

40  
YEARS  
1979 - 2019

CANYON RANCH®

wellness resort | TUCSON AZ

Crystal Sound Activation

**YOUR  
DAILY SCHEDULE**

APRIL 22 – 28, 2020

# STAY CONNECTED



## 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 & 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.



w e l c o m e

## 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.**

# WEDNESDAY | APRIL 22, 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.

### 6:30 AM

MORNING WALKS A Spa Lobby

### 7:00 AM

ROCK CLIMBING, NATURALLY Limit: 6 Spa Lobby

5 hr. \$425 Sign up: Outdoor Sports Activity Board.

PRIMITIVE FIRE-MAKING Limit: 6 Spa Lobby

2 hr. Sign up: Outdoor Sports Activity Board or call 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

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.

PILATES FOR BALANCE II/III Limit: 18 Gym 3

CERAMIC EXPRESSIONS Limit: 8 Art Studio 1

2 hr. \$110 Sign up: Ext. 44338.

WORLD BEAT A Gym 1

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

PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts

\$90 Sign up: Spa Activity Board.

CARDIO TENNIS CLINIC Tennis Courts

\$90 Sign up: Spa Activity Board.

PILATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio

\$90 Sign up: Ext. 44338

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

## 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.

### 10:00 AM

CARDIO CIRCUIT II Limit: 20

GOLF CLINIC: BUNKERS Limit: 4

50 min. \$105 Sign up: Ext. 44338.

NATIVE AWARENESS Limit: 10

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

STRETCH A Limit: 30

H2O POWER A Limit: 24

DRUMMING CIRCLE A

🌍 SACRED EARTH SITES

Heidi Harralson MA, CG, talks about earth energy at sacred sites and stone circles around the world, including vortex sites at the Ranch. After the talk, join the group on a Vortex Crystal Walk.

LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2

### 11:00 AM

DESERT DRUMMING A Limit: 21

🌍 VORTEX CRYSTAL GUIDED WALK Catalina Room

Take a guided tour around the Ranch to see and learn about vortex energy, known as earth energy points. You'll carry a crystal and have the opportunity to meditate at these special locations.

BREAST CANCER:

REDUCING RISK & IMPROVING SURVIVORSHIP CME Catalina Room

Diane Downing, MD, explores how integrative medicine can reduce your risk of breast cancer and its recurrence.

AQUA FIT I Limit: 15

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.

PILATES MAT I I

FIERCE! TABATA WORKOUT III

WALLYBALL II/III

## 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.

X-TREME OUTDOOR BOOT CAMP III Spa Lobby

60 min.

LUNCH & LEARN

Enjoy TANDOORI CHICKEN AND ROASTED VEGETABLE LENTIL

SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.

### 1:00 PM

NEW HEALING BOTANICALS

IN WATERCOLOR & INK Limit: 8

2 hr. \$110 Sign up: Ext. 44338.

BREATHING A

🌍 EARTH DAY - PLANT WITH US

We're showing the planet our love with tree- and cactus-plantings around the Ranch. We'll read a poem at each planting in honor of Earth Day, sharing the moment.

DREAMY SLEEP

Researchers keep learning more about the importance of dreams for optimal health. Canyon Ranch Director of Sleep Medicine Param Dedhia, MD, takes a look at dreams from a medical perspective.

HIGH ROPES CHALLENGE COURSE Limit: 8 Spa Lobby

3 hr. \$235 Sign up: Outdoor Sports Activity Board or Ext. 44355.

Your service allowance may be applied toward activity fees.

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.

**2:00 PM**

**YOGA PILATES BLEND** II/III Yoga Studio

**MOVESTRONG** III **Limit: 10** Cardio & Strength Gym

**LIVING THROUGH LUNAR CYCLES** Cactus 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.

**VINYASA FLOW** II Yoga Studio

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

**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.*

**ZUMBA®** A Gym 1

**3:00 PM**

**BUFF BOOTY** II Gym 1

**INTERMEDIATE YOGA** II Yoga Studio

*1 hr. 15 min.*

**LET GO, POUR & PAINT** **Limit: 8** Art Studio 1

*2 hr. \$110 Sign up: Ext. 44338.*

**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

**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.

**PICKLEBALL: INTERMEDIATE/ADVANCED CLINIC** **Limit: 4** Tennis Courts

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

**TRX® FUSION** III **Limit: 11** Gym 3

**WALLYBALL** II/III Racquet Court 1

**4:00 PM**

**STRETCH & RELAXATION** A Gym 2

**PICKLEBALL INTRO CLINIC** **Limit: 8** Tennis Courts

*50 min. \$90 Sign up: Spa Activity Board.*

**AFTERNOON WALK** A Spa Lobby

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

**EARTH, WIND & FIRE CYCLING** A **Limit: 18** Indoor Cycling Studio

**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**

**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 making new friends or perfecting your Yahtzee score! **2 hrs.**

**NEW TASTE OF NEW DELHI** Double U Café

Enjoy the ambience of the Double U Café while experiencing the authentic flavors of Indian cuisine. The bright, bold flavors and dynamic aromatics will carry you on an imaginary trip across the world.

**REST & RECOVERY REMEDY** **CME** Cactus Room

Athletic trainer Taylor Wade, MS, LAT, ATC, discusses physical and cognitive strategies to optimize rest and recovery from your daily stressors.

**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.*

**MY SCHEDULE WEDNESDAY**

<b>6 am</b>	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
<b>Noon</b>	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
<b>6 pm</b>	_____
7 pm	_____
8 pm	_____
9 pm	_____

# THURSDAY | APRIL 23, 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.**

### 6:30 AM

MORNING WALKS A Spa Lobby

### 6:45 AM

SUNRISE YOGA II/III Yoga Studio  
60 min.

### 7:00 AM

ARIZONA-SONORA DESERT MUSEUM Limit: 8 Spa Lobby  
5 hr. 30 min. \$200 Sign up: Ext. 44355.

### 8:00 AM

TENNIS: Tennis Courts  
INTERMEDIATE/ADVANCED CLINIC  
\$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  
ABOVE & BELOW THE BELT I/II Limit: 20 Gym 3  
FITNESS FIRST I Gym 2  
SURFSET FITNESS III Limit: 11 Gym 1  
ASIAN BRUSH PAINTING Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 44338.  
PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts  
\$90 Sign up: Spa Activity Board.  
CARDIO TENNIS CLINIC Tennis Courts  
\$90 Sign up: Spa Activity Board.  
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

### 10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym  
FITNESS FIRST I Gym 2  
GAME TIME READY III Limit: 15 Gym 1  
LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2  
CORE CONDITIONING II/III Limit: 24 Gym 1  
RECOVERY FOR YOUR FEET Spa Lobby  
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.  
H2O POWER A Limit: 24 T-Pool  
STRETCH A Limit: 30 Yoga Studio  
GOLF CLINIC: PUTTING Limit: 24 Golf Performance Center  
\$105 Sign up: Ext. 44338

### 11:00 AM

NEW MOSAIC OF YOUR LIFE Limit: 8 Art Studio 1  
2 hr. \$170 Sign up: Ext. 44338.

DJ DANCE PARTY II Gym 1

INTERMEDIATE YOGA II Yoga Studio  
1 hr. 15 min.

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.

AQUA FIT I Limit: 15 Aquatic Center

WALLYBALL II/III Racquet Court 1

MUSCLE MAX II/III Gym 3

PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio  
\$90 Sign up: Ext. 44338

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.

## NOON

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

HIIT IT! III Limit: 12 Gym 2  
30 min.

AERIAL HAMMOCK YOGA CLINIC Limit: 5 Gym 3  
\$90 Sign up: Ext. 44338.

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.

LUNCH & LEARN Demo Kitchen

Enjoy PARMESAN CRUSTED SEA BASS WITH AVOCADO ORANGE CHUTNEY, soup, salad and dessert and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in today's demo recipes.

### 1:00 PM

GYROKINESIS A Limit: 15 Gym 1

INTRO TO WALLYBALL I Racquet Court 1

BREATHING A Yoga Studio

MIDLIFE HORMONE CHANGES CME Catalina Room

Stephen Brewer, MD, discusses some of the common physiological and structural changes that men and women can experience during midlife.

AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby

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

INTUITIVE ARCHERY Limit: 6 Spa Lobby

2 hr. \$110 Sign up: Ext. 44338.

## PATHWAY: EMBRACING LIFE AFTER LOSS

Join us as we journey down the road of loss. With the guidance of caring experts, learn to invite grief in, expanding the meaning and depth of your life. Honor complex loss, intense emotions, and stuck places. Embrace grief as a teacher and open a space for joy through the practices of relearning your world, remembering your losses, and reflecting on how you have been transformed.

Interested? Call the Life Enhancement Center at Ext. 48539.

# 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.

# 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.

## 2:00 PM

### MASTERING THE MERCURY RETROGRADE

Canyon Ranch astrologer Will McCastle will explain how the Mercury Retrograde period can be a spiritually insightful time, when we benefit from expressions of the heart rather than the head.

Cactus Room

### ROCKIN' RETRO I/II

Gym 1

### WATER WORKOUT A Limit: 20

T-Pool

### CORE CONDITIONING II/III Limit: 24

Gym 1

### NEW HANDS-ON COOKING:

#### QUICK, FAST & IN A HURRY Limit: 10

Demo Kitchen

Learn simple tips to put a healthy, satisfying dinner on the table in less than 20 minutes. We'll help you rethink how you buy, prepare and cook your food for culinary success at top speed.

2 hr. \$170 Sign up: Ext. 44338.

### GOLF CLINIC: CHIPPING Limit: 4

Golf Performance Center

\$105 Sign up: Ext. 44338

### BOXER'S WORKOUT III Limit: 12

Gym 3

### YOGA FOR A HEALTHY BACK I

Yoga Studio

## 3:00 PM

### WALLYBALL II/III

Racquet Court 1

### POWER FLOW II/III

Yoga Studio

### PILATES FOR BALANCE II/III Limit: 18

Gym 3

### C2M: CONDITIONING TO THE MAX II/III Limit: 18

Gym 1

### INTERMEDIATE YOGA II

Yoga Studio

### 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.

### PICKLEBALL:

#### BEGINNER/INTERMEDIATE CLINIC Limit: 4

Tennis Courts

\$90 Sign up: Spa Activity Board.

#### CLIMBING FOR FITNESS Limit: 8

Spa Lobby

2 hr. \$155 Sign up: Outdoor Sports Activity Board or call Ext. 44355.

## 4:00 PM

### PICKLEBALL INTRO CLINIC Limit: 8

Tennis Courts

50 min. \$90 Sign up: Spa Activity Board.

### AFTERNOON WALK A

Spa Lobby

### RESTORATIVE YOGA A Limit: 20

Yoga Studio

### NEW ALPHA CYCLING A Limit: 18

Indoor Cycling Studio

60 min.

### STRETCH & RELAXATION A

Gym 2

## 5:00 PM

### NEW MEDITERRANEAN NIGHT

Double U Café

Enjoy the fresh and vibrant flavors of the Mediterranean at the Double U Café for dinner. This delicious, hand-crafted culinary experience will thrill your taste buds.

### THE PATH TO SELF-LOVE

Cactus Room

Spiritual Wellness Director Stephanie Ludwig, PhD, MA, MDiv, will help you explore ways to develop a genuinely compassionate and loving relationship with yourself.

### 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.

## 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.

## Experience Guide HIGHLIGHTS

### ANGEL CARD READING

Access the energies of angelic beings. When you're facing challenges, angel messages offer encouragement and positive affirmations. An angel card reading is useful for seeking guidance with your life path. The cards' gentle messages help soothe and calm emotions.

Interested? Call Program Advising at Ext. 44338.

## MY SCHEDULE THURSDAY

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

# FRIDAY | APRIL 24, 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.

### 6:30 AM

**MORNING WALKS A** Spa Lobby

### 8:00 AM

**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

**NEW SOUTHWEST SPIRIT: MEXICAN AMATE PAINTING** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 44338.

**CHAIR YOGA I** Limit: 20 Yoga Studio

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

**ZUMBA® A** Gym 1

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

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

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

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

### 10:00 AM

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

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

**MEAL PLANNING MADE EASY** Catalina Room

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

**STRETCH A** Limit: 30 Yoga Studio

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

**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.

**ROCKIN' RETRO I/II** Gym 1

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

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

**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.

**TRX® FUSION III** Limit: 11 Gym 3

**WALLYBALL II/III** Racquet Court 1

**PILATES REFORMER TOWER WORKOUT** Limit: 5 Pilates Studio  
\$90 Sign up: Ext. 44338

## NOON

**LUNCH & LEARN** Demo Kitchen

Enjoy SMOKED CHICKEN TACOS WITH GUACAMOLE AND ROASTED VEGETABLE SALSA, soup, salad and dessert and watch our demo chef prepare the entrée.

**COMMUNITY TABLE:**

**LIFE ENHANCEMENT CENTER®** Canyon Ranch Grill™

Find out what the Life Enhancement Center is all about – the programs, the environment, the mission.

**TAI CHI A** Yoga Studio

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

### 1:00 PM

**QI GONG A** Yoga Studio

**MAKE A PRIMITIVE STONE KNIFE** Limit: 8 Spa Lobby  
3 hr. Sign up: Outdoor Sports Activity Board or call Ext. 44355.

**HIGH ROPES CHALLENGE COURSE** Limit: 8 Spa Lobby

3 hr. \$235 Sign up: Outdoor Sports Activity Board or Ext. 44355.

### 2:00 PM

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

**HEART-OPENING PRACTICE II** Yoga Studio

**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.

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

**GOLF CLINIC: BUNKERS** Limit: 4 Golf Performance Center

50 min. \$105 Sign up: Ext. 44338.

**BUFF BOOTY II** Gym 1

## EXPLORE

[canyonranch.com](http://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](http://canyonranch.com).



**CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.

## 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.

## 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.

**3:00 PM**

**MUSCLE MAX** II/III

**PILATES TO THE BEAT** II/III

**WALLYBALL** II/III

**VINYASA FLOW** II

**NEW BODY COMPOSITION AND 3D BODY TECHNOLOGY TOUR**

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.*

**INTERMEDIATE YOGA** II

**3:15 PM**

**WATSU DEMO**

Want to learn more about Watsu®? Come and observe this uniquely relaxing and therapeutic aquatic treatment.

**4:00 PM**

**SPIRITUAL CYCLING** A Limit: 18

**AFTERNOON WALK** A

**AERIAL HAMMOCK YOGA CLINIC** Limit: 5

*\$90 Sign up: Ext. 44338.*

**STRETCH & RELAXATION** A

**5:00 PM**

**FIESTA FRIDAY**

Visiting the Southwest is not complete without experiencing traditional Sonoran Desert cuisine. Mouthwatering dishes awaken your senses and satisfy your desire for an authentic regional dinner.

**TIME FOR AN OIL CHANGE**

Not all fats are created equal. Some are better for you than others, and may even promote good health. Kasey Brixius, MS, RDN, will help you make sense of this slippery subject.

**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.*

Gym 3

Gym 1

Racquet Court 1

Yoga Studio

Spa Lobby

Yoga Studio

Aquatic Center

Indoor Cycling Studio

Spa Lobby

Gym 3

Gym 2

Double U Café

Cactus Room

Mesquite Room

Sanctuary

**6:00 PM**

**NEW HAPPY, JOYOUS & FREE**

Catalina Room

Mary Cahilly, LPC, discusses the gifts sobriety offers by identifying and starting to work through stumbling blocks while clarifying your vision of a fulfilling life.

**8:00 PM**

**BINGO**

Pavilion

Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!  
*50 min.*

## 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.

## MY SCHEDULE FRIDAY

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	_____

# SATURDAY | APRIL 25, 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.**

### 6:00 AM

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

### 6:30 AM

**MORNING WALKS A** Spa Lobby  
**BIRD WALK** Limit: 8 Spa Lobby  
2 hr. Sign up: Outdoor Sports Activity Board or Ext. 44355.

### 7:00 AM

**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

**KILLER DRILLS & SKILLS III** Limit: 18 Gym 3  
**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.

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

**CHAIR YOGA I** Limit: 20 Yoga Studio

**WORLD BEAT A** Gym 1

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

### 10:00 AM

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

**MUSCLE MAX II/III** Gym 3

**STRETCH A** Limit: 30 Yoga Studio

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

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

**DRUMMING CIRCLE A** Gym 1

## 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.

### 11:00 AM

**NEW INSPIRED SKETCHBOOKING** Limit: 8 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.

**KEEP YOUR JOINTS HEALTHY** GME Catalina Room

A Canyon Ranch exercise physiologist clarifies the difference between hurt and harm, and shows you how to escape the pain cycle.

**WALLYBALL II/III** Racquet Court 1

## NOON

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

**COMMUNITY TABLE: FITNESS** Canyon Ranch Grill

Bring your questions and chat with one of our knowledgeable fitness professionals.

**KETTLEBELL 101 II/III** Gym 3  
30 min.

**LUNCH & LEARN** Demo Kitchen

Enjoy ORANGE DIJON GLAZED MAHI WITH ROASTED KALE AND WHITE BEAN SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.

### 1:00 PM

**GYROKINESIS A** Limit: 15 Gym 1

**INTRO TO WALLYBALL I** Racquet Court 1

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

**BREATHING A** Yoga Studio

**COMMUNICATING WITH YOUR PET** Cactus Room

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

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

### 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.

## 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.

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.

Experience Guide **HIGHLIGHTS**

**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.

**2:00 PM**

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

**GOLF CLINIC: CHIPPING** Limit: 4 Golf Performance Center

\$105 Sign up: Ext. 44338

**NEW HANDS-ON COOKING: PREDOMINANTLY PLANTS** Limit: 10 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.

**FREEFORM FUSION II/III** Limit: 15 Gym 2

**GENTLE VINYASA I** Yoga Studio

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

**YOGA PILATES BLEND II/III** Yoga Studio

**ZUMBA® A** Gym 1

**PILATES REFORMER CLINIC: BEGINNING** Limit: 5 Pilates Studio

\$90 Sign up: Ext. 44338.

**3:00 PM**

**WALLYBALL II/III** Racquet Court 1

**BUFF BOOTY II** Gym 1

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

**YOGA PILATES BLEND II/III** Yoga Studio

**CLIMBING FOR FITNESS** Limit: 8 Spa Lobby

2 hr. \$155 Sign up: Outdoor Sports Activity Board or call Ext. 44355.

**4:00 PM**

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

**AFTERNOON WALK A** Spa Lobby

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

**STRETCH & RELAXATION A** Gym 2

**5:00 PM**

**MEDITATION A** Sanctuary

30 min.

**GRILL NIGHT** Double U Café

Double U Grill night will take you back in time to a friendly campfire meal. Enjoy freshly grilled grass-fed beef, organic chicken, salmon, shrimp and vegetables along with delicious accompaniments.

**NEW ACUPUNCTURE FOR PEAK PERFORMANCE** Cactus Room

Acupuncture helps you heal from injuries and speeds up recovery times, enhancing athletic performance. Kelly LeGendre, L.Ac. explores how acupuncture can help take your performance to the next level.

**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**

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

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

**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.

**MY SCHEDULE SATURDAY**

<b>6 am</b>	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
<b>Noon</b>	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
<b>6 pm</b>	_____
7 pm	_____
8 pm	_____
9 pm	_____

# SUNDAY | APRIL 26, 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.**

### 6:00 AM

**ARCHAEOLOGICAL ADVENTURE 1** Limit: 8 Spa Lobby  
5 hr. \$110 Sign up: Outdoor Sports Activity Board.

### 6:30 AM

**MORNING WALKS A** Spa Lobby

### 7:00 AM

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

### 8:00 AM

**CENTERING MEDITATION A** Sanctuary  
30 min.

### 8:30 AM

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

### 9:00 AM

**INDOOR CYCLING A** Limit: 18 Indoor Cycling Studio  
**CARDIO COMBAT III** Limit: 16 Gym 1  
**YOGA WITH PROPS A** Yoga Studio  
**DEEP WATER PUMP A** Limit: 12 T-Pool  
**STRIDE & STRENGTH A** Limit: 14 Cardio & Strength Gym

### 10:00 AM

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

### 11:00 AM

**YOGA FOR DETOX II** Yoga Studio  
**AQUA FIT I** Limit: 15 Aquatic Center  
**ZUMBA® A** Gym 1  
**TRX® FUSION III** Limit: 11 Gym 3  
**THE SCIENCE OF WEIGHT LOSS** 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. **CME**  
**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 entrée.  
50 min.  
**COMMUNITY TABLE: ACUPUNCTURE** Canyon Ranch Grill™  
Join a member of our Acupuncture department and learn about our offerings.  
**GLUTE TRANSFORMATION CLINIC** Limit: 5 Cardio & Strength Gym  
\$90 Sign up: Ext. 44338.  
**AERIAL HAMMOCK YOGA CLINIC** Limit: 5 Gym 3  
\$90 Sign up: Ext. 44338.

### 1:00 PM

**GOLF CLINIC: DRIVING** Limit: 4 Golf Performance Center  
\$105 Sign up: Ext. 44338  
**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."  
**ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH** Catalina Room  
Heidi Harralson, MA, CG, explains how astrology can be combined with the subtle energy of gemstones to guide you toward personal growth and enhance the energy in your astrological birth chart.

### 2:00 PM

**NEW 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.  
**WATER WORKOUT A** Limit: 20 T-Pool  
**SURFSET FITNESS III** Limit: 11 Gym 1  
**GOLF CLINIC: PITCHING** Limit: 4 Golf Performance Center  
\$105 Sign up: Ext. 44338  
**NEW HANDS-ON COOKING: 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.  
**YIN YOGA II** Yoga Studio  
**BUFF BOOTY II** Gym 1

Experience Guide **HIGHLIGHTS**

**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.

**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**

**WALLYBALL** II/III

**DESERT DRUMMING** A Limit: 21

**YOGA NATURALLY** I/II

**FIERCE! TABATA WORKOUT** III

**INTERMEDIATE YOGA** II

**PICKLEBALL:**

**INTERMEDIATE/ADVANCED CLINIC** Limit: 4

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

**4:00 PM**

**PICKLEBALL INTRO CLINIC** Limit: 8

*50 min. \$90 Sign up: Spa Activity Board.*

**RESTORATIVE YOGA** A Limit: 20

**AFTERNOON WALK** A

**HIIT IT!** III Limit: 12

*30 min.*

**STRETCH & RELAXATION** A

**5:00 PM**

**MEDITATION** A

*30 min.*

**NEW TASTE OF NEW DELHI**

Enjoy the ambience of the Double U Café while experiencing the authentic flavors of Indian cuisine. The bright, bold flavors and dynamic aromatics will carry you on an imaginary trip across the world.

**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**

**MAKING THE MOST OF MASSAGE**

Learn the benefits and applications of massage, and get great suggestions for how to gain the most from your massage treatments at Canyon Ranch.

Racquet Court 1

Gym 2

T-Pool Ramada

Gym 1

Yoga Studio

Tennis Courts

Tennis Courts

Yoga Studio

Spa Lobby

Gym 1

Gym 2

Sanctuary

Double U Café

Mesquite Room

Catalina Room

**7:00 PM**

**GLOW-GA** A

*Body paint and glow sticks provided.*

**CRYSTAL SOUND MEDITATION**

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

**8:00 PM**

**BINGO**

Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!

*50 min.*

Yoga Studio

Sanctuary

Pavilion

Experience Guide **HIGHLIGHTS**

**ANGEL CARD READING**

Access the energies of angelic beings. When you're facing challenges, angel messages offer encouragement and positive affirmations. An angel card reading is useful for seeking guidance with your life path. The cards' gentle messages help soothe and calm emotions.

Interested? Call Program Advising at Ext. 44338.

**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 | APRIL 27, 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.

### 6:30 AM

MORNING WALKS A Spa Lobby

### 7:00 AM

ROCK CLIMBING, NATURALLY Limit: 6 Spa Lobby  
5 hr. \$425 Sign up: Outdoor Sports Activity Board.

### 7:30 AM

DESERT 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 1

PILATES FOR BALANCE II/III Limit: 18 Gym 3

CHAIR YOGA I Limit: 20 Yoga Studio

INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts

CARDIO TENNIS CLINIC Tennis Courts

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

### 10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

CORE CONDITIONING II/III Limit: 24 Gym 1

MUSCLE MAX II/III Gym 3

H2O POWER A Limit: 24 T-Pool

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

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.

SIGNATURE DYNAMICS Catalina Room

Graphologist Heidi Harralson, MA, will show you what your signature reveals about you. Learn how simple changes to your pen strokes can enhance your personal development.

### 11:00 AM

INTERMEDIATE YOGA II Yoga Studio  
1 hr. 15 min.

KILLER DRILLS & SKILLS III Limit: 18 Gym 3

AQUA FIT I Limit: 15 Aquatic Center

ROCKIN' RETRO I/II Gym 1

REVERSIBLE AND IRREVERSIBLE FORMS OF DEMENTIA CME Catalina Room

Stephen Brewer, MD, Canyon Ranch in Tucson Medical Director, will address types of cognitive decline, prevention and treatment options for healthy brain function.

WALLYBALL II/III Racquet Court 1

### NOON

LUNCH & LEARN Demo Kitchen

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

TRX® 101 I/II Limit: 11 Gym 3  
30 min.

COMMUNITY TABLE: EXERCISE PHYSIOLOGY Canyon Ranch Grill™  
Learn about the importance of our exercise physiology program in the Canyon Ranch integrative health framework.

NEW DRAWING NATURAL LANDSCAPES Limit: 8 Sanctuary  
2 hr. \$110 Sign up: Ext. 44338.

### 1:00 PM

BREATHING A Yoga Studio

INTRO TO WALLYBALL I Racquet Court 1

ADVANCES IN NON-SURGICAL FACIAL REJUVENATION AND SKIN HEALTH CME Catalina Room

Plump, smooth and replenish your skin with the latest technology and products. Director of Canyon Ranch® aesthetics Amy Henderson, RN, BSN, CMLT, discusses treatment options and overall skin health.

MEAL PLANNING MADE EASY Catalina Room

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.

HIGH ROPES CHALLENGE COURSE Limit: 8 Spa Lobby

3 hr. \$235 Sign up: Outdoor Sports Activity Board or Ext. 44355.

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.

## 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.

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.

**2:00 PM**

**GOLF CLINIC: BUNKERS** Limit: 4 Golf Performance Center  
50 min. \$105 Sign up: Ext. 44338.

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

**PILATES REFORMER TOWER WORKOUT** Limit: 5 Pilates Studio  
\$90 Sign up: Ext. 44338

**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

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

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

**VENUS, THE PLANET OF LOVE AND MONEY** Spa Lobby

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

**3:00 PM**

**ASIAN BRUSH PAINTING** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 44338.

**BOSU 3D EXTREME** III Gym 1

**INTERMEDIATE YOGA** II Yoga Studio

**NEW BODY COMPOSITION AND 3D BODY TECHNOLOGY TOUR** 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.

**TRX® STRETCH** II Limit: 11 Gym 3

**YOGA NATURALLY** I/II T-Pool Ramada

**PICKLEBALL: Z** Tennis Courts

**BEGINNER/INTERMEDIATE CLINIC** Limit: 4  
\$90 Sign up: Spa Activity Board.

**WALLYBALL** II/III Racquet Court 1

**LONG & LEAN BARRE WORKOUT** A Limit: 25 Gym 2

**4:00 PM**

**STRETCH & RELAXATION** A Gym 2

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

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

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

**AFTERNOON WALK** A Spa Lobby

**INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN** Spa Lobby

Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

**5:00 PM**

**NEW MEDITERRANEAN NIGHT** Double U Café  
Enjoy the fresh and vibrant flavors of the Mediterranean at the Double U Café for dinner. This delicious, hand-crafted culinary experience will thrill your taste buds.

**MEDICAL MARIJUANA AND CBD TO EASE PAIN?** CME Cactus 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.

**STUDIO PAINTING: ACRYLIC** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 44338.

**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.

**6:00 PM**

**FORTIFYING YOUR WELLNESS FORTRESS** CME Catalina Room  
Your health and fitness are like a fortress protecting your quality of life. Exercise Physiology Director Mike Siemens, MS, looks at ways your fortress can be challenged and how you can bounce back  
50 min.

**7:00 PM**

**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.

**8:00 PM**

**THE ENCHANTING HERITAGE OF THE SOUTHWEST** Catalina Room  
Experience an intriguing exploration of native history, culture, healing and metaphysics with author, art scholar and anthropologist Terry DeWald – accented by colorful contemporary and vintage art.

**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	_____

# TUESDAY | APRIL 28, 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.

### 6:30 AM

MORNING WALKS A Spa Lobby

### 6:45 AM

SUNRISE YOGA II/III 60 min. Yoga Studio

### 8:00 AM

CENTERING MEDITATION A 30 min. Sanctuary

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

### 8:30 AM

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.

DYNAMIC STRETCH EXPRESS II/III 20 min. Gym 2

### 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.

SURFSET FITNESS III Limit: 11 Gym 1

FITNESS FIRST I Gym 2

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

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

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

### 10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio  
\$90 Sign up: Ext. 44338.

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

TRX® FUSION III Limit: 11 Gym 3

NEW CONTEMPLATION & HEALING CME Cactus Room  
Director of Spiritual Wellness Stephanie Ludwig, PhD, MA, MDiv, explores how changing the way you "see" through contemplative spiritual practice can foster greater wholeness and inner peace.

COFFEE WITH JILL Double U Café  
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 T-Pool

STRETCH A Limit: 30 Yoga Studio

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

FIERCE! TABATA WORKOUT III Gym 1

### 11:00 AM

MOVESTRONG III Limit: 10 Cardio & Strength Gym

AQUA FIT I Limit: 15 Aquatic Center

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.

VINYASA FLOW II Yoga Studio

DJ DANCE PARTY II Gym 1

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

WALLYBALL II/III Racquet Court 1

### NOON

COMMUNITY TABLE: PLANNING A RETREAT? 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 individual stay or group trip for a truly memorable experience.

LUNCH & LEARN Demo Kitchen  
Enjoy CRISPY CHICKEN & MASHED CAULIFLOWER, soup, salad and dessert and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in today's demo recipes.

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

1:00 PM

INTRO TO WALLYBALL I Racquet Court 1

NAILED IT - LATEST TECHNOLOGY Spa Lobby

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.

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

BREATHING A Yoga Studio

YOUR BRAIN ON SLEEP CME Cactus Room  
Inadequate sleep can seriously impact your brain. Canyon Ranch Director of Sleep Medicine, Param Dedhia, MD, explains why sleep is essential medicine for mind and body.

AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby  
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.

WATER WORKOUT A Limit: 20 T-Pool

MUSCLE RELIEF: ROLL WITH IT! II Limit: 24 Gym 2

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

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

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.

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

BUFF BOOTY II Gym 1



# 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.

### 3:00 PM

**WALLYBALL** II/III

**DESERT DRUMMING** A Limit: 21

**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.

**ANGELS AMONG US**

Do guardian angels exist, and what role do they play in our lives? Clairvoyant Pat Bruckmann discusses angel energy in the modern age.

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

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

**INTERMEDIATE YOGA** II

**PICKLEBALL: BEGINNER/INTERMEDIATE**

**CLINIC** Limit: 4

\$90 Sign up: Spa Activity Board.

**CLIMBING FOR FITNESS** Limit: 8

2 hr. \$155 Sign up: Outdoor Sports Activity Board or call Ext. 44355.

### 4:00 PM

**PICKLEBALL INTRO CLINIC** Limit: 8

50 min. \$90 Sign up: Spa Activity Board.

**NEW ALPHA CYCLING** A Limit: 18

60 min.

**RESTORATIVE YOGA** A Limit: 20

**AFTERNOON WALK** A

**STUDIO PAINTING: WATERCOLOR** Limit: 8

2 hr. \$110 Sign up: Ext. 44338.

**STRETCH & RELAXATION** A

### 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.

**TACO NIGHT**

Visiting the Southwest is not complete without experiencing traditional Sonoran Desert cuisine. Mouthwatering dishes awaken your senses and satisfy your desire for an authentic regional dinner.

**MEDITATION** A

30 min.

**A SHOCKING APPROACH TO**

**TREATING ACHES & PAINS**

Extracorporeal Shockwave & Laser Therapy are treatments designed to provide pain relief, promote healing and restore and enhance day-to-day function. Find out more from a Canyon Ranch expert.

Racquet Court 1

Gym 2

Spa Lobby

Cactus Room

Gym 3

Gym 1

Yoga Studio

Tennis Courts

Spa Lobby

Tennis Courts

Indoor Cycling Studio

Yoga Studio

Spa Lobby

Art Studio 1

Gym 2

Mesquite Room

Double U Café

Sanctuary

Cactus Room

### 6:00 PM

**HANDS-ON COOKING:**

**FOR THE LOVE OF CHOCOLATE** Limit: 12

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

60 min. \$90 Sign up: Ext. 44338.

**NEW 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.

**NEW THE ART OF MONOPRINTING** Limit: 8

2 hr. \$110 Sign up: Ext. 44338.

### 7:00 PM

**LIVING WITH NO REGRETS**

It takes a great deal of wisdom and courage to live life to the fullest and be satisfied with your relationships and choices. Join award-winning author Amy Lederman and learn how it can be done.

### 8:00 PM

**BINGO**

Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!

50 min.

# EXPLORE

[canyonranch.com](http://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](http://canyonranch.com).

## 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

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). Incline 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.

### 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

### 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 10am, Th 2pm, Su 10am, Mo 10am, Tu 3pm

### DESERT DRUMMING

Burn calories, release stress and feel the joy by drumming on a physio-ball in this fun, invigorating class. We 11am, 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 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-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. Th 2pm, 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 Wallyball. 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 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. 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, 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, Tu 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, Th 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

### **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 nonflow 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

## **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, 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 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

## **ARCHAEOLOGICAL ADVENTURE**

Step back through time into the highly artistic, peaceful and ancient world of the Hohokam. This guided tour takes you to view rock art, Mesoamerican artifacts and village sites in the Tucson basin. Su 6am

## **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

## **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 7am

## **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

## **PHOTOGRAPHY HIKE**

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

## **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 10am, Th 10am, Mo 2pm, Mo 3pm

### MOVESTRONG

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. We 3pm, Fr 11am, Su 11am, Tu 10am

## TENNIS

### CARDIO TENNIS CLINIC

Enjoy a heart-pumping cardio tennis workout to music. We 9am, Th 9am, Fr 9am, 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 4pm, We 9am, Th 4pm, Th 9am, Fr 9am, Su 4pm, Mo 4pm, Mo 9am, Tu 4pm, Tu 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. Th 3pm, Mo 3pm, Tu 3pm

### 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 3pm, Su 3pm

### TENNIS MIXER

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

## COMPLIMENTARY HIKING & BIKING |

**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.

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.

# We Share the Desert

## BE AWARE, BE SAFE



*javelina* [hav-a-LEAN-uh]

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. 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.**

## 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:

**Mediterranean Night | Taste of New Delhi |  
Grill Night | Taco Night | Fiesta Friday**

### CANYON RANCH GRILL™

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

### DEMO KITCHEN

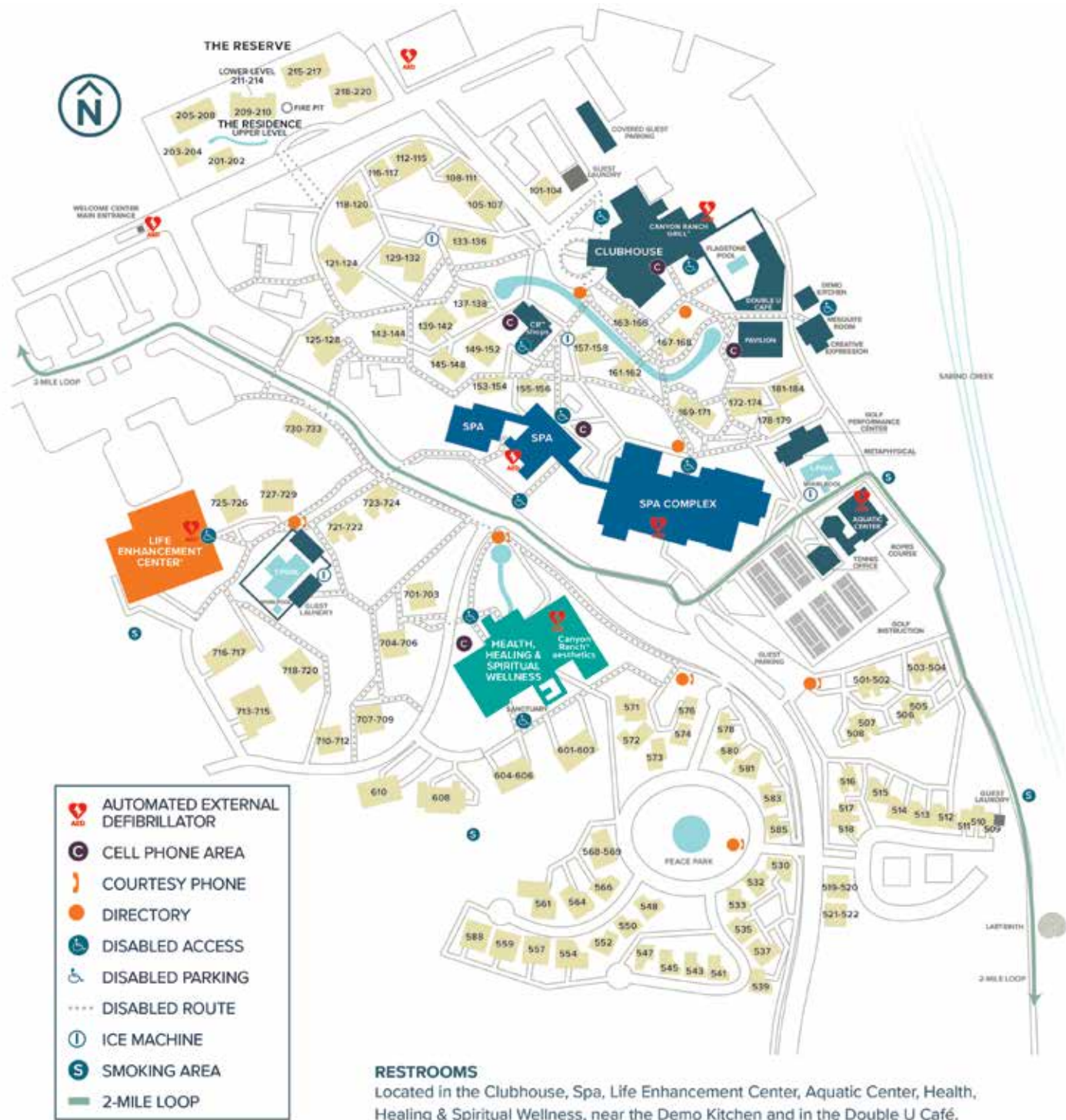
Watch a Canyon Ranch chef prepare your lunch, spicing things up with surprising tips, professional techniques and plenty of fun. No sign-up necessary, although space is limited. Don't miss the show!



Become a barbecue 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**



## 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

## LIFE-THREATENING EMERGENCIES, CALL 911

Guest Services .....	44321	Outdoor Sports (Hiking & Biking) .	44355
Hotel Operator .....	0	Program Advisors.....	44338
Housekeeping.....	44367	Real Estate Sales.....	43291
Life Enhancement Center® .....	48539	Registration.....	44300
Life Management .....	48521	Reservations.....	44241
Medical.....	44419	Showcase Boutique.....	44318
Memberships.....	44342	Skin Health (appointments) .....	44411
Message Retrieval.....	0	Tennis .....	44358, 44400
Nutrition .....	48551	Welcome Center.....	44331