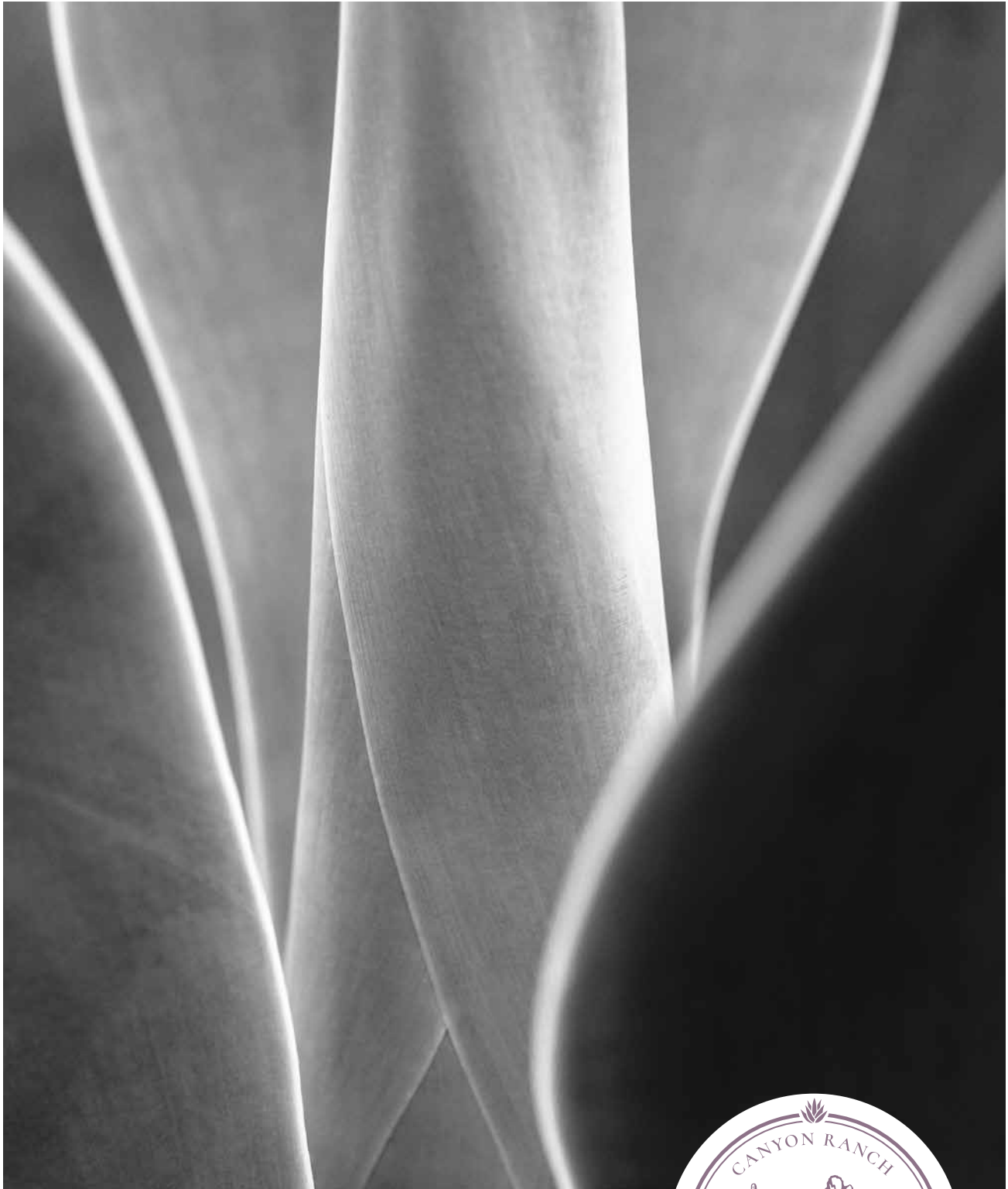


RANCH SCHEDULE - SAMPLE

APRIL - JUNE 2026



# MONDAY

# April - June 2026

▲ SIGN UP REQUIRED

<p><b>6:00 AM</b></p> <p><b>HIKE: LEVEL 4 ▲</b> 4 hr. 30 min.</p> <p>Outdoor Sports Lobby</p>	<p><b>NOON</b></p> <p><b>LUNCH &amp; LEARN</b> 60 min.</p> <p>Demo Kitchen</p>
<p><b>6:15 AM</b></p> <p><b>HIKE: LEVEL 3 ▲</b> 4 hr. 45 min.</p> <p>Outdoor Sports Lobby</p> <p><b>BIKE RIDE: LEVEL 2 ▲</b> 4 hr.</p> <p>Outdoor Sports Lobby</p>	<p><b>YOGA/FITNESS/MOVEMENT</b> 20 min.</p> <p>Yoga Studio</p>
<p><b>6:30 AM</b></p> <p><b>HIKE: LEVEL 2 ▲</b> 4 hr.</p> <p>Outdoor Sports Lobby</p>	<p><b>1:00 PM</b></p> <p><b>SPIRITUAL WELLNESS PRESENTATION</b> CME 50 min.</p> <p>Sanctuary</p> <p><b>OUTDOOR SPORTS WORKSHOP ▲</b> 3 hr. \$220</p> <p>Outdoor Sports Lobby</p>
<p><b>7:00 AM</b></p> <p><b>MORNING WALK</b> 30 min. / 45 min.</p> <p>Spa Lobby</p>	<p><b>2:00 PM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 2</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>T-Pool</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Yoga Studio</p> <p><b>HANDS-ON COOKING ▲</b> 1 hr. \$125</p> <p>Demo Kitchen</p>
<p><b>7:45 AM</b></p> <p><b>HIKE: LEVEL 3 ▲</b> 4 hr. 45 min.</p> <p>Outdoor Sports Lobby</p> <p><b>BIKE RIDE: LEVEL 4 ▲</b> 4 hr.</p> <p>Outdoor Sports Lobby</p>	<p><b>3:00 PM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 3</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 2</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Cardio &amp; Strength Gym</p> <p><b>OUTDOOR SPORTS WORKSHOP ▲</b> 2 hr. \$110</p> <p>Outdoor Sports Lobby</p>
<p><b>8:00 AM</b></p> <p><b>PICKLEBALL CLINIC ▲</b> 50 min. \$80</p> <p>Pickleball Court 1</p> <p><b>FITNESS CLINIC ▲</b> 50 min. \$80</p> <p>Studio 3</p>	<p><b>4:00 PM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 25 min.</p> <p>Sanctuary</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 25 min.</p> <p>Studio 2</p> <p><b>PICKLEBALL CLINIC ▲</b> 50 min. \$80</p> <p>Pickleball Court 1</p> <p><b>CREATIVE ARTS CLASS</b> 1 hr. 30 min.</p> <p>Art Studio 1</p> <p><b>AYURVEDIC PRESENTATION</b> 50 min.</p> <p>Cactus Room</p>
<p><b>8:15 AM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Yoga Studio</p>	<p><b>5:00 PM</b></p> <p><b>OPEN 12-STEP RECOVERY MEETING</b> 60 min.</p> <p>Mesquite Room</p> <p><b>METAPHYSICAL PRESENTATION</b> 50 min.</p> <p>Cactus Room</p>
<p><b>9:00 AM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 1</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Cardio &amp; Strength Gym</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 3</p> <p><b>MENTAL HEALTH &amp; WELLNESS PRESENTATION</b> CME 50 min.</p> <p>Catalina Room</p>	<p><b>5:30 PM</b></p> <p><b>COMMUNITY TABLE ▲</b> 60 min.</p> <p>Vaquero</p> <p><b>FITNESS CLINIC ▲</b> 50 min. \$110</p> <p>Aquatic Center</p>
<p><b>10:00 AM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>T-Pool</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Yoga Studio</p> <p><b>ACUPUNCTURE PRESENTATION</b> CME 50 min.</p> <p>Sanctuary</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 2</p> <p><b>PICKLEBALL CLINIC ▲</b> 50 min. \$80</p> <p>Pickleball Court 1</p>	<p><b>7:00 PM</b></p> <p><b>EVENING GUEST EXPERT PRESENTATION</b> 50 min.</p> <p>Catalina Room</p>
<p><b>11:00 AM</b></p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Yoga Studio</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 45 min.</p> <p>Studio 1</p> <p><b>SKIN CARE PRESENTATION</b> 50 min.</p> <p>Catalina Room</p> <p><b>YOGA/FITNESS/MOVEMENT</b> 60 min.</p> <p>Golf Performance Center</p>	<p><b>7:30 PM</b></p> <p><b>OUTDOOR SPORTS WORKSHOP ▲</b> 2 hr. \$110</p> <p>Outdoor Sports Lobby</p>

# TUESDAY

# April - June 2026

▲ SIGN UP REQUIRED

6:00 AM HIKE: LEVEL 4 ▲ 4 hr. 30 min.	Outdoor Sports Lobby	NOON LUNCH & LEARN 60 min.	Demo Kitchen
6:15 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	1:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
BIKE RIDE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby	BIKE RIDE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby
6:30 AM HIKE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby	NUTRITION PRESENTATION 50 min.	CME Catalina Room
7:00 AM MORNING WALK 30 min. / 45 min.	Spa Lobby	1:30 PM OUTDOOR SPORTS WORKSHOP ▲ 3 hr. \$220	Outdoor Sports Lobby
7:45 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	2:00 PM YOGA/FITNESS/MOVEMENT 45 min.	T-Pool
8:00 AM PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	YOGA/FITNESS/MOVEMENT 45 min.	Studio 3
FITNESS CLINIC ▲ 50 min. \$80	Studio 3	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
8:15 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	HANDS-ON COOKING ▲ 1 hr. \$125	Demo Kitchen
9:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Golf Performance Center	3:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Studio 1
YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	YOGA/FITNESS/MOVEMENT 45 min.	Studio 3
YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	YOGA/FITNESS/MOVEMENT 45 min.	Studio 2
TENNIS CLINIC ▲ 50 min. \$80	Tennis Court 1	PERFORMANCE SCIENCE PRESENTATION 50 min.	CME Catalina Room
10:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	4:00 PM PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1
YOGA/FITNESS/MOVEMENT 45 min.	Studio 1	YOGA/FITNESS/MOVEMENT 25 min.	Studio 2
YOGA/FITNESS/MOVEMENT 45 min.	T-Pool	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	5:00 PM OPEN 12-STEP RECOVERY MEETING 60 min.	Mesquite Room
MEDICAL PRESENTATION 50 min.	CME Catalina Room	FITNESS CLINIC ▲ 50 min. \$110	Mohave Gym
11:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Studio 1	5:30 PM COMMUNITY TABLE ▲ 60 min.	Vaquero
YOGA/FITNESS/MOVEMENT 45 min.	Studio 3	7:00 PM EVENING GUEST EXPERT PRESENTATION 50 min.	Catalina Room
YOGA/FITNESS/MOVEMENT 45 min.	Golf Performance Center	METAPHYSICAL WORKSHOP ▲ 1 hr. 30 min. \$140	Sanctuary
METAPHYSICAL PRESENTATION 50 min.	Cactus Room	CREATIVE ARTS CLASS 60 min.	Art Studio 1

# WEDNESDAY

# April - June 2026

▲ SIGN UP REQUIRED

<b>6:00 AM</b> HIKE: LEVEL 4 ▲ 4 hr. 30 min.	Outdoor Sports Lobby	<b>1:00 PM</b> YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
<hr/>		ACUPUNCTURE PRESENTATION 50 min. Sanctuary	
<b>6:15 AM</b> HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	<b>2:00 PM</b> YOGA/FITNESS/MOVEMENT 45 min.	T-Pool
<b>BIKE RIDE: LEVEL 3 ▲</b> 4 hr.	Outdoor Sports Lobby	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
<hr/>		YOGA/FITNESS/MOVEMENT 45 min. Studio 2	
<b>6:30 AM</b> HIKE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby	<b>HANDS-ON COOKING ▲</b> 1 hr. \$125	Demo Kitchen
<hr/>		<b>3:00 PM</b> YOGA/FITNESS/MOVEMENT 45 min. Studio 2	
<b>7:00 AM</b> MORNING WALK 30 min. / 45 min.	Spa Lobby	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
<hr/>		MENTAL HEALTH PRESENTATION CME 50 min. Catalina Room	
<b>7:45 AM</b> HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	METAPHYSICAL PRESENTATION 50 min.	Cactus Room
<hr/>		<b>4:00 PM</b> PICKLEBALL CLINIC ▲ 50 min. \$80	
<b>8:00 AM</b> PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	<hr/>	
<b>FITNESS CLINIC ▲</b> 50 min. \$80	Studio 3	<b>4:00 PM</b> YOGA/FITNESS/MOVEMENT 25 min.	Sanctuary
<hr/>		<b>5:00 PM</b> OPEN 12-STEP RECOVERY MEETING 60 min. Mesquite Room	
<b>8:15 AM</b> YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	<b>FITNESS CLINIC ▲</b> 50 min. \$110	Mohave Gym
<hr/>		<b>5:30 PM</b> MEDICAL PRESENTATION CME 50 min. Catalina Room	
<b>9:00 AM</b> YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	<b>COMMUNITY TABLE ▲</b> 60 min.	Vaquero
<b>YOGA/FITNESS/MOVEMENT</b> 45 min.	Golf Performance Center	<hr/>	
<b>YOGA/FITNESS/MOVEMENT</b> 45 min.	Studio 1	<b>6:15 PM</b> 12-STEP EATING DISORDERS ANONYMOUS MEETING 60 min.	Mesquite Room
<hr/>		<b>7:00 PM</b> EVENING GUEST EXPERT PRESENTATION 50 min. Cactus Room	
<b>10:00 AM</b> YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	<b>CREATIVE ARTS CLASS</b> 60 min.	Art Studio 1
<b>YOGA/FITNESS/MOVEMENT</b> 45 min.	T-Pool	<hr/>	
<b>YOGA/FITNESS/MOVEMENT</b> 45 min.	Studio 3	<b>7:30 PM</b> OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110	Outdoor Sports Lobby
<b>PICKLEBALL CLINIC ▲</b> 50 min. \$80	Pickleball Court 1	<hr/>	
<hr/>		<b>8:00 PM</b> CULINARY TASTING ▲ 1 hr. \$125	
<b>11:00 AM</b> YOGA/FITNESS/MOVEMENT 45 min.	Studio 3	Javelina Cantina	
<b>YOGA/FITNESS/MOVEMENT</b> 45 min.	Yoga Studio	<hr/>	
<b>YOGA/FITNESS/MOVEMENT</b> 45 min.	Studio 1		
<b>SPIRITUALITY PRESENTATION</b> 50 min.	Sanctuary		
<hr/>			
<b>NOON</b> LUNCH & LEARN 60 min.	Demo Kitchen		
<b>FITNESS CLINIC ▲</b> 50 min. \$80	Studio 3		

# THURSDAY

# April - June 2026

▲ SIGN UP REQUIRED

**6:00 AM**  
**HIKE: LEVEL 4** ▲  
 4 hr. 30 min. Outdoor Sports Lobby

**6:15 AM**  
**HIKE: LEVEL 3** ▲ Outdoor Sports Lobby  
**BIKE RIDE: LEVEL 2** ▲  
 4 hr. Outdoor Sports Lobby

**6:30 AM**  
**HIKE: LEVEL 2** ▲  
 4 hr. Outdoor Sports Lobby

**7:00 AM**  
**MORNING WALK**  
 30 min. / 45 min. Spa Lobby

**7:45 AM**  
**HIKE: LEVEL 3** ▲  
 4 hr. 45 min. Outdoor Sports Lobby

**8:00 AM**  
**PICKLEBALL CLINIC** ▲  
 50 min. \$80 Pickleball Court 1  
**FITNESS CLINIC** ▲  
 50 min. \$80 Studio 3

**8:15 AM**  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Yoga Studio

**9:00 AM**  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Cardio & Strength Gym  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Golf Performance Center  
**SPIRITUAL WELLNESS PRESENTATION**  
 50 min. Sanctuary  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 3

**10:00 AM**  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Yoga Studio  
**PICKLEBALL CLINIC** ▲  
 50 min. \$80 Pickleball Court 1  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Cardio & Strength Gym  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 1  
**METAPHYSICAL WORKSHOP** ▲  
 1 hr. 30 min. \$140 Sanctuary

**11:00 AM**  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 1  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 2  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Yoga Studio  
**NUTRITION PRESENTATION** CME  
 50 min. Cactus Room

**NOON**  
**LUNCH & LEARN**  
 60 min. Demo Kitchen

**1:00 PM**  
**OUTDOOR SPORTS WORKSHOP** ▲  
 2 hr. \$110 Outdoor Sports Lobby  
**MEDICAL PRESENTATION** CME  
 50 min. Catalina Room  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Yoga Studio

**2:00 PM**  
**HANDS-ON COOKING** ▲  
 1 hr. \$125 Demo Kitchen  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Golf Performance Center  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 2  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Yoga Studio  
**PILATES CLINIC** ▲  
 50 min. \$80 Pilates Studio

**3:00 PM**  
**PERFORMANCE SCIENCE PRESENTATION** CME  
 50 min. Catalina Room  
**CREATIVE ARTS CLASS**  
 1 hr. 30 min. Art Studio 1  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 2  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Studio 3  
**WALLYBALL**  
 45 min. Racquet Court 1

**4:00 PM**  
**METAPHYSICAL PRESENTATION**  
 50 min. Cactus Room  
**YOGA/FITNESS/MOVEMENT**  
 25 min. Studio 2  
**YOGA/FITNESS/MOVEMENT**  
 45 min. Yoga Studio  
**PICKLEBALL CLINIC** ▲  
 50 min. \$80 Pickleball Court 1

**5:00 PM**  
**OPEN 12-STEP RECOVERY MEETING**  
 60 min. Mesquite Room

**5:15 PM**  
**PICKLE & PLAY**  
 50 min. Pickleball Court 1

**5:30 PM**  
**COMMUNITY TABLE** ▲  
 60 min. Vaquero  
**HEALTH & PERFORMANCE MYTHBUSTER PRESENTATION**  
 50 min. Cactus Room

**7:00 PM**  
**EVENING GUEST EXPERT PRESENTATION**  
 50 min. Cactus Room  
**OUTDOOR SPORTS WORKSHOP** ▲  
 2 hr. \$110 Outdoor Sports Lobby

# FRIDAY

# April - June 2026

▲ SIGN UP REQUIRED

6:00 AM HIKE: LEVEL 4 ▲ 4 hr. 30 min.	Outdoor Sports Lobby	NOON LUNCH & LEARN 60 min.	Demo Kitchen
6:15 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	YOGA/FITNESS/MOVEMENT 20 min.	Yoga Studio
BIKE RIDE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby	1:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
6:30 AM HIKE: LEVEL 2 ▲ 4 hr.	Outdoor Sports Lobby	OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110	Outdoor Sports Lobby
7:00 AM MORNING WALK 30 min. / 45 min.	Spa Lobby	PERFORMANCE SCIENCE PRESENTATION 50 min.	CME Catalina Room
7:45 AM HIKE: LEVEL 3 ▲ 4 hr. 45 min.	Outdoor Sports Lobby	2:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Studio 3
8:00 AM PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	HANDS-ON COOKING ▲ 1 hr. \$125	Demo Kitchen
FITNESS CLINIC ▲ 50 min. \$80	Studio 3	YOGA/FITNESS/MOVEMENT 45 min.	T-Pool
8:15 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	YOGA/FITNESS/MOVEMENT 45 min.	Studio 2
9:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	CREATIVE ARTS CLASS 1 hr. 30 min.	Art Studio 1
YOGA/FITNESS/MOVEMENT 45 min.	Golf Performance Center	3:00 PM YOGA/FITNESS/MOVEMENT 45 min.	Studio 1
9:00 AM SPORTS MEDICINE PRESENTATION 50 min.	CME Cactus Room	YOGA/FITNESS/MOVEMENT 45 min.	Studio 2
TENNIS CLINIC ▲ 50 min. \$80	Tennis Court 1	YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio
YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	4:00 PM YOGA/FITNESS/MOVEMENT 25 min.	Studio 2
10:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	YOGA/FITNESS/MOVEMENT 25 min.	Sanctuary
PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1	PICKLEBALL CLINIC ▲ 50 min. \$80	Pickleball Court 1
YOGA/FITNESS/MOVEMENT 45 min.	T-Pool	5:00 PM OPEN 12-STEP RECOVERY MEETING 60 min.	Mesquite Room
YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	5:30 PM COMMUNITY TABLE ▲ 60 min.	Vaquero
11:00 AM YOGA/FITNESS/MOVEMENT 45 min.	Studio 3	FITNESS CLINIC ▲ 50 min. \$110	Aquatic Center
YOGA/FITNESS/MOVEMENT 45 min.	Cardio & Strength Gym	6:30 PM OUTDOOR SPORTS WORKSHOP ▲ 2 hr. \$110	Outdoor Sports Lobby
YOGA/FITNESS/MOVEMENT 45 min.	Yoga Studio	8:00 PM CULINARY TASTING ▲ 1 hr. \$125	Javelina Cantina
METAPHYSICAL WORKSHOP ▲ 1 hr. 30 min. \$140	Sanctuary	8:30 PM BINGO! 60 min.	Pavilion

# SATURDAY

# April - June 2026

▲ SIGN UP REQUIRED

6:00 AM

HIKE: LEVEL 4 ▲  
4 hr. 30 min. Outdoor Sports Lobby

6:15 AM

HIKE: LEVEL 3 ▲  
4 hr. 45 min. Outdoor Sports Lobby

BIKE RIDE: LEVEL 3 ▲  
4 hr. Outdoor Sports Lobby

6:30 AM

HIKE: LEVEL 2 ▲  
4 hr. Outdoor Sports Lobby

7:00 AM

MORNING WALK  
30 min. / 45 min. Spa Lobby

7:45 AM

HIKE: LEVEL 3 ▲  
4 hr. 45 min. Outdoor Sports Lobby

8:00 AM

PICKLEBALL CLINIC ▲  
50 min. \$80 Pickleball Court 1

FITNESS CLINIC ▲  
50 min. \$80 Studio 3

8:15 AM

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

9:00 AM

YOGA/FITNESS/MOVEMENT  
45 min. Golf Performance Center

TENNIS CLINIC ▲  
50 min. \$80 Tennis Court 1

YOGA/FITNESS/MOVEMENT  
45 min. Studio 3

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

10:00 AM

PICKLEBALL CLINIC ▲  
50 min. \$80 Pickleball Court 1

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

YOGA/FITNESS/MOVEMENT  
45 min. T-Pool

NUTRITION PRESENTATION CME  
50 min. Catalina Room

OUTDOOR SPORTS WORKSHOP ▲  
4 hr. \$110 Outdoor Sports Lobby

YOGA/FITNESS/MOVEMENT  
45 min. Studio 1

10:30 AM

HIKE: LEVEL 2 ▲  
2 hr. Outdoor Sports Lobby

11:00 AM

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

YOGA/FITNESS/MOVEMENT  
45 min. Studio 3

NOON

FITNESS CLINIC ▲  
50 min. \$110 Studio 3

1:00 PM

MEDICAL PRESENTATION CME  
50 min. Catalina Room

YOGA/FITNESS/MOVEMENT  
45 min. Aquatic Center

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

1:30 PM

OUTDOOR SPORTS WORKSHOP ▲  
2 hr. \$110 Outdoor Sports Lobby

2:00 PM

HANDS-ON COOKING ▲  
1 hr. \$125 Demo Kitchen

YOGA/FITNESS/MOVEMENT  
45 min. Studio 3

YOGA/FITNESS/MOVEMENT  
45 min. Studio 2

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

METAPHYSICAL PRESENTATION  
50 min. Cactus Room

3:00 PM

YOGA/FITNESS/MOVEMENT  
45 min. Studio 1

YOGA/FITNESS/MOVEMENT  
45 min. Studio 2

YOGA/FITNESS/MOVEMENT  
45 min. Racquet Court 1

FITNESS CLINIC ▲  
50 min. \$80 Studio 3

ARTS & CRAFTS CLASS  
1 hr. 30 min. Art Studio 1

SPIRITUAL WELLNESS PRESENTATION CME  
50 min. Cactus Room

4:00 PM

PICKLEBALL CLINIC ▲  
50 min. \$80 Pickleball Court 1

YOGA/FITNESS/MOVEMENT  
25 min. Studio 2

YOGA/FITNESS/MOVEMENT  
45 min. Yoga Studio

5:00 PM

OPEN 12-STEP RECOVERY MEETING  
60 min. Mesquite Room

FITNESS CLINIC ▲  
50 min. \$110 Mohave Gym

5:30 PM

COMMUNITY TABLE ▲  
60 min. Vaquero

6:00 PM

CHEF'S SEASONAL SHOWCASE DINNER ▲  
2 hr. \$70 Demo Kitchen

7:00 PM

OUTDOOR SPORTS WORKSHOP ▲  
2 hr. \$110 Outdoor Sports Lobby

# SUNDAY

# April - June 2026

▲ SIGN UP REQUIRED

## 6:00 AM

**HIKE: LEVEL 4** ▲  
4 hr. 30 min. Outdoor Sports Lobby

## 6:15 AM

**HIKE: LEVEL 3** ▲  
4 hr. 45 min. Outdoor Sports Lobby

**BIKE RIDE: LEVEL 2** ▲  
4 hr. Outdoor Sports Lobby

## 6:30 AM

**HIKE: LEVEL 2** ▲  
4 hr. Outdoor Sports Lobby

## 7:00 AM

**MORNING WALK**  
30 min. / 45 min. Spa Lobby

## 7:45 AM

**HIKE: LEVEL 3** ▲  
4 hr. 45 min. Outdoor Sports Lobby

**BIKE RIDE: LEVEL 4** ▲  
4 hr. Outdoor Sports Lobby

## 8:00 AM

**PICKLEBALL CLINIC** ▲  
50 min. \$80 Pickleball Court 1

**FITNESS CLINIC** ▲  
50 min. \$80 Studio 3

## 8:15 AM

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

## 9:00 AM

**YOGA/FITNESS/MOVEMENT**  
45 min. Golf Performance Center

**TENNIS CLINIC** ▲  
50 min. \$80 Tennis Court 1

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

**YOGA/FITNESS/MOVEMENT**  
45 min. Cardio & Strength Gym

## 10:00 AM

**PERFORMANCE SCIENCE PRESENTATION** CME Catalina Room  
50 min.

**PICKLEBALL CLINIC** ▲  
50 min. \$80 Pickleball Court 1

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

**YOGA/FITNESS/MOVEMENT**  
45 min. T-Pool

**YOGA/FITNESS/MOVEMENT**  
45 min. Studio 1

## 11:00 AM

**YOGA/FITNESS/MOVEMENT**  
45 min. Golf Performance Center

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

**YOGA/FITNESS/MOVEMENT**  
45 min. Studio 1

**METAPHYSICAL PRESENTATION**  
50 min. Cactus Room

## NOON

**YOGA/FITNESS/MOVEMENT**  
20 min. Studio 1

## 1:00 PM

**OUTDOOR SPORTS WORKSHOP** ▲  
2 hr. \$110 Outdoor Sports Lobby

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

**PILATES CLINIC** ▲  
50 min. \$80 Pilates Studio

## 1:30 PM

**OUTDOOR SPORTS WORKSHOP** ▲  
2 hr. \$110 Outdoor Sports Lobby

## 2:00 PM

**YOGA/FITNESS/MOVEMENT**  
45 min. Studio 2

**YOGA/FITNESS/MOVEMENT**  
45 min. Cardio & Strength Gym

**YOGA/FITNESS/MOVEMENT**  
45 min. Studio 3

**ACUPUNCTURE PRESENTATION**  
50 min. Catalina Room

## 3:00 PM

**YOGA/FITNESS/MOVEMENT**  
45 min. Studio 1

**YOGA/FITNESS/MOVEMENT**  
60 min. Golf Performance Center

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

## 4:00 PM

**PICKLEBALL CLINIC** ▲  
50 min. \$80 Pickleball Court 1

**YOGA/FITNESS/MOVEMENT**  
25 min. Studio 2

**YOGA/FITNESS/MOVEMENT**  
45 min. Yoga Studio

**SPORTS MEDICINE PRESENTATION** CME Cactus Room  
50 min.

## 5:00 PM

**OPEN 12-STEP RECOVERY MEETING**  
60 min. Mesquite Room

**FITNESS CLINIC** ▲  
50 min. \$110 Mohave Gym

## 5:30 PM

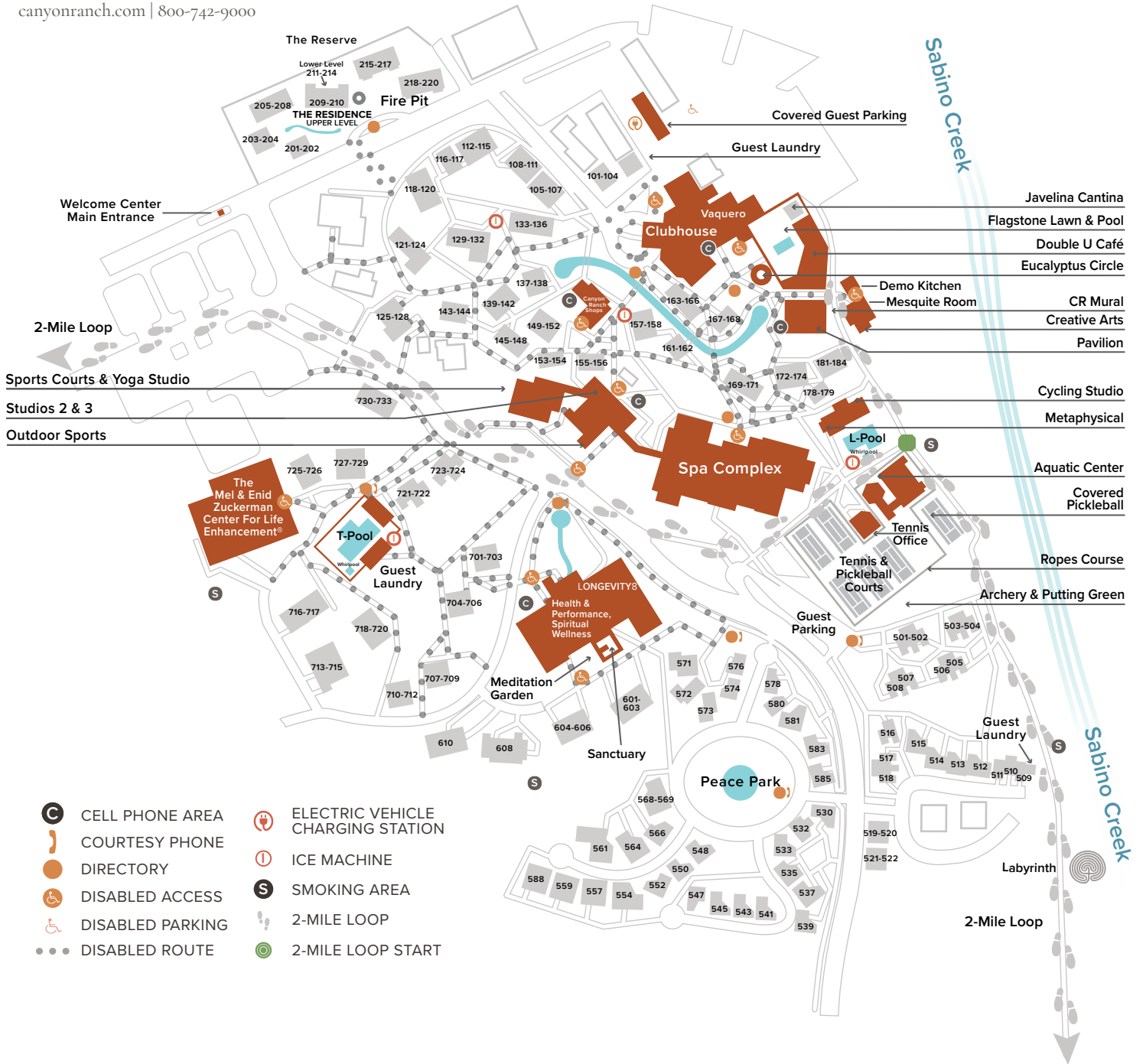
**COMMUNITY TABLE** ▲  
60 min. Vaquero

## 7:00 PM

**CREATIVE ARTS CLASS**  
60 min. Art Studio 1

## 8:30 PM

**BINGO!**  
50 min. Pavilion



## Clubhouse

Cactus Room  
Canyon Ranch Boutique  
Catalina Room  
Guest Computer Stations  
Guest Services  
Library  
Media Room  
Registration  
The Snug  
Vaquero  
Wicker Lounge

## Spa Complex

Beauty Salon  
Cardio & Strength Gym  
Canyon Ranch® Aesthetics  
Fitness  
Foot Health Center  
Locker Rooms  
Massage  
Outdoor Sports & Lobby  
Performance Science  
Pilates & Movement Therapy  
Program Advising / Wellness Guides  
Skin Care  
Sports Courts  
Sports Medicine  
Studios 1-3  
Yoga Studio

## Health & Performance, & Spiritual Wellness

Acupuncture  
Life Management  
LONGEVITY8™  
Medical  
Meditation Garden  
Nutrition  
Sanctuary

## The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room  
CR Vitality  
Mohave Gym  
Ocotillo Room  
Saguaro Room

## RESTROOMS

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