

RANCH SCHEDULE  
MAY 21 - 27, 2025



This schedule belongs to:

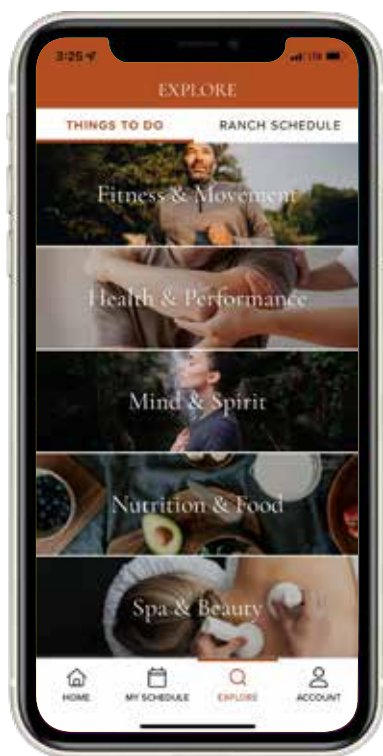
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CANYON  
RANCH®

# 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



## 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'.



## 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.

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



## WILD + WELL: ADVENTURE AND WELLNESS DAYS

MAY 26 - JUNE 1

This transformative week combines the thrill of adventure with the healing power of wellness as you challenge your physical limits through outdoor activities, while building mental strength, resilience, and relaxation.

Experience the positive impact of the outdoors on your mood, immune system, digestion, blood pressure, and sleep as you exercise your body and calm your mind.

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



## 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.



## NINE DAUGHTERS OF EARTH TRUNK SHOW

FRIDAY, MAY 23 | 9 AM–6 PM  
SATURDAY, MAY 24 | 9 AM–6 PM

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

Join local jeweler, Sloane Ehnat Padilla as she launches her handcrafted jewelry line. All inspired by deep reverence for magic and the natural world.



## VAN DANG FRAGRANCES

TUESDAY, MAY 27 | 9 AM–6 PM

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

Enjoy this collection of oils, diffusers, room sprays and candles. Kim-Van Dang fragrances include six signature scents to lift your spirit.

# WEDNESDAY

May 21, 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.

**BIKE RIDE: LEVEL 3  
HONEYBEE LOOP** Limit: 6 ▲ Outdoor Sports Lobby  
4 hr.

6:00 AM

**HIKE: LEVEL 2  
PIMA CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

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

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

7:00 AM

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

8:00 AM

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

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

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

8:15 AM

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

**HIKE: LEVEL 3  
CRYSTAL SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr.

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

8:30 AM

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

9:00 AM

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

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

**AQUA ZUMBA** Limit: 24 SP T-Pool  
45 min.

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

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

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 SP T-Pool  
45 min.

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

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

11:00 AM

**COMPASSION CIRCLE FOR GRIEF &  
GRATITUDE** Sanctuary  
50 min. 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.

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

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

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

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

NOON

**LUNCH & LEARN: MOJO SHRIMP** Demo Kitchen  
60 min. Enjoy mojo shrimp with garlic lime pepita sauce and black beans, 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

### GLUTE TRANSFORMATION

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

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

### SKY ISLAND DISCOVERY

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

## 2:00 PM

### MINDFULNESS: STRESS ANTIDOTE TO ENHANCE

**LIFESPAN** CME Catalina Room  
50 min. Discuss how stress, longevity, and mindfulness impact telomeres. Delve into mindfulness practices, address common barriers, and gain tools for successful adoption.

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

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

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

### THE POWER OF WATER-BASED

**EXERCISE—NEW** SP Cactus Room  
25 min. In this 25-minute talk, a Canyon Ranch Performance Scientist explores the benefits of water-based exercise, including enhanced performance, injury prevention, and faster recovery, backed by cutting-edge research and practical insights.

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

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

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

## 4:00 PM

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

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

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

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

## 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

### LONGEVITY THROUGH THE MEDICAL

**LENS—NEW** CME Catalina Room  
50 min. Join Dr. Brewer to explore the scientific and lifestyle factors behind longevity as we delve into the secrets of living a longer, healthier life.

**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.

## 7:45 PM

### NIGHT VISION GOGGLE

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

# THURSDAY May 22, 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 LEMMON PARK** Limit: 12 ▲ Outdoor Sports Lobby  
7 hr.

## 5:45 AM

**HIKE: LEVEL 3 BLACKETTS RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

## 6:00 AM

**HIKE: LEVEL 2 ESPERERO TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. 45 min.

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

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

**BIKE RIDE: LEVEL 2 CAFE RIDE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

**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 Sanctuary  
25 min.

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

## 9:00 AM

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

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

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

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

**WALKING MEDITATION** CME Sanctuary  
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.

## 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.

## 11:00 AM

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

**NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN** CME Catalina Room  
50 min. Unlock the secrets to a longer, healthier lifespan through nutrition. Explore the vital connection between what we eat and longevity in this insightful presentation.

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

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

**YOGA FOR DETOX** Limit: 20 Yoga Studio  
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

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

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

**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 CHICKEN

**ENCHILADAS** Demo Kitchen  
60 min. Enjoy grilled chicken enchiladas with soup of the day, salad bar and dessert, while learning how to prepare the entrée.

## 1:00 PM

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

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

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

## 2:00 PM

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

**THE POWER OF HYDRATION**—NEW SP Cactus Room  
25 min. In this 25 minute talk, explore the vital role hydration plays in boosting physical performance, mental clarity, digestion, skin health, and overall well-being. Learn why hydration is about more than just water and how to hydrate for optimal health!

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

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

**YOGA FOR MENOPAUSE** Limit: 30 Yoga Studio  
45 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.

**ENDURANCE, ZONE 2 AND YOU** CME Catalina Room  
50 min. Join us for an in-depth analysis of Zone 2 endurance training. Uncover how this method revolutionizes fitness, enhancing cardiovascular capacity and overall athletic achievements. Your journey to optimal endurance starts here.

**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.

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

## 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.

## 6:00 PM

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

## 7:00 PM

**ISLANDS IN THE SKY & THE SOUTHWEST MONSOON** SP Cactus Room  
50 min. What makes the Southwest so special? Mitch Stevens and Russell Lowes give a visual presentation of the Sonoran Desert, from sky-island mountain ranges to the Grand Canyon and beyond.

## 8:00 PM

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

# FRIDAY

May 23, 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

**GUTHRIE PEAK** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr. 30 min.

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

### BIKE RIDE: LEVEL 4

**ROCKING COBBLER** Limit: 6 ▲ Outdoor Sports Lobby  
4 hr.

## 5:45 AM

### HIKE: LEVEL 3

**TANQUE VERDE LEDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min.

## 6:00 AM

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

### MORNING WALK

30 min. / 45 min. Spa Lobby

## 6:30 AM

### ROCK CLIMBING

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

## 7:00 AM

### 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.

## 7:30 AM

**BOGA FITMAT® FITNESS CLINIC** Limit: 8 ▲ SP 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.

### HIKE: LEVEL 2

**PALISADES TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

## 9:00 AM

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

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

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

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

### 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.

## 10:00 AM

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

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

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

### PICKLEBALL SKILL DEVELOPMENT CLINIC

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

### FOUNDATIONS OF STRENGTH

CME Catalina Room  
50 min. Discover 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.

## 11:00 AM

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

### ANGELS AMONG US

Cactus Room  
50 min. Do guardian angels exist, and what role do they play in our lives? A Canyon Ranch clairvoyant discusses angel energy in the modern age.

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

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

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

## NOON

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

**BREATHING** Limit: 30 Yoga Studio  
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.

## NOON

### LUNCH & LEARN: SOY SEARED STEAK

#### SANDWICH

60 min. Enjoy a Soy-Seared Steak Sandwich and Roasted Carrot Fries with a Chef's Choice Salad. Demo Kitchen

## 12:30 PM

### KARTCHNER CAVERNS LIVING CAVE

**TOUR—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$220

## 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

### CONTEMPLATION & HEALING

CME Catalina Room  
50 min. Find out how changing the way you "see" through contemplative spiritual practice can foster greater inner peace.

### YOGA IN THE WILD—NEW

Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$140 Take a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session.

## 2:00 PM

### THE ROAD TO AUTHENTICITY THROUGH ASTROLOGY

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

### KETTLEBELL WORKOUT

Limit: 12 Studio 3  
45 min.

### MUSCLE RELIEF: ROLL WITH IT!

Limit: 18 Studio 2  
45 min.

### PELVIC FLOOR YOGA—NEW

Limit: 36 Yoga Studio  
45 min.

### CR VITALITY TOUR

Limit: 20 Center for Life Enhancement  
30 min.

### DYE YOUR OWN SILK SCARF

Limit: 6 ▲ Art Studio 1  
2 hr. 30 min. \$75 Create a piece of wearable art. Design the silk scarf you'd love to own—or give as a gift—using permanent, no-bleed dyes and your own imagination.

## 3:00 PM

### WATSU AQUATIC MASSAGE

**DEMO** Limit: 20 SP Watsu Pools  
45 min.

### BUFF BOOTY

Limit: 20 Studio 1  
45 min.

## 3:00 PM

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

### YOGA FOUNDATIONS

Limit: 30 Yoga Studio  
45 min.

## 4:00 PM

### RESTORATIVE AERIAL YOGA AND SOUND HEALING

**CLINIC—NEW** Limit: 5 ▲ Studio 3  
50 min. \$80

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

### STRETCH & RELAXATION

Limit: 20 Studio 2  
25 min.

### SPIRIT CONNECTIONS WITH MEDIUM MAUREEN

**HANCOCK** Limit: 15 ▲ FE Catalina Room  
1 hr. 30 min. \$200 Internationally-known Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven."

## 5:00 PM

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

### OPEN 12-STEP RECOVERY MEETING

Mesquite Room  
60 min. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

## 5:30 PM

### SKY ISLAND SUNSET AND CITY LIGHTS

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

### COMMUNITY TABLE

Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

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

### 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.

## 6:30 PM

### FLOATING SOUND MEDITATION

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

## 8:00 PM

### MUSIC BINGO!

Pavilion  
60 min. A new twist on an old favorite! Listen to clips of popular music and match them to your bingo card to win big.

# SATURDAY May 24, 2025

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

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

## 5:30 AM

**BIKE RIDE: LEVEL 3**  
**PANTANO RIVER PATH** Limit: 12 ▲ Outdoor Sports Lobby  
 3 hr. 30 min.

## 5:45 AM

**HIKE: LEVEL 3**  
**FT. LOWELL HILLS** Limit: 12 ▲ Outdoor Sports Lobby  
 4 hr. 45 min.

## 6:00 AM

**HIKE: LEVEL 2**  
**GARWOOD DAM LOOP** Limit: 12 ▲ Outdoor Sports Lobby  
 4 hr.

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

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

## 7:00 AM

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

**DESERT BEAUTY - THE COSMETOLOGY OF THE SONORAN**—NEW Limit: 8 ▲ Outdoor Sports Lobby  
 3 hr. \$140

**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.

## 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

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

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

## 8:30 AM

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

## 9:00 AM

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

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

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

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

**SHOULDER PAIN UNRAVELED** CME Cactus Room  
 50 min. Join a sports medicine provider and delve into common shoulder conditions that cause pain and restrictions, and how looking beyond the shoulder can improve well-being.

## 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.

**NUTRITION STRATEGIES FOR WOMEN'S HEALTH** CME 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.

## 11:00 AM

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

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

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

**GLIDE AND BURN** Limit: 20 Studio 1  
 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

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

**STRAIGHT TO THE HEART** CME Catalina Room  
50 min. Canyon Ranch Medical Director Stephen Brewer, MD, discusses risk factors and preventative measures for coronary artery disease.

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

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

**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!

### 2:00 PM

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

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

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

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

### 3:00 PM

**THE ART OF ORIGAMI** Limit: 10 ▲ Art Studio 1  
1 hr. 30 min. Learn the peaceful Japanese art of paper folding, known as Origami. This step-by-step practice requires precision, patience, and perseverance with the understanding that perfect lines may not exist.

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

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

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

**WALLYBALL** Racquet Court 1  
45 min.

### 4:00 PM

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

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

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

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

**SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK** Limit: 15 ▲ FE Catalina Room  
1 hr. 30 min. \$200 Internationally-known Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven."

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

### 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.

### 7:45 PM

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

# SUNDAY May 25, 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 SOLDIER TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

## 5:45 AM

**HIKE: LEVEL 3 ERNIE'S FALLS** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 15 min.

## 6:00 AM

**HIKE: LEVEL 2 PONTATOC OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

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

**BIKE RIDE: LEVEL 2 - RIVER PATH/ MARKETPLACE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

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

## 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.

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

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

## 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 Sanctuary  
25 min.

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

## 9:00 AM

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

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

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

**ECOLOGY WALK** Spa Lobby  
60 min. A landscape professional shares interesting facts about desert ecology, including wildlife, rainfall, seasonal happenings, soil compositions and plant materials. Discover the uniqueness of the southwest desert.

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

**WATER WELLNESS CEREMONY** SP Sanctuary  
50 min. Share your love with a heartfelt message, watching it dissolve in the water, symbolizing the eternal flow of interconnectedness.

## 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.

**THE SCIENCE OF WEIGHT LOSS** CME Catalina Room  
50 min. A performance scientist will take a scientific look at metabolism and weight loss. Bring your questions and watch some weight-loss myths get blown out of the water.

## 11:00 AM

**SOUL PRINTS: A WORKSHOP IN PALMISTRY—NEW** Cactus Room  
50 min. Join this interactive workshop to explore the ancient art of palmistry. Learn to read the lines and shapes in your palms, revealing insights into your personality, life path, and spiritual journey.

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

**AQUA FIT** Limit: 15 SP 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



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### 1:00 PM

#### **PILATES REFORMER CLINIC:**

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

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

#### **HOW UNCERTAINTY HELPS US**

**GROW** CME Catalina Room  
50 min. Learn how letting go of control during times of change and transition can open our hearts, expand our consciousness, and nourish our growth as human beings.

### 2:00 PM

**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.

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

#### **SPIRIT CONNECTIONS WITH MEDIUM MAUREEN**

**HANCOCK** Limit: 15 ▲ FE Catalina Room  
1 hr. 30 min. \$200 Internationally-known Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven."

### 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

#### **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!

# MONDAY

May 26, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL

## 5:30 AM

### HIKE: LEVEL 4

**FINGER ROCK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

### SABINO CANYON

**WALK** Limit: 12 ▲ SP 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 2

**MOUNTAIN BIKE 101** Limit: 4 ▲ Outdoor Sports Lobby  
4 hr.

## 6:00 AM

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

### ARCHAEOLOGY 1- HOHOKAM VILLAGE

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

### 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

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

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

## 8:15 AM

### HIKE: LEVEL 3

**GREEN MT. TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

### CENTERING MEDITATION

Sanctuary  
25 min.

## 9:00 AM

### SELF-COMPASSION IS YOUR SUPER

**POWER** CME Catalina Room  
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

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

### HIKE: LEVEL 2

**BOX CAMP** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

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

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

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

## 9:30 AM

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

## 10:00 AM

**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.

**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.

## 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.

## NOON

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

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

## NOON

### LUNCH & LEARN: TUSCAN CHICKEN

60 min. Enjoy chicken tikka masala with white beans and greens, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

### LUNCH & LEARN: TUSCAN CHICKEN

60 min. Enjoy chicken tikka masala with white beans and greens, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

## 1:00 PM

### PILATES REFORMER CLINIC:

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

### CONQUER YOUR FOOD CRAVINGS CME Catalina Room

50 min. Dive into the science of cravings and why certain foods seem so hard to resist. Learn everyday strategies to combat cravings, and in turn have better energy throughout the day, feel more in control of your nutrition, and eat with greater intention.

## 2:00 PM

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

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

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

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

## 3:00 PM

**FREEFORM FUSION** Limit: 14 Studio 3  
45 min.

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

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

### ENHANCING NATURAL BEAUTY—NEW Catalina 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.

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

## 4:00 PM

### MEMORY WIRE BRACELET Limit: 15 ▲ Art Studio 1

1 hr. 30 min. Sometimes it just takes a simple creative project to remind us how we can sparkle. In this class guests will make a memory wire bracelet using a variety of gemstones, charms, and glass beads. The possibilities are endless!

### CHAKRA BALANCING YOGA & SOUND

**HEALING** Limit: 20 Yoga Studio  
45 min.

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

### 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.

## 5:00 PM

### UNDER THE VEDIC SUN Cactus Room

50 min. The Vedic Zodiac promotes the Sun as the source of life, truth, and energy behind our ego-driven desires and soul-driven needs. A sun-centered perspective illuminates our purpose, impact, and importance in the evolution of life and consciousness.

### 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

### HIGH ROPES CHALLENGE

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

## 7:30 PM

### NIGHT VISION GOGGLE

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

# TUESDAY

May 27, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL

## 5:30 AM

### HIKE: LEVEL 4

**WINDY POINT VISTA** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr.

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

### GRAVEL BIKING IN

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

### BIKE RIDE: LEVEL 3

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

## 5:45 AM

### HIKE: LEVEL 3

**BEAR SADDLE** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 15 min.

## 6:00 AM

### SPIRITUAL WELLNESS HIKE WORKSHOP:

**GRIEF & RITUAL—NEW** Limit: 12 ▲ SP Outdoor Sports Lobby  
4 hr. 30 min. \$220

### MORNING WALK

30 min. / 45 min. Spa Lobby

## 7:00 AM

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

## 7:30 AM

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

## 8:00 AM

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

## 8:15 AM

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

## 9:00 AM

### LOW BACK PAIN: MISCONCEPTIONS VS.

**RESEARCH** CME Cactus Room  
50 min. Learn up-to-date evidence to debunk myths about lower back pain. Understand what could be causing the pain and the most beneficial exercises for improving daily activity.

**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 T-Pool  
45 min.

## 9:15 AM

### HIKE: LEVEL 2

**PECK BASIN OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

## 10:00 AM

### 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 T-Pool  
45 min.

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

## 11:00 AM

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

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

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

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

## NOON

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

### LUNCH & LEARN: TUSCAN CHICKEN

60 min. Enjoy salmon teriyaki with cauliflower fried rice, 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

### PILATES REFORMER CLINIC:

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

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

**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.

### SKY ISLAND DISCOVERY

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

## 2:00 PM

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

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

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

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

### 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.

## 4:00 PM

**STRETCH & RELAXATION** Limit: 20 SP 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.

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

## 5:30 PM

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

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

## 6:00 PM

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

**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.

## 7:00 PM

**LIVING & CREATING WITH REVERENCE** Catalina Room  
50 min. Explore how a life-giving sense of reverence can be more fully integrated into your daily life through reflections on the wisdom of women and craftsmen from many cultures, with Claire Campbell Park.

## 8:00 PM

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

# 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

### 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. We 11:00am, Fr 11:00am, Su 11:00am, Tu 11:00am

### Aqua Zumba

Join the Zumba® pool party. Splash, laugh, twist and shout in this fun, challenging cardio water workout that will leave you exhilarated and wanting more! We 9:00am

### 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, Tu 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, Su 2:00pm, Mo 2:00pm, Tu 10:00am

### Cardio Circuit

Aerobic circuit workout using cardio machines and strength equipment. We 11:00am, 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. First Come, First Served, limit 15. Th 2:00pm, Fr 10:00am, Su 9:00am

### Cycling

Experience a cardiovascular-, endurance-, or interval-focused class on a stationary bike. We 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, Sa 8:15am, Su 8:15am, Tu 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. Th 12:00pm, Sa 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. Fr 11:00am, Sa 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 asymmetries 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, Sa 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, Fr 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. Fr 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

### **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, Sa 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. 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 5:15pm

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

### **Water Workout**

Combine aerobic conditioning and muscular endurance work in the pool. Th 9:00am, 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. 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 CR Vitality. Learn about the self-led specialty spaces thoughtfully designed to help guests maximize their time at Canyon Ranch. Daily 2:00pm, Tu 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, Su 8:15am, Mo 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

### **Floating Sound Meditation Clinic 50m**

Experience inner transformation through Guided Meditation and Sound Healing while floating in water on an airbed. Fr 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

### **Freeform Fusion**

This Pilates-inspired class features the Freeform board—a core-conditioning system on wheels: an unstable surface to challenge sense of body position, flexibility, balance and core stability. Mo 3:00pm

### **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. Sa 2:00pm, Tu 9:00am

### **Intermediate Yoga**

This class will deepen your practice as we move into more challenging postures with focus on alignment and form. Sa 11:00am

### **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 Detox**

Let go of whatever no longer serves you in body, mind and spirit. This class features pranayama (yogic breathing) and yoga poses emphasizing spinal rotation and lymph drainage. Th 11:00am

### **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**

### **Archaeology 1- Hohokam Village Site**

Travel to the Tucson Mountains to see petroglyphs depicting the art, stories, and culture of the Hohokam people. Stroll through an ancient village with mortars, ball courts, and pottery, offering a peek into their daily life. Mo 6:00am

### **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 2 - Cafe Ride**

A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. Th 6:00am



**Bike Ride: Level 2 - Mountain Bike 101**

Learn the skills to get into the exciting sport of mountain biking. We start with building fundamental skills and then move on to instructed trail riding utilizing the RABS training system. Mo 5:30am

**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 - Honeybee Loop**

Sweeping views of the Santa Catalina Mountains are the backdrop for this stunning desert single track mountain bike ride, with Native American rock art, gradual up hills and exhilarating downhill runs. We 5:30am

**Bike Ride: Level 3 - Pantano River Path**

Take an extended cruise on a paved, car-free recreational path along an arroyo and out into a large area of undeveloped desert. Mostly a gentle gradient, mixed with a few more noticeable hills. Sa 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. Tu 5:30am

**Bike Ride: Level 4 - Rocking Cobbler**

A rollicking ride through the foothills of the Rincon Mountains on a vast network of flowing single track, including parts of the Arizona Trail. Fr 5:30am

**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 Beauty - The Cosmetology of the Sonoran**

Experience the beauty of Sabino Canyon while exploring desert botanicals that hydrate and nourish. Learn how to blend these natural ingredients into soothing, skin-loving cosmetics for a radiant, glowing you. Sa 7:00am

**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 8:15am, 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, Sa 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. Mo 9:00am

**Hike: Level 2 - Esperero Trail**

A great rugged, rocky desert hike with both gradual and steep terrain that leads to a scenic spot overlooking the Tucson Valley. Th 6:00am

**Hike: Level 2 - Garwood Dam Loop**

A moderate hike through rolling foothills with sections of uphill switchbacks leading to scenic overlooks of the Tucson and the Tanque Verde Valleys. Sa 6:00am

**Hike: Level 2 - Palisades Trail**

Starting high up in the Catalinas, descend down through forested canopies to wide open views, before a challenging climb back up. Fr 8:15am

**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. Tu 9:15am

**Hike: Level 2 - Pima Canyon**

A lush desert and riparian canyon hike with moderate uphill and very rocky terrain. Designed for the strong, beginner hiker. We 6:00am

**Hike: Level 2 - Pontatoc Overlook**

A challenging beginner hike that climbs steeply at times over rocky, scenic canyon and ridge terrain. Enjoy great views over the Tucson Valley and beautiful, natural cacti gardens. Su 6:00am

**Hike: Level 3 - Bear Saddle**

Gradual and steep uphills through conifers that require deep steps on the way up and some loose gravel on the way down. A strong Level 3 fitness hike. Tu 5:45am

**Hike: Level 3 - Blacketts Ridge**

A classic and challenging Level 3 hike through the varied and scenic ecosystems of the canyon with steep climbing over rocky terrain. Th 5:45am

**Hike: Level 3 - Crystal Springs**

Sweeping views await on this hike, winding down through the alpine trails of the Santa Catalina's less explored "backside". We 8:15am

**Hike: Level 3 - Ernie's Falls**

Intervals of moderate uphill and level sections pass through beautiful desert terrain with great views and lead to a seasonal waterfall. Su 5:45am

**Hike: Level 3 - Ft. Lowell Hills**

A classic desert hike with intervals of steep rocky climbs that lead you back into the welcoming solitude and splendor of the desert. Sa 5:45am

**Hike: Level 3 - Green Mt. Trail**

Hike through a forest of Ponderosa pines and Douglas firs that are gradually replaced by oaks, manzanitas, yuccas, and beargrass, leading to spectacular views of the San Pedro Valley. Mo 8:15am

**Hike: Level 3 - Tanque Verde Ledge**

A solid, intermediate fitness hike with intervals of moderate to steep uphills leading to a scenic overlook with stunning views of the Rincon and Catalina Mountains as well as the Tucson Valley. Fr 5:45am

**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. Mo 5:30am

**Hike: Level 4 - Guthrie Peak**

Conquer a thrilling ascent on a challenging mountain trail that culminates in a scramble to a 360-degree view at the summit. Your efforts are rewarded with breathtaking vistas in every direction. Fr 5:30am

**Hike: Level 4 - Lemmon Park**

This scenic, alpine trail winds down through lush forests to a panoramic overlook. Expect sections of steep climbing on the way back. Th 5:30am

**Hike: Level 4 - Soldier Trail**

The trail has a tough, steep climb that starts immediately from the signed trailhead. As the trail gets steeper, the views become even more stunning. Su 5:30am

**Hike: Level 4 - Windy Point Vista**

This popular trail starts in the Catalina Foothills and leads into pine forests with multiple seasonal creek crossings before coming into views of Bear Canyon and Windy Point. Tu 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 6:00am, Tu 5:30pm

**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! Fr 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 1:00pm, 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 7:30pm, Tu 8:00pm

**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 4:00pm, Sa 4:00pm

**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, We 4:00pm, 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

**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, 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 5:30am, 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. We 1:00pm, Tu 1:00pm

**Sky Island Sunset and City Lights Tour**

This Sky Island Tour returns from Mount Lemmon under the soft glow of twilight. Travel through 8 biomes while you enjoy a scenic natural history tour on the way up, and photo stops of the forever sunset views and city lights on the drive back. Fr 5:30pm

**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

# 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](http://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.

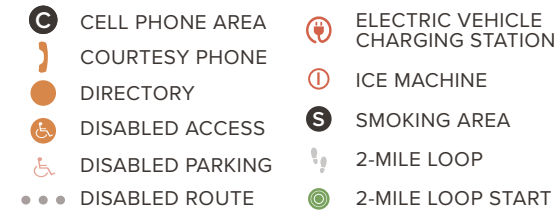
For more information or to  
purchase a Membership:

#### CONTACT

Memberships

TucsonMemberships@canyonranch.com  
520-239-3293

or visit our Membership Sales  
Team in Tucson.



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

- 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

Acupuncture  
Life Management  
LONGEVITY8™  
Medical  
Meditation Garden  
Nutrition  
Sanctuary

Acacia Room  
CR Vitality  
Mohave Gym  
Ocotillo Room  
Saguaro Room

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.