

40
YEARS
1979 - 2019

CANYON RANCH®

wellness resort | TUCSON AZ

Hands-On Cooking

YOUR DAILY SCHEDULE

APRIL 29 – MAY 5, 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.

welcome

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!

WEDNESDAY | APRIL 29, 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.

PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts

\$90 Sign up: Spa Activity Board.

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 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

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

10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

GOLF CLINIC: BUNKERS Limit: 4 Golf Performance Center

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

NATIVE AWARENESS Limit: 10 Spa Lobby

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

DRUMMING CIRCLE A Gym 1

H2O POWER A Limit: 24 T-Pool

STRETCH A Limit: 30 Yoga Studio

LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2

11:00 AM

DESERT DRUMMING A Limit: 21 Gym 2

A MODERATE APPROACH TO HEALTH CME Catalina Room

It's time to look at moderation as a means of staying healthy. Canyon Ranch in Tucson Medical Director Stephen Brewer, MD, explains how this concept applies to areas such as exercise and diet.

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.

FIERCE! TABATA WORKOUT III Gym 1

PILATES MAT I I Yoga Studio

WALLYBALL II/III Racquet Court 1

NOON

X-TREME OUTDOOR BOOT CAMP III Spa Lobby

60 min.

COMMUNITY TABLE: Canyon Ranch Grill

LIFE ENHANCEMENT CENTER®

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

LUNCH & LEARN Demo Kitchen

Enjoy CAULIFLOWER PIZZA CRUST WITH ROASTED ARTICHOKEs, OLIVES & SWEET PEPPER SAUCE, soup, salad and dessert and watch our demo chef prepare the entrée.

1:00 PM

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.

BREATHING A Yoga Studio

HEALING BOTANICALS

IN WATERCOLOR & INK Limit: 8 Art Studio 1

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

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

GOLF CLINIC: DRIVING Limit: 4 Golf Performance Center

\$105 Sign up: Ext. 44338.

NEW HANDS-ON COOKING: Demo Kitchen

CLASSIC COMFORT CUISINE Limit: 10

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

WATER WORKOUT A Limit: 20 T-Pool

RECOGNIZING LOVE'S POTENTIAL THROUGH ASTROLOGY Cactus Room

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

VINYASA FLOW II Yoga Studio

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.

3:00 PM

PICKLEBALL:

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

TRX® FUSION III Limit: 11 **Gym 3**

INTERMEDIATE YOGA II **Yoga Studio**

BUFF BOOTY II **Gym 1**

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

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.

WALLYBALL II/III **Racquet Ct. 1**

4:00 PM

STRETCH & RELAXATION A **Gym 2**

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

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

SCIENCE & THE NEAR-DEATH EXPERIENCE **Catalina Room**

What comes after this life? Ranch metaphysical expert Lesley Lupo, MA, shares her extraordinary experience, the basis for her book, "Remember, Every Breath Is Precious - Dying Taught Me How to Live".

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

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

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.

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.

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.

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

NEW YOU ARE ENOUGH, YOU HAVE ENOUGH, YOU WILL THRIVE **Cactus Room**

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.

50 min.

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.

8:00 PM

NEW CONTEMPORARY ART OF THE SOUTHWEST **Catalina Room**

Julie Sasse, PhD, Chief Curator of Modern, Contemporary, and Latin American Art at the Tucson Museum of Art, delves into the unique artists and topics related to art of the Southwest.

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.

MY SCHEDULE WEDNESDAY

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	_____

THURSDAY | APRIL 30, 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

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.

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

Spa Lobby

8:00 AM

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

Tennis Courts

CENTERING MEDITATION A
30 min.

Sanctuary

8:30 AM

INTENTION & INSPIRATION

Mesquite Room

Practice starting each day with a positive outlook.

DYNAMIC STRETCH EXPRESS II/III
20 min.

Gym 2

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

SURFSET FITNESS III Limit: 11

Gym 1

PICKLEBALL INTRO CLINIC Limit: 8

Tennis Courts

\$90 Sign up: Spa Activity Board.

ASIAN BRUSH PAINTING Limit: 8

Art Studio 1

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

CARDIO TENNIS CLINIC

Tennis Courts

\$90 Sign up: Spa Activity Board.

STRIDE & STRENGTH A Limit: 14

Cardio & Strength Gym

UNCOVERING RECOVERY

Celebrate self-renewal in an all-healthy environment and move forward with your highest intentions.

This event is designed to remove the stigma from the conversation. Enter a dialogue with nationally renowned recovery experts who will share their own personal stories and expertise.

ALL ACTIVITIES OUTLINED IN ORANGE ARE A PART OF THIS FEATURED EVENT.

10:00 AM

CARDIO CIRCUIT II Limit: 20

Cardio & Strength Gym

GOLF CLINIC: PUTTING Limit: 4

Golf Performance Center

\$105 Sign up: Ext. 44338

FITNESS FIRST I

Gym 2

GAME TIME READY III Limit: 15

Gym 1

RECOVERY FOR YOUR FEET

Sanctuary

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.

DEMYSTIFYING THE RECOVERY JOURNEY

Cactus Room

National medical expert, Mel Pohl, MD, will explain how the 12-step model can help overcome any addiction and set you on the path to a healthier, happier life. All are welcome.

LONG & LEAN BARRE WORKOUT A Limit: 25

Gym 2

CORE CONDITIONING II/III Limit: 24

Gym 1

H2O POWER A Limit: 24

T-Pool

STRETCH A Limit: 30

Yoga Studio

11:00 AM

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

Gym 1

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.

INTERMEDIATE YOGA II

Yoga Studio

1 hr. 15 min.

AQUA FIT I Limit: 15

Aquatic Center

WALLYBALL II/III

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.

MUSCLE MAX II/III

Gym 3

NOON

LUNCH & LEARN

Demo Kitchen

Enjoy HOISIN SWEET CHILI GLAZED SALMON & CAULIFLOWER FRIED RICE, soup, salad and dessert and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in the demo recipes.

FITNESS FOR YOUR FEET® A Limit: 30

Gym 1

20 min.

HIIT IT! III Limit: 12

Gym 1

30 min.

AERIAL HAMMOCK YOGA CLINIC Limit: 5

Gym 3

\$90 Sign up: Ext. 44338.

COMMUNITY TABLE: UNCOVERING RECOVERY

Canyon Ranch Grill™

Join Life Management therapist, Amy Hawthorne, MS, LMFT, and national medical expert, Mel Pohl, MD, to learn about the Uncovering Recovery feature event and the Canyon Ranch 12-step program.

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.

Featured Event: **Uncovering Recovery** **CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.

1:00 PM
GYROKINESIS A Limit: 15 Gym 1
INTRO TO WALLYBALL I Racquet Court 1
EMOTIONAL SOBRIETY CME Cactus Room
 Often overlooked, emotional sobriety is a vital part of recovery. Life Management Director Amy Hawthorne, MS, discusses its significance, components & ways to incorporate it to your recovery journey.
BREATHING A Yoga Studio
TEN TIPS FOR OPTIMAL WOMEN'S HEALTH CME Catalina Room
 Diane Downing, MD will discuss some of the key areas women can focus on to optimize health, longevity and vitality.
AERIAL ADVENTURE: ZIPLINE Limit: 8 Spa Lobby
1 hr. 30 min. \$110 Sign up: Outdoor Sports Activity Board.

2:00 PM
WATER WORKOUT A Limit: 20 T-Pool
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.
ROCKIN' RETRO I/II 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.
CORE CONDITIONING II/III Limit: 24 Gym 1
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
CHANGE YOUR AURA, CHANGE YOUR LIFE Cactus Room
 Join clairvoyant Pat Bruckmann to learn about auras and chakras and how you can improve your state of well-being.
PICKLEBALL: BEGINNER/INTERMEDIATE CLINIC Limit: 4 Tennis Courts
\$90 Sign up: Spa Activity Board.
INTERMEDIATE YOGA II Yoga Studio
C2M: CONDITIONING TO THE MAX II/III Limit: 18 Gym 1
CLIMBING FOR FITNESS Limit: 8 Spa Lobby
2 hr. \$155 Sign up: Outdoor Sports Activity Board or call Ext. 44355.

4:00 PM
NEW ALPHA CYCLING A Limit: 18 Indoor Cycling Studio
60 min.
PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts
50 min. \$90 Sign up: Spa Activity Board.
RESTORATIVE YOGA A Limit: 20 Yoga Studio
STRETCH & RELAXATION A Gym 2

5:00 PM
MEDITATION A Sanctuary
30 min.
DOES IT MAKE YOUR HEART SING? Cactus Room
 The wisdom of your heart can guide you when deciding how to spend your time. Mary Cahilly, LPC, explores how the unique language of your heart can be cultivated through simple mindfulness exercises.
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.
OPEN 12-STEP RECOVERY MEETING Mesquite Room
 Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families and those who are just curious about the spiritual principles of recovery.

6:00 PM
UNDERSTANDING AYURVEDA Catalina Room
 Join certified yoga instructor and NAMA ayurvedic practitioner Tanja Bungardt-Price to learn about the elements and doshas in ayurveda, an ancient Indian healing system for mind, body and spirit.

7:00 PM
CAMINO DE SANTIAGO: A JOURNEY OF REDISCOVERY Cactus Room
 For more than 1,500 years, Christians and others have walked Spain's 500+-mile Camino de Santiago (The Way of St. James). Bob Logan shares tales from his two inspiring journeys.

8:00 PM
EVENING REFLECTON Mesquite Room
 Take stock of the day and how it unfolded for you. Share observations with a supportive group – all working together to stay spiritually fit and end the day with serenity.

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 _____

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 | MAY 1, 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.

5:30 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

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

8:30 AM

INTENTION & INSPIRATION Mesquite Room

Practice starting each day with a positive outlook.
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.

ZUMBA® A Gym 1

CHAIR YOGA I Limit: 20 Yoga Studio

INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts

\$90 Sign up: Spa Activity Board.

DEEP WATER PUMP A Limit: 12 T-Pool

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.

TRX® STRETCH II Limit: 11 Gym 3

FIERCE! TABATA WORKOUT III Gym 1

TECHNOLOGY ADDICTION AND THE DIGITAL DETOX Cactus Room

With digital communications and high-tech expert Rob Falk, explore the line between use and abuse of technology, and how to live with it in a healthy and mindful way.

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

H2O POWER A Limit: 24 T-Pool

STRETCH A Limit: 30 Yoga Studio

11:00 AM

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

INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.

ROCKIN' RETRO I/II Gym 1

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.

AQUA FIT I Limit: 15 Aquatic Center

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

TAI CHI A Yoga Studio

LUNCH & LEARN Demo Kitchen

Enjoy a PULLED BBQ BEEF SHORT RIBS WITH CAULIFLOWER "MAC AND CHEESE" soup, salad and dessert and watch our demo chef prepare the entrée.

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!

COMMUNITY TABLE: OUTDOOR SPORTS Canyon Ranch Grill™

Chat with one of our outdoor sports guides and learn all about hiking, biking, high ropes adventures, archery, nature activities and wilderness survival skills.

FITNESS FOR YOUR FEET® A Limit: 30 Gym 1

20 min.

1:00 PM

QI GONG A Yoga Studio

PANEL DISCUSSION:

INTEGRATIVE MEDICINE & ADDICTION Catalina Room

Canyon Ranch professionals will explore the role of complementary therapies for addictions recovery. Bring your questions!

HIGH ROPES CHALLENGE COURSE Limit: 8 Spa Lobby

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

2:00 PM

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.

HEART-OPENING PRACTICE II Yoga Studio

BUFF BOOTY II Gym 1

BOXER'S WORKOUT III Limit: 12 Gym 3

GOLF CLINIC: BUNKERS Limit: 4 Golf Performance Center

50 min. \$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.

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.

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

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

VINYASA FLOW II

Gym 3

Gym 1

Racquet Court 1

Spa Lobby

Yoga Studio

Yoga Studio

3:15 PM

WATSU DEMO

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

Aquatic Center

4:00 PM

SPIRITUAL CYCLING A Limit: 18

Indoor Cycling Studio

HAPPY, JOYOUS & FREE

CME

Cactus 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.

AERIAL HAMMOCK YOGA CLINIC Limit: 5

Gym 3

\$90 Sign up: Ext. 44338.

STRETCH & RELAXATION A

Gym 2

5:00 PM

CHINESE MEDICINE FOR MOTHERS

Cactus Room

Pregnancy causes physical changes that can impact quality of life, even decades after giving birth. Learn how acupuncture and Chinese Medicine can boost energy, reduce brain fog and balance hormones.

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.

FIESTA FRIDAY

Double U Café

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.

8:00 PM

EVENING REFLECTON

Mesquite Room

Take stock of the day and how it unfolded for you. Share observations with a supportive group – all working together to stay spiritually fit and end the day with serenity.

BINGO

Pavilion

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

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.

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 | MAY 2, 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.

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

6:30 AM
MORNING WALKS A Spa Lobby

7:00 AM
QI GONG A Yoga Studio

8:00 AM
CENTERING MEDITATION A Sanctuary
30 min.

8:30 AM
INTENTION & INSPIRATION Mesquite Room
Practice starting each day with a positive outlook.
FITNESS FOR YOUR FEET® A Limit: 30 Gym 1
20 min.

9:00 AM
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
WORLD BEAT A Gym 1
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio
CHAIR YOGA I Limit: 20 Yoga Studio
STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

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

DECONSTRUCTING DEPENDENCY Cactus Room
Do you know the signs of addiction? Expert Mel Pohl, MD, describes signs and symptoms of dependency and offers options for recovery, whether it's for you, a loved one, a friend or colleague.

11:00 AM

POSTURE & BALANCE
IN THE WATER A Limit: 15 Aquatic Center
INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.

NEW INSPIRED SKETCHBOOKING Limit: 8 Art Studio 1
2 hr. \$110 Sign up: Ext. 44338.

PILATES MAGIC CIRCLE A Limit: 25 Gym 3

OPEN 12-STEP RECOVERY MEETING FOR MEN Mesquite Room
This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

OPEN 12-STEP RECOVERY MEETING FOR WOMEN Sanctuary
This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

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.

WALLYBALL II/III Racquet Court 1

NOON

HIT IT! III Limit: 12 Gym 1
30 min.

KETTLEBELL 101 II/III Gym 3
30 min.

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

LUNCH & LEARN Demo Kitchen
Enjoy SHRIMP EGGROLL SALAD, soup, salad and dessert and watch our demo chef prepare the entrée.
50 min.

1:00 PM

BREATHING A Yoga Studio

INTRO TO WALLYBALL I Racquet Court 1

GYROKINESIS A Limit: 15 Gym 1

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

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.

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.

2:00 PM

ZUMBA® A

FREEFORM FUSION II/III Limit: 15

GENTLE VINYASA I

ABOVE & BELOW THE BELT I/II Limit: 20

YOGA PILATES BLEND II/III

NEW HANDS-ON COOKING:

PREDOMINANTLY PLANTS Limit: 10

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.

MANAGING OSTEOARTHRITIS OF THE HIP AND KNEE

CME

Taylor Wade, MS, LAT, ATC, talks about ways to efficiently manage osteoarthritis, and treatment advancements utilized at Canyon Ranch for osteoarthritis.

GOLF CLINIC: CHIPPING Limit: 4

\$105 Sign up: Ext. 44338

PILATES REFORMER CLINIC: BEGINNING Limit: 5

\$90 Sign up: Ext. 44338.

3:00 PM

WALLYBALL II/III

ABOVE & BELOW THE BELT I/II Limit: 20

YOGA PILATES BLEND II/III

INTERMEDIATE YOGA II

BUFF BOOTY II

CLIMBING FOR FITNESS Limit: 8

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

4:00 PM

INDOOR CYCLING A Limit: 18

RESTORATIVE YOGA A Limit: 20

THE PROMISES OF RECOVERY

Join a panel from a variety of 12-step programs as they discuss the alchemy of a life based on 12-step spirituality that helps people turn addictions into catalysts for a healthy life.

STRETCH & RELAXATION A

5:00 PM

GRILL NIGHT

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.

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 1

Gym 2

Yoga Studio

Gym 3

Yoga Studio

Demo Kitchen

Catalina Room

Golf Performance Center

Pilates Studio

Racquet Court 1

Gym 3

Yoga Studio

Yoga Studio

Gym 1

Spa Lobby

Indoor Cycling Studio

Yoga Studio

Cactus Room

Gym 2

Double U Café

Mesquite Room

Sanctuary

7:00 PM

NEW LINE DANCING

Pavilion

Show us your line dance moves, take a lesson with a Ranch pro, or just sit back and enjoy the music, the popcorn and high spirits.

50 min.

8:00 PM

EVENING REFLECTON

Mesquite Room

Take stock of the day and how it unfolded for you. Share observations with a supportive group – all working together to stay spiritually fit and end the day with serenity.

FROM AVERAGE TO IRONMAN

Catalina Room

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

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.

MY SCHEDULE SATURDAY

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 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

SUNDAY | MAY 3, 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

SUNDAY SAUNTER, POETRY & REFLECTION Limit: 11 Spa Lobby
Enjoy a morning excursion through the Sonoran Desert with members of the 12-step recovery community.
1 hr. 30 min. 2 HR.
CENTERING MEDITATION A Sanctuary
30 min.

8:30 AM

CORE & MORE A Gym 2
20 min.

9:00 AM

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

10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
GOLF CLINIC: PUTTING Limit: 4 Golf Performance Center
\$105 Sign up: Ext. 44338

ELEVATE: LAUNCH YOUR BEST LIFE

You know what you need to do to stay healthy – now it's time to turn intentions into action. This powerful retreat is a proven catalyst for change. Specialists help you get into gear, whether you're focused on a personal concern, weight management, athletic performance or a healthy living reboot.

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

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

11:00 AM

YOGA FOR DETOX II Yoga Studio
AQUA FIT I Limit: 15 Aquatic Center
PAIN & PILLS: KNOW YOUR CHOICES Cactus Room

What happens when chronic pain is treated long-term with opioid medication? National medical expert, Mel Pohl, MD, describes the historic rise of dependency and offers expertise on pain management.

ZUMBA® A Gym 1
TRX® FUSION III Limit: 11 Gym 3
THE SCIENCE OF WEIGHT LOSS CME Catalina Room

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

WALLYBALL II/III Racquet Court 1

NOON

COMMUNITY TABLE: METAPHYSICAL Canyon Ranch Grill™
Join a member of our metaphysical 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.

LUNCH & LEARN Demo Kitchen
Enjoy MU SHU VEGETABLES and SCALLION PANCAKE, soup, salad and dessert and watch our demo chef prepare the entrée.

1:00 PM

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

2:00 PM

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

BUFF BOOTY II Gym 1

YIN YOGA II Yoga Studio

SURFSET FITNESS III Limit: 11 Gym 1

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.

3:00 PM

FIERCE! TABATA WORKOUT III Gym 1

DESERT DRUMMING A Limit: 21 Gym 2

YOGA NATURALLY I/II T-Pool Ramada

Your service allowance may be applied toward activity fees.

GOTTA DANCE AT THE RANCH™

Unleash the dancer in you. Experience doesn't matter – this is all about expression, movement and the magic of music.

Every Guest is welcome to attend the final recital on Thursday December, 12th at 7 pm.

ALL ACTIVITIES OUTLINED IN GREEN ARE A PART OF THIS FEATURED EVENT.

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.

PICKLEBALL: INTERMEDIATE/ADVANCED CLINIC Limit: 4
\$90 Sign up: Spa Activity Board.
INTERMEDIATE YOGA II
WALLYBALL II/III

Tennis Courts

Yoga Studio
 Racquet Court 1

4:00 PM
STRETCH & RELAXATION A
PICKLEBALL INTRO CLINIC Limit: 8
50 min. \$90 Sign up: Spa Activity Board.
RESTORATIVE YOGA A Limit: 20
HIIT IT! III Limit: 12
30 min.

Gym 2
 Tennis Courts

Yoga Studio
 Gym 1

5:00 PM
MEDITATION A
30 min.
NEW TASTE OF NEW DELHI

Sanctuary

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.

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
GLOW-GA A
Body paint and glow sticks provided.

Yoga Studio

10 Ways to Practice PEACE & SOLITUDE at CANYON RANCH

A big part of wellness is simply resting your mind and body. While you're at Canyon Ranch, please take a break from all that you're doing and give yourself the gift of being:

- 1 Walk our Labyrinth
- 2 Visit the Meditation Garden at the Spiritual Wellness Center
- 3 Get lost in a good book
- 4 Follow the Spirit Walk
- 5 Take a nap
- 6 Enjoy a cup of coffee or tea on your patio
- 7 Watch a sunset
- 8 Write a letter of appreciation to somebody
- 9 Take a mindful walk on the 2-Mile Loop
- 10 Sink into a sauna and hot tub – just say ahh ...

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 | MAY 4, 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

BIRD WALK Limit: 8 Spa Lobby
2 hr. Sign up: Outdoor Sports Activity Board or 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

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

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

PILATES FOR BALANCE II/III Limit: 18 Gym 3

INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

CHAIR YOGA I Limit: 20 Yoga Studio

CARDIO TENNIS CLINIC Tennis Courts

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

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

CORE CONDITIONING II/III Limit: 24 Gym 1

MUSCLE MAX II/III Gym 3

H2O POWER A Limit: 24 T-Pool

STRETCH A Limit: 30 Yoga Studio

NEW FEED YOUR BODY, NOURISH YOUR SPIRIT CME Cactus Room

Nutritionist Kiely Wilkins, MS, RDN, LDN, and spiritual wellness provider Jessica Swift, MPS, discuss nourishing your body from a place of sacred love.

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

KILLER DRILLS & SKILLS III Limit: 18 Gym 3

AQUA FIT I Limit: 15 Aquatic Center

INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.

ROCKIN' RETRO I/II Gym 1

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

WALLYBALL II/III Racquet Ct. 1

NOON

LUNCH & LEARN Demo Kitchen
Enjoy GRILLED SALMON BURGER WITH SUMMER SLAW, soup, salad and dessert and watch our demo chef prepare the entrée.

TRX® 101 I/II Limit: 11 Gym 3
30 min.

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

COMMUNITY TABLE: FOOD DEVELOPMENT Canyon Ranch Grill™
Learn about the Canyon Ranch "food story" and how the synergy between food and nutrition shapes the great tasting, healthy cuisine at Canyon Ranch.

1:00 PM

BREATHING 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.

2:00 PM

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

SURFSET FITNESS III Limit: 11 Gym 1

NEW 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

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.

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.

3:00 PM

BOSU 3D EXTREME III Gym 1

YOGA NATURALLY I/II T-Pool Ramada

TRX® STRETCH II Limit: 12 Gym 3

ASIAN BRUSH PAINTING Limit: 8 Art Studio 1

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

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.

INTERMEDIATE YOGA II Yoga Studio

PICKLEBALL: BEGINNER/INTERMEDIATE CLINIC Limit: 4 Tennis Courts

\$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.

RESTORATIVE YOGA A Limit: 20 Yoga Studio

SPIRITUAL CYCLING A Limit: 18 Indoor Cycling Studio

INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN Spa Lobby

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

5:00 PM

MEDITATION A Sanctuary

30 min.

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.

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.

BACK TALK: WHAT ARE YOUR ACHES & PAINS SAYING? CME Cactus Room

Athletic trainer Maria DelliVeneri, MS, ATC, discusses common forms of back pain and nonsurgical approaches that may decrease your symptoms and promote a healthy, active return to life and leisure.

6:00 PM

NEW SPIRITUAL RESILIENCE Catalina Room

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.

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.

IMPROVE YOUR MEMORY POWER Cactus Room

Where did you put your keys? What's that person's name? Learn how to remember with ease as Steve Ochoa teaches techniques for increasing your memory power.

8:00 PM

SOCIAL MEDIA FOR EVERYONE Catalina Room

Social media can help you develop and nurture fulfilling connections. Digital communications expert Rob Falk will show you how a tiny investment of time can yield great personal benefits.

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 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 | MAY 5, 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.

5:30 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

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 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

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

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.

TRX® FUSION III Limit: 11 Gym 3

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

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.

FIERCE! TABATA WORKOUT III Gym 1

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

11:00 AM

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.

DJ DANCE PARTY II Gym 1

VINYASA FLOW II Yoga Studio

MOVESTRONG III Limit: 10 Cardio & Strength Gym

AQUA FIT I Limit: 15 Aquatic Center

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

LUNCH & LEARN Demo Kitchen

Enjoy SMOKED CHICKEN TACOS WITH GUACAMOLE AND ROASTED VEGETABLE SALSA and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in today's demo recipes.

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

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 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

THE REAL SKINNY ON WEIGHT MANAGEMENT CME Catalina Room
With Param Dedhia, MD, learn new approaches to healthy weight loss and discover how to keep weight off with lifelong maintenance.

2:00 PM

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.

NEW 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.

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

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.

BUFF BOOTY II Gym 1

GOLF CLINIC: PUTTING Limit: 4 Golf Performance Center
\$105 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.

3:00 PM

WALLYBALL II/III Racquet Court 1

DESERT DRUMMING A Limit: 21 Gym 2

RECOVERY FOR YOUR FEET Sanctuary

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.**

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

CORE CONDITIONING II/III Limit: 24 Gym 1

INTERMEDIATE YOGA II Yoga Studio

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

4:00 PM

NEW ALPHA CYCLING A Limit: 18 Indoor Cycling Studio
60 min.

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.

RESTORATIVE YOGA A Limit: 20 Yoga Studio

STRETCH & RELAXATION A Gym 2

5:00 PM

MEDITATION A Sanctuary
30 min.

TACO NIGHT Double U Café

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.

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.

CHOCOLATE: FOOD OF THE GODS CME Cactus Room

Join Yael Greenblatt, MS, RDN, in an interactive discussion about the history, production and health benefits of chocolate. Learn how to choose the highest quality chocolate and enjoy a sampling.

6:00 PM

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

CULTIVATING COMPASSION CME Catalina Room

Join Amy Hawthorne, MS, LMFT, to gain a deeper understanding of what compassion is, what prevents us from cultivating it, and why it is essential for health, healing and change.

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

THE TEN COMMANDMENTS OF CARE-TAKING Cactus Room

At any point in time, we may be called upon to take care of we love. Join Amy Lederman in an exploration of care, compassion and balancing the demands of caring for others while maintaining self-care.

8:00 PM

BINGO Pavilion

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

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 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

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

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 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

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

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 6am, Mo 6am

CLIMBING FOR FITNESS

Climb our rock wall for a great workout. Th 3pm, Sa 3pm

HIGH ROPES CHALLENGE COURSE

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

NATIVE AWARENESS

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

PHOTOGRAPHY HIKE

Learn how to take memorable nature photos. A camera and a thumb drive of your images will be provided. Fr 5:30am, Tu 5:30am

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

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

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

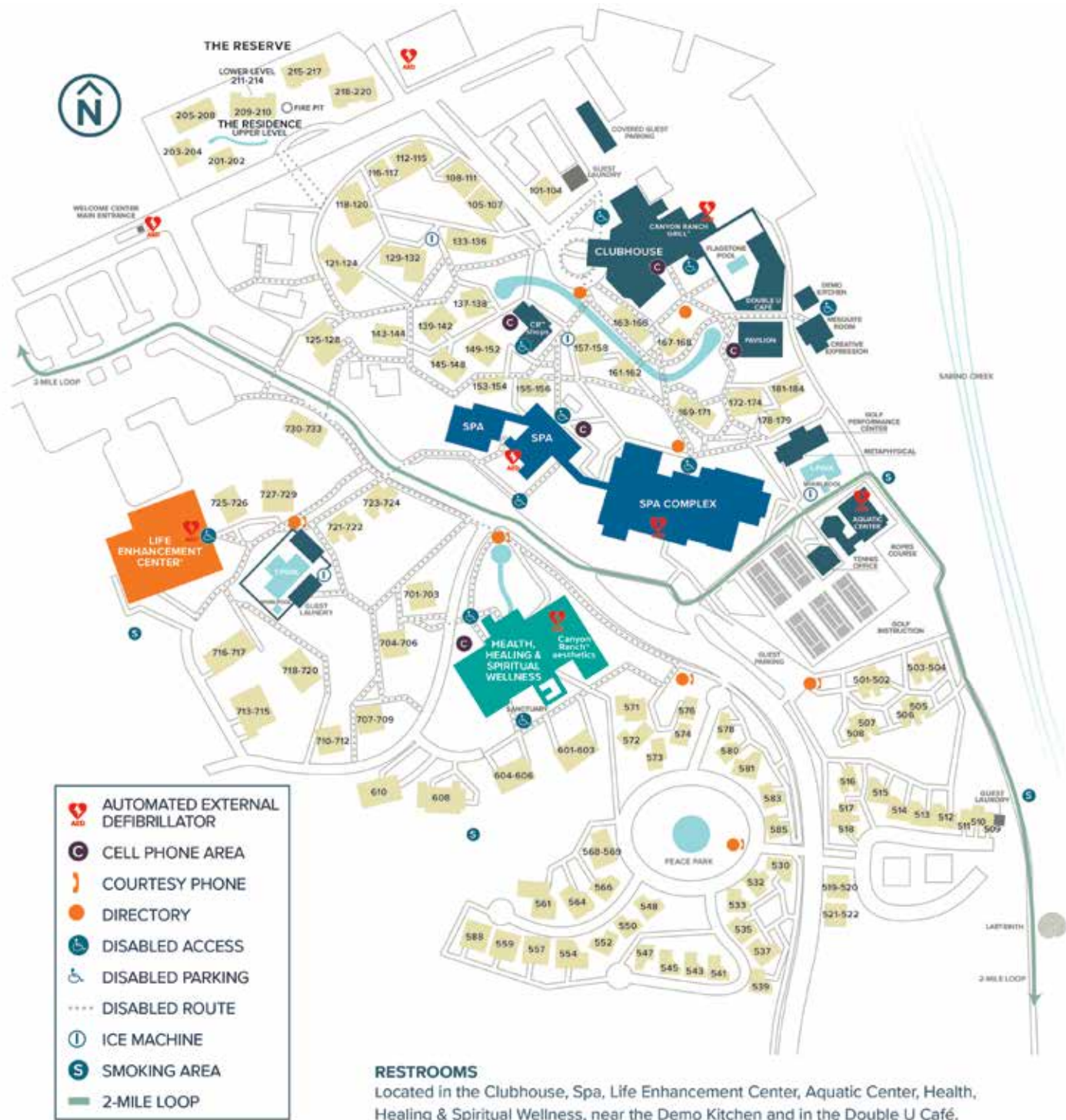
Watch a Canyon Ranch chef prepare your lunch, spicing things up with surprising tips, professional techniques and plenty of fun. No sign-up necessary, although space is limited. Don't miss the show!



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