</td>
</tr>
<tr>
<td><strong>1:00 PM</strong></td>
<td>Nailed It - Latest Technology in Nail Care with Dazzle Dry</td>
<td>Spa Lobby</td>
<td>Dazzle Dry is the original, nontoxic, vegan, cruelty free nail care system. Meet a Dazzle Dry expert and learn how to keep your hands youthful &amp; in great condition.</td>
</tr>
<tr>
<td><strong>1:00 PM</strong></td>
<td>Doctor's Rx: More Sex, Fun &amp; Rock 'n' Roll</td>
<td>Catalina Room</td>
<td>CME</td>
</tr>
<tr>
<td><strong>1:00 PM</strong></td>
<td>Intro to Wallyball I</td>
<td>Racquet Ct. 1</td>
<td>$90 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>1:00 PM</strong></td>
<td>Nourishing with Dazzle Dry</td>
<td>Yoga Studio</td>
<td>Joy &amp; Energy.</td>
</tr>
<tr>
<td><strong>1:00 PM</strong></td>
<td>Bringing into the World of Wallyball II</td>
<td>Racquet Ct. 1</td>
<td>$90 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>1:00 PM</strong></td>
<td>Birth &amp; Rebirth</td>
<td>Yoga Studio</td>
<td>$90 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>2:00 PM</strong></td>
<td>Water Workout A (cont.)</td>
<td>T-Pool</td>
<td>Limit: 20</td>
</tr>
<tr>
<td><strong>2:00 PM</strong></td>
<td>Heart Opening Practice II NEW</td>
<td>Yoga Studio</td>
<td>Yoga Studio</td>
</tr>
<tr>
<td><strong>2:00 PM</strong></td>
<td>Pilates Reformer Clinic</td>
<td>Pilates Studio</td>
<td>Limit: 5</td>
</tr>
<tr>
<td><strong>2:00 PM</strong></td>
<td>Targeting Your Heart Rate</td>
<td>Spa Lobby</td>
<td>$105 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>2:00 PM</strong></td>
<td>Hands-On Cooking: Simple Soups &amp; Salads</td>
<td>Demo Kitchen</td>
<td>$169 Sign up: Ext. 4338.</td>
</tr>
<tr>
<td><strong>2:00 PM</strong></td>
<td>Nutrigenetics for Personalized Weight Loss</td>
<td>Pilates Studio</td>
<td>$110 Sign up: Ext. 4338.</td>
</tr>
</tbody>
</table>

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**TUESDAY | NOVEMBER 26, 2019**
**PROPERTY ORIENTATION** 10 am & 3 pm. Meet in Hotel Pavilion.
**TUESDAY**

**TENTATIVE SCHEDULE**

**Double U Café**

**NEW** Art Stud

**NOVEMBER 26, 2019**

**Limit:** 6

**Spa Lobby**

**NEW** Gym

**Cactus Room**

**NEW** Art Studio

**Sanctuary**

**NEW** Gym 3

**Catalina Room**

**Mesquite Room**

**Gym 2**

**Gym 1**

**TUESDAY SCHEDULE**

**PRESENTATIONS/WORKSHOPS 50 min. unless noted. CME – Continuing Medical Education**

Your service allowance may be applied toward activity fees.

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**FUTURE IS HERE!**

What is the right weight loss diet for you? Nutritionist Lisa Powell, MS, RDN will discuss how your genes hold clues for effective weight loss.

**LET’S DANCE**

**BUFF BOOTY**

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**3:00 PM**

**WALLYBALL II/III**

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

**RECOVERY FOR YOUR FEET**

Swollen, tired, achy feet and legs? Learn about new technologies that can boost circulation and vascular health, reduce edema, speed recovery after exercise and support foot and ankle health.

**30 min.**

**LET’S DANCE A**

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

**DESSERT DRUMMING A**

**Limit: 21**

**60 min.**

**3:30 PM**

**AERIAL ADVENTURE: ZIP LINE**

Swollen, tired, achy feet and legs? Learn about new technologies that can boost circulation and vascular health, reduce edema, speed recovery after exercise and support foot and ankle health.

**1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.**

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**4:00 PM**

**ALPHA CYCLING A**

**NEW 60 min.**

**AFTEERNOON WALK A**

**Spa Lobby**

**3:00 PM**

**DESSERT DRUMMING A**

**Limit: 21**

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**5:00 PM**

**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.

**MEDITATION A**

**30 min.**

**TACO NIGHT**

It’s Taco Tuesday in the Double U Café

**PICKLEBALL: INTERMEDIATE/ADVANCED**

**CLINIC Limit: 4 NEW**

**$90 Sign up: Spa Activity Board.**

**COMMITTING TO EXERCISE WHEN YOU’RE OVER-COMMITTED**

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

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**6:00 PM**

**SPIRITUAL RESILIENCE**

Learn how your spiritual life can benefit you when facing challenges. Spiritual Wellness provider Jessica Swift, MPS, identifies the key components for building inner strength and perseverance.

**HANDS-ON COOKING: FOR THE LOVE OF CHOCOLATE**

Deepen your love of chocolate while making decadent chocolate treats such as chocolate truffles, ganache, chocolate bark, and dipping chocolate. The best part is… the whole thing!

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

**CLASSICAL DRAWING WORKSHOP**

**Art Studio 1**

**6:30 PM**

**NIGHT VISION GOGGLES EXPERIENCE**

**2 hr. $115 Sign up: Ext. 4355.**

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**7:00 PM**

**TRAVEL GROWS THE MIND AND LOOSENS THE BOWELS: STAY HEALTHY WHILE TRAVELING**

Over 600,000,000 million travelers have left the US to travel internationally annually. Dr. Carrie Horwitch will present information on how to stay healthy when traveling internationally.

**8:00 PM**

**STARGAZING: THE GLORY OF THE NIGHT SKY**

View the stars and constellations using a high-powered telescope and giant binoculars with astronomer Michael Terenzoni. The program begins indoors and continues outdoors.

**1 hr. 30 min.**

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**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**
CLASSES & ACTIVITIES

WALKS & RUNS
Morning walks daily 6 am - A
Please bring your water bottle for all walks.

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

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. We 11am, Th 11am, Fr 11am, Su 11am, Mo 11am, 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 12pm, Tu 12pm
DEEP WATER PUMP
Non-impact cardiovascular workout in deep water using a flotation belt. Fr 9am, Su 9am
H2O POWER
A challenging aerobic conditioning class in shallow and deep water. We 10am, Th 10am, Fr 10am, Sa 10am, Su 10am, Mo 10am, Tu 10am
POSTURE & BALANCE IN THE WATER
Use core engagement to increase good posture and improve balance with this water workout. We 11am, Sa 11am
WATER WORKOUT
Combine aerobic conditioning and muscular endurance work in the pool. Daily 2pm

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, 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 11am, Mo 2pm
BOXER’S WORKOUT
Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included. Th 2pm, Fr 2pm, 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. Su 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. Th 10am, Su 10am, Mo 10am, Tu 3pm
DESSERT DRUMMING
Burn calories, release stress and feel the joy by drumming on a phys-lobail in this fun, invigorating class. We 11am, Th 3pm, Su 3pm, 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 10am, Su 9am, Tu 10am
FITNESS FIRST
Easy-to-follow, gentle, low-impact choreography including functional exercises and stretching. Th 10am, Su 9am, Tu 9am
GAME TIME READY
Test your athleticism with this class incorporating plyometric, speed and coordination drills. Th 9am, Su 3pm
HIT 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. We 4pm, Th 12pm, Fr 4pm, 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, Th, Sa 4pm, Fr 4pm, Sa 4pm, Mo 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. Fr 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 1pm, Sa 1pm, Mo 1pm, 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. We 8am
RHYTHMIC RIDE
Join us for this ride inspired by the rhythm and tempo of the music. We 4pm
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. 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 5pm, Fr 4pm
STRIDE & STRENGTH
Treadmill work followed by strength and muscular endurance. We 9am, Th 9am, Fr 9am, Sa 9am, Su 9am, Mo 9am, Tu 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. We 11am, We 3pm, Th 11am, Th 3pm, Fr 11am, Fr 3pm, Sa 11am, Sa 3pm, Su 11am, Su 3pm, Mo 3pm, Mo 11am, Mo 3pm, Tu 11am, Tu 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. We 12pm

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
CLASICAL DRAWING WORKSHOP
Learn the classical techniques of drawing, and how to put them all together to create your own skillful drawing practice. Tu 6pm
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. Tu 9am
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

MOSSAIC 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

WRITING FOR SELF-DISCOVERY
Take a deep dive into the spiritual practice of journaling with spiritual wellness provider Jessica Swift, MPS. Learn multiple prose & poetry exercises for discovering & expressing your truest self. Su 3pm

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 11am, Tu 11am

LET’S DANCE
A different dance form each week emphasizing fun, rhythmic movement. See Spa Lobby Fitness Board for today’s class. Tu 2pm, Tu 3pm

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

ZUMBA®
Feel the energy and move your body to fun and easy-to-follow Latin rhythms. We 2pm, Th 2pm, Fr 9am, Sa 2pm, Su 1am

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 8:30am, 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 8:30am, Fr 12pm, Sa 8:30am, Mo 8:30am, 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. We 10am, Fr 10am, Sa 10am, Sa 11am, Mo 10am

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

GOLF

GOLF CLINIC: BUNKERS
How to get out of the bunker every time. We 10am, Fr 2pm, Mo 2pm

GOLF CLINIC: CHIPPING
Find out how to chip the ball consistently to within one-putt range. Th 2pm, 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 10am, Su 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 12pm, Fr 2pm, Su 12pm, Tu 12pm

AWAKEN TO REIKI
Balance and align your chakras (energy centers) using breath work, chair yoga stretches, meditation and reiki. All levels welcome. Th 1pm, Sa 4pm

BREATHING
Learn proper breathing techniques for relaxation and stress reduction. Sa 1pm, Su 1pm, 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 8am, Fr 8am, Sa 8am, Su 8am, Mo 8am, 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 9am, Sa 9am, 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. We 10am, Sa 10am

GENTLE VINYASA
A yoga flow class using components of sun salutations and other postures requiring standing, forward bending and kneeling. Sa 2pm, Tu 11am

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

GYROKINESIS
Release neck and shoulder tension using rhythmic, spiraling movements to open energy pathways, open your joints and improve your posture. Th 1pm, Sa 1pm

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 2pm, 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 11am, Fr 11am, Mo 11am

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

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

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 2pm, 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 3pm, Mo 3pm

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 7:30am

ARIZONA-SONORA DESERT MUSEUM
Enjoy a scenic excursion to this world-renowned natural history museum, zoo and botanical garden with a Canyon Ranch staff naturalist. Tu 7:30am

BIRD WALK
Enjoy a bird-watching stroll around the Ranch and neighboring horse farm. Binoculars provided. Sa 7am, Tu 7:30am

CLIMBING FOR FITNESS
Climb our rock wall for a great workout. Th 1pm, Sa 1pm, Tu 1pm

DESERT DISCOVERY HIKE
Learn about the ecology of the Sonoran Desert as a staff naturalist guides you on an easy hike to inspire and invigorate you. Mo 12:30pm

HIGH ROPE CHALLENGE COURSE
Two levels and 16 elements make the High Ropes Course an exciting mental and physical activity. We 1pm, Fr 1pm, Sa 8am, Mo 1pm

NIGHT VISION GOGGLES EXPERIENCE
Learn to use night vision technology on this night walk into Sabino Canyon. Th 6:30pm, Tu 6:30pm

PHOTOGRAPHY HIKE
Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided. Fr 6:30am, Tu 7am

PRIMITIVE FIRE-MAKING
Connect with the primal thrill of creating fire. We 8am

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 7am, Mo 7am

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. We 7am, Mo 7am

STRENGTH

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

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

C2M: CONDITIONING TO THE MAX
Combine power, strength and stability for a full conditioning experi-
For all Hiking & Biking activities, please sign up on the Activity Boards located in front of the Hiking & Biking Offices. Departure times vary due to the location and level of hike or bike ride.

**Hiking & Biking**

**CORE & MORE**
Twenty minutes focused on strengthening your abs and lower back. Fr 8:30am, 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, Tu 4pm

**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 9am, Th 9am, Mo 2pm, Mo 3pm

**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 2pm, We 2pm, Fr 2pm, Su 2pm, Tu 11am

**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 10am, Mo 10am

**ON THE BALL**
Use a stability ball to improve muscle tone, balance, posture and coordination. Th 10am

**STRENGTH BASICS**
Learn and perform nine exercises that will start you on your way to foundational strength training, incorporating body weight and dumbbells. We 4pm, Fr 4pm

**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

**TELEVISION**

**CARDIO TENNIS CLINIC**
Enjoy a heart-pumping cardio tennis workout to music. We 3pm, We 9am, Th 9am, Fr 9am, Mo 3pm, Mo 9am, Tu 9am

**PICKLEBALL INTRO CLINIC**
Learn the basic skills and rules of this highly popular game with the help of our tennis and pickleball pros. We 9am, Th 4pm, Fr 9am, Mo 4pm, Mo 9am

**PICKLEBALL: BEGINNER/INTERMEDIATE CLINIC**
Develop your skills to take your game to the next level. Work with the pickleball pro to hit your forehand/backhand, groundstroke/volley, serve/return, dinks, punches and overhead shots. We 4pm, Su 4pm, Tu 4pm

**PICKLEBALL: INTERMEDIATE/ADVANCED CLINIC**
Ready to elevate your game? Let the pickleball pro help you refine your dinks, third shot drops, serve/return, attack shots, pinning your opponents at the baseline and beating the bangers. We 5pm, Su 5pm, Tu 5pm

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

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

**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

**TENTATIVE SCHEDULE**

**Hiking & Biking**

**To schedule private activities** please call Outdoor Sports at Ext. 4355, between 8 am and 4 pm.

**Beginning hikes** – Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

**Intermediate and advanced hikes** – Hikes rated 3 through 6, have more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group.

Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

**Bike rides** – Rated beginner, intermediate and advanced, ranging from casual four-mile cruises to extended 30-mile tours. We ride both on pavement and limited mountain trails.

Bikes are available for short-term use from our Biking office at no charge.

We Share the Desert

**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