

RANCH SCHEDULE  
MAY 14 - 20, 2025



This schedule belongs to:

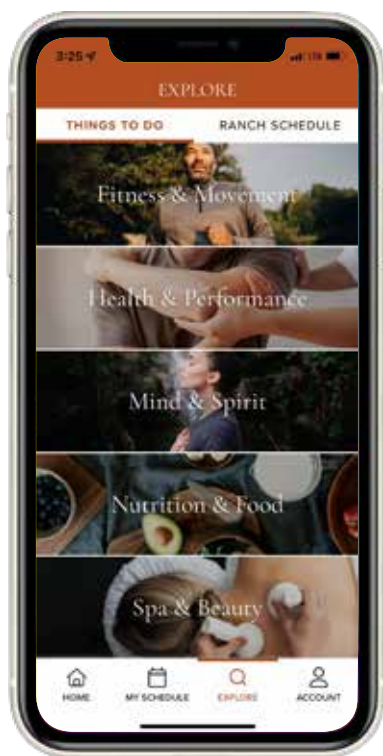
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CANYON  
RANCH®

# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



Scan the QR Code to download the Official Canyon Ranch App, then register.

#### WHAT YOU CAN DO

- Browse Your Ranch Schedule
- Add or Cancel Services
- Explore Things To Do
- Make Dinner Reservations



f in  

@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:00 pm – 8:00 pm

Reservations are required for dinner at Vaquero. You can make reservations at the host stand or by using the Canyon Ranch App.

You may also pick up a to-go meal at Vaquero or have your meals delivered to your room for an additional fee. For in Room Dining, please call Ext. 44313, in which you can order from our Vaquero menu—available at the host stand and on the Canyon Ranch App.

### Double U Café & Flagstone Pool

Double U Café: 5:30 am – 5:00 pm

Hot Breakfast: Served 6:00 am – 9:30 am

Lunch: 11:00 am – 2:00 pm

Cold Items, Snacks, & Drinks: 5:30 am – 5:00 pm

### Javelina Cantina

Daily: 5:00 pm – 8:00 pm

### In-Room Wine Delivery

Ext. 44312: Nightly 4:00 pm – 9:00 pm

### Spa and Strength & Cardio Gym

6:00 am – 9:00 pm

### Canyon Ranch® Foot Health Center

Located in the Spa

Daily: 12:00 pm – 5:00 pm

### Program Advising

Located in the Spa

8:00 am – 7:00 pm

Ext. 44338: 8:00 am – 5:00 pm

### CR® Aesthetics

Located in the Spa

Monday – Saturday: 10:00 am – 5:00 pm

### Canyon Ranch® Boutique

Located in the Clubhouse

Daily: 9:00 am – 7:00 pm

### CR® Shops

Daily: 8:00 am – 6:00 pm

### Presentation Rooms

The Catalina, Cactus, and Media Rooms are located in the Clubhouse. The Acacia and Saguaro Rooms are located in The Mel and Enid Zuckerman Center for Life Enhancement®.



WELCOME

## Welcome to Canyon Ranch, Tucson!

As Managing Director, it's my pleasure to welcome you to our inspiring oasis of wellness and renewal.

Canyon Ranch is an ever-evolving destination dedicated to supporting your health and well-being. Think of it as your sanctuary—a place for transformation, discovery, and joy.

We've recently completed several exciting upgrades to enhance your experience. Be sure to explore our reimagined dining venue, Vaquero, along with the refreshed spa lobby and treatment rooms. We've also made updates to the ladies' locker room, introduced The Snug, a cozy new game room off the clubhouse lobby, and enhanced the Sanctuary, to name a few highlights.

I encourage you to explore **Longevity 8**, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

During your stay, you'll find an array of cherished activities, classes, and services, as well as innovative spa and health experiences. Take a moment to immerse yourself in the beauty of our desert surroundings. Whether it's hiking, biking, or other guided outdoor adventures with our Outdoor Sports team, these activities are designed to inspire and rejuvenate.

Our goal is to exceed your expectations, and our team of compassionate, dedicated professionals is here to ensure every moment is exceptional. Please don't hesitate to let us know how we can personalize your visit and elevate your experience.

Whether this is your first visit or a return journey, we are delighted to have you with us. Canyon Ranch truly comes to life when you're here, embracing healthy, joyful living.

You're in the perfect place to refresh your spirit, set new goals, and leave stress behind. Welcome!

David Craig  
Managing Director

## 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 WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity and can't-miss event. You'll learn about exciting opportunities that fit your schedule and support your goal. And please, keep an open mind to trying new things. After all, the most exciting thing you do may be the one you haven't tried.

Stop by Program Advising in the Spa or call Ext. 44338.

# HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



## CHINESE VITALITY CONSULTATION

**Alternative Medicine | 110 min.**

Explore and address the patterns of disharmony that may be keeping you from optimal health. This medical session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation, and lifestyle consultation to help you achieve heightened vitality. Use this holistic wellness experience to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues. Follow-up consultations are available by phone.

## FUELING FOR LONGEVITY

**Nutrition Service | 50 min.**

In this personalized coaching session, you'll work with a world-class Nutritionist to determine the best foods and fueling strategies to help you live healthier longer. This service emphasizes improving longevity through strategic, science-backed nutritional choices. You'll leave with a practical, individualized, and achievable plan for healthy eating and nutrition that supports your unique needs and goals for sustainable success in your daily routine.

## CREATIVE SOUND EXPRESSION

**Spiritual Wellness Service | 50 min.**

Research shows that expressing yourself through creativity and art can benefit both your physiology and mindset. Work with our Spiritual Wellness experts to discover your inner reserves through sound creation during this unique, interactive session.

## NIGHT SKY WALK

**See pg. 26 for dates and times. | 2 hr.**

Stroll down a paved path into a serene, riparian canyon. Let the glow of the moon embrace you, or step into the starlit darkness.

## LONGEVITY MINDSET

**Mental Health & Wellness Service | 50 min.**

In this insightful and therapeutic session with a Mental Health & Wellness therapist, you'll explore the root causes of the mental and emotional barriers sabotaging your success and may be impacting your ability to live a healthier life. You'll gain clarity, awareness, and strategies for sustainable, transformative change at work, in personal relationships, for fitness, or in any other facet of your life.

## PICKLEBALL DRILL CLINIC

**See pg. 26 for dates and times. | 50 min.**

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players.

## GLUTE TRANSFORMATION CLINIC

**See pg. 22 for dates and times. | 50 min.**

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.

## BOGA FITMAT® FITNESS CLINIC

**See pg. 22 for dates and times. | 50 min.**

This isn't your regular boot camp. Hop into the pool and onto a floating FITMAT, where you'll workout with balance and strength exercises.

## PILATES REFORMER CLINIC: BEGINNING

**See pg. 24 for dates and times. | 50 min.**

Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body, and lengthening the spine.

# FEATURED EVENTS

VISIT OUR TUCSON EVENTS PAGE ON [CANYONRANCH.COM](https://canyonranch.com) FOR MORE UPCOMING EVENTS



## WOMEN'S HEALTH & PELVIC WELLNESS WEEK

**MAY 12 - 18**

Join us for a transformative week focused on the health of your pelvic floor and overall wellness. Whether you're seeking to release tension, restore balance, or embrace a more empowered relationship with your body, this retreat offers the expert guidance, supportive community, and stunning natural backdrop to help you achieve lasting transformation.

In the second half of the week, our Canyon Ranch experts will be joined by Guest Speakers Diana Zotos Florio and Emily Tomlinson, leading experts in women's pelvic care, to guide you through a series of sessions designed to improve mobility, strength, and well-being.

ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH 'FE'.



## WAVES OF WELLNESS: WATER WEEK

**MAY 19 - 25**

Dive into Waves of Wellness Week at Canyon Ranch Tucson—a splash of fun, fitness, and relaxation! From aqua yoga and cooling treatments to hydration tips and water-inspired wellness, this week is all about refreshing your body, mind, and spirit in the summer heat.

Explore our three outdoor pools, natatorium, and relaxing Watsu® pools for the ultimate Summer wellness getaway. Perfect for anyone looking to recharge, refresh, and reconnect with the healing power of water. Whether you're a fitness enthusiast, wellness seeker, or simply want to relax and rejuvenate, this week is designed for all.

ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH 'SP'.



## \*UPCOMING\* POSTCARDS FROM HEAVEN

**MAY 23 - 25**

Join Maureen Hancock, a gifted spirit medium and holistic teacher, for exclusive small-group sessions. From spiritual readings with a loved one who has passed to shared stories from Maureen about assisting patients with terminal illnesses through hospice, this event invites you to dig deeper into the realm of otherworldly connections.

For twenty years, the author of the bestselling book “The Medium Next Door: Adventures of a Real-Life Ghost Whisperer” has guided people through the loss of loved ones and helped the departed communicate through her — often in an upbeat and funny way.



## IN THE CENTER FOR LIFE ENHANCEMENT

Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality. Try out the latest state-of-the-art, high-tech health and performance tools and discover what works for you.

### FEATURED TOOLS & TECH



#### NEURO STIMULATION

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Unwind with a zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

#### LIGHT THERAPY

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Harness the whole-body benefits of red and infrared light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

#### MUSCLE STIMULATION & BLOOD FLOW

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Stimulate overworked muscles with Neuromuscular Electrical Stimulation (NMES), which uses small electrical signals to help increase blood flow, reduce pain, and speed recovery time.

#### INFRARED SAUNA POD

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Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

#### HYPERICE & THERABODY®

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Test out cutting-edge percussion and pneumatic compression therapy tools by Hyperice and Therabody®. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release (SMR) therapies for easing muscle soreness, improving mobility, and more.

### A SIMPLE DAILY RATE GRANTS YOU ACCESS TO IT ALL | \$100

To book, please contact your Wellness Guide or visit us at CR Vitality, located in the Mel & Enid Zuckerman Center for Life Enhancement between the men's and women's locker rooms. **Open Daily 10 am - 7 pm.**

# RETAIL THERAPY

Take a piece of the Canyon Ranch experience home with you. Explore wellness essentials at our onsite shops, including top-tier spa products, specialty apparel, and much more.

Refer to pg. 2 for hours and locations.



## CANYON RANCH® BOUTIQUE

- Clothing & Swimwear
- Jewelry & Accessories
- Gems & Crystals
- Gifts for Women & Children



## CR® SHOPS

- CanyonRanch® Souvenirs
- Outdoor Apparel
- Robes
- Gifts for Men
- Books



## SKIN CARE

Luxury skincare products from top selected brands such as:

- Augustinus Bader
- Biologique Recherche
- Environ®
- VENN®



## SALON

- Kerastase® Hair Care products
- Dazzle Dry Nails
- And more



## CANYON RANCH® GIFT CARDS

Ask our Guest Services representative at the Front Desk or visit our website to purchase for your loved ones.



## BURCAK TOLAN TRUNK SHOW

FRIDAY, MAY 16 | 9 AM–6 PM  
SATURDAY, MAY 17 | 9 AM–6 PM

### JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Meet with Burcak Tolan as she showcases her European style jewelry that inspires elegance in everyday life. Designed in Tucson, AZ and handcrafted in Istanbul.

# WEDNESDAY

May 14, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: **WOMEN'S HEALTH & PELVIC WELLNESS WEEK**

**5:30 AM**

**SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr.

**5:45 AM**

**HIKE: LEVEL 3**

**MILAGROSA CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min. Desert Hike. 6.3 mi. 1000 ft. elev.

**6:00 AM**

**BIRD WALK** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr.

**BIKE RIDE: LEVEL 3**

**SAGUARO SPIN** Limit: 10 ▲ Outdoor Sports Lobby  
3 hr. Saguaro National Park. 8+ mi.

**MORNING WALK**

30 min. / 45 min. Spa Lobby

**7:00 AM**

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**8:00 AM**

**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**KUNDALINI YOGA** Limit: 20 Yoga Studio  
45 min.

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

**8:15 AM**

**HIKE: LEVEL 2**

**SUNSET TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 30 min. Mountain Hike. 3.75 mi. 510 ft. elev.

**CORE & MORE** Limit: 16 Studio 2  
20 min.

**8:30 AM**

**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

**HIGH ROPES CHALLENGE**

**COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220

**9:00 AM**

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**LANDSCAPE TOUR**

60 min. Clubhouse  
Learn about desert landscaping practices, plants, design and more on a tour with a Canyon Ranch landscape expert.

**BUTI MOVEMENT®** Limit: 30 FE Yoga Studio  
45 min.

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

**GLIDE AND BURN** Limit: 20 Studio 1  
45 min.

**10:00 AM**

**OPTIMIZE BRAIN HEALTH WITH**

**NUTRITION** CME Catalina Room  
50 min. Brain health and longevity are affected by numerous factors, many of which can be influenced by dietary choices. Learn how to choose foods and eating patterns that work to support optimizing brain health for today and tomorrow.

**H2O POWER** Limit: 24 T-Pool  
45 min.

**MUSCLE MAX** Limit: 12 Studio 3  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

**11:00 AM**

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**COMPASSION CIRCLE FOR GRIEF & GRATITUDE**

50 min. Mesquite Room  
Enter a compassionate space that welcomes both your grief and your gratitude. Give yourself permission to grieve and start moving forward with renewed purpose and greater wholeness.

**LONG & LEAN BARRE WORKOUT** Limit: 20 Studio 2  
45 min.

**TRX STRONG** Limit: 9 Studio 3  
45 min.

**ZUMBA®** Limit: 30 Studio 1  
45 min.

**NOON**

**LUNCH & LEARN: GRILLED SALMON**

60 min. Demo Kitchen  
Enjoy grilled salmon with warm summer salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

**FITNESS FOR YOUR FEET** Limit: 20 Studio 1  
20 min.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## 1:00 PM

**MAKEUP REFRESH—NEW** Limit: 20 Spa Lobby  
50 min. Join a Canyon Ranch skincare expert to update your makeup and skincare routine with fresh techniques, trends, and products. Get practical tips on refreshing your essentials. Discover the perfect shade of foundation for your unique skin coloring.

**EASTERN PRACTICES FOR MENOPAUSE—NEW** FE Catalina Room  
50 min. Learn ancient theories and techniques to help you feel and look your best while balancing Yin and Yang and restoring harmony during life's natural transitions.

**GLUTE TRANSFORMATION CLINIC** Limit: 5 ▲ Cardio & Strength Gym  
50 min. \$80

**PILATES FOR BALANCE** Limit: 18 Studio 2  
45 min.

## 2:00 PM

**GOOD VIBRATIONS** Limit: 14 Studio 2  
45 min.

**MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN** CME Cactus Room  
50 min. Discuss how stress, longevity, and mindfulness impact telomeres. Delve into mindfulness practices, address common barriers, and gain tools for successful adoption.

**KETTLEBELL WORKOUT** Limit: 12 Studio 3  
45 min.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**PELVIC FLOOR YOGA—NEW** Limit: 36 Yoga Studio  
45 min.

**PILATES REFORMER INT/ADV CLINIC** Limit: 5 ▲ Pilates Studio  
50 min. \$80

## 3:00 PM

**BUFF BOOTY** Limit: 20 Studio 1  
45 min.

**SACRAL CHAKRA HIP OPENING** Limit: 20 FE Yoga Studio  
45 min.

**STRIDE & STRENGTH** Limit: 14 Cardio & Strength Gym  
45 min.

## 4:00 PM

**MEDITATION** Limit: 30 Private Fitness Studio 4  
25 min.

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

## 5:00 PM

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

**PHONE-TOGRAPHY—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
2 hr. \$110

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 6:15 PM

**12-STEP EATING DISORDERS ANONYMOUS MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting based on 12-step principles, welcomes all people who seek a balanced relationship with food. Join us in-person in the Mesquite Room, or via Zoom Meeting ID: 813 1518 6491, Password: Serenity20.

## 6:30 PM

**FLOATING SOUND MEDITATION CLINIC** Limit: 20 ▲ T-Pool  
50 min. \$110

## 7:45 PM

**NIGHT VISION GOGGLE EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

## CME ACCREDITATION

Did you know Canyon Ranch Tucson & Lenox offer 2 AMA PRA Category 1 Credits™ every day? If you are interested in taking advantage of this offering, please speak with a Guest Services Representative, Wellness Guide, or Health & Performance Patient Access Coordinator during your stay.

# THURSDAY

May 15, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: **WOMEN'S HEALTH & PELVIC WELLNESS WEEK**

## 5:30 AM

### HIKE: LEVEL 4

**BLACKETT'S RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Sabino Canyon. 6.2 mi. 1926 ft. elev.

### DESERT TRAIL

**RUNNING—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

### BIKE RIDE: LEVEL 3

**ROCKING K** Limit: 6 ▲ Outdoor Sports Lobby  
4 hr. Mountain Biking. 12.5 mi.

## 5:45 AM

### HIKE: LEVEL 3

**PONTATOC RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Desert Hike. 4 mi. 1320 ft. elev.

## 6:00 AM

### HIKE: LEVEL 2

**WILD HORSE CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Saguaro National Park. 4.25 mi. 480 ft. elev.

**HIKE & PAINT** Limit: 8 ▲ **FE** Outdoor Sports Lobby  
4 hr. \$110

**ARCHEOLOGY HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
5 hr. \$110

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

## 7:00 AM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

**COWBOY COFFEE** Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

**SUNRISE YOGA** Limit: 30 Yoga Studio  
60 min.

## 8:00 AM

**PICKLEBALL DRILL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

## 8:15 AM

**CENTERING MEDITATION** Limit: 30 Private Fitness Studio 4  
25 min.

**DYNAMIC STRETCH** Limit: 20 Yoga Studio  
20 min.

## 9:00 AM

### WALKING MEDITATION

CME Catalina Room  
50 min. Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step. Contemporary research reveals the health and wellness benefits of walking meditation for the mind, body, and spirit.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**BOXER'S WORKOUT** Limit: 8 Studio 3  
45 min.

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

**DESERT DRUMMING** Limit: 22 **FE** Studio 2  
45 min.

## 10:00 AM

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**H2O POWER** Limit: 24 T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

## 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

### WEIGHT LOSS: NUTRITION FOR BREAKING

**BARRIERS—NEW** CME Catalina Room  
50 min. Straighten out the facts on nutrition for weight loss with a seasoned nutritionist and learn to avoid common mistakes that derail progress. Gain practical, science-backed strategies designed for sustainable success.

**DJ DANCE PARTY** Limit: 30 Studio 1  
45 min.

**FIERCE WARRIOR YOGA** Limit: 30 Yoga Studio  
45 min.

**PBF: POWER BLAST FITNESS** Limit: 20 Studio 3  
45 min.

## COMPLIMENTARY HIKING & BIKING

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles. We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear. Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## NOON

**FITNESS FOR YOUR FEET** Limit: 20 Studio 1  
20 min.

**CAPTAIN'S TABLE: MEMBERSHIPS** Limit: 6 Vaquero  
60 min. Join a Canyon Ranch expert for a casual lunch discussion about the benefits and special offers available to Canyon Ranch Members, and how you can become one yourself!

### LUNCH & LEARN: GRILLED STEAK

**FAJITAS** Demo Kitchen  
60 min. Enjoy grilled steak fajitas with guacamole, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80

**CORE & MORE** Limit: 16 Studio 2  
20 min.

## 1:00 PM

**MEDITATION HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

**GYROKINESIS** Limit: 15 Yoga Studio  
45 min.

### PILATES REFORMER CLINIC:

**BEGINNING** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**BREAST CANCER: REDUCE RISK & IMPROVE SURVIVORSHIP** CME FE Catalina Room  
50 min. There are many non-modifiable as well as modifiable risk factors that we can explore to help reduce breast cancer risk. Learn about how improving diet, stress, fitness and sleep can help reduce risk.

## 2:00 PM

**CORE CONDITIONING** Limit: 15 Studio 1  
45 min.

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

**YOGA FOR MENOPAUSE—NEW** Limit: 30 FE Yoga Studio  
45 min.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 3:00 PM

**AN ART JOURNAL EXPERIENCE** Limit: 15 ▲ Art Studio 1  
1 hr. 30 min. Join us for a multigenre art adventure, where you'll craft an origami mini book and fill it with sensory delights like poetry, feathers, drawings, and more. Feel free to bring your own personal journal and make the most of this creative opportunity.

**JEEP ADVENTURE—NEW** Limit: 3 ▲ Outdoor Sports Lobby  
4 hr. \$220

**QI GONG AND YOGA** Limit: 20 Yoga Studio  
45 min.

## 3:00 PM

**TRX STRONG** Limit: 9 Studio 3  
45 min.

**WALLYBALL** Racquet Court 1  
45 min.

**EXERCISE AND FITNESS: MORE THAN JUST THE SCALE** CME Catalina Room  
50 min. What else is going on in your body if you're exercising, but not losing weight? A Performance Scientist shares the physiological changes that happen through exercise to promote health and longevity.

## 4:00 PM

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

## 5:00 PM

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

## 5:15 PM

**PICKLE & PLAY** Pickleball Court 1  
50 min.

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

**AUTHENTIC TAQUERIA** Flagstone Lawn  
2 hr.

## 6:00 PM

**CR VITALITY TOUR** Limit: 20 FE Center for Life Enhancement  
30 min.

## 7:00 PM

**THE MAGIC OF CULTIVATING POSITIVE EMOTIONS** Catalina Room  
60 min. In this entertaining show within a seminar, mentalist Rod Robison blends mind-blowing mentalism, inspiration, and actionable take away value for an unforgettable journey toward increasing positivity in your emotions and relationships.

## 8:00 PM

**NIGHT SKY WALK—NEW** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr. \$80

# FRIDAY

May 16, 2025

See descriptions of classes and activities on pages 22-26. (FE) FEATURED EVENT: WOMEN'S HEALTH & PELVIC WELLNESS WEEK

**5:30 AM**  
**HIKE: LEVEL 4**  
**FINGER ROCK SV** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min. Desert Hike. 4 mi. 1380 ft. elev.  
**BIKE RIDE: LEVEL 3**  
**SABINO CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. Desert Ride. 13 mi.

**6:00 AM**  
**MORNING WALK** Spa Lobby  
30 min. / 45 min.  
**SABINO CANYON WALK** Limit: 12 ▲ FE Outdoor Sports Lobby  
2 hr.  
**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

**6:30 AM**  
**ROCK CLIMBING NATURALLY** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$400

**7:00 AM**  
**COWBOY COFFEE** Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

**7:30 AM**  
**BOGA FITMAT® FITNESS CLINIC** Limit: 8 ▲ T-Pool  
50 min. \$80

**8:00 AM**  
**CARDIO TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80  
**PICKLEBALL DRILL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

**8:15 AM**  
**CORE & MORE** Limit: 16 Studio 2  
20 min.

**8:45 AM**  
**HIKE: LEVEL 2**  
**BOX CAMP** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Mountain Hike. 3.4 mi. 600 ft. elev.

**9:00 AM**  
**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80  
**CYCLING** Limit: 12 Golf Performance Center  
45 min.  
**WATER WORKOUT** Limit: 24 T-Pool  
45 min.  
**YOGA SCULPT** Limit: 18 FE Yoga Studio  
45 min.  
**NEW APPROACHES TO WEIGHT LOSS** CME Catalina Room  
50 min. By normalizing your metabolic response to food, you can improve your weight and decrease your risk for disease. Discover current scientific research to guide you to a healthy weight.  
**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**9:15 AM**  
**HIKE: LEVEL 3**  
**BEAR SADDLE** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 15 min. Mountain Hike. 4.6 mi. 1060 ft. elev.

**10:00 AM**  
**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.  
**PICKLEBALL SKILL DEVELOPMENT CLINIC—NEW** Limit: 8 ▲ Pickleball Court 1  
1 hr. 50 min. \$200  
**H2O POWER** Limit: 24 T-Pool  
45 min.  
**STRETCH** Limit: 30 Yoga Studio  
45 min.

**11:00 AM**  
**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.  
**ASK A PSYCHIC** Cactus Room  
50 min. Learn what it means to be psychic, or intuitive, and bring lots of questions for this open forum with Canyon Ranch psychic Pat Bruckmann.  
**AQUA FIT** Limit: 15 Aquatic Center  
45 min.  
**GLIDE AND BURN** Limit: 20 Studio 1  
45 min.  
**LONG & LEAN BARRE WORKOUT** Limit: 20 FE Studio 2  
45 min.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## NOON

**AI CHI** Limit: 12 Aquatic Center  
45 min.

**BREATHING** Limit: 30 Yoga Studio  
20 min.

**LUNCH & LEARN: PEANUT CURRY CHICKEN** Demo Kitchen  
60 min. Enjoy peanut curry chicken with black rice and bok choy, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

## 1:00 PM

**GLUTE TRANSFORMATION CLINIC** Limit: 5 ▲ Cardio & Strength Gym  
50 min. \$80

**KUNDALINI YOGA** Limit: 20 Yoga Studio  
45 min.

**PILATES REFORMER CLINIC: BEGINNING** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**GRIND, GRIT & GRACE** CME Catalina Room  
50 min. The 'hustle and bustle', 'hurry and worry' mindset is mainstream madness. Contemplate the concepts of grind, grit, and grace, and learn practices to help design your well way of life.

**SKY ISLAND DISCOVERY TOUR—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
3 hr. \$110

## 2:00 PM

**VENUS, THE PLANET OF LOVE & MONEY** Cactus Room  
50 min. Join Canyon Ranch Astrologer Shivani Baker to learn how the appearance of Venus in your chart reflects your style of romance, attitude about money, beauty, and creating harmony.

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

**MUSCLE RELIEF: ROLL WITH IT!** Limit: 18 Studio 2  
45 min.

**PELVIC FLOOR YOGA—NEW** Limit: 36 FE Yoga Studio  
45 min.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 3:00 PM

**BUFF BOOTY** Limit: 20 Studio 1  
45 min.

**POSTURE & BALANCE** Limit: 20 Studio 2  
45 min.

**YOGA FOUNDATIONS** Limit: 30 Yoga Studio  
45 min.

## 3:00 PM

**FOUNDATIONS OF STRENGTH** CME Catalina Room  
50 min. A performance scientist discusses the latest research on how to get stronger and gain or maintain muscle mass throughout your lifespan. Learn what is the best strength training strategy for you.

**WATSU AQUATIC MASSAGE DEMO** Limit: 20 Watsu Pools  
45 min.

## 4:00 PM

**CONNECT AND MOVE YOUR PELVIC FLOOR** Limit: 30 FE Yoga Studio  
45 min. Join guest experts Diana Zotos Florio and Emily Tomlinson for pelvic floor exercises using props. Try techniques like soft ball rolling, jellyfish breath, and flowing sequences to release tension and promote relaxation.

**MEDITATION** Limit: 30 Private Fitness Studio 4  
25 min.

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

**RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC—NEW** Limit: 5 ▲ Studio 3  
50 min. \$80

## 5:00 PM

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

**BBQ NIGHT BY THE FLAGSTONE POOL** Flagstone Lawn  
2 hr. 30 min.

## 6:00 PM

**CHEF'S WINE DINNER** Limit: 20 ▲ Double U Café  
2 hr. \$175 Enjoy this elevated, exclusive dining experience presented by our talented culinary team featuring a five-course menu, mocktails, and wine pairings.

**CR VITALITY TOUR** Limit: 20 FE Center for Life Enhancement  
30 min.

## 8:00 PM

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

# SATURDAY

May 17, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: **WOMEN'S HEALTH & PELVIC WELLNESS WEEK**

## 5:45 AM

### HIKE: LEVEL 3

**ESPERERO OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min. Sabino Canyon. 5 mi. 965 ft. elev.

**SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr.

## 6:00 AM

### MORNING WALK

30 min. / 45 min. Spa Lobby

**BIRD WALK** Limit: 8 Outdoor Sports Lobby  
2 hr.

### BIKE RIDE: LEVEL 3

**AGUA CALIENTE** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. Desert Ride. 14 mi. 400 ft. climb.

## 7:00 AM

**MEDITATION HIKE** Limit: 8 ▲ **FE** Outdoor Sports Lobby  
2 hr. \$110

### COWBOY COFFEE

Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

## 8:00 AM

**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

## 8:15 AM

### HIGH ROPES CHALLENGE

**COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220

**CENTERING MEDITATION** Limit: 30 Private Fitness Studio 4  
25 min.

## 8:30 AM

**WRITING IN NATURE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

## 9:00 AM

### SOLVING THE MYSTERY OF KNEE

**PAIN—NEW** CME Cactus Room  
50 min. Learn about common injuries to the knee, how they occur, and what you can do about them.

### HIKE: LEVEL 2

**HITCHCOCK OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Mountain Hike. 3 mi. 700 ft. elev.

**ABOVE & BELOW THE BELT** Limit: 20 Studio 3  
45 min.

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

**YOGA SCULPT** Limit: 18 Yoga Studio  
45 min.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

## 10:00 AM

### NUTRITION STRATEGIES FOR WOMEN'S

**HEALTH** CME **FE** Catalina Room  
50 min. Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**CORE CONDITIONING** Limit: 15 Studio 1  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

## 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**LONG & LEAN BARRE WORKOUT** Limit: 20 Studio 2  
45 min.

### STRESS INCONTINENCE: COMMON, NOT

**NORMAL** **FE** Cactus Room  
50 min. Join guest expert Diana Zotos Florio to learn about stress urinary incontinence: its definition, causes, stats, and what happens during leakage. Discover practical steps for management and resources for support.

**PEDAL, LIFT, FLOW** Limit: 12 Golf Performance Center  
60 min.

**TRX FUSION** Limit: 9 Studio 3  
45 min.

## NOON

**CORE & MORE** Limit: 16 Studio 2  
20 min.

**FITNESS FOR YOUR FEET** Limit: 20 Studio 1  
20 min.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## 1:00 PM

**NEW MEDICAL ADVANCEMENTS** CME Catalina Room  
50 min. Join Canyon Ranch Medical Director Stephen Brewer as he introduces you to the newest evidence-supported medical advancements that are emerging for the new year.

**MEMBERSHIPS: CASUAL Q&A** Limit: 20 The Snug  
30 min. Meet Fawn Cisco, Membership Coordinator & Sales, for a casual chat about all the benefits of becoming a Canyon Ranch Member. Bring your questions!

**PILATES MAT** Limit: 30 Yoga Studio  
45 min.

## 2:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**YOUR PELVIC FLOOR AND MENOPAUSE** Limit: 30 FE Yoga Studio  
45 min. Guest expert Emily Tomlinson explains the role of pelvic floor health in aging, mobility, and strength. Learn its impact on balance, posture, and digestion, and experience movements to improve standing, breathing, balance, and overall strength.

**BOXER'S WORKOUT** Limit: 8 Studio 3  
45 min.

**FLUID FLEXIBILITY** Limit: 20 Aquatic Center  
45 min.

## 3:00 PM

**BUFF BOOTY** Limit: 20 Studio 1  
45 min.

**CHAIR YOGA** Limit: 20 Yoga Studio  
45 min.

**WALLYBALL** Racquet Court 1  
45 min.

**PILATES-AERIAL CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80

**RAINBOW CRYSTAL SUNCATCHERS** Limit: 10 ▲ Art Studio 1  
1 hr. 30 min. Enjoy a simple yet rewarding moment of creative expression by stringing beads and crystals to create your own suncatcher and take a piece of sunshine with you from your Canyon Ranch Tucson experience.

## 4:00 PM

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**MEDITATION** Limit: 30 Private Fitness Studio 4  
25 min.

**RESTORATIVE YOGA** Limit: 20 FE Yoga Studio  
45 min.

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

## 5:00 PM

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

## 5:15 PM

**PHONE-TOGRAPHY—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
2 hr. \$110

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

**CHEF INSPIRED STREET CART** Flagstone Lawn  
2 hr.

## 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 7:45 PM

**NIGHT VISION GOGGLE EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

As a courtesy to all guests, talking on phones is permitted only in these designated areas:

- Your private room and patio
- Phone booths in the Clubhouse and Spa
- Patio outside of Studios 2/3
- Bench outside of the Clubhouse Media Room
- Bench between the Pavilion and fountain
- Two benches behind CR™ Shops
- Northwest side of the Health & Performance building

Thank you for helping keep Canyon Ranch serene.

# SUNDAY May 18, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: WOMEN'S HEALTH & PELVIC WELLNESS WEEK

## 5:30 AM

### HIKE: LEVEL 4

**FORT LOWELL TRAIL SV** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Desert Hike. 7.2 mi. 2140 ft. elev.

### HIKE: LEVEL 5

**WILDERNESS OF ROCKS** Limit: 12 ▲ Outdoor Sports Lobby  
8 hr. 45 min. Mountain Hike. 9.5 mi. 2320 ft. elev.

## 5:45 AM

### HIKE: LEVEL 3

**BALANCED ROCK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Mountain Hike. 4.5 mi. 1145 ft. elev.

## 6:00 AM

### MORNING WALK

30 min. / 45 min.

FE

Spa Lobby

### HIKE: LEVEL 2

**DOUGLAS SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min. Saguaro National Park. 4 mi. 840 ft. elev.

### PHOTOGRAPHY HIKE

Limit: 6 ▲ Outdoor Sports Lobby

3 hr. \$110

### BIKE RIDE: LEVEL 2 - RIVER PATH/

**MARKETPLACE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Desert Ride. 12 mi.

### ROCK CLIMBING

**NATURALLY** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$400

## 7:00 AM

### SUNRISE YOGA

Limit: 30 Yoga Studio

60 min.

### COWBOY COFFEE

1 hr. 30 min. Eucalyptus Circle  
Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

### PICKLEBALL CLINIC

Limit: 4 ▲ Pickleball Court 1

50 min. \$80

## 8:00 AM

### PICKLEBALL DRILL CLINIC

Limit: 4 ▲ Pickleball Court 1

50 min. \$80

### CARDIO TENNIS CLINIC

Limit: 8 ▲ Tennis Court 1

50 min. \$80

## 8:15 AM

### CENTERING MEDITATION

Limit: 30 Private Fitness Studio 4

25 min.

### DYNAMIC STRETCH

Limit: 20 Yoga Studio

20 min.

## 9:00 AM

### BUTI MOVEMENT®

Limit: 30 FE Yoga Studio

45 min.

### CORE CONDITIONING

Limit: 15 Studio 1

45 min.

### CYCLING

Limit: 12 Golf Performance Center

45 min.

### PROPERTY TOUR

Limit: 20 Clubhouse Lobby

45 min.

## 10:00 AM

### CARDIO CIRCUIT

Limit: 20 Cardio & Strength Gym

45 min.

### MUSCLE MAX

Limit: 12 Studio 3

45 min.

### STRETCH

Limit: 30 Yoga Studio

45 min.

### EXERCISE & MENOPAUSE—NEW

CME FE Catalina Room  
50 min. Explore the role of exercise in managing menopause. Learn how to optimize your exercise routine to help you flourish during your transition.

## 11:00 AM

### VEDIC PALMISTRY: IT'S ALL IN OUR HANDS

Cactus Room  
50 min. Vedic Palmistry is an integrative wisdom practice where you can discover the meaning of the lines, markings, and topography of your hands through this ancient tradition.

### PROPERTY TOUR

Limit: 20 Clubhouse Lobby

45 min.

### AQUA FIT

Limit: 15 Aquatic Center

45 min.

### SACRAL CHAKRA HIP OPENING

Limit: 20 Yoga Studio

45 min.

### ZUMBA®

Limit: 30 Studio 1

45 min.

## NOON

### AERIAL SWING YOGA CLINIC

Limit: 5 ▲ Studio 3

50 min. \$80

### FITNESS FOR YOUR FEET

Limit: 20 FE Studio 1

20 min.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## 1:00 PM

### PILATES REFORMER CLINIC:

**BEGINNING** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**QI GONG** Limit: 30 Yoga Studio  
45 min.

### ACUPUNCTURE FOR STRESS RELIEF & EMOTIONAL

**BALANCE** CME Catalina Room  
50 min. Explore the ancient art of acupuncture as a powerful tool for achieving emotional equilibrium. Discover how this holistic approach targets key energy points to alleviate stress, anxiety and promote overall well-being.

### ASTROLOGY & GEMSTONES FOR PERSONAL

**GROWTH** Cactus Room  
50 min. A Canyon Ranch astrologer explains how astrology can be combined with the subtle energy of gemstones to guide you toward personal growth and enhance the energy in your astrological birth chart.

## 2:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

**MUSCLE RELIEF: ROLL WITH IT!** Limit: 18 Studio 2  
45 min.

**ROCKIN' RETRO** Limit: 20 Studio 1  
45 min.

## 3:00 PM

**DRUMMING CIRCLE** Limit: 17 Studio 1  
45 min.

**TRX FUSION** Limit: 9 Studio 3  
45 min.

**YIN YOGA** Limit: 20 Yoga Studio  
45 min.

## 4:00 PM

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

**YOGA NIDRA** Limit: 20 Yoga Studio  
45 min.

## 5:00 PM

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 7:00 PM

**OIL DIP ART** Limit: 8 ▲ Art Studio 1  
60 min. Experience the therapeutic and meditative qualities of this art form as you immerse yourself in the process. It's the perfect opportunity to de-stress and unwind while creating beautiful artwork.

### CRYSTAL SINGING BOWL

**MEDITATION** Limit: 30 Sanctuary  
50 min. Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.

## 8:00 PM

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

## COMPLIMENTARY HIKING & BIKING

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles. We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear. Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

# MONDAY May 19, 2025

See descriptions of classes and activities on pages 22-26.

(SP) SPECIAL PROGRAMMING: WAVES OF WELLNESS: WATER WEEK

## 5:30 AM

**SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr.

**YOGA IN THE WILD—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$140 Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty.

### BIKE RIDE: LEVEL 3

**SABINO CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. Desert Ride. 13 mi.

## 5:45 AM

### HIKE: LEVEL 3

**DOUGLAS/ROCK SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min. Saguaro National Park. 5 mi. 1050 ft. elev.

## 6:00 AM

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

## 6:30 AM

### ROCK CLIMBING

**NATURALLY** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$400

## 7:00 AM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

## 8:00 AM

**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

## 8:15 AM

**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

## 8:45 AM

### HIKE: LEVEL 2

**PECK BASIN OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Mountain Hike. 3.5 mi. 700 ft. elev.

## 9:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**DESERT DRUMMING** Limit: 22 Studio 2  
45 min.

**TRX STRONG** Limit: 9 Studio 3  
45 min.

**WATER WORKOUT** Limit: 24 SP T-Pool  
45 min.

## 9:30 AM

**MEDITATION HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

## 10:00 AM

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**H2O POWER** Limit: 24 SP T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

**HOW TO MAKE EVERY DAY SACRED** CME Sanctuary  
50 min. How often do you get a chance to sit with something, look at it, feel it, and hold it in your heart? Embrace your life in a sacred way and it will speak in a sacred way.

## 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**PEDAL, LIFT, FLOW** Limit: 12 Golf Performance Center  
60 min.

**YOGA SCULPT** Limit: 18 Yoga Studio  
45 min.

**ZUMBA®** Limit: 30 Studio 1  
45 min.

**BALANCE YOUR BRAIN THROUGH HANDWRITING** Cactus Room  
50 min. A Canyon Ranch expert shows you how to communicate with both sides of your brain, increase self-awareness, unblock creativity and reach your potential.

## NOON

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80

**CORE & MORE** Limit: 16 Studio 2  
20 min.

**LUNCH & LEARN: CITRUS GRILLED SHRIMP** Demo Kitchen  
60 min. Enjoy citrus grilled shrimp with sugar snap pea salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## 1:00 PM

**HIKE & PAINT** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

**PILATES REFORMER CLINIC: BEGINNING** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**NUTRITION, GUT HEALTH & IMMUNITY** CME Catalina Room  
50 min. With over 70% of immune cells residing in the gut, there is a dynamic relationship between gut health and immune system function. Support optimal health with every day nutrition strategies that target both gut and immune function.

## 2:00 PM

**GOOD VIBRATIONS** Limit: 14 Studio 2  
45 min.

**LET'S DANCE** Limit: 30 Studio 1  
45 min.

**YOGA FOUNDATIONS** Limit: 30 Yoga Studio  
45 min.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 3:00 PM

**ENHANCING NATURAL BEAUTY—NEW** Cactus Room  
50 min. Meet our expert nurse injector and learn about Botox, dermal fillers, and non-surgical treatments that enhance your natural beauty and achieve a refreshed look.

**WALLYBALL** Racquet Court 1  
45 min.

**JEEP ADVENTURE—NEW** Limit: 3 ▲ Outdoor Sports Lobby  
4 hr. \$220

**POSTURE & BALANCE** Limit: 20 Studio 2  
45 min.

**STRIDE & STRENGTH** Limit: 14 Cardio & Strength Gym  
45 min.

## 4:00 PM

**THE ART OF WATERCOLOR: BASIC TECHNIQUE** Limit: 15 ▲ Art Studio 1  
1 hr. 30 min. Begin your creative journey with the basics of watercolor painting. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

**AGING GRACEFULLY WITH AYURVEDA—NEW** Catalina Room  
50 min. The Ayurvedic perspective of balancing the doshas applies to your life as a whole. Delve into practical practices to keep you happy and healthy and alleviate common age-related vata symptoms such as achy joints, dry skin, and insomnia.

## 4:00 PM

**OUTDOOR ADVENTURE PASSPORT—NEW** Limit: 12 Spa Lobby  
50 min. From Archaeology to Yoga in the Wild, come discover the exciting offerings of our Outdoor Sports program and find the perfect fit for you. We showcase our activities, answer questions, and discuss the custom adventures we can design just for you.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN** Limit: 16 Spa Lobby  
50 min. Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

**CHAKRA BALANCING YOGA & SOUND HEALING** Limit: 20 Yoga Studio  
45 min.

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

## 5:00 PM

**INTRODUCTION TO VEDIC ASTROLOGY** Cactus Room  
50 min. Compare and contrast Vedic and western astrology and discover what a Vedic chart can tell you about your karmic journey. Focus on strengths, growth, and the importance of strategic awareness.

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 6:30 PM

**FLOATING SOUND MEDITATION CLINIC** Limit: 20 ▲ SP T-Pool  
50 min. \$110

**HIGH ROPES CHALLENGE COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220

## 7:45 PM

**NIGHT VISION GOGGLE EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

# TUESDAY

May 20, 2025

See descriptions of classes and activities on pages 22-26.

(SP) SPECIAL PROGRAMMING: WAVES OF WELLNESS: WATER WEEK

5:30 AM

HIKE: LEVEL 4

**MILAGROSA LOOP** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Desert Hike. 6.4 mi. 1385 ft. elev.

**PHOTOGRAPHY HIKE** Limit: 6 ▲ Outdoor Sports Lobby  
3 hr. \$110

GRAVEL BIKING IN

**PATAGONIA—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
7 hr. \$400

5:45 AM

HIKE: LEVEL 3

**MCDUGAL RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min. Desert Hike. 4.6 mi. 1170 ft. elev.

6:00 AM

HIKE: LEVEL 2

**PHONELINE OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Sabino Canyon. 4 mi. 630 ft. elev.

**MORNING WALK**

30 min. / 45 min. Spa Lobby

7:00 AM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

BIKE RIDE: LEVEL 1

**RILLITO RIVER PATH** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr. 30 min. Desert Ride. 7.5 mi.

7:30 AM

**BOGA FITMAT® YOGA CLINIC** Limit: 8 ▲ SP T-Pool  
50 min. \$80

8:00 AM

**CARDIO TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

8:15 AM

**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

9:00 AM

ARTHRITIS AND REGENERATIVE

**MEDICINE—NEW** CME Cactus Room  
50 min. With a Sports Medicine Provider, discuss Osteoarthritis and learn what the newest research says is the cause! What can be done to halt it and the newest information on regenerative therapies to treat it.

**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

**HEART CHAKRA YOGA** Limit: 36 Yoga Studio  
45 min.

**WATER WORKOUT** Limit: 24 SP T-Pool  
45 min.

10:00 AM

MEDICALLY UNEXPLAINED

**SYNDROMES** CME Catalina Room  
50 min. Dr. Brewer, Medical Director for Canyon Ranch, offers an innovative look at understanding complex syndromes such as Long COVID and fibromyalgia.

PICKLEBALL SKILL DEVELOPMENT

**CLINIC—NEW** Limit: 8 ▲ Pickleball Court 1  
1 hr. 50 min. \$200

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

**H2O POWER** Limit: 24 SP T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**COMMUNICATING WITH YOUR PET** Cactus Room  
50 min. A Canyon Ranch clairvoyant reveals ways to intuitively read your pet's mind and moods. Take part in a meditation to discover your animal spirit guide.

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

**DJ DANCE PARTY** Limit: 30 Studio 1  
45 min.

**TRX FUSION** Limit: 9 Studio 3  
45 min.

## CME ACCREDITATION

Did you know Canyon Ranch Tucson & Lenox offer 2 AMA PRA Category 1 Credits™ every day? If you are interested in taking advantage of this offering, please speak with a Guest Services Representative, Wellness Guide, or Health & Performance Patient Access Coordinator during your stay.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## NOON

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80

**LUNCH & LEARN: MONGOLIAN BBQ SALMON** Demo Kitchen  
60 min. Enjoy Mongolian BBQ Salmon and Cauliflower 'Fried Rice' with a Chef's Choice Salad while watching Chef prepare the entrée.

## 1:00 PM

**REPLENISHING THE WELL** CME SP Catalina Room  
50 min. Feeling depleted, exhausted or overwhelmed? Learn 10 simple, evidence-based practices for replenishing your mind and spirit so you can live from fullness, peace and joy.

**DESERT TRAIL RUNNING—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$110

**PILATES REFORMER CLINIC: BEGINNING** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**QI GONG** Limit: 30 Yoga Studio  
45 min.

## 2:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**BOXER'S WORKOUT** Limit: 8 Studio 3  
45 min.

**FLUID FLEXIBILITY** Limit: 20 SP Aquatic Center  
45 min.

**GLIDE AND BURN** Limit: 20 Studio 1  
45 min.

## 3:00 PM

**ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS** CME Sanctuary  
50 min. Acupressure has been practiced for thousands of years. By putting this knowledge to use, it is possible to create simple and effective tools for well-being that are literally at your fingertips.

**CHAIR YOGA** Limit: 20 Yoga Studio  
45 min.

**MUSCLE RELIEF: ROLL WITH IT!** Limit: 18 Studio 2  
45 min.

**WALLYBALL** Racquet Court 1  
45 min.

## 4:00 PM

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

## 5:00 PM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 2  
50 min. \$80

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

**CHEF'S WINE DINNER** Limit: 20 ▲ Double U Café  
2 hr. \$175 Enjoy this elevated, exclusive dining experience presented by our talented culinary team featuring a five-course menu, mocktails, and wine pairings.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 7:45 PM

**NIGHT VISION GOGGLE EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

As a courtesy to all guests, talking on phones is permitted only in these designated areas:

- Your private room and patio
- Phone booths in the Clubhouse and Spa
- Patio outside of Studios 2/3
- Bench outside of the Clubhouse Media Room
- Bench between the Pavilion and fountain
- Two benches behind CR™ Shops
- Northwest side of the Health & Performance building

Thank you for helping keep Canyon Ranch serene.

# CLASSES & ACTIVITIES

## CARDIO & STRENGTH GYM:

6:00 am - 9:00 pm Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. We want you to find classes that suit your needs. If you have any questions about a class, please ask the instructor or call Fitness at Ext. 48513.

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## CULINARY

### Authentic Taqueria

Entice your taste buds with our freshly made ingredients and build your own tacos while unwinding to music and a view of the Santa Catalina mountains. Th 5:30pm

### BBQ Night by the Flagstone Pool

Enjoy our made to order BBQ Proteins and homemade sides while unwinding to music and a view of the Santa Catalina mountains. Fr 5:30pm

### Chef Inspired Street Cart

Your taste buds are in for a treat with this special chef's offering. Relax and unwind to music with a spectacular view of the Santa Catalina Mountains. Sa 5:30pm

### Community Table

We believe that well-being extends beyond individual practices to the connections we make with others. Our Community Table is a space where guests can come together, share nourishing meals, and cultivate a sense of community. Daily 5:30pm

## FITNESS

### Above & Below The Belt

Use various types of props in this 10-station circuit-based endurance class. Sa 9:00am

### Aqua Fit

In warm water, focus on muscular endurance and range of motion. Fr 11:00am, Su 11:00am, Tu 11:00am

### BOGA Fitmat® Fitness Clinic

This isn't your regular boot camp. Hop into the pool and onto a floating FITMAT, where you'll workout with balance and strength exercises. Fr 7:30am

### BOGA Fitmat® Yoga Clinic

Move through challenging yoga poses as you balance on the floating FITMAT, all while having a blast in the pool. This aquatic yoga class is a one-of-a-kind workout experience! Tu 7:30am

### Boxer's Workout

Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included. Th 9:00am, Sa 2:00pm, Tu 2:00pm

### Buff Booty

Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance. We 3:00pm, Fr 3:00pm, Sa 3:00pm

### Buti Movement®

Primal movement, cardio dance, and conditioning are seamlessly woven throughout balanced yoga sequencing to give you an all-in-one workout that helps you transform your body and soul. We 9:00am, Su 9:00am

### CR Strength

Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetitions. Th 2:00pm, Fr 2:00pm, Su 2:00pm, Tu 10:00am

### Cardio Circuit

Aerobic circuit workout using cardio machines and strength equipment. Th 10:00am, Fr 10:00am, Sa 10:00am, Su 10:00am, Mo 10:00am

### Core & More

Twenty minutes focused on strengthening your abs and lower back. We 8:15am, Th 12:00pm, Fr 8:15am, Sa 12:00pm, Mo 12:00pm

### 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 2:00pm, Sa 10:00am, Su 9:00am

### Cycling

Experience a cardiovascular-, endurance-, or interval-focused class on a stationary bike. We 9:00am, Th 9:00am, Fr 9:00am, Su 9:00am, Tu 9:00am

### 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 11:00am, Tu 11:00am

### Desert Drumming

Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Th 9:00am, Mo 9:00am

### 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. Su 3:00pm

### Dynamic Stretch

Perform powerful dynamic stretches, moving through a challenging yet comfortable range of motion, followed by static stretches to improve your functional range for sports and daily living. Th 8:15am, Su 8:15am

### 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 dome. We 12:00pm, Th 12:00pm, Sa 12:00pm, Su 12:00pm

### Glide and Burn

Use the power and grace of the Gliding™ discs to enhance muscular endurance, balance, flexibility and core stabilization. Progressive movements are used to strengthen the muscles, challenge the core and provide a fun and unique workout. We 9:00am, Fr 11:00am, Tu 2:00pm

### 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. We 1:00pm, Fr 1:00pm

### **Good Vibrations**

Awaken your muscles, improve joint mobility, balance asymmetrics in your body, and facilitate whole body integration using a combination of vibration with Theragun massage tools and classic foam rolling.

We 2:00pm, Mo 2:00pm

### **H2O Power**

A challenging aerobic conditioning class in shallow water.

We 10:00am, Th 10:00am, Fr 10:00am, Mo 10:00am, Tu 10:00am

### **Kettlebell Workout**

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. We 2:00pm

### **Let's Dance**

A different dance form each week emphasizing fun, rhythmic movement. Mo 2:00pm

### **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 11:00am, Fr 11:00am, Sa 11:00am

### **Morning Walk 30m**

This walk is on relatively flat terrain that will accommodate all paces up to 15 minutes per mile, equivalent to 4 mph on a treadmill. Please bring your water bottle. Daily 6:00am

### **Morning Walk 45m**

This walk includes inclines on both trails and pavement that will accommodate all paces up to 13 minutes per mile, equivalent to 4-5 mph on a treadmill. Please bring your water bottle. Daily 6:00am

### **Muscle Max**

Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment.

We 10:00am, Su 10:00am

### **Muscle Relief: Roll with It!**

Learn the basics of foam rolling and myofascial release to reduce soreness. Fr 2:00pm, Su 2:00pm, Tu 3:00pm

### **PBF: Power Blast Fitness**

Challenge your muscle power and strength with this intense circuit style class that utilizes TRX®, kettlebells, slam balls, and more!

Th 11:00am

### **Pedal, Lift, Flow**

This invigorating class seamlessly blends cycling, strength training, and flexibility. Transitioning smoothly from one 20-minute segment to the next, this class offers a comprehensive total body experience.

Sa 11:00am, Mo 11:00am

### **Pickle & Play**

Dive into pickleball fun with host Jude McCarthy. All skill levels are invited to partake in this guided playtime while enjoying court-side refreshments and light snacks. Th 6:15pm

### **Posture & Balance**

Learn the importance of training the muscles on the back of your body—known as the posterior chain. Explore balance exercises with various pieces of equipment to improve your posture and balance.

Fr 3:00pm, Mo 3:00pm

### **Property Tour**

A Canyon Ranch staff member will show you our dining, spa, fitness, outdoor sports, health and wellness facilities, and more. Daily 9:00am, 11:00am

### **Rockin' Retro**

Get your heart pumping and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. Su 2:00pm

### **Stride & Strength**

Treadmill work followed by strength and muscular endurance.

We 3:00pm, Mo 3:00pm

### **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. Sa 11:00am, Su 3:00pm, Tu 11:00am

### **TRX Strong**

Focus on developing strength in this challenging full-body workout using the TRX® straps. TRX® experience is recommended before attending. We 11:00am, Th 3:00pm, Mo 9:00am

### **Wallyball**

Fast-paced athletic sport challenge similar to volleyball, using four walls of an indoor court. Th 3:00pm, Sa 3:00pm, Mo 3:00pm, Tu 3:00pm

### **Water Workout**

Combine aerobic conditioning and muscular endurance work in the pool. Fr 9:00am, Sa 9:00am, Mo 9:00am, Tu 9:00am

### **Yoga Sculpt**

Power yoga and strength training combined to create a full-body workout. Fr 9:00am, Sa 9:00am, Mo 11:00am

### **Zumba®**

Feel the energy and move your body to fun and easy-to-follow Latin rhythms. We 11:00am, Su 11:00am, Mo 11:00am

## **MIND-BODY**

### **Aerial Swing 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 12:00pm, Su 12:00pm, Mo 12:00pm, Tu 12:00pm

### **Ai Chi**

A meditative series of tai chi like movements that utilizes the resistance of the warm water to strengthen and relax the body.

Fr 12:00pm

### **Breathing**

Learn proper breathing techniques for relaxation and stress reduction. Fr 12:00pm

### **CR Vitality Tour**

An exclusive tour of the brand-new CR Vitality. Learn about the self-led specialty spaces thoughtfully designed to help guests maximize their time at Canyon Ranch. Daily 2:00pm, 6:00pm

### **Centering Meditation**

Take 30 minutes to start your day by getting in touch with your daily intention and connecting with your breath. Th 8:15am, Sa 8:15am, Su 8:15am, Mo 8:15am, Tu 8:15am

### **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. Sa 3:00pm, Tu 3:00pm

### **Chakra Balancing Yoga & Sound Healing**

In this gentle Yin chakra balancing practice, experience the vibrational healing of crystal bowls moving through & around you. Mo 4:00pm

### **Fierce Warrior Yoga**

In this yoga sequence, we will explore the three warrior poses and the goddess pose. This class will consist of strong, powerful standing poses, connecting to the earth, your breath, and your own inner power. Th 11:00am

### **Floating Sound Meditation Clinic**

Experience inner transformation through Guided Meditation and Sound Healing while floating in water on an airbed. We 6:30pm, Mo 6:30pm

### **Fluid Flexibility**

Experience gentle stretching in heated water, promoting flexibility, joint mobility, and muscle relaxation for a soothing, restorative effect. Sa 2:00pm, Tu 2:00pm

### **Gyrokinesis**

Release neck and shoulder tension using rhythmic, spiraling movements to open energy pathways, open your joints and improve your posture. Th 1:00pm

### **Heart Chakra Yoga**

In this challenging class, we will focus on backbends and forward folds to open the heart chakra with advanced poses (such as camel pose) to let go of sadness and grief in the heart. Tu 9:00am

### **Kundalini Yoga**

Awaken your divine energy in this energetic style of yoga that emphasizes breathing and chanting exercises connected to poses. We 8:00am, Fr 1:00pm

### **Meditation**

Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. We 4:00pm, Fr 4:00pm, Sa 4:00pm

### **Pelvic Floor Yoga**

Build strength and stabilization of the pelvic floor through yoga, connecting the brain, body and breath. You may gain greater confidence and inner strength. We 2:00pm, Fr 2:00pm

### **Pilates Mat**

Learn the fundamentals and the beginning exercises of the Pilates mat discipline. Sa 1:00pm

### **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 1:00pm, Fr 1:00pm, Su 1:00pm, Mo 1:00pm, Tu 1:00pm

### **Pilates Reformer Int/Adv Clinic**

This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required. We 2:00pm

### **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 1:00pm

### **Pilates-Aerial Clinic 50m**

A playful Pilates class using a fabric hammock suspended from the ceiling. Experience creative variations of Reformer and Mat exercises designed to strengthen and lengthen your entire body. Please wear fitted clothing and a shirt with sleeves. Not suitable for pregnant women. Sa 3:00pm

### **Qi Gong**

This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind. Su 1:00pm, Tu 1:00pm

### **Qi Gong and Yoga**

Combining Qi Gong and Yoga, two ancient practices to balance the body, mind, and spirit using physical movement, breath, and meditation. This class includes slow movements and is welcoming for all levels. Th 3:00pm

### **Restorative Aerial Yoga and Sound Healing Clinic**

Experience deep relaxation while suspended. Gentle stretches and supported poses are paired with the healing vibrations of sound bowls, helping you release tension, restore balance, and find inner peace in a serene, soothing environment. Fr 4:00pm

### **Restorative Yoga**

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. Sa 4:00pm

### **Sacral Chakra Hip Opening**

Practice a hip opening sequence while diving deeper into the sacral chakra. We 3:00pm, Su 11:00am

### **Stretch**

Improve total body flexibility. Daily 10:00am

### **Stretch & Relaxation**

Promotes flexibility and breathing and relaxes tense muscles. Daily 4:00pm

### **Sunrise Yoga**

Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice. Th 7:00am, Su 7:00am

### **Watsu Aquatic Massage Demo**

Watsu can address a number of concerns including stress, range of motion issues, and emotional release. Discover more about the profound experience in this educational demonstration of our Watsu aquatic massage. Fr 3:00pm

### **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 3:00pm

### **Yoga Foundations**

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. Fr 3:00pm, Mo 2:00pm

### **Yoga Nidra**

End your day in this passive practice while you enjoy deep and restorative relaxation. Su 4:00pm

### **Yoga for Menopause**

Yoga can be very helpful in managing menopause symptoms by reducing stress, improving mood, and promoting overall well-being. Learn specific poses, pranayama (breathing techniques) and bandhas (locks) to support common menopause symptoms. Th 2:00pm

## **OUTDOOR SPORTS**

### **Archeology Hike**

Step into the mysterious world of the Hohokam and discover the echoes of ancient culture. This guided journey leads you through sacred rock art, Mesoamerican artifacts, and the scenic remnants of village life scattered across the Sonoran basin. Th 6:00am

### **Bike Ride: Level 1 - Rillito River Path**

A short, relaxed cruise on a paved, car-free path. Tu 7:00am

**Bike Ride: Level 2 - River Path/Marketplace**

Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 6:00am

**Bike Ride: Level 3 - Agua Caliente**

A long, easy climb on light-traffic streets takes us to a county park with tranquil waters and swaying palms. Sa 6:00am

**Bike Ride: Level 3 - Rocking K**

Experience Arizona mountain biking at its finest on single track trails that twist and roll through the Sonoran Desert with fun descendants and mountain views. Mountain biking skills required. Th 5:30am

**Bike Ride: Level 3 - Sabino Canyon**

This popular early morning ride takes you into spectacular Sabino Canyon. Lots of dips and hills all trending upwards with a strong climb in the end. Mostly down on the way back. Fr 5:30am, Mo 5:30am

**Bike Ride: Level 3 - Saguaro Spin**

See native plants and animals while surrounded by the spectacular scenery of the Sonoran Desert. The Cactus Forest Loop Drive in the Rincon Mountain District (east) is an 8-mile paved loop. We 6:00am

**Bird Walk**

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 6:00am, Sa 6:00am

**Cardio Tennis Clinic**

Enjoy a heart-pumping cardio tennis workout to music. Fr 8:00am, Su 8:00am, Tu 8:00am

**Desert Trail Running**

Enjoy an invigorating one-hour trail run through the captivating beauty of the Sonoran Desert. Trail locations may vary and include hilly, uneven, and rocky terrain. This activity is suited for runners who can maintain a moderate pace over 4 miles. Th 5:30am, Tu 1:00pm

**Gravel Biking in Patagonia**

Embark on a breathtaking 30-mile cycling journey through Patagonia, Arizona. Discover the historic Harshaw ghost town and enjoy beautiful views at every turn. Ideal for intermediate to advanced riders. Tu 5:30am

**High Ropes Challenge Course**

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. We 8:30am, Sa 8:15am, Mo 6:30pm

**Hike & Paint**

Discover the magic and light of the Sonoran Desert while learning watercolor painting techniques. We'll explore stunning natural locations to inspire your creativity. A watercolor kit is provided to take home and continue your artistic journey. Th 6:00am, Mo 1:00pm

**Hike: Level 2 - Box Camp**

This hike begins with a short uphill followed by sections of downhill through a pine forest to a serene creek side picnic spot, with a steady, uphill climb on the return. Fr 8:45am

**Hike: Level 2 - Douglas Springs**

This scenic trail has several sections of sustained moderate to steep uphill. Ideal for beginner hikers looking for a good workout. Su 6:00am

**Hike: Level 2 - Hitchcock Overlook**

This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. Sa 9:00am

**Hike: Level 2 - Peck Basin Overlook**

A short, uphill stretch followed by sections of downhill through a pine forest leading to a stunning view of the San Pedro Valley. Expect a steady uphill climb on the return. Mo 8:45am

**Hike: Level 2 - Phoneline Overlook**

This beautiful hike offers a variety of ecosystems, from scenic desert to a riparian creek bed with deciduous trees like the white-barked Arizona sycamore and verdant cottonwoods. Tu 6:00am

**Hike: Level 2 - Sunset Trail**

Enjoy a beautiful alpine trail with steep uphill and downhills leading you through a winding rock canyon to a spectacular overlook. We 8:15am

**Hike: Level 2 - Wild Horse Canyon**

Trek through a cacti forest with flat to moderate uphill sections and seasonal water. Th 6:00am

**Hike: Level 3 - Balanced Rock**

This beautiful trail with rocky and sandy sections will reward you with great vistas of the high desert and the interesting rock formations known as "hoodoos." Su 5:45am

**Hike: Level 3 - Bear Saddle**

Gradual and steep uphill through conifers that require deep steps on the way up and some loose gravel on the way down. A strong Level 3 fitness hike. Fr 9:15am

**Hike: Level 3 - Douglas/Rock Springs**

This is a great hike with intervals of rolling grassland sections, rocky terrain, and some strong climbs in the Rincon Mountain Foothills. Mo 5:45am

**Hike: Level 3 - Esperero Overlook**

A challenging hike that wanders over moderate to steep rocky uphill and downhill sections in the scenic canyon basin. Sa 5:45am

**Hike: Level 3 - McDougal Ridge**

A steady climb up the ridge that provides an interesting ramble through the saguaros with views of the Catalina and Rincon Mountains as well as the Tucson Valley. Tu 5:45am

**Hike: Level 3 - Milagrosa Canyon**

A quintessential desert hike with steep climbs over rocky terrain. Pass by a Hohokam petroglyph site before ascending once more to a beautiful canyon overlook. We 5:45am

**Hike: Level 3 - Pontatoc Ridge**

This rocky, and very scenic, ridgeline trail climbs steeply to a beautiful canyon and city overlook. Th 5:45am

**Hike: Level 4 - Blackett's Ridge**

This popular and challenging fitness hike scales rugged and steep terrain, unveiling stunning panoramas at the summit. Th 5:30am

**Hike: Level 4 - Finger Rock SV**

Ascend one of Tucson's most rugged trails. Known for its steep climb up the side of a canyon, the reward is breathtaking views back down the canyon. This trail has big rock steps and a steep incline. Fr 5:30am

**Hike: Level 4 - Fort Lowell Trail SV**

This rugged and rocky trail takes you through intervals of steep climbs surrounded by a classic desert landscape with stunning views at the turnaround spot. Su 5:30am

**Hike: Level 4 - Milagrosa Loop**

With beautiful mountain and canyon views, this scenic ridgeline loop trail climbs over moderate to steep intervals of rocky terrain. Tu 5:30am

### **Hike: Level 5 - Wilderness of Rocks**

Start with a gradual descent and rolling terrain culminating in a steep two-mile ascent at the end of this stunning loop through an area of spectacular rock formations and pristine forest. Su 5:30am

### **Intuitive Archery**

Mastering archery involves more than just technical skill—it's about awareness, focus and letting go. Learn the basics of archery on a recurve bow while we help you align both body and mind to connect to your target. We 8:30am, Fr 6:00am, Mo 8:00am, Tu 9:00am

### **Jeep Adventure**

Ride in comfort and style in our air-conditioned Jeep while experiencing the adrenaline of an off-road adventure. Travel over twists, turns, and bumps to an amphitheater of oak-dotted hills. Enjoy a leisurely, one-mile hike before heading back. Th 3:00pm, Mo 3:00pm

### **Kartchner Caverns Living Cave Tour**

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! We 12:30pm

### **Meditation Hike**

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. Th 1:00pm, Sa 7:00am, Mo 9:30am

### **Night Sky Walk**

Stroll down a paved path into a serene, riparian canyon. Let the glow of the moon embrace you, or step into the starlit darkness. Th 8:00pm

### **Night Vision Goggle Experience**

Discover the wonder of nature and the night sky with military-grade night vision goggles. Join us for a relaxed night walk, where you'll see the world in a whole new light. Night vision reveals animals and stars long hidden from the naked eye. We 7:45pm, Sa 7:45pm, Mo 7:45pm, Tu 7:45pm

### **Phone-tography**

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing. We 5:00pm, Sa 5:15pm

### **Photography Hike**

Join us on a scenic walk in nature, where you'll learn to use the provided camera to transform fleeting moments into great images. We cover composition, basic technical considerations and editing. A storage card is provided to take your images home. Su 6:00am, Tu 5:30am

### **Pickleball Clinic**

This super-fun, easy-to-learn sport is for all ages. The ball moves slower than in tennis. Tactics count more than speed! Racquet Sports experts show you how. We 7:00am, Th 7:00am, Fr 9:00am, Fr 5:00pm, Sa 7:00am, Sa 4:00pm, Su 7:00am, Su 4:00pm, Mo 7:00am, Mo 4:00pm, Tu 7:00am, Tu 5:00pm, Tu 5:00pm

### **Pickleball Drill Clinic**

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players. We 8:00am, Th 8:00am, Fr 8:00am, Sa 8:00am, Su 8:00am, Mo 8:00am

### **Pickleball Skill Development Clinic**

Tailored for players ready to elevate their match performance, our expert-led clinic guides you through focused skill sessions, drills, and point-building strategies designed to increase your competitive edge. Fr 10:00am, Tu 10:00am

### **Rock Climbing Naturally**

Join our rock climbing experts for an unforgettable adventure in the Catalina Mountains, where you'll learn the art of climbing on natural granite. Experience climbing routes with amazing views! A great workout open to climbers of all skill levels. Fr 6:30am, Su 6:00am, Mo 6:30am

### **Sabino Canyon Walk**

Discover the picturesque beauty of Sabino Canyon. Our experts will take you to a premier recreation spot with canyon, mountain, and desert vistas. We 5:30am, Fr 6:00am, Sa 5:45am, Mo 5:30am

### **Sky Island Discovery Tour**

Experience a drive like going from Mexico to Canada—in just 2 hours and no passport needed! This Sky Island road takes you through 8 biomes, with dramatic elevation changes and stunning scenery packed into one unforgettable journey. Fr 1:00pm

### **Tennis Clinic**

Sharpen your skills and learn to hit the sweet spot every time. We 8:00am, Th 8:00am, Sa 8:00am, Mo 8:00am

### **Writing in Nature**

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. Sa 8:30am

## **COMPLIMENTARY HIKING & BIKING**

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles. Additionally, we provide daily road and mountain bike rides, with varying levels of difficulty throughout the week.

We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear. Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

More information about our specific activities can be found in the App or on the activity boards outside the Outdoor Sports Office, located in the Spa. We're also available in the office every day from 8am-3pm to answer questions and help you plan your next outdoor adventure!

# SERVICES

For information or to book services, visit or call Program Advising at Ext. 44338.

For a complete listing of services, visit [canyonranch.com/tucson/services/](http://canyonranch.com/tucson/services/)



## HEALTH, PERFORMANCE, MIND & SPIRIT

### MEDICAL

#### PERSONALIZED, PRECISE, PREVENTIVE

DEXA Body Composition – two-part service.....	25/50 min.....	\$515
DEXA Body Composition & Bone Density Evaluation – two-part service.....	50 min each.....	795
Non-Operative Orthopedic Procedure .....	50 min.....	960
Osteoporosis Prevention & Bone Density Evaluation – two-part service.....	50 min each.....	745
Personalized Physician Consultation.....	25 min.....	230
	50 min.....	410
Personalized Sports Medicine Consultation.....	25 min.....	230
	50 min.....	410
Vascular Ultrasound.....	25 min.....	575
	50 min.....	960
	150 min.....	2,600

#### SLEEP MEDICINE

Sleep Disorder Consultation.....	25 min.....	\$230
	50 min.....	410
Sleep Screening (with follow-up) .....	Overnight.....	750

#### ALTERNATIVE MEDICINE

Acuphoria.....	50 min.....	\$250
Acupuncture.....	50 min.....	250
Acupuncture for Healthy Weight.....	100 min.....	440
Acutonics.....	50 min.....	250
Chinese Herbal Consultation.....	50 min.....	250
Chinese Vitality Consultation.....	110 min.....	440
Holistic Energy Optimization — <b>NEW</b> .....	50 min.....	250

#### SPORTS MEDICINE

Arthritis Evaluation — <b>NEW</b> .....	50 min.....	\$350
Blood Flow Restriction Therapy.....	25 min.....	175
Hiking Performance .....	50 min.....	350
Low Back Pain Evaluation — <b>NEW</b> .....	50 min.....	350
Medical Gait Analysis .....	50 min.....	350
Musculoskeletal & Joint Assessment.....	50 min.....	350
Performance Assessment — <b>NEW</b> .....	50 min.....	350
RacquetFit™ Racquet Health Program – two-part service.....	50 min each.....	570
Running Performance .....	50 min.....	350
TPI™ Golf Health Program – two-part service.....	50 min each.....	570

#### PERFORMANCE SCIENCE

Balance Assessment.....	50 min.....	\$220
Body Composition Screening .....	25 min.....	130
Comprehensive Exercise Assessment – two-part service .....	50 min each.....	420
Hydration Testing — <b>NEW</b> – two-part service .....	50 min each.....	460
RacquetFit™ Racquet Health Program – two-part service.....	50 min each.....	570
Rx for Exercise.....	50 min.....	220
VO2 Max Assessment – two-part service .....	50 min each.....	420

## MENTAL HEALTH & WELLNESS

Establishing Healthy Habits .....	50 min .....	\$250
Hypnotherapy .....	50 min .....	250
Inner Balance by Heartmath.....	50 min .....	395
Longevity Mindset .....	50 min .....	250
Meditation, Mindfulness & Mental Health.....	50 min .....	250
Mental Health & Wellness Consultation.....	single 50 min .....	250
	duet 50 min .....	195/person
Performance Mindset .....	50 min .....	250
Relationship with Food .....	50 min .....	250
Stress Management .....	50 min .....	250
Tech for Mental Health & Wellness —NEW .....	25 min .....	140

## NUTRITION & FOOD

Building Muscle.....	50 min .....	\$220
Continuous Glucose Monitor Follow-Up & Education.....	50 min .....	220
Diet Score —NEW – two-part service.....	50 min each .....	525
Digestive Wellness .....	50 min .....	220
Fastest Meals Imaginable.....	50 min .....	250
Fueling for Longevity .....	50 min .....	220
Fueling Your Performance .....	50 min .....	220
Hydration Testing —NEW – two-part service .....	50 min each .....	460
Mood & Food – two-part service .....	50 min each .....	470
Nutrition Follow-Up Package.....	4 sessions – 25 min each .....	360
	Additional sessions .....	120 each
Personalized Nutrition Consultation.....	50 min .....	220
Strategies for Raising Nutritious Eaters —NEW .....	50 min .....	220

## COOKING

Hands-on Cooking Private.....	80 min .....	\$185
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## SPIRITUAL WELLNESS

Body-Spirit Connection.....	50 min .....	\$250
Creative Expression.....	50 min .....	250
Creative Sound Expression.....	50 min .....	250
Crystal Sound Activation .....	50 min .....	250
Cultivate a Life of Purpose .....	50 min .....	250
Navigating Loss, Grief & Remembrance.....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people) .....	185/person
Re-Sounding Body.....	50 min .....	250
Rite of Passage .....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people) .....	185/person
Soul Journey.....	50 min .....	250
Spiritual Guidance .....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people).....	185/person
Spirituality & Longevity .....	50 min .....	250
Spirituality & Performance .....	50 min .....	250

# FITNESS 360

## FITNESS

### PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Yoga		
Private Fitness Training		
Private Mind-Body Practice		
Private Pilates or Gyrotonic Training		
Private Yoga Practice		
Individual Training Session .....	50 min .....	\$150
Duet Training Session.....	50 min .....	110/person
Small Group Training Session (3-5 people) .....	50 min .....	80/person
Private Group Class.....	50 min .....	335/class
Ayurvedic Consultation — <b>NEW</b> — two-part service .....	50 min each .....	420
Comprehensive Ayurvedic Consultation — <b>NEW</b> — two-part service.....	110 min /50 min.....	600
Good Posture for Life.....	50 min .....	150
Introduction to Ayurveda— <b>NEW</b> .....	50 min .....	240
Personal Training with Virtual Follow-Up.....	2 sessions – 50 min each .....	270
Yoga for Your Dosha – two-part service.....	50 min each .....	300

## OUTDOOR SPORTS

### GROUP ADVENTURES

Archaeological Adventures .....	5 hours .....	\$110
Desert Trail Running.....	2 hours .....	110
Hike & Paint.....	4 hours .....	110
Intuitive Archery .....	2 hours .....	110
Jeep Adventures .....	4 hours .....	220
Night Sky Walk .....	2 hours .....	80
Night Vision Goggles Experience.....	2 hours .....	110
Phone-tography .....	2 hours .....	110
Photography Hike.....	3-4 hours .....	110
Writing in Nature .....	4 hours .....	110
Yoga on the Trail .....	4 hours .....	140

### HIGH ROPES ADVENTURES

Climbing Wall.....	2 hours .....	\$110
High Ropes Challenge Course		
2–4 hours, depending on the number of people.....		220/person
Rock Climbing Naturally.....	5 hours .....	400

### PRIVATE ADVENTURES

Bike & Hike		
First hour, up to three guests.....		\$140
Each additional hour, up to three guests.....		80

### RACQUET SPORTS

Cardio Tennis Clinic .....	50 min .....	\$80
Pickleball Drill Clinic .....	50 min .....	80
Pickleball Lesson		
Individual training session.....	50 min .....	150
Semiprivate training session (2 guests) .....	50 min .....	110/person
Pickleball Skill Development Clinic .....	1100 min .....	200
Tennis Clinic .....	50 min .....	80
Tennis Lesson		
Individual training session.....	50 min .....	150
Semiprivate training session (2 guests) .....	50 min .....	110/person

## MED SPA & BEAUTY

### MEDICAL AESTHETICS

Aquagold® .....	45 min .....	\$650
Botox® – detailed plan discussed during consultation.....	15 per unit	
Chemical Peel.....	50 min .....	light – 150
	50 min .....	medium – 220
Clear + Brilliant®		
Face .....		375
Face, Neck & Décolleté .....		550
Consultation.....	50 min .....	110
Dermaplaning .....	45 min .....	175
Diamond Glow Facial —NEW.....	50 min .....	350
Juvederm® Dermal Filler.....	detailed plan discussed during consultation	
Microneedling.....	50 min .....	325
with PRP (Platelet-Rich Plasma)	50 min .....	600
Platinum Diamond HydraFacial .....	50 min .....	350

### FACIAL TREATMENTS

AKAR Nourishing Facial—NEW.....	50 min .....	\$220
Augustinus Bader Facial .....	50 min .....	220
Biologique Recherche Custom Facial.....	50 min .....	240
	80 min .....	340
Biologique Recherche Lift & Sculpt Facial.....	80 min .....	420
Environ Age-Defying Facial .....	80 min .....	395
Environ Facial .....	50 min .....	220
Lash & Brow Tint .....	25 min .....	70
The Complete Fix Facial —NEW .....	50 min .....	295
Venn Collagen Facial .....	50 min .....	220
Venn X TheraFace Facial —NEW.....	80 min .....	395

## SALON

### HAIR CARE

Blowout .....	25 min .....	\$65
	45 min .....	75
Color .....	times & fees vary	
Cut .....	Barber Cut 25 min .....	65
	Hair Cut 45 min .....	125
Highlights .....	times & fees vary	
Kerastase® Experience .....	80 min .....	150

### MAKEUP

Makeup Consultation .....	45 min .....	\$140
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### MANICURES

Canyon Ranch Manicure .....	45 min .....	\$80
Gentlemen's Manicure .....	25 min .....	60
Hungarian Manicure .....	45 min .....	80
Recovery CBD Manicure .....	45 min .....	80
Vitamin Infusion Manicure —NEW .....	45 min .....	95

### PEDICURES

Canyon Ranch Pedicure .....	50 min .....	\$95
Foot Rescue! Pedicure .....	50 min .....	95
Gentlemen's Pedicure .....	50 min .....	95
Hungarian Pedicure .....	50 min .....	95
Recovery CBD Pedicure .....	50 min .....	95
Road Warrior Pedicure .....	80 min .....	150
Vitamin Infusion Pedicure —NEW .....	50 min .....	105

## SPA

### BODY TREATMENTS

CBD Wellness Ritual .....	100 min .....	\$410
Coconut Melt .....	50 min .....	240
Coconut Sugar Scrub—NEW .....	50 min .....	200
Desert Ritual .....	100 min .....	410
Detoxifying Herbal Wrap .....	25 min .....	120
two-person side-by-side experience .....	45 min .....	120/person
Detoxifying Ritual .....	100 min .....	410
Euphoria Ritual .....	100 min .....	410
Himalayan Salt Stone Treatment .....	100 min .....	410
Hungarian Scrub .....	50 min .....	240
Mud Cocoon .....	50 min .....	240
includes bath soak and massage .....	100 min .....	410
Muscle Rescue Ritual .....	100 min .....	410
Organic Seaweed Leaf Cocoon .....	100 min .....	410
Ultra-Moisturizing Cocoon .....	50 min .....	240
per couple – includes massage .....	100 min .....	820
Vitamin Infusion Body Treatment .....	50 min .....	240

## MENU OF SERVICES | 2025

### AYURVEDIC TREATMENTS

Abhyanga.....	50 min.....	\$440
Bindi-Shirodhara.....	100 min.....	410
Shirodhara.....	50 min.....	240
Udvaartana Massage.....	80 min.....	320

### EASTERN THERAPIES

Ashiatsu – Barefoot Massage .....	50 min.....	\$240
	100 min.....	440
Muscle Melt for Road Warriors .....	50 min.....	240
	100 min.....	410
Reflexology .....	50 min.....	240
	100 min.....	440
Shiatsu .....	50 min.....	220
	100 min.....	410
Thai Massage .....	100 min.....	440

### ENERGY THERAPIES

Balanced Energy.....	50 min.....	\$220
	100 min.....	410
Reiki.....	50 min.....	220

### MASSAGE

Aquatic Massage – Watsu®.....	50 min.....	\$240
Aromatherapy Massage.....	50 min.....	220
Canyon Ranch Massage.....	50 min.....	220
	100 min.....	410
Canyon Ranch Signature Treatment .....	100 min.....	410
Canyon Stone Massage.....	100 min.....	410
Chakra Balancing Massage .....	80 min.....	320
Craniosacral Therapy.....	50 min.....	240
	100 min.....	410
Cupping – Sports Massage .....	50 min.....	240
	100 min.....	440
Deep Tissue Massage.....	50 min.....	240
	100 min.....	440
Hands, Feet & Scalp Massage.....	50 min.....	200
Head, Neck & Shoulders Massage .....	50 min.....	220
Hydrating Body Bar Massage.....	50 min.....	240
	100 min.....	410
Lymphatic Treatment.....	50 min.....	240
	100 min.....	410
Mama Moisturizing Massage.....	50 min.....	240
Neuromuscular Therapy .....	75 min.....	340
Prenatal Massage.....	50 min.....	220
Sole Rejuvenation.....	50 min.....	200
Therapeutic CBD Pain Relief Massage .....	50 min.....	250
	100 min.....	450
Warm Coconut Oil Massage .....	50 min.....	240

## SPECIALTIES

### METAPHYSICAL

Angel Card Reading .....	50 min .....	\$240
Astrocartography .....	50 min .....	240
Astrology .....	50 min .....	240
Astro-Gemology.....	50 min .....	240
Clairvoyant Reading.....	50 min .....	240
Crystal Energy .....	50 min .....	240
Developing Your Sixth Sense .....	50 min .....	240
Handwriting Analysis .....	50 min .....	240
Tarot Card Reading .....	50 min .....	240
Vedic Astrology .....	50 min .....	240
Vedic Palmistry.....	50 min .....	240
	80 min .....	295
Vortex Experience Guided Walk.....	50 min .....	240

### TEEN SERVICES (AGES 14-17)

Guests ages 14-17 may experience select services. The parent or guardian must book all teen services. We require all guest ages 14-17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance and suggestions on making the most of your experience.

### MATERNITY

Are you expecting? A Wellness Guide can provide you with a list of suggested services and recommend those that would be the most valuable for you. Contact a Wellness Guide at Ext. 44338 any time during your stay. Please consult with your physician at home before booking services.

### FOR GUESTS WITH CANCER

Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician prior to booking services. The entire Canyon Ranch family supports you on your healing journey.

# LIFE CHANGES AT CANYON RANCH

WHEREVER YOU ARE ON YOUR LIFELONG JOURNEY,  
FIND PERSONALIZED GUIDANCE AND PROVEN  
EXPERTISE TO INSPIRE YOUR WELL WAY OF LIFE.



## CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



## CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



## CANYON RANCH WOODSIDE, CALIFORNIA

Escape to the Redwoods. Our wellness haven in Northern California is purpose-built for outdoor adventure, mind-body connection, and a joyful sense of community and of self.



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, culinary experiences replenish you on your path to lifelong well-being.

Visit [canyonranch.com](https://canyonranch.com) to learn more about all of our locations.

# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

A Canyon Ranch Membership is the ultimate healthy habit, allowing you to explore all our life-enhancing possibilities at your own pace. Your Membership helps you maintain your commitment to healthy living with regular stays at our Sonoran Desert resort over the next five years. It's an invaluable path to health and vitality – all at an incredible value.



### AN IDEAL PLAN IF YOU WANT TO:

- Return regularly to our world-class Tucson wellness resort.
- Share the experience with anyone of your choosing.
- Sustain your commitment to healthy, joyful living.
- Keep up with health and fitness trends and maintain your relationships with Canyon Ranch professionals.
- Enjoy a fabulous, rejuvenating getaway at least once a year.
- Invest in yourself and enjoy great savings.



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

- Five free Member Nights to use for overnight stays in Tucson. (Service allowance not included.)
- 45 Member Nights with a 50% discount on the nightly rate; discount applied to current “Stay Your Way” rate. (Service allowance not included.)
- Member pricing on all services, activities, and select retail in connection with your stays.
- Exclusive Member offers; offers will vary but may include special pricing, promotions, sneak previews of new services or programming, etc.

### ADDITIONAL BENEFITS:

- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

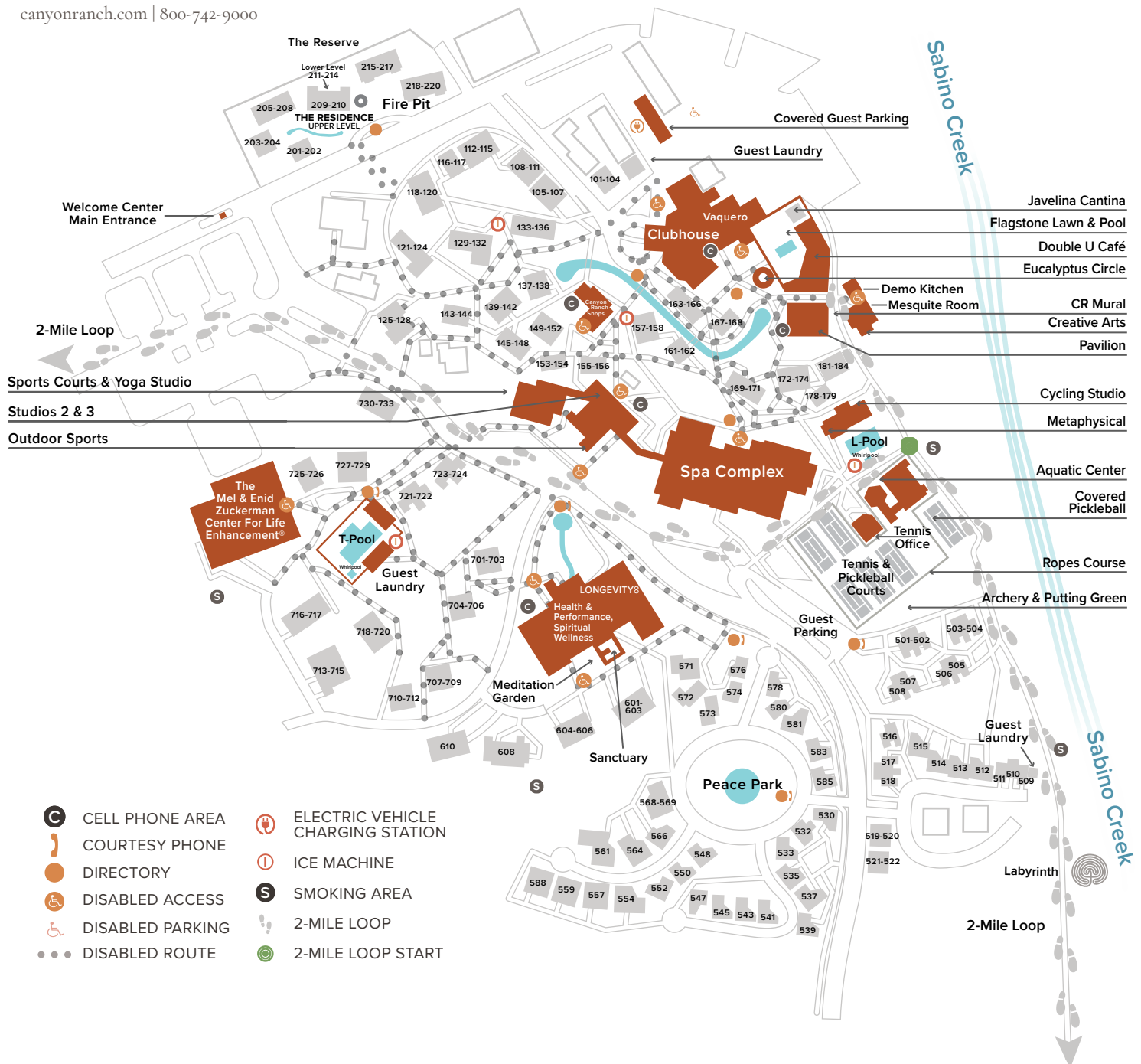
For more information or to  
purchase a Membership:

#### CONTACT

Memberships

TucsonMemberships@canyonranch.com  
520-239-3293

or visit our Membership Sales  
Team in Tucson.



## 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.