

40  
YEARS  
1979 - 2019

CANYON RANCH®

wellness resort | TUCSON AZ

Hands-On Cooking

# YOUR DAILY SCHEDULE

MAY 13 – 19, 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!



## 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 13, 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

**PILATES REFORMER TOWER WORKOUT** Limit: 5 Pilates Studio  
\$90 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

**DRUMMING CIRCLE A** Gym 1

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

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

### 11:00 AM

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

**PILATES MAT I I** Yoga Studio

**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

**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.*

**FIERCE! TABATA WORKOUT III** Gym 1

**WALLYBALL II/III** Racquet Court 1

## NOON

**LUNCH & LEARN** Demo Kitchen

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

**COMMUNITY TABLE: LIFE ENHANCEMENT CENTER®** Canyon Ranch Grill™  
Find out what the Life Enhancement Center is all about – the programs, the environment, the mission.

### 1:00 PM

**BREATHING A** Yoga Studio

**BEST HEALTH APPS 2020** CME Catalina Room

Tracking devices and apps have come a long way, providing valuable guidance in nutrition, exercise and sleep. Param Dedhia, MD, addresses how they work and what to make of the results.

**HEALING BOTANICALS**

**IN WATERCOLOR & INK** Limit: 8 Art Studio 1

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

### 2:00 PM

**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.

**LIVING THROUGH LUNAR CYCLES** Cactus Room

Learn practical ways of incorporating lunar energy into your healthy living routine. Astrologer Will McCastle details how the moon's phases and movement through the zodiac can increase your potential.

**VINYASA FLOW II** Yoga Studio

**ZUMBA® A** Gym 1

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

**GOLF CLINIC: DRIVING** 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.**

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**

**BUFF BOOTY II** Gym 1  
**INTERMEDIATE YOGA II** Yoga Studio

1 hr. 15 min.

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

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

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

**4:00 PM**

**STRETCH & RELAXATION A** Gym 2  
**PICKLEBALL INTRO CLINIC** Limit: 8 Tennis Courts

\$90 Sign up: Spa Activity Board.

**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".

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

**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.

**COMMITTING TO EXERCISE WHEN YOU'RE OVER-COMMITTED** CME Cactus Room

People often struggle to balance exercise and a busy schedule. Exercise physiologist Andrew Wolf, M.Ed, talks about surviving when things aren't perfect - a key to graceful aging.

**MEDITATION A** Sanctuary  
 30 min.

**7:00 PM**

**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**

**HAPPINESS - WHY IS IT SO ELUSIVE?** Catalina Room

University of Arizona College of Science Assistant Dean Bob Logan discusses the pursuit of happiness and how it relates to brain function. You'll gain insights for living with passion and purpose.

1 hr. 10 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 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 14, 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

TENNIS: INTERMEDIATE/ADVANCED CLINIC Tennis Courts

\$90 Sign up: Spa Activity Board.

CENTERING MEDITATION A Sanctuary

30 min.

### 8:30 AM

DYNAMIC STRETCH EXPRESS II/III Gym 2

20 min.

### 9:00 AM

INDOOR CYCLING A Limit: 18 Indoor Cycling Studio

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.

STRIDE & STRENGTH A Limit: 14 Cardio & Strength Gym

CARDIO TENNIS CLINIC Tennis Courts

\$90 Sign up: Spa Activity Board.

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

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.

LONG & LEAN BARRE WORKOUT A Limit: 25 Gym 2

GOLF CLINIC: PUTTING Limit: 4 Golf Performance Center

\$105 Sign up: Ext. 4338

### 11:00 AM

INTERMEDIATE YOGA II Yoga Studio

1 hr. 15 min.

PILATES REFORMER CLINIC: BEGINNING Limit: 5 Pilates Studio

\$90 Sign up: Ext. 4338

WHAT IS SPIRITUAL INTELLIGENCE? Catalina Room

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

AQUA FIT I Limit: 15 Aquatic Center

NEW MOSAIC OF YOUR LIFE Limit: 8 Art Studio 1

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

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.

WALLYBALL II/III Racquet Court 1

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.

LUNCH & LEARN Demo Kitchen

Enjoy GRILLED SALMON BURGER & SUMMER SLAW, soup, salad and dessert and watch our demo chef prepare the entrée. A nutritionist will highlight key nutrients in today's demo recipes.

### 1:00 PM

ALTERNATIVE THERAPIES FOR MANAGING MENOPAUSE CME Catalina Room

Hormone replacement therapy is one option for managing menopause, but there are many therapies available. Diane Downing, MD, discusses natural options to help ease the menopause transition.

GYROKINESIS A Limit: 15 Gym 1

INTRO TO WALLYBALL I Racquet Court 1

BREATHING A Yoga Studio

### 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.

FREEFORM FUSION II/III Limit: 15 Gym 1

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.

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

Your service allowance may be applied toward activity fees.

Experience Guide **HIGHLIGHTS**

**BODY COMPOSITION SCREENING**

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

Interested? Call Program Advising at Ext. 44338.

**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.

**3:00 PM**

**WALLYBALL** II/III

**POWER FLOW** II/III

**ANGELS AMONG US**

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

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

**INTERMEDIATE YOGA** II

Racquet Court 1

Yoga Studio

Cactus Room

Gym 1

Yoga Studio

**4:00 PM**

**RESTORATIVE YOGA** A Limit: 20

**PICKLEBALL INTRO CLINIC** Limit: 8

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

**STRETCH & RELAXATION** A

Yoga Studio

Tennis Courts

Gym 2

**5:00 PM**

**MEDITATION** A

*30 min.*

**PICKLEBALL:**

**INTERMEDIATE/ADVANCED CLINIC** Limit: 4

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

**A SHOCKING APPROACH TO TREATING ACHES & PAINS**

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

**NEW MEDITERRANEAN NIGHT**

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**

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

Tennis Courts

Cactus Room

Double U Café

Mesquite Room

**6:00 PM**

**UNDERSTANDING AYURVEDA**

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.

Catalina Room

**7:00 PM**

**WHERE JAGUARS FIND LOVE**

Cactus Room

Jaguars are at home in the desert. Take an illustrated journey to the wild places they roam, where they find mates and raise their cubs. Leave inspired by their stories.

**8:00 PM**

**THE ENCHANTING HERITAGE OF THE SOUTHWEST** Catalina Room

Experience an intriguing exploration of native history, culture, healing and metaphysics with author, art scholar and anthropologist Terry DeWald – accented by colorful contemporary and vintage art.

**DEMO KITCHEN**

**TASTY & FUN**

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

Interested? Call Program Advising at Ext. 44338.

**EXPLORE**

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

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

**MY SCHEDULE 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 15, 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

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

### 8:30 AM

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

### 9:00 AM

**CHAIR YOGA** I Limit: 20 Yoga Studio  
**NEW SOUTHWEST SPIRIT: MEXICAN AMATE PAINTING** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 4338.  
**STRIDE & STRENGTH** A Limit: 24 Cardio & Strength Gym  
**CARDIO TENNIS CLINIC** Tennis Courts  
\$90 Sign up: Spa Activity Board.  
**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.  
**DEEP WATER PUMP** A Limit: 12 T-Pool

### 10:00 AM

**TENNIS MIXER** Limit: 12 Tennis Courts  
Sign up: Spa Activity Board.  
**FIERCE! TABATA WORKOUT** III 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: DRIVING** 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

**PILATES REFORMER TOWER WORKOUT** Limit: 5 Pilates Studio  
\$90 Sign up: Ext. 4338  
**STUDIO PAINTING: WATERCOLOR** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 4338.  
**TRX® FUSION** III Limit: 11 Gym 3  
**WALLYBALL** II/III Racquet Court 1  
**AQUA FIT** I Limit: 15 Aquatic Center  
**ROCKIN' RETRO** I/II Gym 1  
**INTERMEDIATE YOGA** II Yoga Studio  
1 hr. 15 min.  
**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.

## NOON

**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.  
**LUNCH & LEARN** Demo Kitchen  
Enjoy SPRING VEGETABLE QUICHE WITH CAULIFLOWER CRUST AND LOCAL GOAT CHEESE, soup, salad and dessert and watch our demo chef prepare the entrée.  
**FITNESS FOR YOUR FEET** A Limits: 30 Gym 1  
20 min.  
**COMMUNITY TABLE: CANYON RANCH** A  
**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!  
**TAI CHI** A Yoga Studio

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

## 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.



**CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.

Experience Guide **HIGHLIGHTS**

**YOUR SOUL SONG**

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

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**MORE INFO** Classes and Activities

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

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

**3:00 PM**

**MUSCLE MAX** II/III

**PILATES TO THE BEAT** II/III

**WALLYBALL** II/III

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

An exercise physiologist gives a hands on-tour of our Bod Pod<sup>®</sup> 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

**3:15 PM**

**WATSU DEMO**

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

**4:00 PM**

**SPIRITUAL CYCLING** A *Limit: 18*

**AERIAL HAMMOCK YOGA**

**CLINIC** *Limit: 5*

*\$90 Sign up; Ext. 4338.*

**STRETCH & RELAXATION** A

**5:00 PM**

**MEDITATION** A

*30 min.*

**THE PATH TO SELF-LOVE**

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

**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.

**FIESTA FRIDAY**

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

Gym 3  
Gym 1  
Racquet Ct. 1

Spa Lobby

Yoga Studio  
Yoga Studio

Aquatic Center

Indoor Cycling Studio

T-Pool Ramada

Gym 2

Sanctuary

Cactus Room

Mesquite Room

Double U Café

**6:00 PM**

**SAVE YOUR SIGHT!**

**CME**

Catalina Room

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

**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**

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

# SATURDAY | MAY 16, 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

**NEW SOUTHWEST SPIRIT: MEXICAN TIN ART** Art Studio 1

Discover hojalata, the celebrated tin art of Mexico. You'll cut a tin shape, emboss it with a pattern and paint it to create your own beautiful memento.

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

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

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

**WORLD BEAT** A Gym 1

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

### 10:00 AM

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

**DRUMMING CIRCLE** A Gym 1

**STRETCH** A Limit: 30 Yoga Studio

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

**MUSCLE MAX** II/III Gym 3

**GOLF CLINIC: PITCHING** 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

**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.

**POSTURE & BALANCE IN THE WATER** A Limit: 15 Aquatic Center

**PILATES MAGIC CIRCLE** A Limit: 25 Gym 3

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

**WALLYBALL** II/III Racquet Court 1

**NEW INSPIRED SKETCHBOOKING** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 4338.

## NOON

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

**LUNCH & LEARN** Demo Kitchen

Enjoy JERK CHICKEN WITH SOFRITO RICE AND GREENS, soup, salad and dessert and watch our demo chef prepare the entrée.  
50 min.

**COMMUNITY TABLE: METAPHYSICAL** Canyon Ranch Grill™

Join a member of our metaphysical department and learn about our offerings.

**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

**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.

## Experience Guide HIGHLIGHTS

### MEAL PLANNING MADE EASY

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

Interested? Call Program Advising at Ext. 44338.

## KNOW YOUR LEVEL

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

Questions? Call Program Advising at Ext. 44338.

# 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.

**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  
**GENTLE VINYASA I** Yoga Studio  
**ABOVE & BELOW THE BELT I/II** Limit: 20 Gym 3  
**FREEFORM FUSION II/III** Limit: 15 Gym 2  
**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  
**INTERMEDIATE YOGA II** Yoga Studio  
**YOGA PILATES BLEND II/III** Yoga Studio  
**ABOVE & BELOW THE BELT I/II** Limit: 20 Gym 3

**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.  
**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.  
**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**  
**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**  
**BREAKING BAD (OR OLD) HABITS** Cactus Room  
 It's hard to make changes, even ones you want. Hawkeye Richardson, executive director of an educational nonprofit, shows how to harness your energy to be effective, productive and live with intention.

**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.

## 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.

## MY SCHEDULE SATURDAY

6 am \_\_\_\_\_

7 am \_\_\_\_\_

8 am \_\_\_\_\_

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8 pm \_\_\_\_\_

9 pm \_\_\_\_\_

# SUNDAY | MAY 17, 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: 24 Cardio & Strength Gym  
**YOGA WITH PROPS** A Yoga Studio  
**INDOOR CYCLING** A Limit: 18 Indoor Cycling Studio  
**DEEP WATER PUMP** A Limit: 12 T-Pool

### 10:00 AM

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

## 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.

### 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.  
**WALLYBALL** II/III Racquet Court 1  
**ZUMBA®** A Gym 1  
**YOGA FOR DETOX** II Yoga Studio  
**AQUA FIT** I Limit: 15 Aquatic Center  
**TRX® FUSION** III Limit: 11 Gym 3

### NOON

**COMMUNITY TABLE: SKIN CARE** Canyon Ranch Grill™  
Learn about our skin care services and the product lines available. Samples are provided.

**LUNCH & LEARN** Demo Kitchen  
Enjoy PAN SEARED MAHI WITH CHILI ORANGE CHUTNEY, soup, salad and dessert and watch our demo chef prepare the entrée.

**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

**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

**SURFSET FITNESS** III Limit: 11 Gym 1  
**YIN YOGA** II Yoga Studio

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

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

**NEW HANDS-ON COOKING:** Demo Kitchen

**EGGSTRAVAGANZA** Limit: 10 Demo Kitchen  
Master all that an egg can do, from savory to sweet. Whether it's the perfect omelet or a beautiful meringue, you'll gain confidence in cooking with the kitchen's most versatile ingredient.

**BUFF BOOTY** II Gym 1  
2 hr. \$170 Sign up: Ext. 4338.

## 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.



# 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.

## 3:00 PM

**WALLYBALL** II/III Racquet Court 1  
**FIERCE! TABATA WORKOUT** III Gym 1  
**DESERT DRUMMING** A Limit: 21 Gym 2  
**INTERMEDIATE YOGA** II Yoga Studio  
**YOGA NATURALLY** I/II T-Pool Ramada

## 4:00 PM

**RESTORATIVE YOGA** A Limit: 20 Yoga Studio  
**PICKLEBALL INTRO CLINIC** Limit: 8 Tennis Courts  
*\$90 Sign up: Spa Activity Board.*  
**HIIT IT!** III Limit: 12 Gym 1  
*30 min.*  
**STRETCH & RELAXATION** A Gym 2

## 5:00 PM

**MEDITATION** A Sanctuary  
*30 min.*  
**PICKLEBALL:**  
**BEGINNER/INTERMEDIATE CLINIC** Limit: 4 Tennis Courts  
*\$90 Sign up: Spa Activity Board.*  
**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.  
**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

**MAKING THE MOST OF MASSAGE** Catalina Room  
 Learn the benefits and applications of massage, and get great suggestions for how to gain the most from your massage treatments at Canyon Ranch.

## 7:00 PM

**CRYSTAL SOUND MEDITATION** Sanctuary  
 Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.  
**GLOW-GA** A Yoga Studio  
*Body paint and glow sticks provided.*

## 8:00 PM

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

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

# MONDAY | MAY 18, 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

### 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

**INDOOR CYCLING A** Limit: 18 Indoor Cycling Studio  
**PICKLEBALL INTRO CLINIC** Limit: 8 Tennis Courts  
\$90 Sign up: Spa Activity Board.  
**C2M: CONDITIONING TO THE MAX II/III** Limit: 18 Gym 1  
**STRIDE & STRENGTH A** Limit: 14 Cardio & Strength Gym  
**CARDIO TENNIS CLINIC** Tennis Courts  
\$90 Sign up: Spa Activity Board.  
**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  
**MUSCLE MAX II/III** Gym 3  
**THE SKILLS TO FLOURISH IN LIFE** Cactus Room  
Laura gives an overview of flourishing and what it means to be happy. Understand the skills to have peace with the past, confidence about the future so we can live in the present with joy.  
**CORE CONDITIONING II/III** Limit: 24 Gym 1  
**GOLF CLINIC: IRONS** 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

**KILLER DRILLS & SKILLS III** Limit: 18 Gym 3  
**INTERMEDIATE YOGA II** Yoga Studio  
1 hr. 15 min.  
**ROCKIN' RETRO I/II** Gym 1  
**AQUA FIT I** Limit: 15 Aquatic Center  
**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.  
**WALLYBALL II/III** Racquet Court 1

## NOON

**LUNCH & LEARN** Demo Kitchen  
Enjoy TANDOORI CHICKEN AND ROASTED VEGETABLE AND BLACK LENTIL SALAD, 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. 4338.  
**COMMUNITY TABLE:**  
**MUSCULOSKELETAL HEALTH** Canyon Ranch Grill™  
Learn what's new in regenerative medicine and injury prevention with a Certified Athletic Trainer.

### 1:00 PM

**BREATHING A** Yoga Studio  
**INTRO TO WALLYBALL I** Racquet Court 1  
**ADVANCES IN NON-SURGICAL FACIAL REJUVENATION AND SKIN HEALTH CME** Catalina Room  
Plump, smooth and replenish your skin with the latest technology and products. Director of Canyon Ranch® aesthetics Amy Henderson, RN, BSN, CMLT, discusses treatment options and overall skin health.  
**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

**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.

### MANAGING YOUR HUMAN ENERGY FOR RELATIONSHIPS

Join Mike Siemens, MS, for an uplifting discussion on how to live and train to make sure your health, happiness and relationships get the energy they deserve.

**LONG & LEAN BARRE WORKOUT A** Limit: 25 Gym 2  
**BOXER'S WORKOUT III** Limit: 12 Gym 3

**VENUS, THE PLANET OF LOVE AND MONEY** Spa Lobby  
Join Canyon Ranch Astrologer Shivani Baker as she discusses how the appearance of Venus in our chart reflects our style of romance, attitude about money, beauty and creating harmony.

**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

# 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.

## 3:00 PM

**YOGA NATURALLY** I/II T-Pool Ramada  
**INTERMEDIATE YOGA** II Yoga Studio  
**BOSU 3D EXTREME** III Gym 1

**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.

**MINDFULNESS: WHAT, WHY & HOW?** Cactus Room

Join life management therapist John Shukwit, MA, LPC, BCC, for a practical look at what it means to pay attention to life as it unfolds, and the benefits of bringing mindfulness into daily living.

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

**TRX® STRETCH** II Gym 3  
 Limit: 11

**REALIZING YOUR POTENTIAL THROUGH NUMEROLOGY** Catalina Room

Join numerologist Talese Heckler to learn how numerology may help you in charting a course through life.

**WALLYBALL** II/III Racquet Court 1

## 4:00 PM

**STRETCH & RELAXATION** A Gym 2  
**PICKLEBALL INTRO CLINIC** Tennis Courts  
 Limit: 8  
 \$90 Sign up: Spa Activity Board.

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

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

**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

**STUDIO PAINTING: ACRYLIC** Art Studio 1  
 Limit: 8  
 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.

**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** Tennis Courts  
 Limit: 4  
 \$90 Sign up: Spa Activity Board.

**ACUTONICS®: A HARMONIC APPROACH TO ALTERNATIVE HEALTH CARE** Cactus Room

Acupuncturist and acutonics practitioner Marta Vergara, LAc, will help you explore this non-invasive healing approach - a blend of acupuncture and harmonics that sends sound through the meridians.

**MEDITATION** A Sanctuary  
 30 min.

## 6:00 PM

**CR PERSONALIZED PRECISION PREVENTION** **CME** Catalina Room  
 Stephen Brewer, MD, explains how Ranch physicians approach patients individually to help prevent chronic disease based on genetics and unique personal risks.

## 7:00 PM

**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.

**BLISSFUL BEADING** Art Studio 2  
 Limit: 12  
 With Tucson artist Carolyn Robles, make a beautiful bracelet with your personal flair.

1 hr. 30 min. Sign up: Ext. 4338.

## FLOURISHING WITH LAURA COOKE

What could you achieve if you could flourish to your full potential?

Meet Laura Cooke, founder and CEO of Positive Foundry, an organization at the forefront of helping people and organizations thrive. This 3-day event teaches you the skills needed to grow and achieve your personal and professional goals.

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

## MY SCHEDULE MONDAY

6 am	_____
7 am	_____
8 am	_____
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9 pm	_____

# TUESDAY | MAY 19, 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

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

**CENTERING MEDITATION A** Sanctuary  
30 min.

### 8:30 AM

**DYNAMIC STRETCH EXPRESS II/III** Gym 2  
20 min.

**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.

### 9:00 AM

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

**HEART-OPENING PRACTICE II** Yoga Studio  
**NEW SOUTHWEST SPIRIT: MILAGROS** Limit: 8 Art Studio 1  
2 hr. \$110 Sign up: Ext. 4338.

**STRIDE & STRENGTH A** Limit: 14 Cardio & Strength Gym  
**CARDIO TENNIS CLINIC** Tennis Courts  
\$90 Sign up: Spa Activity Board.

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

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

**TRX® FUSION III** Limit: 11 Gym 3  
**STRETCH A** Limit: 30 Yoga Studio

**JOY, HUMOR & SPIRITUAL BLISS** Cactus Room

Stephanie Ludwig, PhD, MA, MDiv, senior spiritual wellness provider, leads you in the delights of laughter as a spiritual practice.

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

**FIERCE! TABATA WORKOUT III** Gym 1  
**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.

### 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.

**WALLYBALL II/III** Racquet Court 1  
**VINYASA FLOW II** Yoga Studio

**DJ DANCE PARTY II** Gym 1

**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.

## NOON

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

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

**COMMUNITY TABLE: MASSAGE** Canyon Ranch Grill  
Join a member of our massage department and learn about our offerings.

**1:00 PM**

**BREATHING A** Yoga Studio  
**INTRO TO WALLYBALL I** Racquet Court 1

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

**WAKE-UP CALL: SLEEP FOR GOOD HEALTH CME** Catalina Room

Join Director of Sleep Medicine Param Dedhia, MD, to learn about the importance of restorative sleep.

**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  
**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. 4338.

**YOGA FOUNDATIONS I** Yoga Studio

**NUTRIGENETICS FOR PERSONALIZED WEIGHT LOSS – THE FUTURE IS HERE!** Cactus Room

What is the right weight loss diet for you? A Canyon Ranch nutritionist will discuss how your genes hold clues for effective weight loss.

**ABOVE & BELOW THE BELT I/II** Limit: 20 Gym 3  
**MUSCLE RELIEF: ROLL WITH IT! II** Limit: 24 Gym 2

**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.

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



# 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

**INTERMEDIATE YOGA II** Yoga Studio  
**ABOVE & BELOW THE BELT** I/II Limit: 20 Gym 3  
**CORE CONDITIONING** II/III Limit: 24 Gym 1  
**DESERT DRUMMING** A Limit: 21 Gym 2

**SYMBOLS, ARCHETYPES AND NUMEROLOGY** Catalina Room  
 Explore the hidden meanings behind numbers and learn how symbols and archetypes weave into numerology. Connect with your intuition and a specific number to reveal deep insights and messages.

**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.

**WALLYBALL** II/III Racquet Court 1

### 4:00 PM

**STRETCH & RELAXATION** A Gym 2  
**PICKLEBALL INTRO CLINIC** Limit: 8 Tennis Courts  
 \$90 Sign up: Spa Activity Board.

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

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

### 5:00 PM

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

**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.

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

**NEW RECONNECTING YOU WITH YOUR MUSCLES** CME Cactus Room

Tightness, weakness and instability lead to loss of muscle contraction. Exercise physiologist Lorey Pro, MS, explains Muscle Activation Therapy (MAT®), a non-invasive way to restore contractions.

**MEDITATION** A Sanctuary  
 30 min.

### 6:00 PM

**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. 4338.

**THE ART OF MONOPRINTING** Limit: 8 Art Studio 1  
 2 hr. \$110 Sign up: Ext. 4338.

### 7:00 PM

**BUILDING STRONG RELATIONSHIPS – A KEY TO FLOURISHING IN LIFE** Cactus Room  
 We will explore the power of vulnerability, ways to deal with distractions, the skill of listening and how to savor the good things in life especially with the people who matter most to us.  
 50 min.

### 8:00 PM

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

# EXPLORE

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

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

## MY SCHEDULE TUESDAY

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



## CLASSES & ACTIVITIES

### WALKS

Please bring your water bottle for all walks.

#### 30-Minute Morning Walk

Level I (Beginner)

15 minute mile pace (4.0 mph on the treadmill). Gentle inclines on both trails and pavement. Approximately 2 miles in duration. Daily 7am

#### 45-Minute Morning Walk

Level II-III (Intermediate/Advanced)

Intermediate 13 minute mile pace (4.5 mph on the treadmill). Incline on both trails and pavement. Approximately 3 miles in duration. Daily 7am

#### 30-Minute Afternoon Walk

All Levels

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

#### 8-Mile Walk

Level III (Advanced)

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

### CARDIO & WEIGHT GYM:

7:00 am to 5:00 pm – Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. When choosing a class, please be mindful of your fitness level. Although you may be an avid runner, keep in mind that your flexibility may be at a different level. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask the instructor or call Fitness at Ext. 44356.

### SIX CLASS CATEGORIES:

*Aquatic • Cardio • Dance • Flexibility • Mind-body • Strength*

### FOUR FITNESS LEVELS:

I (Beginner) II (Intermediate) III (Advanced) A (All Levels)

A complete and well-balanced program will ideally include a combination of cardio, strength and flexibility.

#### BEGINNER

All, Level I, Level I/II

**Cardio** – New or returning to a cardiovascular program/ occasional walking, 15-20 minutes. Low to moderate intensity

**Strength** – New or returning to a strength program/no formal or specific weight-training program

**Flexibility** – New or returning to a flexibility program

**Yoga** – New or returning to a yoga practice

#### INTERMEDIATE

Level II, Level II/III

**Cardio** – Current program consisting of 30 to 40 minutes of cardiovascular work 3 or 4 times a week. Moderate intensity.

**Strength** – Current program including push-ups, squats, lunges

**Flexibility** – Currently stretching on a regular basis at the beginning or end of a workout

**Yoga** – At least 6 months of practicing once a week, comfortable doing a Sun Salutation

#### ADVANCED

No limitations, Level II/III, Level III

**Cardio** – Current program consisting of 40+ minutes of cardiovascular work 4 or more times a week. Moderate to high intensity.

**Strength** – Current free-weight program consisting of multi-planar movements on unstable surfaces

**Flexibility** – Currently stretching on a regular basis at the beginning or end of a workout

**Yoga** – Daily practice for several years that includes advanced poses

### REMINDERS:

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes after the hour.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.
- The two-mile loop is open from dawn to dusk.

## AQUATIC

### AQUA FIT

In warm water, focus on muscular endurance and range of motion. We 11am, Th 11am, Fr 11am, Su 11am, Mo 11am, Tu 11am

### DEEP WATER PUMP

Non-impact cardiovascular workout in deep water using a flotation belt. Fr 9am, Su 9am

### H2O POWER

A challenging aerobic conditioning class in shallow and deep water. Daily 10am

### POSTURE & BALANCE IN THE WATER

Use core engagement to increase good posture and improve balance with this water workout. Sa 11am

## CARDIO

### 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. Daily 10am

### CARDIO COMBAT

Get down with this combat-style workout that combines mixed martial arts-style kicks, punches and blocks with intense cardio, strength and core exercise. Standing and floor work included. Su 9am

### CORE CONDITIONING

Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. Th 2pm, Su 10am, Mo 10am, Tu 3pm

### DESERT DRUMMING

Burn calories, release stress and feel the joy by drumming on a physioball 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. Daily 9am, Sa 4pm

### 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. Daily 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. Daily 11am, 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

### 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. Daily 10am

### STRETCH & RELAXATION

Promotes flexibility and breathing and relaxes tense muscles. Daily 4pm

### TRX® 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. Daily 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, Tu 9am

### INTERMEDIATE YOGA

This nonflow class will deepen your practice as we move into more challenging postures with focus on alignment and form. Daily 3pm

### MEDITATION

Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. Daily 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 FOUNDATIONS**

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. Tu 2pm

### **YOGA NATURALLY**

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

### **YOGA PILATES BLEND**

Vinyasa yoga meets Pilates mat method in this flow-style workout. A great opportunity to practice both disciplines in one class. 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

### **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

### **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 9am, 4pm, Th 9am, 4pm, Fr 9am, Su 4pm, Mo 9am, 4pm, Tu 9am, 4pm

### **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!

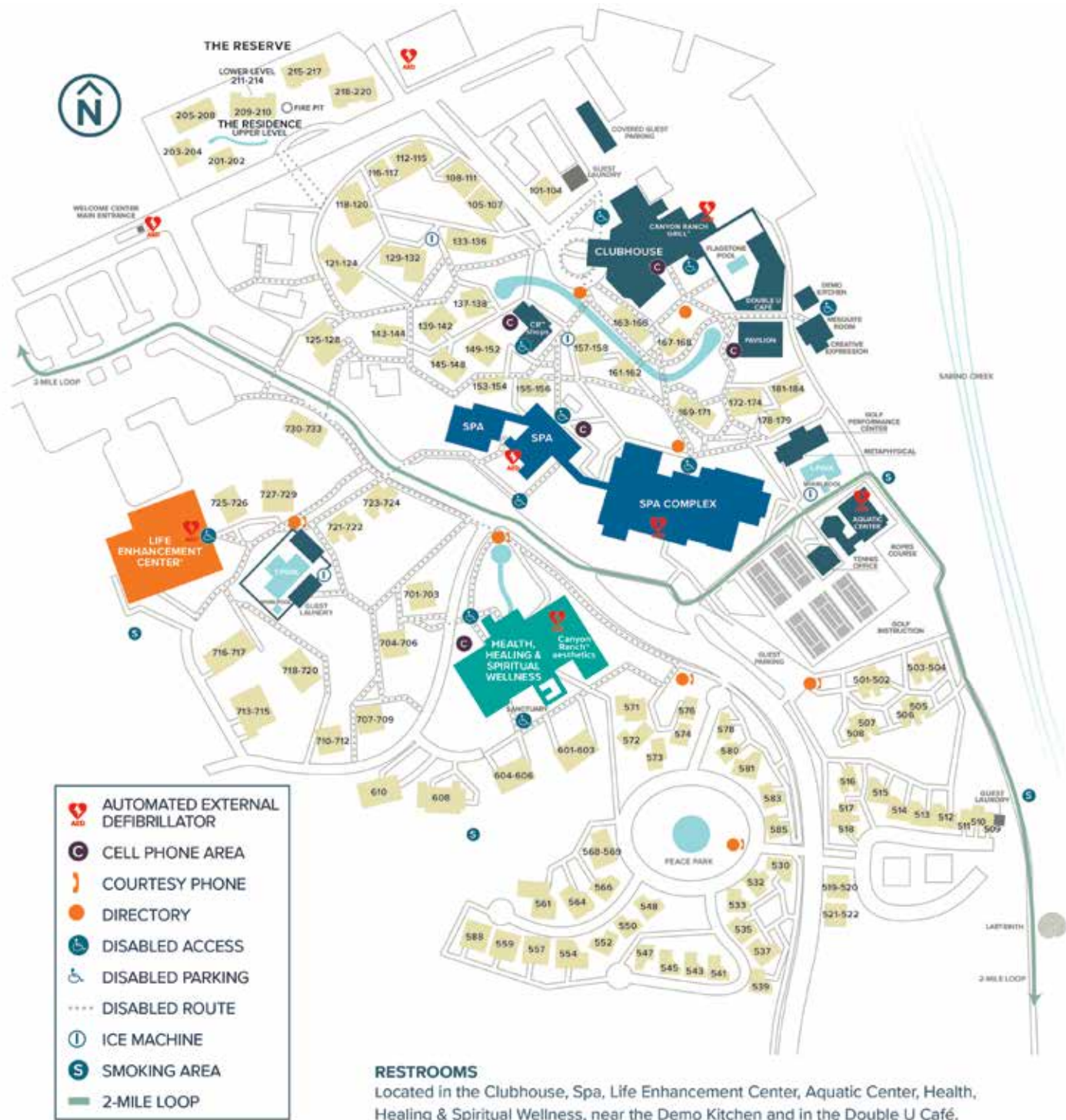


Become a barbecue hero. Conquer the mighty chicken. Learn healthy foodie fundamentals. Or master one simpler-than-it-looks meal that becomes your specialty for easy entertaining.

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**





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

## PHONE NUMBERS

Beauty Salon (appts.).....	44414
Bell Services .....	44320
Canyon Ranch Grill™ .....	44313
Canyon Ranch® aesthetics .....	44112
CR™ shops .....	44442
Double U Café .....	44100
Exercise Physiology.....	44730
Fitness.....	44356
Golf Performance Center .....	44627

Guest Services .....	44321
Hotel Operator .....	0
Housekeeping.....	44367
Life Enhancement Center® .....	48539
Life Management .....	48521
Medical.....	44419
Memberships.....	44342
Message Retrieval.....	0
Nutrition .....	48551

## LIFE-THREATENING EMERGENCIES, CALL 911

Outdoor Sports (Hiking & Biking).....	44355
Program Advisors.....	44338
Real Estate Sales.....	43291
Registration.....	44300
Reservations.....	44241
Showcase Boutique.....	44318
Skin Health (appointments) .....	44411
Tennis .....	44358, 44400
Welcome Center.....	44331