YOUR DAILY SCHEDULE

APRIL 8 – 14, 2020
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.

PILES 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 & PICKLEBALL COURTS
The outdoor Tennis Center features three hard surface courts, two Classic Clay® courts and four 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 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. 44313.

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 – 3 pm
Dinner: 5 – 7:30 pm

Espresso drinks, smoothies and snacks are available throughout the day.

SPA
6:30 am to 10 pm

CANYON RANCH® 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.
TO CANYON RANCH TUCSON

We’re delighted that you’ve arrived at our inspiring corner of the world. You’re in exactly the right place for renewing dreams and connecting with what matters most in life. Away from daily distractions, you have the chance to strengthen your connections with nature, the people around you, and with yourself. And everyone in the Canyon Ranch family is grateful for the chance to connect with you.

We’re giving connections special emphasis at the Ranch. We encourage you to spend time absorbing the desert’s beauty, feeling your relationship with the earth. And to explore your inner life, the authentic you. You might reflect, too, on how you connect with people around you.

Take a walk through our Labyrinth – guided or on your own – to both disconnect and reconnect. Accept the Ropes Course Challenge to bolster your understanding of relationships, trust and inner strengths. A Watsu® duet – side-by-side aquatic massage – dissolves stress and rejuvenates with a unique experience worth sharing. Check the daily schedule, too, for expert talks on spirituality, forgiveness, mindfulness and more.

We look forward to seeing you around the Ranch and hearing about your experiences. To your good health!

DECISIONS, DECISIONS ...

So, what will you do while you’re here? With so many great choices, we recommend you start by talking with one of our PROGRAM ADVISORS. They’re the ultimate Ranch insiders who know about every service, activity and can’t-miss event.

Explain what you want from your Canyon Ranch stay. Your Program Advisor is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven’t tried yet.

Stop by Program Advising in the Spa or call Ext. 44338.
COMPLIMENTARY 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 and level of fitness.

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

7:00 AM
PRIMITIVE FIRE-MAKING Limit: 6 Spa Lobby
2 hr. Sign up: Outdoor Sports Activity Board or call Ext. 44355.
ROCK CLIMBING, NATURALLY Limit: 6 Spa Lobby
5 hr. $425 Sign up: Outdoor Sports Activity Board.

8:00 AM
CENTERING MEDITATION A Sanctuary
30 min.

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

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

9:00 AM
YOGA FOR DETOX II Yoga Studio
NEW INTEGRATING MEDICINE - CHAT WITH A DOC Spa Lobby
Join a casual talk with a Ranch physician, and bring your questions about our whole-person, integrative approach. It could change your perspective and brighten your outlook for a healthier life.
CERAMIC EXPRESSIONS Limit: 8 Art Studio 1
2 hr. $110 Sign up: Ext. 44338.
PILATES FOR BALANCE II/III Limit: 18 Gym 3
WORLD BEAT A
NEW LANDSCAPE TOUR Meet in Clubhouse Lobby
Learn about desert landscaping practices, plants, design and more on a tour with a Canyon Ranch landscape expert.
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym
CARDIO TENNIS CLINIC $90 Sign up: Spa Activity Board.
PILATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio
$90 Sign up: Ext. 44338.

10:00 AM
NATIVE AWARENESS Limit: 10 Spa Lobby
1 hr. 30 min. Sign up: Outdoor Sports Activity Board.
GOLF CLINIC: BUNKERS Limit: 4 Golf Performance Center
50 min. $105 Sign up: Ext. 44338.
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
H2O POWER A Limit: 24 T-Pool
DRUMMING CIRCLE A Yoga Studio
STRETCH A Limit: 30 Gym 2
LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2

11:00 AM
AQUA FIT I Limit: 15 Aquatic Center
POTTER’S WHEEL DEMO Art Studio 1
Creative expression expert Bridget Longoria, MA, demonstrates the art of throwing clay pottery. Find out how you can incorporate this meditative art into your Canyon Ranch journey.
NEW MEDICAL MARIJUANA AND CBD TO EASE PAIN?
Catalina Room
Many integrative approaches can help ease pain. Nicola Finley, MD, explores diverse ways to deal with pain and addresses the findings on CBD and medical marijuana.
PILATES MAT I I Yoga Studio
DESERT DRUMMING A Limit: 21 Gym 2
FIERCE! TABATA WORKOUT III Yoga Studio
WALLYBALL II/III Racquet Court 1

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.
LUNCH & LEARN
Demo Kitchen
Enjoy SMOKED CHICKEN TACOS WITH GUACAMOLE AND ROASTED VEGETABLE SALSA, soup, salad and dessert and watch our demo chef prepare the entrée.
X-TREME OUTDOOR BOOT CAMP III Spa Lobby
60 min.

1:00 PM
NEW HEALING BOTANICALS
IN WATERCOLOR & INK Limit: 8 Art Studio 1
2 hr. $110 Sign up: Ext. 44338.
TAI CHI SWORD A Yoga Studio
ALTERNATIVE THERAPIES
FOR MANAGING MENOPAUSE CME Catalina Room
Hormone replacement therapy is one option for managing menopause, but there are many therapies available. Diane Downing, MD, discusses natural options to help ease the menopause transition.
BREATHING A Yoga Studio
HIGH ROPES CHALLENGE COURSE Limit: 8 Spa Lobby
3 hr. $235 Sign up: Outdoor Sports Activity Board or Ext. 44355.

2:00 PM
MOVESTRONG III Limit: 10 Cardio & Strength Gym
YOGA PILATES BLEND II/III Yoga Studio
WATER WORKOUT A Limit: 20 T-Pool
VINYASA FLOW II Yoga Studio
ZUMBA® A Gym 1
GOLF CLINIC: DRIVING Limit: 4 Golf Performance Center
$105 Sign up: Ext. 44338.
NEW HANDS-ON COOKING:
CLASSIC COMFORT CUISINE Limit: 10 Demo Kitchen
Rediscover your love of favorite dishes, served in a whole new way. Learn how to make homestyle food that will satisfy your cravings and nurture your body.
2 hr. $170 Sign up: Ext. 44338.
3:00 PM 

**LET GO, POUR & PAINT**  Limit: 8  Art Studio 1 
2 hr. $110  Sign up: Ext. 44338.

**BUFF BOOTY**  II  Gym 1

**INTERMEDIATE YOGA**  II  Yoga Studio
1 hr. 15 min.

**NEW DON’T WORRY, BEAD HAPPY**  Limit: 12  Art Studio 2 
Relax your mind while making a unique bracelet, keychain or bookmark from an array of beautiful gems, pearls and crystal beads.
1 hr. 30 min.  Sign up: Ext. 44338.

**INTERMEDIATE YOGA**  II  Yoga Studio

**TRX® STRONG**  II/III  Limit: 11  Gym 3

**PICKLEBALL:** 
**INTERMEDIATE/ADVANCED CLINIC**  Limit: 4  Tennis Courts 
$90  Sign up: Spa Activity Board.

**WALLYBALL**  II/III  Racquet Court 1

4:00 PM 

**STRETCH & RELAXATION**  A  Gym 2

**AFTERNOON WALK**  A  Spa Lobby

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

**PICKLEBALL INTRO CLINIC**  Limit: 8  Tennis Courts 
50 min. $90  Sign up: Spa Activity Board.

**RHYTHMIC RIDE**  A  Limit: 18  Indoor Cycling Studio

**AFTERNOON WALK**  A  Spa Lobby

**TWILIGHT PHOTO WALK**  Limit: 8  Spa Lobby
3 hr. $110  See Outdoor Sports Activity Board or call Ext. 44355 for current time and to sign up.

5:00 PM 

**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.

**MEDITATION**  A  Sanctuary
30 min.

**WILDCARD WEDNESDAYS**  Clubhouse Living Room 
Join fellow guests for a night of board games, music and fun. Spend your evening meeting new friends or perfecting your Yahtzee score!
2 hrs.

**BURNOUT & RESILIENCE**  CME  Cactus Room 
Director of Life Management Amy Hawthorne, MS, LMFT, discusses burnout in high-functioning people, common symptoms and how it affects our lives. Learn how you can cultivate resiliency skills.
2 hrs.

**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.

7:00 PM 

**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. $170  Sign up: Ext. 44338.

**ARTS & CRAFTS WITH CARRIE**  Limit: 12  Art Studio 2 
Learn new skills or refresh old ones to make the evening’s featured craft project. It could be a personalized, seasonal, useful or decorative item - and it's always a unique gift or keepsake.
1 hr. 30 min.  Sign up: Ext. 44338.

**EXPERIENCE GUIDE HIGHLIGHTS**

**SOUTHWEST SPIRIT**
Embrace these lovely Mexican art traditions and connect with the local culture. Take home a beautiful memento.

**FRIDAY – MEXICAN AMATE PAINTINGS**

**SATURDAY – MEXICAN TIN ART**

**TUESDAY – MILAGRO**

Interested? Check the Daily Schedule or Call Program Advising at Ext. 44338.

**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. 44338.

**MY SCHEDULE WEDNESDAY**

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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 and level of fitness.

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

6:45 AM
SUNRISE YOGA II/III Yoga Studio
60 min.

7:00 AM
MORNNG WALKS A Spa Lobby
ARIZONA-SONORA DESERT MUSEUM Limit: 8 Spa Lobby
5 hr. 30 min. $200 Sign up: Ext. 44355.

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

8:30 AM
DYNAMIC STRETCH EXPRESS II/III Gym 2
20 min.

9:00 AM
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
FITNESS FIRST I Gym 2
ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3
ASIAN BRUSH PAINTING Limit: 8 Art Studio 1
2 hr. $110 Sign up: Ext. 44338.
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym
CARDIO TENNIS CLINIC $90 Sign up: Spa Activity Board.

10:00 AM
GOLF CLINIC: PUTTING Limit: 4 Golf Performance Center
$105 Sign up: Ext. 44338.
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
FITNESS FIRST I Gym 2
CORE CONDITIONING II/III Limit: 24 Gym 1
GAME TIME READY III Limit: 15 Gym 1
RECOVERY FOR YOUR FEET Sanctuary
Swoled, 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.
H2O POWER A Limit: 24 T-Pool
STRETCH A Limit: 30 Yoga Studio

11:00 AM
WHAT IS SPIRITUAL INTELLIGENCE? Catalina Room
Learn ways to strengthen a higher form of knowing, connect your inner and outer life and experience greater psychological well-being and whole-person development from Stephanie Ludwig, PhD, MA, MDiv.

NEW MOSAIC OF YOUR LIFE Limit: 8 Art Studio 1
2 hr. $170 Sign up: Ext. 44338.
PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio
$90 Sign up: Ext. 44338.
DJ DANCE PARTY II Yoga Studio
INTERMEDIATE YOGA II Aquatic Center
AQUA FIT I Limit: 15 Spa Lobby
WALLYBALL II/III Spa Lobby
INNENTIVE YOGA II Yoga Studio

12:00 AM
LUNCH & LEARN Demo Kitchen
Enjoy TANDOORI CHICKEN & LENTIL SALAD WITH ROASTED VEGETABLES and watch our demo chef prepare the entree. A nutritionist will highlight key nutrients in today’s demo recipes.

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.
FITNESS FOR YOUR FEET® A Limit: 30 Gym 1
20 min.
HIIT IT! III Limit: 12 Gym 1
30 min.

1:00 PM
GYROKINESIS A Limit: 15 Gym 1
INTRO TO WALLYBALL I Racquet Court 1
INTUITIVE ARCHERY Limit: 6 Yoga Studio
3 hr. $110 Sign up: Ext. 44338.
AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby
1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.

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.

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. 44338.
### MY SCHEDULE THURSDAY

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**2:00 PM**
- **YOGA FOR A HEALTHY BACK** I
- **GOLF CLINIC: CHIPPING** Limit: 4
- **ROCKIN’ RETRO** I/II
- **GOLF CLINIC: CHIPPING** Limit: 4
- **WATER WORKOUT** A Limit: 20
- **CORE CONDITIONING** II/III Limit: 24
- **NEW HANDS-ON COOKING: QUICK, FAST & IN A HURRY** Limit: 10
- **BOXER’S WORKOUT** III Limit: 12

**3:00 PM**
- **POWER FLOW** II/III
- **WALLYBALL** II/III
- **PILATES FOR BALANCE** II/III Limit: 18
- **C2M: CONDITIONING TO THE MAX** II/III Limit: 18
- **NEW HANDS-ON COOKING**
- **BEGINNER/INTERMEDIATE CLINIC** Limit: 4
- **INTERMEDIATE YOGA** II
- **CLIMBING FOR FITNESS** Limit: 8
- **NEW ALPHA CYCLING** Limit: 18
- **RESTORATIVE YOGA** A Limit: 20

**5:00 PM**
- **MEDITATION** A
- **OPEN 12-STEP RECOVERY MEETING**
- **ACUPUNCTURE & THE TREATMENT OF STRESS, ANXIETY & DEPRESSION**
- **MEXICAN FARE**
- **DEMO KITCHEN**
- **NIGHT VISION GOGGLES EXPERIENCE** Limit: 6

**7:30 PM**
- **NIGHT VISION GOGGLES EXPERIENCE**

**Experience Guide HIGHLIGHTS**

**MEAL PLANNING MADE EASY**
- Need help creating delicious and satisfying meals? A Canyon Ranch nutritionist will work with you to create a Personalized Nutrition Prescription based on your lifestyle, health concerns, and food preferences. Enjoy customized weekly menus complete with recipes, shopping lists, tips and techniques for a full year to get set for success in reaching your nutrition goals.

**Interested? Call Program Advising at Ext. 44338.**

**KNOW YOUR LEVEL**
- Choose the right activities for you. We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.

**Questions? Call Program Advising at Ext. 44338.**

**PICKLEBALL INTRO CLINIC** Limit: 8
- **STRETCH & RELAXATION** A
- **BOXER’S WORKOUT** III Limit: 12
- **NOON WALK** A
- **NIGHT VISION GOGGLES EXPERIENCE** Limit: 6

**DAY:** THURSDAY

**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.
FRIDAY | APRIL 10, 2020
PROPERTY ORIENTATION 9 am, 11 am & 3 pm. Meet at Guest Services

COMPLIMENTARY 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 and level of fitness.

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

5:45 AM
PHOTOGRAPHY HIKE  Limit: 8  Spa Lobby
4 hr.  $110  See Outdoor Sports Activity Board or call Ext. 44355.

7:00 AM
MORNING WALKS  A  Spa Lobby

8:00 AM
TENNIS: INTERMEDIATE/ADVANCED CLINIC  Limit: 20  Tennis Courts
$90  Sign up: Spa Activity Board.
CENTERING MEDITATION  A  Sanctuary
30 min.

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

9:00 AM
NEW SOUTHWEST SPIRIT:
MEXICAN AMATE PAINTING  Limit: 8  Art Studio 1
2 hr.  $110  Sign up: Ext. 44338.
CHAIR YOGA  I  Limit: 15  Yoga Studio
INDOOR CYCLING  A  Limit: 18  Indoor Cycling Studio
ZUMBA®  A  Gym 1
DEEP WATER PUMP  A  Limit: 12  T-Pool
STRIDE & STRENGTH  A  Limit: 14  Cardio & Strength Gym
CARDIO TENNIS CLINIC  $90  Sign up: Spa Activity Board.

10:00 AM
TENNIS MIXER  Limit: 12  Tennis Courts
Sign up: Spa Activity Board.
CARDIO CIRCUIT  II  Limit: 20  Cardio & Strength Gym
MEAL PLANNING MADE EASY
Learn a novel way to approach meal planning using an online platform. A Canyon Ranch nutritionist shows you how to save time and energy while preparing delicious, nutritious, portion-controlled meals.
TRX® STRETCH  II  Limit: 11  Gym 3
FIERCE! TABATA WORKOUT  III  Gym 1
GOLF CLINIC: DRIVING  Limit: 4  Golf Performance Center
$105  Sign up: Ext. 44338.
STRETCH  A  Limit: 30  Yoga Studio
H2O POWER  A  Limit: 24  T-Pool

11:00 AM
STUDIO PAINTING: WATERCOLOR  Limit: 8  Art Studio 1
2 hr.  $110  Sign up: Ext. 44338.
AQUA FIT  I  Limit: 15  Aquatic Center
ROCKIN’ RETRO  II/III  Yoga Gym
INTERMEDIATE YOGA  II  1 hr. 15 min.
LIVING AS YOUR TRUE SELF  CME  Catalina Room
Join spiritual wellness provider Stephanie Ludwig, PhD, MA, MDiv., to discover the peace of mind and heart that comes with the courageous practice of living authentically.
WALLYBALL  II/III  Raquet Court 1
TRX® FUSION  III  Gym 3
PILATES REFORMER TOWER WORKOUT  Limit: 5  Pilates Studio
$90  Sign up: Ext. 44338.

NOON
LUNCH & LEARN  Demo Kitchen
Enjoy SOY SEARED STEAK SANDWICH WITH ROASTED CARROT FRIES, soup, salad and dessert and watch our demo chef prepare the entrees.
TAE CHI  A  Yoga Studio
COMMUNITY TABLE: NUTRITION  Canyon Ranch Grill™
A Canyon Ranch nutritionist will answer all your questions about our healthy and delicious food and let you know the broad range of services available.
FITNESS FOR YOUR FEET®  A  Limit: 30  Gym 1
20 min.

1:00 PM
QI GONG  A  Yoga Studio
SACRED WATER MEDITATION  Limit: 9  Aquatic Center
Experience the healing power of water. Float in a warm pool as a spiritual wellness provider guides you in a soothing meditation, restoring connection to your sacred self.
50 min.  $60  Sign Up: Ext. 44338.
HIGH ROPE CHALLENGE COURSE  Limit: 8  Spa Lobby
3 hr.  $235  Sign up: Outdoor Sports Activity Board or Ext. 44335.
MAKE A PRIMITIVE STONE KNIFE  Limit: 8  Spa Lobby
3 hr.  Sign up: Outdoor Sports Activity Board or call Ext. 44335.

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. 44338.

KNOW YOUR LEVEL
Choose the right activities for you. We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.

Questions? Call Program Advising at Ext. 44338.
FRIDAY APRIL 10, 2020

6 am

7 am

8 am

9 am

10 am

11 am

Noon

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3 pm

4 pm

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9 pm

MY SCHEDULE FRIDAY

2:00 PM
GOLF CLINIC: BUNKERS  Limit: 4  Golf Performance Center
50 min.  $105  Sign up: Ext. 44338.
NEW HANDS-ON COOKING:
THE EPIC GRILLING CLASS  Limit: 10  Demo Kitchen
Learn how to use your grill so that everything - and we mean everything - is done at the same time and perfectly cooked. We'll show you how to make great sauces and marinades, too.
2 hr.  $170  Sign up: Ext. 44338.
WATER WORKOUT   Limit: 20  T-Pool
HEART-OPENING PRACTICE
BUFF BOOTY  II  Gym 1
BOXER’S WORKOUT  III  Limit: 12  Gym 3

3:00 PM
PILATES TO THE BEAT  II/III  Gym 1
MUSCLE MAX  II/III  Gym 3
WALLYBALL   II/III  Racquet Court 1
NEW BODY COMPOSITION AND 3D BODY TECHNOLOGY TOUR  Spa Lobby
An exercise physiologist gives a hands on-tour of our Bod PodÆ and Fit 3D body scanner. Find out what these tests tell you about body fat percentage, fat-free mass and body symmetry.
30 min.
INTERMEDIATE YOGA  II  Yoga Studio
VINYASA FLOW  II  Yoga Studio

5:00 PM
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.
MEDITATION   Sanctuary
30 min.
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.
TEN TIPS FOR OPTIMAL WOMEN’S HEALTH  CME  Cactus Room
Diane Downing, MD will discuss some of the key areas women can focus on to optimize health, longevity and vitality.

6:00 PM
MOVE BETTER, FEEL BETTER  CME  Catalina Room
When the body moves better, pain may subside. Exercise physiologist Eric Alikpala offers an interactive presentation on how the nervous system enhances flexibility, mobility and movement.
50 min.

7:00 PM
CRYSTAL BOWL SOUND HEALING  Cactus Room
Discover the power of gemstone, mineral and metal-infused Alchemy Crystal Singing Bowlsô to foster well-being through sound - a gentle yet powerful pathway for reducing stress and creating harmony.

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

50 min.

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.

Experience Guide HIGHLIGHTS

YOUR SOUL SONG
This profound sound service opens a gateway to your deepest being and the song of your healing heart. Guided by a spiritual wellness provider, access the sounds of your inner soul through your body and your voice. Discover frequencies of health, love, forgiveness and rejuvenation as you learn to activate your true essence and light from within through vibrational connection.
Interested? Call Program Advising at Ext. 44338.
COMPLIMENTARY 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 and level of fitness.

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

6:30 AM
BIRD WALK Limit: 8 Spa Lobby
2 hr. Sign up: Outdoor Sports Activity Board or Ext. 44355.

7:00 AM
MORNING WALKS A Pic Lobby
QI GONG A Yoga Studio

8:00 AM
CENTERING MEDITATION A Sanctuary
30 min.

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

9:00 AM
NEW SOUTHWEST SPIRIT: MEXICAN TIN ART Art Studio 1
Discover hojalata, the celebrated tin art of Mexico. You'll cut a tin shape, emboss it with a pattern and paint it to create your own beautiful memento.
2 hr. $110 Sign up: Ext. 44338.
KILLER DRILLS & SKILLS III Limit: 18 Gym 3
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
CHAIR YOGA I Limit: 20 Yoga Studio
WORLD BEAT A
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

10:00 AM
CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
MUSCLE MAX A Gym 3
H2O POWER A Limit: 24 T-Pool
DRUMMING CIRCLE A Gym 1
STRETCH A Limit: 30 Yoga Studio
GOLF CLINIC: PITCHING Limit: 4 Golf Performance Center
$105 Sign up: Ext. 44338.

11:00 AM
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.
NEW INSPIRED SKETCHBOOKING Limit: 9 Art Studio 1
2 hr. $110 Sign up: Ext. 44338.
PILATES MAGIC CIRCLE A Limit: 25 Gym 3
POSTURE & BALANCE IN THE WATER A Limit: 15 Aquatic Center
INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.
WALLYBALL II/III

NOON
LUNCH & LEARN Demo Kitchen
Enjoy MU SHU VEGETABLES and SCALLION PANCAKE, soup, salad and dessert and watch our demo chef prepare the entrée.
COMMUNITY TABLE: SPIRITUAL WELLNESS Canyon Ranch Grill™
Learn about our beautiful spiritually oriented venues and services with a spiritual wellness provider.
KETTLEBELL 101 II/III Gym 3
HIIT IT! III Limit: 12 Gym 1
30 min.

1:00 PM
INTRO TO WALLYBALL I Racquet Court 1
GYROKINESIS A Limit: 15 Gym 1
AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby
1 hr. 30 min. $110 Sign up: Outdoor Sports Activity Board.
GOLF CLINIC: IRONS Limit: 4 Golf Performance Center
$105 Sign up: Ext. 44338

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
GOLF CLINIC: CHIPPING Limit: 4 Golf Performance Center
$105 Sign up: Ext. 44338
PILATES REFORMER CLINIC: BEGINNING Pilates Studio
Limit: 5 $90 Sign up: Ext. 44338.
WATER WORKOUT A T-Pool
FREEFORM FUSION II/III Limit: 20 Gym 2
GENTLE VINYASA Yoga Studio
ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3
YOGA PILATES BLEND II/III Yoga Studio
ZUMBA® A Gym 1
NEW HANDS-ON COOKING: PREDOMINANTLY PLANTS Demo Kitchen
So, you’ve decided to try a plant-based diet – now what? Learn how to make classic flavors and textures come alive with whole plant-based cooking.
2 hr. $170 Sign up: Ext. 44338.

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**

**YOUR SOUL SONG**
This profound sound service opens a gateway to your deepest being and the song of your healing heart. Guided by a spiritual wellness provider, access the sounds of your inner soul through your body and your voice. Discover frequencies of health, love, forgiveness and rejuvenation as you learn to activate your true essence and light from within through vibrational connection.

Interested? Call Program Advising at Ext. 44338.

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**3:00 PM**

<table>
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<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>BUFF BOOTY II</td>
<td>Gym 1</td>
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<tr>
<td>THE HOPE &amp; CHALLENGES OF RELATIONSHIPS</td>
<td>Cactus Room</td>
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Begin to create more fulfilling relationships starting today. Mary Cahilly, LPC, leads the discussion, offering valuable insights and strategies.

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<th>Activity</th>
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<tr>
<td>YOGA PILATES BLEND II/III</td>
<td>Yoga Studio</td>
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<tr>
<td>ABOVE &amp; BELOW THE BELT II</td>
<td>Yoga Studio</td>
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<tr>
<td>INTERMEDIATE YOGA II</td>
<td>Cactus Room</td>
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<tr>
<td>WALLYBALL II/III</td>
<td>Racquet Court 1</td>
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<tr>
<td>CLIMBING FOR FITNESS Limit: 8</td>
<td>Spa Lobby</td>
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2 hr. \$155 Sign up: Outdoor Sports Activity Board or call Ext. 44355.

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**4:00 PM**

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<th>Activity</th>
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<tbody>
<tr>
<td>AFTERNOON WALK</td>
<td>Spa Lobby</td>
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<tr>
<td>STRETCH &amp; RELAXATION A</td>
<td>Gym 2</td>
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<tr>
<td>RESTORATIVE YOGA A Limit: 20</td>
<td>Yoga Studio</td>
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<td>INDOOR CYCLING A Limit: 18</td>
<td>Indoor Cycling Studio</td>
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**5:00 PM**

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<tr>
<th>Activity</th>
<th>Location</th>
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<tr>
<td>POST-DIVORCE BOOTCAMP WELCOME RECEPTION</td>
<td>Clubhouse Living Room</td>
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<tr>
<td>MANAGING OSTEOARTHRITIS OF THE HIP AND KNEE CME</td>
<td>Cactus Room</td>
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<tr>
<td>OPEN 12-STEP RECOVERY MEETING</td>
<td>Mesquite Room</td>
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<tr>
<td>MEDITATION A 30 min.</td>
<td>Sanctuary</td>
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<tr>
<td>ARIZONA GRILL</td>
<td>Double U Café</td>
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**8:00 PM**

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<tr>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>YOU ARE ENOUGH, YOU HAVE ENOUGH, YOU WILL THRIVE</td>
<td>Catalina Room</td>
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Bridge your present to your future prosperity. Remove intimidation from money and conversations around finance. Connect your dreams to your reality with the use of a vision board.

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**POST-DIVORCE BOOTCAMP WITH RACHEL GREENWALD**

Time to move on? Rejuvenate your love life with dating tips from celebrity matchmaker and dating coach Rachel Greenwald.

You’ll find inspiration, guidance and encouragement in this powerful event led by Rachel and Canyon Ranch experts. In discussions, presentations and special gatherings, you’ll gain a greater understanding of yourself and your purpose. It’s a chance for anyone who’s single to cultivate clarity about your goals, options and practical strategies, supported by compassionate professionals and like-minded participants. You’ll learn, you’ll grow, and you’ll laugh.

Activities outlined in orange are a part of this event.

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**MY SCHEDULE SATURDAY**

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COMPLIMENTARY 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 and level of fitness.

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

6:30 AM

**EASTER SERVICE**  
Greet the day with a nondenominational Easter service in the beautiful Sanctuary.

**ARCHAEOLOGICAL ADVENTURE**  
Spa Lobby  
5 hr.  $110  Sign up: Outdoor Sports Activity Board.

7:00 AM

**MORNING WALKS**  
Spa Lobby

8:00 AM

**CENTERING MEDITATION**  
Sanctuary  
30 min.

8:30 AM

**CORE & MORE**  
Gym 2  
20 min.

9:00 AM

**CARDIO COMBAT II**  
Limit: 16  
Gym 1

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

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

**YOGA WITH PROPS**  
Yoga Studio

**STRIDE & STRENGTH**  
Limit: 14  
Cardio & Strength Gym

10:00 AM

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

**TRX STRONG II/III**  
Limit: 11  
Gym 3

**EMPOWER YOURSELF TO MOVE FORWARD**  
CME  
Cactus Room

Join Amy Hawthorne for a discussion on ways to cultivate and incorporate self-compassion, gratitude, self-esteem and more, as you move forward from one relationship to the next.

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

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

**STRETCH A**  
Limit: 30  
Yoga Studio

**GOLF CLINIC: PUTTING**  
Limit: 4  
Golf Performance Center  
$105  Sign up: Ext. 44338

11:00 AM

**THE SCIENCE OF WEIGHT LOSS**  
CME  
Catalina Room

**KNOW YOUR LEVEL**

Choose the right activities for you. We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.

Questions? Call Program Advising at Ext. 44338.

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.

**YOGA FOR DETOX II**  
Yoga Studio

**TRX STRONG II/III**  
Limit: 11  
Gym 3

**AQUA FIT II**  
Limit: 15  
Aquatic Center

**ZUMBA A**  
Gym 1

**WALLYBALL II/III**  
Racquet Court 1

**NOON**

**LUNCH & LEARN**  
Demo Kitchen  
Enjoy THAI GRILLED CHICKEN WITH SPICY PEANUT DRESSING AND MELON SALAD, soup, salad and dessert and watch our demo chef prepare the entire meal.

**GLUTE TRANSFORMATION CLINIC**  
Limit: 6  
Cardio & Strength Gym  
$90  Sign up: Ext. 44338

**AERIAL HAMMOCK YOGA CLINIC**  
Limit: 6  
Gym 3  
$90  Sign up: Ext. 44338

**1:00 PM**

**MEN’S HEALTH**  
CME  
Catalina Room

Stephen Brewer, MD, Medical Director of Canyon Ranch in Tucson, will discuss men’s health and wellness.

**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.”

**GOLF CLINIC: DRIVING**  
Limit: 4  
Golf Performance Center  
$105  Sign up: Ext. 44338

**INTUITIVE ARCHERY**  
Limit: 6  
Spa Lobby  
2 hr.  $110  Sign up: Ext. 44338

**2:00 PM**

**GOLF CLINIC: PITCHING**  
Limit: 4  
Golf Performance Center  
$105  Sign up: Ext. 44338

**WATER WORKOUT**  
T-Pool  
$105  Sign up: Ext. 44338

**THE ROAD TO AUTHENTICITY AND WISDOM THROUGH ASTROLOGY**  
Cactus Room

Explore major transformation times in our charts. Canyon Ranch Astrologer Shivani Baker discusses Jupiter and Uranus, and how to take advantage of transit events during turning points in our lives.

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

**YIN YOGA II**  
Yoga Studio

**HANDS-ON COOKING:**  
Demo Kitchen

**EGGSTRAVAGANZA**  
Limit: 10  
Demo Kitchen

Master all that an egg can do, from savory to sweet. Whether it’s the perfect omelet or a beautiful meringue, you’ll gain confidence in cooking with the kitchen’s most versatile ingredient.

2 hr.  $170  Sign up: Ext. 44338

**BUFF BOOTY II**  
Gym 1

3:00 PM

**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. 44338.
**FITNESS LEVELS**
- I—beginner,
- II—intermediate,
- III—advanced,
- A—all Levels

**FITNESS CLASSES** 45 min.;
**PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

Featured Event: Post-Divorce Bootcamp with Rachel Greenwald

**CME** — Continuing Medical Education

Your service allowance may be applied toward activity fees.

---

**OXY-DERMABRASION FACIAL**

Experience the ultimate noninvasive skin-resurfacing treatment. First, outer layers of skin cells are gently exfoliated, stimulating collagen production and cellular renewal. An infusion of oxygen and application of carefully selected serums will enhance rejuvenation effects.

Interested? Call Program Advising at Ext. 44338.

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**PRIVATE PILATES & GYROTONICS TRAINING**

Get stronger, leaner, and more flexible – in body and mind. Our experts help you expand your limits using the Balanced Body Tower Reformer, GYROTONIC® Tower, Ladder Barrel, Split-Pedal Stability Chair and Trapeze Table (Cadillac). Beneficial for everyone from athletes to those with chronic pain or limitations.

Interested? Call Program Advising at Ext. 44338.

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**Experience Guide HIGHLIGHTS**

**DEMO KITCHEN**

**TASTY & FUN**

Enjoy learning and lunching each day at noon in the Demo Kitchen, located near the Double U Café. Our expert and always-entertaining chef shares professional tips for you to take home, inspiration, confidence and easy-to-prepare recipes.

Interested? Call Program Advising at Ext. 44338.

---

**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.

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**MY SCHEDULE SUNDAY**

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COMPLIMENTARY 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 and level of fitness.

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

6:30 AM
BIRD WALK  Limit: 8  Spa Lobby
2 hr.  Sign up: Outdoor Sports Activity Board or Ext. 44355.

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

7:30 AM
DESSERT DISCOVERY HIKE  Limit: 8  Spa Lobby
4 hr.  $110  See Outdoor Sports Activity Board or call Ext. 44355 prior to 4 pm Saturday.

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

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

9:00 AM
C2M: CONDITIONING TO THE MAX II/III  Limit: 18  Gym 4
PILATES FOR BALANCE II/III  Limit: 18  Gym 3
INDOOR CYCLING A  Limit: 18  Indoor Cycling Studio
CHAIR YOGA I  Limit: 20  Yoga Studio
STRIDE & STRENGTH A  Limit: 14  Cardio & Strength Gym
CARDIO TENNIS CLINIC $90  Sign up: Spa Activity Board.

10:00 AM
GOLF CLINIC: IRONS  Limit: 4  Golf Performance Center
$105  Sign up: Ext. 44338
CARDIO CIRCUIT II  Limit: 20  Cardio & Strength Gym
CORE CONDITIONING II/III  Limit: 24  Gym 1
MUSCLE MAX I  Limit: 24  Gym 3
H2O POWER A  Limit: 24  T-Pool
STRETCH A  Limit: 30  Yoga Studio
SOUL-TIRED: SPIRITUAL RESPONSE TO BURNOUT  Cactus Room
Spiritual wellness provider Jessica Swift, MPS, illuminates spiritual pathways to help you recover from or prevent burnout in work and life. Discover how living purposefully leads to greater peace.
50 min.

11:00 AM
MANAGING YOUR HUMAN ENERGY FOR RELATIONSHIPS CME Catalina Room
Join Mike Siemens, MS, for an uplifting discussion on how to live and train to make sure your health, happiness and relationships get the energy they deserve.

AQUA FIT I  Limit: 15  Aquatic Center
ZUMBA® A  Gym 1
ROCKIN’ RETRO I/II  Yoga Studio
INTERMEDIATE YOGA II  Gym 1
1 hr. 15 min.
KILLER DRILLS & SKILLS III  Limit: 18  Gym 3
WALLYBALL II/III  Gym 3
Bacquet Ct. 1

NOON
TRX® 101 I/II  Limit: 11  Gym 3
30 min.
NEW DRAWING NATURAL LANDSCAPES  Limit: 8  Sanctuary

COMMUNITY TABLE: SPIRITUAL WELLNESS  Canyon Ranch Grill™
Learn about our beautiful spiritually oriented venues and services with a spiritual wellness provider.

LUNCH & LEARN
Enjoy GRILLED LOBSTER WITH ROASTED LOCAL VEGETABLE SALAD, soup, salad and dessert and watch our demo chef prepare the entree.

1:00 PM
RELATIONSHIP RED FLAGS Catalina Room
Are you missing the signs? Join Amy Hawthorne for a unique presentation & discussions about relationships red flags—what they look like, how to spot them and ways to break old relationships patterns.

PROS & CONS OF POPULAR DIETS CME Cactus Room
Paleo? Keto? Intermittent Fasting? There’s no shortage of diets around, but do they work? Before you go all in, Yael Greenblatt, MS, RDN, will give you a realistic view of the most popular diets.
50 min.

BREATHEING A  Yoga Studio
INTRO TO WALLYBALL I  Racquet Court 1
BETTER FOOTWEAR: THE ROAD TO HAPPY FEET  Spa Lobby
Canyon Ranch footwear expert Cindi Binder will show you how to select the right athletic shoes, and how to correct alignment and relieve foot pain using orthotics.

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

2:00 PM
PILATES REFORMER TOWER WORKOUT  Limit: 5  Pilates Studio
$90  Sign up: Ext. 44338
GOLF CLINIC: BUNKERS  Limit: 4  Golf Performance Center
50 min.  $105  Sign up: Ext. 44338.

YOGA FOUNDATIONS I  Yoga Studio
BOXER’S WORKOUT III  Limit: 12  Gym 3
SURFSET FITNESS III  Limit: 11  Gym 1
VINYASA FLOW II  Yoga Studio
WATER WORKOUT A  Limit: 20  T-Pool
YOGA PILATES BLEND II/III  Yoga Studio
HANDS-ON COOKING: PROTEIN PERFECTED Limit: 10  Demo Kitchen
Why struggle with getting your chicken, fish, beef or other proteins cooked just right? Learn simple and delicious ways to season, marinate, crust and otherwise prepare the main dish, perfectly.
2 hr.  $170  Sign up: Ext. 44338.

LONG & LEAN BARRE WORKOUT A  Limit: 25  Gym 2
**FITNESS LEVELS** I–beginner, II–intermediate, III–advanced, A–all levels  
**FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.  
Featured Event: Post-Divorce Bootcamp with Rachel Greenwald  
**CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.

---

**KNOW YOUR LEVEL**

Choose the right activities for you. We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.

Questions? Call Program Advising at Ext. 44338.

---

**3:00 PM**

**NEW BODY COMPOSITION AND 3D BODY TECHNOLOGY TOUR**  
Limit: 12  
Spa Lobby

An exercise physiologist gives a hands-on-tour of our Bod Pod® and Fit 3D body scanner. Find out what these tests tell you about body fat percentage, fat-free mass and body symmetry.  
30 min.

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

2 hr.  
Sign up: Ext. 44338.

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**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.

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**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.

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**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.

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**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.

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**MY SCHEDULE MONDAY**

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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. 44338.

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**6:00 PM**

**SAVE YOUR SIGHT!**  
CME  
Cactus Room

Meet Pamela Echeverria, MS, RDN, and discover how food and supplements can help prevent vision loss, macular degeneration and cataracts.

**7:00 PM**

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

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.

**BLISSFUL BEADING**  
Limit: 12  
Art Studio 2

With Tucson artist Carolyn Robles, make a beautiful bracelet with your personal flair.  
1 hr. 30 min.  
Sign up: Ext. 44338.

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**ELEVATE ESSENTIALS: FOUR DAYS TO DYNAMIC CHANGE**

You are ready to jumpstart your journey to transformative wellness. Join us for four days of essential experiences from our signature ELEVATE program designed to help you turn your intentions into action. Our Canyon Ranch specialists will help you design and live your Best Life.

Interested? Call the Life Enhancement Center at Ext. 48539.
COMPLIMENTARY 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 and level of fitness.

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

5:45 AM
PHOTOGRAPHY HIKE  Limit: 8  Spa Lobby
4 hr.  $110  See Outdoor Sports Activity Board or call Ext. 44355.

7:00 AM
MORNING WALKS  A  Spa Lobby

6:45 AM
SUNRISE YOGA  II/III  Yoga Studio
60 min.

8:00 AM
CENTERING MEDITATION  A  Sanctuary
30 min.

5:45 AM
TENNIS: INTERMEDIATE/ADVANCED CLINIC  $90  Sign up: Spa Activity Board.

8:30 AM
MEMBERSHIP & REAL ESTATE
Learn how to become a Canyon Ranch Member – or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®.
30 min.

8:30 AM
DYNAMIC STRETCH EXPRESS  II/III  Gym 2
20 min.

9:00 AM
INDOOR CYCLING  A  Limit: 18  Indoor Cycling Studio
NEW SOUTHWEST SPIRIT: MILAGROS  Limit: 8  Art Studio 1
2 hr.  $110  Sign up: Ext. 44338.
FITNESS FIRST  I  Gym 2
SURFSET FITNESS  III  Limit: 11  Gym 1
STRIDE & STRENGTH  A  Limit: 14  Cardio & Strength Gym
CARDIO TENNIS CLINIC  $90  Sign up: Spa Activity Board.

10:00 AM
TENNIS MIXER  Limit: 12  Tennis Courts
Sign up: Spa Activity Board.
TRX® FUSION  III  Limit: 11  Gym 3
GOLF CLINIC: CHIPPING  Limit: 4  Golf Performance Center
$105  Sign up: Ext. 44338
PILATES REFORMER CLINIC: BEGINNING  Limit: 5  Pilates Studio
$90  Sign up: Ext. 44338
CARDIO CIRCUIT  II  Limit: 20  Cardio & Strength Gym
COFFEE WITH JILL
Join Jill Endres, Rooms Director, for coffee. She would love to meet with you and answer any questions while you’re here.

H2O POWER  A  Limit: 24
STRETCH  A  Limit: 30  Yoga Studio
BEST FACE FOWARD  Cactus Room
FIERCE! TABATA WORKOUT  III  Gym 1

11:00 AM
MOVESTRONG  III  Limit: 10  Cardio & Strength Gym
AQUA FIT  I  Limit: 15  Aquatic Center
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.
MEDITATIVE WATER DRAWING  Limit: 12  Art Studio 2
Experience the centering tranquility of meditative water painting, guided by creative expression provider Bridget Longoria, MA. The mind quiets as the brush dances and painted lines emerge and fade.

VINAYASA FLOW  II  Yoga Studio
DJ DANCE PARTY  II  Yoga Studio
WALLYBALL  II/III  Racquet Court 1

NOON
COMMUNITY TABLE: CANYON RANCH® AESTHETICS
Canyon Ranch Grill™
Learn about our aesthetics program and how advanced skin care treatments can help you to look as great as you feel!
FITNESS FOR YOUR FEET®  A  Limit: 30
$90  Sign up: Ext. 44338.

1:00 PM
PREVENTING HEART DISEASE  CME  Catalina Room
Canyon Ranch in Tucson Medical Director Stephen Brewer, MD, will discuss risk factors for coronary artery disease.

GLUTE TRANSFORMATION CLINIC  Limit: 5  Cardio & Strength Gym
$90  Sign up: Ext. 44338.

BREATHING  A  Yoga Studio
INTRO TO WALLYBALL  I  Racquet Court 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. A Dazzle Dry expert discusses how to keep your hands and nails youthful and in great condition.

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

2:00 PM
TARGETING YOUR HEART RATE  Spa Lobby
Join a Canyon Ranch exercise physiologist for a live demonstration of target heart rate determination.

PILATES REFORMER CLINIC:
INTERMEDIATE/ADVANCED  Limit: 5  Pilates Studio
$90  Sign up: Ext. 44338.

GOLF CLINIC: PUTTING  Limit: 4  Golf Performance Center
$105  Sign up: Ext. 44338

WATER WORKOUT  A  Limit: 20  T-Pool

KNOW YOUR LEVEL

Choose the right activities for you. We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.

Questions? Call Program Advising at Ext. 44338.
MUSCLE RELIEF: ROLL WITH IT! II Limit: 24 Gym 2
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.

WEIGHT LOSS - THE FUTURE IS HERE! Catalina Room
What is the right weight loss diet for you? A Canyon Ranch nutritionist will discuss how your genes hold clues for effective weight loss.

ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3
HANDS-ON COOKING: THE SOCIAL FEED Limit: 10 Demo Kitchen
Reconnect with your guests over these fast and fun dishes. You're sure to get plenty of "likes" with these simple, tasty recipes - without getting stuck in the kitchen for hours.
2 hr. $170 Sign up: Ext. 44338.
BUFF BOOTY II Gym 4

3:00 PM
WALLYBALL I/III Racquet Ct. 1
DESSERT DRUMMING A Limit: 21 Gym 2
CORE CONDITIONING I/II/III Limit: 24 Gym 1
PICKLEBALL: BEGINNER/INTERMEDIATE CLINIC Limit: 4 Tennis Courts
$50 Sign up: Spa Activity Board.
ABOVE & BELOW THE BELT I/II Limit: 20 Yoga Studio
INTERMEDIATE YOGA II Yoga Studio
CLIMBING FOR FITNESS I/II Limit: 8 Spa Lobby
2 hr. $155 Sign up: Outdoor Sports Activity Board or call Ext. 44355.

4:00 PM
AFTERNOON WALK A Spa Lobby
NEW ALPHA CYCLING A Limit: 18 Indoor Cycling Studio
60 min.
RESTORATIVE YOGA A Limit: 20 Yoga Studio
STUDIO PAINTING: WATERCOLOR Limit: 8 Art Studio 1
2 hr. $110 Sign up: Ext. 44338.
PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts
50 min. $90 Sign up: Spa Activity Board.
STRETCH & RELAXATION A Gym 2

5:00 PM
MEDITATION A Sanctuary
30 min.
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.

TRAUMA & THE BRAIN Cactus Room
Life Management Director Amy Hawthorne, MS, LMFT, discusses trauma, the role it plays in our lives, and how it affects our brains. Learn strategies for overcoming its effects.

My Schedule TUESDAY

6:00 PM
NEW THE ART OF MONOPRINTING Limit: 8 Art Studio 1
2 hr. $110 Sign up: Ext. 44338.

ACUTONICS®: A HARMONIC APPROACH TO ALTERNATIVE HEALTH CARE Catalina Room
Acupuncturist and acutonics practitioner Marta Vergara, LAc, will help you explore this non-invasive healing approach - a blend of acupuncture and harmonics that sends sound through the meridians.

HANDS-ON COOKING: FOR THE LOVE OF CHOCOLATE Limit: 12 Demo Kitchen
Deepen your love of chocolate while making decadent chocolate treats such as chocolate truffles, ganache, chocolate bark, and dipping chocolate. The best part is ... the whole thing! 60 min. $90 Sign up: Ext. 44338.

7:00 PM
CREATE A LIFE YOU LOVE Cactus Room
Learn about tools and techniques - and mistakes to avoid - for manifesting your desires. Life and business coach Sheila Sornsin shares principles and transformational stories to help you on your way.

FIRESIDE CHAT WITH CELEBRITY MATCHMAKER RACHEL GREENWALD Limit: 10 Mesquite Room
An exclusive opportunity to ask celebrity matchmaker, Rachel Greenwald, your personal questions about love. Enjoy a delicious dessert while she shares her best dating and relationship secrets.
1 hr. 30 min. $159 Sign up: Ext. 44338.

7:30 PM
NIGHT VISION GOGGLES EXPERIENCE Limit: 6 Spa Lobby
2 hr. $115 Sign up: Ext. 44355.

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

MY SERVICE ALLOWANCE may be applied toward activity fees.
CLASSES & ACTIVITIES

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

WALKS
Please bring your water bottle for all walks.

30-Minute Morning Walk
Level I (Beginner)
15 minute mile pace (4.0 mph on the treadmill). Gentle inclines on both trails and pavement. Approximately 2 miles in duration. Daily 7am

45-Minute Morning Walk
Level II-III (Intermediate/Advanced)
Intermediate 13 minute mile pace (4.5 mph on the treadmill). Inclines on both trails and pavement. Approximately 3 miles in duration. Daily 7am

30-Minute Afternoon Walk
All Levels
30 minute "Leisurely to brisk" pace. Gentle inclines. All levels welcomed. Approximately 2 miles in duration. Daily 4pm

8-Mile Walk
Level III (Advanced)
13.5 to 12.0 minute mile pace (4.5 to 5.0 mph on the treadmill). Moderate hills on trails and pavement. Two hours maximum. Saturday 6:30am

CARDIO & WEIGHT GYM:
7:00 am to 5:00 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. 44356.

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

**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. Sa 11am

**WATER WORKOUT**
Combine aerobic conditioning and muscular endurance work in the pool. We 2pm, Th 2pm, Fr 2pm, Sa 2pm, Su 2pm, Mo 2pm, Tu 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. Th 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. Mo 3pm

**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. We 10am, Th 10am, Fr 10am, Sa 10am, Su 10am, Mo 10am, Tu 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 2pm, Su 10am, Mo 10am, Tu 3pm

**DESERT DRUMMING**
Burn calories, release stress and feel the joy by drumming on a physical drum in this fun, invigorating class. We 10am, Su 3pm, Tu 3pm

**FIERC! 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 3pm, Tu 10am

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

**GAME TIME READY**
Test your athleticism with this class incorporating plyometric, speed and coordination drills. Th 10am

**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 12pm, Sa 12pm, Su 4pm

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

**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

**RHYTHMIC RIDE**
Join us for this ride inspired by the rhythm and tempo of the music incorporating dance choreography for an extra challenge. We 4pm

**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 11am

**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. Fr 4pm, Mo 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 9am, Su 2pm, Mo 2pm, Tu 9am

**WALLYBALL**
Fast-paced athletic sport challenge similar to volleyball, using the four walls of an indoor court. One-time prerequisite: Introduction to Wall-yball. We 11am, We 3pm, Th 11am, Th 3pm, Fr 11am, Fr 3pm, Sa 11am, Sa 3pm, Su 11am, Su 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 3pm

**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

**DRAWING NATURAL LANDSCAPES**
Contemplate nature’s beauty in this drawing class using watercolor pencils - color or black and white, your choice. Focus on Meditation Garden features, including water, stones, flowers and trees. Mo 12pm

**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 well-being 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. Sa 11am

**LET GO, POUR & PAINT**
Say goodbye to one thing - and create something new. You’ll move the canvas as paint flows freely, resulting in an abstract piece that reflects a fresh beginning. We 3pm

**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

**SOUTHWEST SPIRIT: MEXICAN AMATE PAINTING**
Try your hand at an Aztec and Mayan tradition as you paint ancient symbols on bark, connecting you with the Mesoamerican culture. Fr 9am
**SOUTHWEST SPIRIT: MILAGROS**
Embrace a lovely Mexican tradition as you create your own milagro, or miracle. Using clay, you’ll make a representation of a miracle you seek in your life. Tu 9am

**STUDIO PAINTING: ACRYLIC**
Discover your inner painter! Learn foundational acrylic painting techniques while your creative side brings life to a canvas. Mo 5pm

**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

**THE ART OF MONOPRINTING**
Learn a fast-paced approach to making colorful images by applying paint to glass, then imprinting onto paper. The surprise result is a soft-edged original creation. Tu 6pm

**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

**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, Fr 9am, Sa 2pm, 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 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, Th 12pm, Fr 12pm, Sa 8:30am, Mo 8:30am, Tu 12pm, Su 12pm

**MUSCLE RELIEF: ROLL WITH IT!**
Learn the basics of foam rolling and myofascial release to reduce soreness. Tu 2pm

**STRETCH**
Improve total body flexibility. We 10am, Th 10am, Fr 10am, Sa 10am, Su 10am, Mo 10am, Tu 10am

**STRETCH & RELAXATION**
Promotes flexibility and breathing and relaxes tense muscles. We 4pm, Fr 4pm, Sa 4pm, Su 4pm, Mo 4pm, Tu 4pm

**TRX® STRETCH**
Use the suspension straps to improve your muscle flexibility and joint mobility. Fr 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 4pm, Su 12pm

**BREATHING**
Learn proper breathing techniques for relaxation and stress reduction. We 1pm, Th 1pm, Sa 1pm, Mo 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, Th 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

**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. 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

**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

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

**MEDITATION**
Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. We 5pm, Th 5pm, Fr 5pm, Sa 5pm, Su 5pm, Mo 5pm, Tu 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. We 9am, Th 3pm, 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

PILATES REFORMER CLINIC: INTERMEDIATE/ADVANCED
This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required. Tu 2pm

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

PILATES TO THE BEAT
This is a lively, Pilates mat-inspired class that’s choreographed to upbeat pop songs. Challenge yourself to rhythmically flow from one exercise to next - it’s toe-tapping fun. 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, Sa 7am

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 6:45am, Tu 6:45am

TAI CHI
Experience this ancient Chinese movement practice that helps conserve and develop life energy. Fr 12pm

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. We 2pm, Fr 3pm, Mo 2pm, Mo 2pm, 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. Mo 2pm

YOGA NATURALLY
Enjoy an outdoor gentle-yoga practice with a dynamic sequence of poses, including Vinyasa Flow. Su 3pm, Mo 3pm

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 2pm, Sa 3pm, Mo 2pm

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

OUTDOOR SPORTS

AERIAL ADVENTURE: ZIPLINE
Th 1pm, Sa 1pm, Tu 1pm

ARCHEOLOGICAL 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 6:30am

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. Th 7am

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

CLIMBING FOR FITNESS
Climb our rock wall for a great workout. Th 3pm, Sa 3pm, Tu 3pm

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 7:30am

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

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 1pm, Su 1pm

MAKE A PRIMITIVE STONE KNIFE
Construct a basic knife using a stone flake and yucca string that you'll create yourself. Fr 1pm

NATIVE AWARENESS
Experience the outdoors as you learn mobile meditation techniques led by a Canyon Ranch Outdoor Sports expert. We 10am

NIGHT VISION GOGGLES EXPERIENCE
Learn to use night vision technology on this night walk into Sabino Canyon. Th 7:30pm, Tu 7:30pm

PHOTOGRAPHY HIKE
Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided. Fr 5:45am, Tu 5:45am

PRIMITIVE FIRE-MAKING
Connect with the primal thrill of creating fire. We 7am

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 4pm

STRENGTH

ABOVE & BELOW THE BELT
Use various types of props in this 10-station, circuit-based endurance class. Th 9am, Sa 2pm, Sa 3pm, Tu 2pm, 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
**For all Hiking & Biking activities, please sign up on the Activity Boards located in front of the Hiking & Biking Offices. Departure times vary due to the location and level of hike or bike ride.**

It is important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group. Please take altitude into account when selecting a hike.

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**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. Th 3pm, Mo 9am

**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

**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. Sa 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 11am, Th 10am, Mo 2pm, Mo 3pm

**MOVESTONG**
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, 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

**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

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**HIKING & BIKING**

**To schedule private activities** please call Outdoor Sports at Ext. 44355, between 8 am and 4 pm.

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

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

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

**Bike rides** – Rated beginner, intermediate and advanced, ranging from casual four-mile cruises to extended 30-mile tours.

We ride both on pavement and limited mountain trails.

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

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**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.

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. $170

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. 44338.

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. 48539 to arrange for a personal tour.
PHONE NUMBERS

Beauty Salon (appts.) .................. 44414
Bell Services .......................... 44320
Canyon Ranch Grill™ .................. 44313
Canyon Ranch® aesthetics ............. 44112
CR™ shops ............................ 44442
Double U Café ......................... 44100
Exercise Physiology ................... 44730
Fitness .................................. 44356
Golf Performance Center ............. 44627
Guest Services ........................ 44321
Hotel Operator ........................ 0
Housekeeping .......................... 44367
Life Enhancement Center® .......... 48539
Life Management ..................... 48521
Medical ................................. 44419
Memberships ........................... 44342
Message Retrieval .................... 0
Nutrition ................................ 48551
Outdoors Sports (Hiking & Biking) . 44355
Program Advisors .................... 44338
Real Estate Sales ...................... 43291
Registration ........................... 44300
Reservations .......................... 44241
Showcase Boutique ................... 44318
Skin Health (appointments) ......... 44411
Tennis ................................. 44358, 44400
Welcome Center ....................... 44331

CanyonRanch.com | 800.742.9000

Located in the Clubhouse, Spa, Life Enhancement Center, Aquatic Center, Health, Healing & Spiritual Wellness, near the Demo Kitchen and in the Double U Café.