

40
YEARS
1979 - 2019

CANYON RANCH®

wellness resort | TUCSON AZ

Crystal Sound Activation

**YOUR
DAILY SCHEDULE**

MAY 6 – 12, 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 | MAY 6, 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

PRIMITIVE FIRE-MAKING Limit: 6

Spa Lobby

2 hr. Sign up: Outdoor Sports Activity Board or call Ext. 4355.

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

INDOOR CYCLING A Limit: 18

Indoor Cycling Studio

PICKLEBALL INTRO CLINIC Limit: 8

Tennis Courts

\$90 Sign up: Spa Activity Board.

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

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.

CARDIO TENNIS CLINIC

Tennis Courts

\$90 Sign up: Spa Activity Board.

STRIDE & STRENGTH A Limit: 14

Cardio & Strength Gym

CERAMIC EXPRESSIONS Limit: 8

Art Studio 1

2 hr. \$110 Sign up: Ext. 4338.

PILATES REFORMER TOWER WORKOUT

Limit: 5

Pilates Studio

\$90 Sign up: Ext. 4338

10:00 AM

NATIVE AWARENESS Limit: 10

Spa Lobby

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

STRETCH A Limit: 30

Yoga Studio

CARDIO CIRCUIT II Limit: 20

Cardio & Strength Gym

H2O POWER A Limit: 24

T-Pool

DRUMMING CIRCLE A

Gym 1

LONG & LEAN BARRE WORKOUT A Limit: 25

Gym 2

11:00 AM

NEW VORTEX CRYSTAL GUIDED WALK

Spa Lobby

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.

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.

AQUA FIT I Limit: 15

Aquatic Center

DESERT DRUMMING A Limit: 21

Gym 2

FIERCE! TABATA WORKOUT III

Gym 1

WALLYBALL II/III

Racquet Court 1

PILATES MAT I I

Yoga Studio

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.

1:00 PM

HEALING BOTANICALS

IN WATERCOLOR & INK Limit: 8

Art Studio 1

2 hr. \$110 Sign up: Ext. 4338.

BREATHING A

Yoga Studio

WHAT'S MENOPAUSE GOT TO DO WITH IT? CME

Catalina Room

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

2:00 PM

MASTERING THE MERCURY RETROGRADE

Cactus Room

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.

VINYASA FLOW II

Yoga Studio

ZUMBA® A

Gym 1

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. 4338.

GOLF CLINIC: DRIVING Limit: 4

Golf Performance Center

\$105 Sign up: Ext. 4338.

YOGA PILATES BLEND II/III

Yoga Studio

MOVESTRONG III Limit: 10

Cardio & Strength Gym

EXPLORE

canyonranch.com

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

Experience Guide **HIGHLIGHTS**

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.

3:00 PM

WALLYBALL II/III Racquet Court 1

LET GO, POUR & PAINT Limit: 8 Art Studio 1
2 hr. \$110 Sign up: Ext. 4338.

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. 4338.

BUFF BOOTY II Gym 1

INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.

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.

TRX® FUSION III Limit: 11 Gym 3

4:00 PM

PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts

\$90 Sign up: Spa Activity Board.

RESTORATIVE YOGA A Limit: 20 Yoga Studio

STRETCH & RELAXATION A Gym 2

TWILIGHT PHOTO WALK Limit: 8 Spa Lobby

3 hr. \$110 See Outdoor Sports Activity Board or call Ext. 4355 for current time and to sign up.

5:00 PM

MEDITATION A Sanctuary

OPEN 12-STEP RECOVERY MEETING Mesquite Room

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

NEW 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.

PICKLEBALL:

BEGINNER/INTERMEDIATE CLINIC Limit: 4 Tennis Courts

\$90 Sign up: Spa Activity Board.

ACUPUNCTURE & THE TREATMENT

OF STRESS, ANXIETY & DEPRESSION Cactus Room

Acupuncture helps slow down the busy mind, relaxes the nervous system and offers a renewed sense of well-being. Join Marta Vergara, LAc, and learn self-care techniques to take home with you.

7:00 PM

FROM REACTIVITY TO COMPASSION Cactus Room

Learn about the price of losing compassion for ourselves as well as how to recognize and deal with emotional triggers that cause us to lash out in anger or fear or succumb to despair.

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. 4338.

8:00 PM

LAND OF THE SOUTHWEST MONSOON Catalina Room

What makes the Southwest so special? Mitch Stevens and Russell Lowes give a visual presentation of the Sonoran Desert, from sky-island mountain ranges to the Grand Canyon and beyond.

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 | MAY 7, 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

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. 4338.

ARIZONA-SONORA DESERT MUSEUM Limit: 8

Spa Lobby

5 hr. 30 min. \$200 Sign up: Ext. 4355.

8:00 AM

CENTERING MEDITATION A

Sanctuary

30 min.

TENNIS: INTERMEDIATE/ADVANCED CLINIC

Tennis Courts

\$90 Sign up: Spa Activity Board.

8:30 AM

DYNAMIC STRETCH EXPRESS II/III

Gym 2

20 min.

9:00 AM

INDOOR CYCLING A Limit: 18

Indoor Cycling Studio

ASIAN BRUSH PAINTING Limit: 8

Art Studio 1

2 hr. \$110 Sign up: Ext. 4338.

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

FITNESS FIRST I

Gym 2

SURFSET FITNESS III Limit: 11

Gym 1

10:00 AM

H2O POWER A Limit: 24

T-Pool

CARDIO CIRCUIT II Limit: 20

Cardio & Strength Gym

FITNESS FIRST I

Gym 2

STRETCH A Limit: 30

Yoga Studio

LONG & LEAN BARRE WORKOUT A Limit: 25

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.

CORE CONDITIONING II/III Limit: 24

Gym 1

GOLF CLINIC: PUTTING Limit: 4

Golf Performance Center

\$105 Sign up: Ext. 4338

11:00 AM

PILATES REFORMER CLINIC: BEGINNING Limit: 5

Pilates Studio

\$90 Sign up: Ext. 4338

INTERMEDIATE YOGA II

Yoga Studio

1 hr. 15 min.

AQUA FIT I Limit: 15

Aquatic Center

WHAT IS SPIRITUAL INTELLIGENCE?

Catalina Room

Learn ways to strengthen a higher form of knowing, connect your inner and outer life and experience greater psychological well-being and whole-person development from Stephanie Ludwig, PhD, MA, MDiv.

NEW MOSAIC OF YOUR LIFE Limit: 8

Art Studio 1

2 hr. \$170 Sign up: Ext. 4338.

WALLYBALL II/III

Racquet Court 1

MUSCLE MAX II/III

Gym 3

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.

DJ DANCE PARTY II

Gym 1

NOON

HIIT IT! III Limit: 12

Gym 1

30 min.

COMMUNITY TABLE: MEMBERSHIP SALES

Canyon Ranch Grill™

Learn how Membership at Canyon Ranch is the best investment you can make in lifelong health for you and your family.

FITNESS FOR YOUR FEET® A Limit: 30

Gym 1

20 min.

AERIAL HAMMOCK YOGA CLINIC Limit: 5

T-Pool Ramada

\$90 Sign up: Ext. 4338.

1:00 PM

GYROKINESIS A Limit: 15

Gym 1

INTRO TO WALLYBALL I

Racquet Court 1

BREATHING A

Yoga Studio

EXPLORE

canyonranch.com

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

MORE INFO

Classes and Activities

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

Need even more? Call Program Advising at Ext. 44338.

Featured Speaker: Rob Falk

Attorney, educator and technology evangelist Rob Falk has been captivated by the power of computers since 1972. Rob's passion is helping baby boomers understand and enjoy technology in healthy, non-addictive ways to enhance joy and connections in life.

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.

2:00 PM

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. 4338.

RECOGNIZING LOVE'S POTENTIAL THROUGH ASTROLOGY

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. Cactus Room

FREEFORM FUSION II/III Limit: 15 Gym 1

BOXER'S WORKOUT III Limit: 12 Gym 3

GOLF CLINIC: CHIPPING Limit: 4 Golf Performance Center

\$105 Sign up: Ext. 4338

YOGA FOR A HEALTHY BACK I Yoga Studio

3:00 PM

POWER FLOW II/III Yoga Studio

WALLYBALL II/III Racquet Court 1

LEARN HOW TO FOCUS YOUR INTENTION

With Canyon Ranch psychic Lesley Lupo, learn how to move a crystal pendulum by simply focusing your gaze. Catalina Room

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

INTERMEDIATE YOGA II Yoga Studio

4:00 PM

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

RESTORATIVE YOGA A Limit: 20 Yoga Studio

PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts

\$90 Sign up: Spa Activity Board.

STRETCH & RELAXATION A Gym 2

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.

PICKLEBALL:

INTERMEDIATE/ADVANCED CLINIC Limit: 4 Tennis Courts

\$90 Sign up: Spa Activity Board.

SLEEP: AN ANTI-INFLAMMATORY THERAPY CME Cactus Room

Canyon Ranch Director of Sleep Medicine Param Dedhia, MD, will share the latest research on how inflammation impacts sleep, and vice versa, and why best sleep translates into best health.

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.

8:00 PM

GS SECURITY & PRIVACY FOR COMPUTER, INTERNET & SMARTPHONE Catalina Room

Attorney and digital communications expert Rob Falk reviews simple ways to protect personal information from hackers, phishers and prying eyes. Bring your phone, tablet or laptop and get more secure.

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 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 | MAY 8, 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. 4355.

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

CORE & MORE A Gym 2
20 min.

9:00 AM

CHAIR YOGA I Limit: 20 Yoga Studio
CARDIO TENNIS CLINIC Tennis Courts
\$90 Sign up: Spa Activity Board.

STRIDE & STRENGTH A Limit: 24 Cardio & Strength Gym

NEW SOUTHWEST SPIRIT: MEXICAN AMATE PAINTING Limit: 8 Art Studio 1
2 hr. \$110 Sign up: Ext. 4338.

DEEP WATER PUMP A Limit: 12 T-Pool
INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

ZUMBA® A Gym 1
PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts
\$90 Sign up: Spa Activity Board.

10:00 AM

MEAL PLANNING MADE EASY Cactus Room
TENNIS MIXER Limit: 12 Tennis Courts
Sign up: Spa Activity Board.

FIERCE! TABATA WORKOUT III Gym 1
TRX® STRETCH II Limit: 11 Gym 3

STRETCH A Limit: 30 Yoga Studio

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym
GOLF CLINIC: DRIVING Limit: 4 Golf Performance Center
\$105 Sign up: Ext. 4338.

H2O POWER A Limit: 24 T-Pool

KNOW YOUR LEVEL

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

Questions? Call Program Advising at Ext. 44338.

11:00 AM

WALLYBALL II/III Racquet Court 1
STUDIO PAINTING: WATERCOLOR Limit: 8 Art Studio 1
2 hr. \$110 Sign up: Ext. 4338.

AQUA FIT I Limit: 15 Aquatic Center

ROCKIN' RETRO I/II Gym 1
INTERMEDIATE YOGA II Yoga Studio
1 hr. 15 min.

TRX® FUSION III Limit: 11 Gym 3

LIVING AS YOUR TRUE SELF Catalina Room
Join a spiritual wellness provider, to discover the peace of mind and heart that comes with the courageous practice of living authentically.

PILATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio
\$90 Sign up: Ext. 4338

NOON

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

TAI CHI A Yoga Studio
COMMUNITY TABLE: NUTRITION Canyon Ranch Grill™

A Canyon Ranch nutritionist will answer all your questions about our healthy and delicious food and let you know the broad range of services available.

1:00 PM

QI GONG A Yoga Studio
DON'T TAKE IT PERSONALLY Catalina Room

We've all heard this advice: Don't take it personally. Self-help books have devoted chapters to the benefits but don't tell us how. Join Lesley Lupo to explore ways to accomplish this goal.

2:00 PM

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. 4338.

BUFF BOOTY II Gym 1
BOXER'S WORKOUT III Limit: 12 Gym 3

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.

EXPLORE

canyonranch.com

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

Experience Guide **HIGHLIGHTS**

BODY COMPOSITION SCREENING

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

Interested? Call Program Advising at Ext. 44338.

3:00 PM

MUSCLE MAX II/III

Gym 3

PILATES TO THE BEAT II/III

Gym 1

WALLYBALL II/III

Racquet Court 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.

VINYASA FLOW II

Yoga Studio

3:15 PM

WATSU DEMO

Aquatic Center

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

4:00 PM

SPIRITUAL CYCLING A Limit: 18

Indoor Cycling Studio

GS FACEBOOK FOR GRANDPARENTS

Cactus Room

If you want to communicate with your children and grandchildren more often, digital communications expert Rob Falk will show you the rules for making a graceful entry into the world of Facebook.

AERIAL HAMMOCK YOGA CLINIC Limit: 5

T-Pool Ramada

\$90 Sign up: Ext. 4338.

STRETCH & RELAXATION A

Gym 2

5:00 PM

MEDITATION A

Sanctuary

30 min.

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.

I KNOW I SHOULD EXERCISE, BUT ...

CME

Cactus Room

Despite its benefits, most people still don't exercise consistently. Exercise physiologist Eric Alikpala, MA, talks about the reasons why, and offers practical solutions to help you get and stay fit.

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

ESTABLISHING BALANCE:

UNDERSTANDING ACHES & PAINS

CME

Catalina Room

Do you have lingering pain? Taylor Wade, MS, LAT, ATC, will help explain why we develop chronic injuries and the importance of establishing muscular and postural balance within the body.

7:00 PM

NEW LIVING AND CREATING WITH REVERENCE

Cactus Room

Explore how a life-giving sense of reverence can be more fully integrated into your daily life through reflections on the wisdom of women and craftsmen from many cultures, with Claire Campbell Park.

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**

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.

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 9, 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. 4355.

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

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

9:00 AM

INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

WORLD BEAT A Gym 1

KILLER DRILLS & SKILLS III Limit: 18 Gym 3

CHAIR YOGA I Limit: 20 Yoga Studio

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. 4338.

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

10:00 AM

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

STRETCH A Limit: 30 Yoga Studio

H2O POWER A Limit: 24 T-Pool

DRUMMING CIRCLE A Gym 1

MUSCLE MAX II/III Gym 3

THE COACH APPROACH:

HOW TO BE YOUR OWN LIFE COACH CME Cactus Room

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

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

11:00 AM

KEEP YOUR JOINTS HEALTHY CME Catalina Room

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

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.

INSPIRED SKETCHBOOKING Limit: 8 Art Studio 1

2 hr. \$110 Sign up: Ext. 4338. Racquet Court 1

WALLYBALL II/III

NOON

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

COMMUNITY TABLE: SPIRITUAL WELLNESS Canyon Ranch Grill™

Learn about our beautiful spiritually oriented venues and services with a spiritual wellness provider.

KETTLEBELL 101 II/III Gym 3

30 min.

1:00 PM

GYROKINESIS A Limit: 15 Gym 1

INTRO TO WALLYBALL I Racquet Court 1

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.

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

1:30 PM

MEMBERSHIP & REAL ESTATE Spa Lobby

Learn how to become a Canyon Ranch Member – or explore Ranch home ownership and get an inside glimpse of Canyon Ranch Living®. 30 min.

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.

EXPLORE

canyonranch.com

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

Experience Guide **HIGHLIGHTS**

YOUR SOUL SONG

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

Interested? Call Program Advising at Ext. 44338.

2:00 PM

GOLF CLINIC: CHIPPING Limit: 4 Golf Performance Center

\$105 Sign up: Ext. 4338

PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio

\$90 Sign up: Ext. 4338.

ZUMBA® A Gym 1

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

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. 4338.

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

INTERMEDIATE YOGA II Yoga Studio

4:00 PM

RESTORATIVE YOGA A Limit: 20 Yoga Studio

STRETCH & RELAXATION A Gym 2

INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

5:00 PM

MEDITATION A Sanctuary

30 min.

OPEN 12-STEP RECOVERY MEETING Mesquite Room

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

THE PATH TO SELF-LOVE Cactus Room

A spiritual wellness provider will help you explore ways to develop a genuinely compassionate and loving relationship with yourself.

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.

6:00 PM

CREATIVE PHOTOGRAPHY Catalina Room

Find out how to see nature with a photographer's eye. Learn new techniques as an Outdoor Sports photography guide demonstrates ways to create stunning images of the Sonoran Desert.

7:00 PM

COFFEE & CANVAS Limit: 9 Art Studio 2

Unleash your creative side and have fun! Our teachers guide you step-by-step through a painting. Enjoy coffee, snacks and great company while creating a work of art to remind you of your Ranch stay.

1 hr. 30 min. \$45 Sign up: Ext. 4338.

8:00 PM

HUM MORE, LIVE LONGER Catalina Room

Even if you can't carry a tune, humming can make a positive difference in your mood. Join sounding healing specialist Tryshe Dhevney as we put our lips together and hum the stress away.

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 SATURDAY

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

SUNDAY | MAY 10, 2020

PROPERTY ORIENTATION 9 am, 11 am & 3 pm. Meet at Guest Services

COMPLIMENTARY HIKING & BIKING

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

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

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. 4338.

8:00 AM

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

10:00 AM

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

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

THE SCIENCE OF WEIGHT LOSS CME Catalina Room
An exercise physiologist will take a scientific look at metabolism and weight loss. Bring your questions and watch some weight-loss myths get blown out of the water.
ZUMBA® A
WALLYBALL II/III Gym 1
YOGA FOR DETOX II Racquet Court 1
AQUA FIT I Limit: 15 Yoga Studio
TRX® FUSION III Limit: 11 Aquatic Center
Gym 3

NOON

AERIAL HAMMOCK YOGA CLINIC Limit: 5 T-Pool Ramada
\$90 Sign up: Ext. 4338.
GLUTE TRANSFORMATION CLINIC Limit: 5 Cardio & Strength Gym
\$90 Sign up: Ext. 4338.

1:00 PM

AWAKENING FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY Catalina Room
Access the feminine wisdom and power of the moon and Venus through your astrological birth chart. Heidi Harralson, MA, CG, talks about invoking their energy by working with gemstones and crystals.
GOLF CLINIC: DRIVING Limit: 4 Golf Performance Center
\$105 Sign up: Ext. 4338

2:00 PM

GOLF CLINIC: PITCHING Limit: 4 Golf Performance Center
\$105 Sign up: Ext. 4338
PLUTO, THE PLANET OF POWER AND TRANSFORMATION Cactus Room
Canyon Ranch astrologer Shivani Baker will share what the meaning of Pluto is in our charts, and how its energy affects us personally, nationally and globally.
YIN YOGA II Yoga Studio
SURFSET FITNESS III Limit: 11 Gym 1
BUFF BOOTY II Gym 2
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. 4338.

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.

THRIVE: KEEP MOVING & CELEBRATE AGING

Yes, you can stay active at every age. Use this powerful retreat to retool your exercise routine, reboot a stalled plan or make a fresh start in fitness. Our team of experts led by Corporate Director of Exercise Physiology Mike Siemens, MS, are masters of motivation with sure-thing pointers to get you going. They'll accurately assess your current status, then create a plan that suits your taste and lifestyle.

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

3:00 PM

WALLYBALL II/III

FIERCE! TABATA WORKOUT III

YOGA NATURALLY I/II

DESERT DRUMMING A Limit: 21

INTERMEDIATE YOGA II

Racquet Court 1
Gym 1
T-Pool Ramada
Gym 2
Yoga Studio

4:00 PM

RESTORATIVE YOGA A Limit: 20

PICKLEBALL INTRO CLINIC Limit: 8

\$90 Sign up: Spa Activity Board.

HIIT IT! III Limit: 12

30 min.

STRETCH & RELAXATION A

Yoga Studio
Tennis Courts
Gym 1
Gym 2

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.

PICKLEBALL:

BEGINNER/INTERMEDIATE CLINIC Limit: 4

\$90 Sign up: Spa Activity Board.

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.

Sanctuary
Double U Café
Tennis Courts
Mesquite Room

7:00 PM

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.

GLOW-GA A

Body paint and glow sticks provided.

Sanctuary
Yoga Studio

8:00 PM

BINGO

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

50 min.

Pavilion

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 11, 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. 4355.

6:30 AM

MORNING WALKS A Spa Lobby

7:30 AM

MOUNTAIN DISCOVERY HIKE Limit: 8 Spa Lobby
5 hr. \$110 See Outdoor Sports Activity Board or call Ext. 4355 prior to 4 pm the day before the event.

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

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.

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

PILATES FOR BALANCE II/III Limit: 18 Gym 3

CHAIR YOGA I Limit: 20 Yoga Studio

10:00 AM

H2O POWER A Limit: 24 T-Pool

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

STRETCH A Limit: 30 Yoga Studio

CORE CONDITIONING II/III Limit: 24 Gym 1

MUSCLE MAX II/III Gym 3

GOLF CLINIC: IRONS Limit: 4 Golf Performance Center

\$105 Sign up: Ext. 4338

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.

11:00 AM

ROCKIN' RETRO I/II Gym 1

INTERMEDIATE YOGA II Yoga Studio

1 hr. 15 min.

AQUA FIT I Limit: 15 Aquatic Center

KILLER DRILLS & SKILLS III Limit: 18 Gym 3

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 TUSCAN CHICKEN WITH ARTICHOKE FRITTER AND WHITE BEAN SALAD, soup, salad and dessert and watch our special guest Dan Hayes prepare the entrée.

DRAWING NATURAL LANDSCAPES Limit: 8 Sanctuary

2 hr. \$110 Sign up: Ext. 4338.

COMMUNITY TABLE: SPIRITUAL WELLNESS Canyon Ranch Grill™

Learn about our beautiful spiritually oriented venues and services with a spiritual wellness provider.

TRX® 101 I/II Limit: 11 Gym 3

30 min.

1:00 PM

INTRO TO WALLYBALL I Racquet Court 1

BREATHING A Yoga Studio

MEAL PLANNING MADE EASY Cactus Room

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

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. 4338.

LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2

ASTROLOGY: BEYOND THE BASICS Spa Lobby

Your astrological chart is a mandala that reveals both life purpose and personal synchronicity. Join Canyon Ranch astrologer Shivani Baker, to learn what popular horoscopes don't tell you.

YOGA PILATES BLEND II/III Yoga Studio

SURFSET FITNESS III Limit: 11 Gym 1

PILATES REFORMER TOWER WORKOUT Limit: 5 Pilates Studio

\$90 Sign up: Ext. 4338

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.

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

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
INTERMEDIATE YOGA II Yoga Studio
TRX® STRETCH II Limit: 11 Gym 3

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.

ASIAN BRUSH PAINTING Limit: 8 Art Studio 1
 2 hr. \$110 Sign up: Ext. 4338.

LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2
WALLYBALL II/III Racquet Court 1

4:00 PM

STRETCH & RELAXATION A Gym 2
RESTORATIVE YOGA A Limit: 20 Yoga Studio
INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN Spa Lobby
 Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

SPIRITUAL CYCLING A Limit: 18 Indoor Cycling Studio
PICKLEBALL INTRO CLINIC Limit: 8 Tennis Courts
 \$90 Sign up: Spa Activity Board.

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.

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

EATING WITH INTENTION CME Cactus Room
 In our multitasking world, food has become a secondary activity, no longer the focus of mealtimes. Kiely Wilkins, MS, RDN, leads a mindful experience to help create more satisfying eating practices.

STUDIO PAINTING: ACRYLIC Limit: 8 Art Studio 1
 2 hr. \$110 Sign up: Ext. 4338.

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

SO UPSET I CAN'T THINK STRAIGHT! CME Catalina Room
 With life management therapist John Shukwit, MA, LPC, BCC, explore techniques to override ingrained thought patterns and learn how to develop a thoughtful response to life's stressors.

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. 4338.

8:00 PM

YOUR BRAIN HEALTH IN PEACE AND WAR CME Pavilion
 Both aging and combat can change your brain in predictable ways. Dr. Richard Carmona, 17th U.S. Surgeon General, discusses new brain science being used to preserve & enhance cognitive ability.
 50 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.

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 12, 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. 4355.

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
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

NEW SOUTHWEST SPIRIT: MILAGROS Limit: 8 Art Studio 1
2 hr. \$110 Sign up: Ext. 4338.

SURFSET FITNESS III Limit: 11 Gym 1
FITNESS FIRST I Gym 2

10:00 AM

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

CARDIO CIRCUIT II Limit: 20 Cardio & Strength Gym

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.

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

TRX® FUSION III Limit: 11 Gym 3

FIERCE! TABATA WORKOUT III Gym 1

PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio
\$90 Sign up: Ext. 4338.

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

11:00 AM

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.

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.

WALLYBALL II/III Racquet Court 1

DJ DANCE PARTY II Gym 1

VINYASA FLOW II Yoga Studio

NOON

LUNCH & LEARN Demo Kitchen
Enjoy RED CHILE & LIME GRILLED SEA BASS WITH AVOCADO SLAW, soup, salad and dessert and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in today's demo recipes.

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.

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

1:00 PM

GLUTE TRANSFORMATION CLINIC Limit: 5 Cardio & Strength Gym
\$90 Sign up: Ext. 4338.

INTRO TO WALLYBALL I Racquet Court 1
BREATHING A Yoga Studio

NAILED IT - LATEST TECHNOLOGY Spa Lobby
IN NAIL CARE WITH DAZZLE DRY

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.

2:00 PM

BUFF BOOTY II Gym 1

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. 4338.

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

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

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.

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

PILATES REFORMER CLINIC:

INTERMEDIATE/ADVANCED Limit: 5 Pilates Studio
\$90 Sign up: Ext. 4338.

TARGETING YOUR HEART RATE Spa Lobby

Join a Canyon Ranch exercise physiologist for a live demonstration of target heart rate determination.

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

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.

3:00 PM

CHANGE YOUR AURA, CHANGE YOUR LIFE

Join clairvoyant Pat Bruckmann to learn about auras and chakras and how you can improve your state of well-being. **Cactus Room**

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. **Sanctuary**
30 min.

DESERT DRUMMING A Limit: 21

CORE CONDITIONING II/III Limit: 24

ABOVE & BELOW THE BELT I/II Limit: 20

INTERMEDIATE YOGA II

WALLYBALL II/III

4:00 PM

STRETCH & RELAXATION A

STUDIO PAINTING: WATERCOLOR Limit: 8 **Art Studio 1**
2 hr. \$110 Sign up: Ext. 4338.

RESTORATIVE YOGA A Limit: 20

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

5:00 PM

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. **Double U Café**

PICKLEBALL:

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

MODERN PAIN MANAGEMENT & ANCIENT WISDOM

Pain touches all of our lives in various degrees – and it always has. Marta Vergara shares her wealth of knowledge about acupuncture, Chinese medicine and 4,000 years of successful pain treatment. **Cactus Room**

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. **Mesquite Room**

MEDITATION A

30 min. **Sanctuary**

6:00 PM

HANDS-ON COOKING:

FOR THE LOVE OF CHOCOLATE

Deepen your love of chocolate while making decadent chocolate treats such as chocolate truffles, ganache, chocolate bark, and dipping chocolate. The best part is the whole thing! **Limit: 12 Demo Kitchen**

60 min. \$90 Sign up: Ext. 4338.

NEW THE ART OF MONOPRINTING

Limit: 8 **Art Studio 1**

TEN TIPS FOR OPTIMAL WOMEN'S HEALTH

Diane Downing, MD will discuss some of the key areas women can focus on to optimize health, longevity and vitality. **CME Catalina Room**

7:00 PM

YOU ARE ENOUGH, YOU HAVE ENOUGH, YOU WILL THRIVE

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. **Cactus Room**

8:00 PM

BINGO

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

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

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

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

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 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

ROCKIN' RETRO

Get your heart pumpin' and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. Fr 11am, Mo 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

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

ZUMBAÆ

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 FEETÆ

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

TRXÆ STRETCH

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

GOLF

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. Th 2pm, Th 2pm, 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 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, 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

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

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

MOUNTAIN DISCOVERY HIKE

Join a staff naturalist for an easy interpretive hike high in the cooler, forested Santa Catalina Mountains. Learn about the fascinating ecology of the mountains we call Sky Islands. Mo 7:30am

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

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. 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. We 5pm, Su 5pm, Tu 5pm

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. Th 5pm, Mo 5pm

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

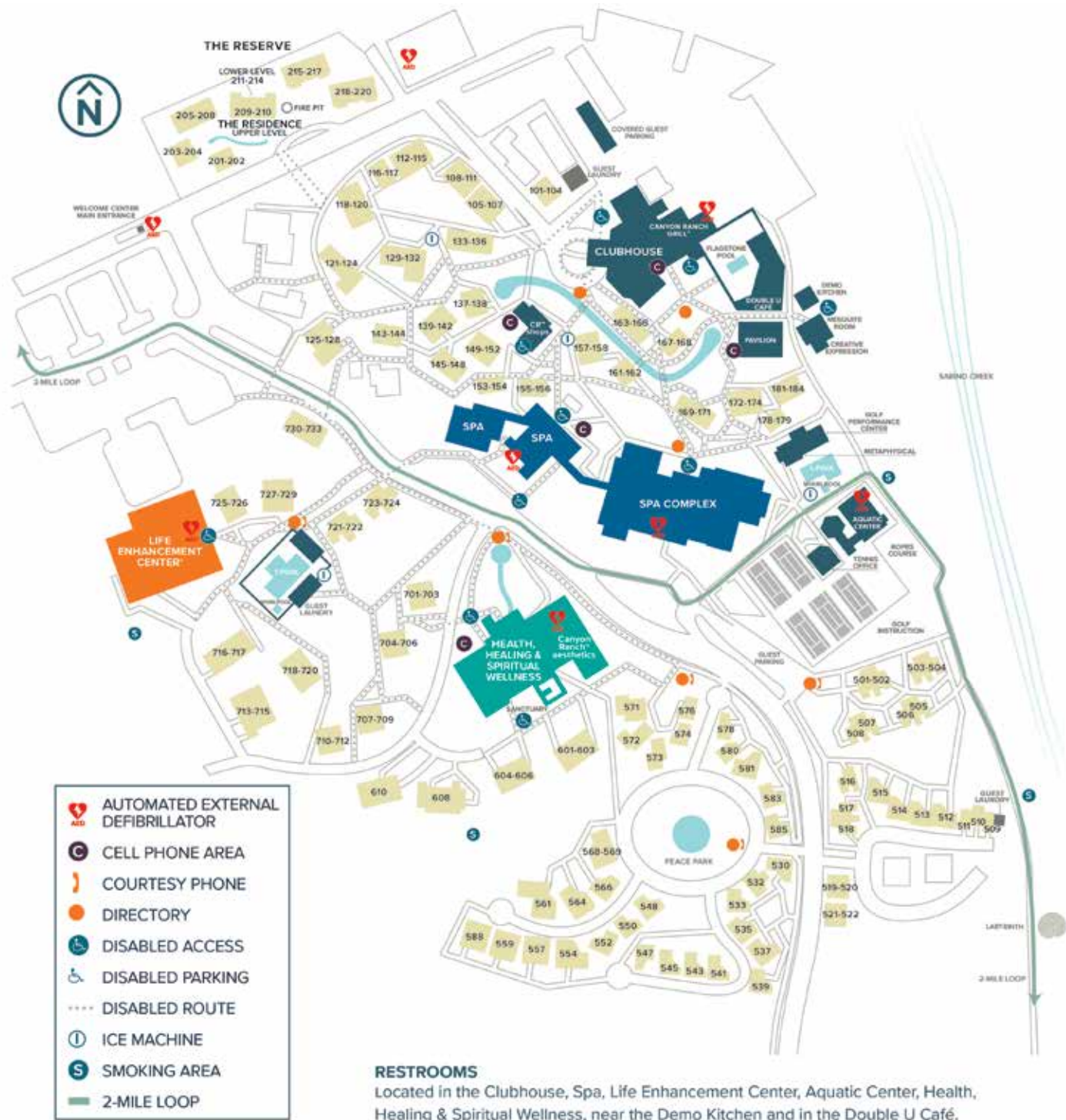
Watch a Canyon Ranch chef prepare your lunch, spicing things up with surprising tips, professional techniques and plenty of fun. No sign-up necessary, although space is limited. Don't miss the show!



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