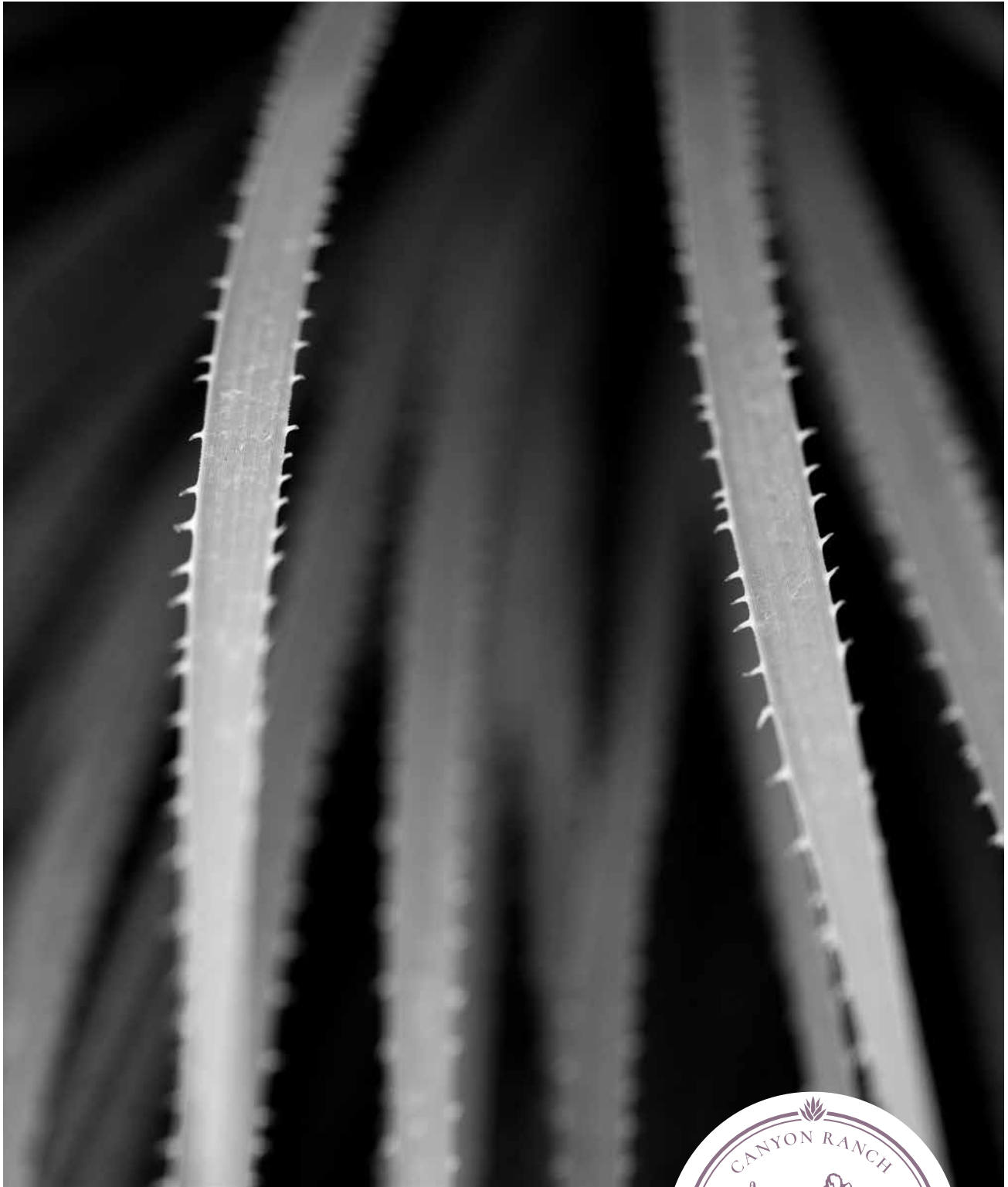


RANCH SCHEDULE
MAY 28 - JUNE 3, 2025



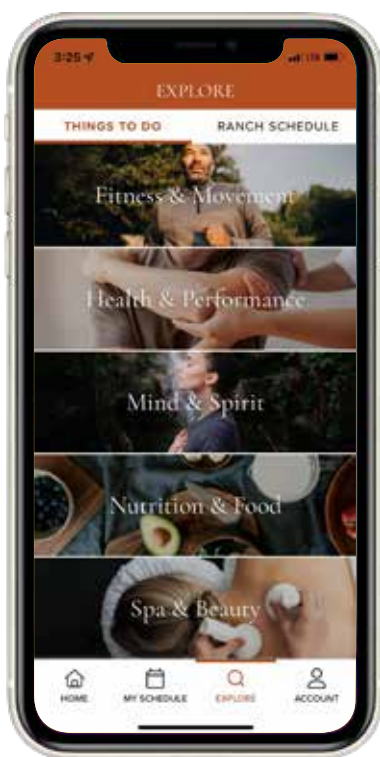
This schedule belongs to:





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



@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



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'.



DUSK TO DAWN RANCH WEEK

JUNE 2 - 8

Discover the magic of Canyon Ranch Tucson from the first light of dawn to the quiet beauty of the night. Begin your day with sunrise hikes and mindful movement, then immerse yourself in rejuvenating indoor wellness experiences featuring restorative treatments and inspiring workshops.

In the evening, enjoy breathtaking guided stargazing beneath the dazzling desert sky, where each moment sparkles with wonder and renewal. Whether you join for a couple of days or stay for the entire week, you'll experience a seamless blend of exploration, relaxation, and rejuvenation.

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



UPCOMING SKY ISLAND DISCOVERY WEEK

JUNE 9 - 15

This summer, escape to the Sky Islands for a hiking adventure like no other. Set out on guided morning and afternoon hikes through a landscape where desert meets mountain, and every trail leads to something extraordinary — towering vistas, quiet canyons, and the untamed beauty of the high desert. Along the way, you'll discover hidden paths, connect with fellow adventurers, and soak in panoramic views that will stay with you long after the trail ends.

Whether you're an avid hiker or simply looking to reconnect with nature, this is your invitation to explore the magic of the Sky Islands.

CR VITALITY

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

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

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

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

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®

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.



VAN DANG FRAGRANCES TRUNK SHOW

WEDNESDAY, MAY 28 | 9 AM-6PM

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 28, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL: ADVENTURE & WELLNESS DAYS

5:30 AM

HIKE: LEVEL 4

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

SABINO CANYON

WALK Limit: 12 ▲ SP Outdoor Sports Lobby
2 hr.

BIKE RIDE: LEVEL 3

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

6:00 AM

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

HIGH ROPES CHALLENGE

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

MORNING WALK

30 min. / 45 min. Spa Lobby

7:00 AM

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

8:00 AM

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

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

8:15 AM

HIKE: LEVEL 2

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

CORE & MORE Limit: 16 Studio 2
20 min.

8:30 AM

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

9:00 AM

LANDSCAPE TOUR

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

BUTI MOVEMENT® Limit: 30 Yoga Studio
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

9:45 AM

HIKE: LEVEL 3

PALISADES TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 45 min. Mountain Hike. 5.5 mi. 1050 ft. elev.

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

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.

AQUA FIT Limit: 15 Aquatic Center
45 min.

TRX STRONG Limit: 9 Studio 3
45 min.

ZUMBA® Limit: 30 Studio 1
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

LUNCH & LEARN: TORTILLA CRUSTED CHICKEN

60 min. Demo Kitchen
Enjoy tortilla crusted chicken with creamy poblano sauce, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

1:00 PM

GLUTE TRANSFORMATION

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

PILATES FOR BALANCE Limit: 18 Studio 2
45 min.

DESERT TRAIL

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

2:00 PM

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

PILATES REFORMER INT/ADV

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

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

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN

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

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

3:00 PM

CORE CONDITIONING Limit: 15 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 SP Studio 2
25 min.

4:30 PM

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.

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

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.

6:30 PM

FLOATING SOUND MEDITATION

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

8:00 PM

NIGHT VISION GOGGLE

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

THURSDAY

May 29, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL: ADVENTURE & WELLNESS DAYS

5:30 AM

HIKE: LEVEL 4

SOLDIER TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Desert Hike. 5.5 mi. 1813 ft. elev.

5:45 AM

HIKE: LEVEL 3

BLACKETTS RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. Sabino Canyon. 5 mi. 1115 ft. elev.

6:00 AM

HIKE: LEVEL 2

PIMA CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr. Desert Hike. 3 mi. 485 ft. elev.

YOGA ON THE

TRAIL—NEW Limit: 12 ▲ SP Outdoor Sports Lobby
4 hr. \$140 Embrace the outdoors with a moderate hike that leads you to a serene space for your all levels Hatha yoga practice. In the sanctuary of nature you can deepen your connection to nature with both body and mind.

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

BIKE RIDE: LEVEL 2

CAFE RIDE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. Desert Ride. 15 mi.

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

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

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.

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

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

CYCLING Limit: 12 Golf Performance Center
45 min.

DESERT DRUMMING Limit: 22 Studio 2
45 min.

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

WEIGHT LOSS: NUTRITION FOR BREAKING

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

SKY ISLAND DISCOVERY

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

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

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

YOGA FOR DETOX Limit: 20 SP 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

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: KOREAN BBQ FLANK

STEAK Demo Kitchen
60 min. Enjoy Korean BBQ flank steak with kimchi fried rice, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

CORE & MORE Limit: 16 Studio 2
20 min.

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

1:00 PM

GYROKINESIS Limit: 15 Yoga Studio
45 min.

SECRETS TO SLEEPING SOUNDLY CME SP Cactus Room
50 min. Good sleep is not a luxury – it is a necessity. Learn about the importance of getting good sleep and how to achieve it.

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

2:00 PM

CORE CONDITIONING Limit: 15 Studio 1
45 min.

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

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

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

CME ACCREDITATION

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

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

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.

WALLYBALL Racquet Court 1
45 min.

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.

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.

8:00 PM

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

FRIDAY

May 30, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL: ADVENTURE & WELLNESS DAYS

5:30 AM

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

BIKE RIDE: LEVEL 3

HONEY BEE OFF-ROAD Limit: 6 ▲ Outdoor Sports Lobby
4 hr. Mountain Biking. 14 mi.

5:45 AM

HIKE: LEVEL 3

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

6:00 AM

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

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

7:00 AM

CARDIO TENNIS CLINIC Limit: 8 ▲ Tennis 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.

7:30 AM

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

8:00 AM

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

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

8:15 AM

HIKE: LEVEL 2

LEMMON PARK Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Mountain Hike. 3.2 mi. 415 ft. elev.

CORE & MORE Limit: 16 Studio 2
20 min.

9:00 AM

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

NEW APPROACHES TO WEIGHT LOSS

CME Cactus 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.

CYCLING Limit: 12 Golf Performance Center
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

10:00 AM

FOUNDATIONS OF STRENGTH

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

PICKLEBALL SKILL DEVELOPMENT

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

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

THE SIXTH SENSE: HARNESSING YOUR INTUITION

Cactus Room
50 min. A Canyon Ranch clairvoyant will discuss how to access the unlimited knowledge the universe has to offer.

AQUA FIT Limit: 15 Aquatic Center
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

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

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

NOON

LUNCH & LEARN: TUSCAN CHICKEN Demo Kitchen
60 min. Enjoy Tuscan chicken with Greek farro salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

BREATHING Limit: 20 Yoga Studio
20 min.

1:00 PM

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

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

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

2:00 PM

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

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

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

PLUTO, THE PLANET OF POWER & TRANSFORMATION Cactus Room
50 min. Canyon Ranch astrologer Shivani Baker will share what the meaning of Pluto is in our charts, and how its energy affects us personally, nationally and globally.

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

3:00 PM

POSTURE & BALANCE Limit: 20 Studio 2
45 min.

TRX STRONG Limit: 9 Studio 3
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

WATSU AQUATIC MASSAGE DEMO Limit: 20 Watsu Pools
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.

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: 4 ▲ Pickleball Court 1
50 min. \$80

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

SKY ISLAND SUNSET AND CITY LIGHTS TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
3 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.

8:00 PM

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

COMPLIMENTARY HIKING & BIKING

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

SATURDAY

May 31, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL: ADVENTURE & WELLNESS DAYS

5:45 AM

HIKE: LEVEL 3

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

6:00 AM

YOGA IN THE

WILD—NEW Limit: 8 ▲ SP 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.

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

BIKE RIDE: LEVEL 3

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

HIGH ROPES CHALLENGE

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

MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM

PICKLEBALL CLINIC Limit: 4 ▲ 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.

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

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

8:30 AM

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

9:00 AM

SOLVING THE MYSTERY OF KNEE

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

10:00 AM

PERSONALIZED NUTRITION—NEW CME Catalina Room
50 min. Join a nutritionist and begin to understand how your personal lifestyle dictates what foods and supplements will help you obtain optimal health.

HIKE: LEVEL 2

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

KARTCHNER CAVERNS LIVING CAVE

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

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

CORE CONDITIONING Limit: 15 Studio 1
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

MINDSET FOR OPTIMUM

PERFORMANCE—NEW CME SP Cactus Room
50 min. Explore how mindset impacts how we think, feel and what we do. We will learn how to build motivation, confidence and resilience, the importance of self-awareness and how to increase it by identifying our top values.

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

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

PBF: POWER BLAST FITNESS Limit: 20 Studio 3
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

| | | |
|---|-----------|----------|
| CORE & MORE 20 min. | Limit: 16 | Studio 2 |
| FITNESS FOR YOUR FEET 20 min. | Limit: 20 | Studio 1 |

1:00 PM

| | | |
|---|------------|----------------------|
| PILATES MAT 45 min. | Limit: 30 | Yoga Studio |
| MEDITATION HIKE 4 hr. \$110 | Limit: 8 ▲ | Outdoor Sports Lobby |
| NEW MEDICAL ADVANCEMENTS 50 min. Join Canyon Ranch Medical Director Stephen Brewer as he introduces you to the newest evidence-supported medical advancements that are emerging for the new year. | CME | Catalina Room |

2:00 PM

| | | |
|-------------------------------------|--------------|-----------------------------|
| BOXER'S WORKOUT 45 min. | Limit: 8 | Studio 3 |
| FLUID FLEXIBILITY 45 min. | Limit: 20 | Aquatic Center |
| HEART CHAKRA YOGA 45 min. | Limit: 36 SP | Yoga Studio |
| CR VITALITY TOUR 30 min. | Limit: 20 | Center for Life Enhancement |

3:00 PM

| | | |
|--|-------------|-----------------|
| BUFF BOOTY 45 min. | Limit: 20 | Studio 1 |
| CHAIR YOGA 45 min. | Limit: 20 | Yoga Studio |
| WALLYBALL 45 min. | | Racquet Court 1 |
| PILATES-AERIAL CLINIC 50 min. \$80 | Limit: 5 ▲ | Studio 3 |
| RAINBOW CRYSTAL SUNCATCHERS 1 hr. 30 min. Enjoy a simple yet rewarding moment of creative expression by stringing beads and crystals to create your own suncatcher and take a piece of sunshine with you from your Canyon Ranch Tucson experience. | Limit: 10 ▲ | Art Studio 1 |

4:00 PM

| | | |
|--|--------------|-------------|
| RESTORATIVE YOGA 45 min. | Limit: 20 | Yoga Studio |
| STRETCH & RELAXATION 25 min. | Limit: 20 SP | Studio 2 |

5:00 PM

| | | |
|---|--|---------------|
| OPEN 12-STEP RECOVERY MEETING 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. | | Mesquite Room |
|---|--|---------------|

5:30 PM

| | | |
|-----------------------------------|------------|---------|
| COMMUNITY TABLE 60 min. | Limit: 6 ▲ | Vaquero |
|-----------------------------------|------------|---------|

6:00 PM

| | | |
|--|-----------|-----------------------------|
| CR VITALITY TOUR 30 min. | Limit: 20 | Center for Life Enhancement |
| MAHJONG GAME NIGHT—NEW 2 hr. Love Mahjong? Join fellow enthusiasts in our newly renovated Game Room for a self-led game night! | Limit: 8 | The Snug |

8:00 PM

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

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

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

Thank you for helping keep Canyon Ranch serene.

SUNDAY June 1, 2025

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

(SP) SPECIAL PROGRAMMING: WILD + WELL: ADVENTURE & WELLNESS DAYS

5:30 AM

HIKE: LEVEL 4

PONTATOC TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Desert Hike. 5.4 mi. 1725 ft. elev.

5:45 AM

HIKE: LEVEL 3

TANQUE VERDE LEDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min. Saguaro National Park. 5.25 mi. 1300 ft. elev.

6:00 AM

HIKE: LEVEL 2

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

SPIRITUAL WELLNESS HIKE WORKSHOP: EDGE OF

AWE—NEW Limit: 12 ▲ SP Outdoor Sports Lobby
3 hr. \$220

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

BIKE RIDE: LEVEL 2 - RIVER PATH/

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

MORNING WALK

30 min. / 45 min. Spa Lobby

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.

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

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

8:00 AM

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

DYNAMIC STRETCH Limit: 20 Yoga Studio
20 min.

9:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

BUTI MOVEMENT® Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

10:00 AM

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

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

MUSCLE MAX Limit: 12 Studio 3
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

VEDIC PALMISTRY: IT'S ALL IN OUR HANDS

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

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

ZUMBA® Limit: 30 Studio 1
45 min.

NOON

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

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.

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.

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

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

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 SP Yoga Studio
45 min.

4:00 PM

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

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

5:00 PM

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

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

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

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.

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

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

Thank you for helping keep Canyon Ranch serene.

MONDAY

June 2, 2025

See descriptions of classes and activities on pages 22-26. (FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

5:30 AM

HIKE: LEVEL 4
FORT LOWELL TRAIL SV Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Desert Hike. 6 mi. 1772 ft. elev.

SABINO CANYON
WALK Limit: 12 ▲ FE 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.

5:45 AM

BIKE RIDE: LEVEL 3
COLOSSAL CAVE LOOP Limit: 12 ▲ Outdoor Sports Lobby
4 hr. Desert Ride. 14.4 mi.

6:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

ARCHAEOLOGY 1- HOHOKAM VILLAGE
SITE—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

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: 8 ▲ Pickleball Court 1
50 min. \$80

8:15 AM

HIKE: LEVEL 2
LEMMON CREEK Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min. Mountain Hike. 4.2 mi. 730 ft. elev.

CENTERING MEDITATION Limit: 30 FE Sanctuary
25 min.

8:30 AM

HIKE: LEVEL 3
BIGELOW PEAK Limit: 12 ▲ Outdoor Sports Lobby
6 hr. Mountain Hike. 5 mi. 1450 ft. elev.

9:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

DESERT DRUMMING Limit: 22 FE 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 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.

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.

LUNCH & LEARN: SHRIMP CATALAN Demo Kitchen
60 min. Enjoy shrimp Catalan with turmeric rice, 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

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

2:00 PM

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

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

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

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.

3:00 PM

FREEFORM FUSION Limit: 14 Studio 3
45 min.

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

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

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

4:00 PM

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

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

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

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

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

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION—NEW Limit: 8 ▲ FE Outdoor Sports Lobby
2 hr. \$110

TUESDAY

June 3, 2025

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

(FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

5:30 AM

HIKE: LEVEL 4

MINT SPRING TRAIL Limit: 12 ▲ Outdoor Sports Lobby

7 hr. Mountain Hike. 6.2 mi. 1845 ft. elev.

BIKE RIDE: LEVEL 3

GABE ZIMMERMAN Limit: 6 ▲ Outdoor Sports Lobby

5 hr. Mountain Biking. 12 mi.

5:45 AM

HIKE: LEVEL 3

BRIDAL WREATH TRAIL Limit: 12 ▲ Outdoor Sports Lobby

4 hr. 45 min. Saguaro National Park. 5.6 mi. 1090 ft. elev.

6:00 AM

MORNING WALK Spa Lobby

30 min. / 45 min.

PHOTOGRAPHY HIKE Limit: 6 ▲ Outdoor Sports Lobby

3 hr. \$110

INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby

2 hr. \$110

7:00 AM

PICKLEBALL SKILL DEVELOPMENT

CLINIC—NEW Limit: 8 ▲ Pickleball Court 1

1 hr. 50 min. \$200

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.

CME ACCREDITATION

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

9:00 AM

ARTHRITIS AND REGENERATIVE MEDICINE CME Cactus Room

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

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.

10:00 AM

HIKE: LEVEL 2

LEMMON PARK Limit: 12 ▲ FE Outdoor Sports Lobby

5 hr. Mountain Hike. 3.2 mi. 415 ft. elev.

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby

45 min.

EXPLORATION IN SOUL CONSCIOUSNESS Cactus Room

50 min. A Canyon Ranch clairvoyant discusses past lives, spirit communication, and other related topics.

EXPLORING NARCISSISM CME Catalina Room

50 min. Discover the realities of what narcissism really means and its origin as you learn practical insights and strategies for recognizing, understanding, and navigating narcissistic behavior.

AQUA FIT Limit: 15 Aquatic Center

45 min.

DJ DANCE PARTY Limit: 30 Studio 1

45 min.

TRX FUSION Limit: 9 Studio 3

45 min.

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

NOON

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

LUNCH & LEARN: BBQ CHICKEN TACOS Demo Kitchen
60 min. Enjoy BBQ chicken tacos with pickled summer slaw, 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

QI GONG Limit: 30 FE Yoga Studio
45 min.

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

REPLENISHING THE WELL CME 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.

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.

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.

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

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

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

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

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

6:00 PM

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

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

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

COMPLIMENTARY HIKING & BIKING

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

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.

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

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. Th 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, Tu 10:00am

Cardio Circuit

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

Core & More

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

Core Conditioning

Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. We 3:00pm, Th 2:00pm, Sa 10:00am

Cycling

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

DJ Dance Party

It's the can't-miss, high-energy cardio party. Dance instructors teach you to move and groove in this workout with attitude. Th 11:00am, Tu 11:00am

Desert Drumming

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

Drumming Circle

Experience the spirit and magic of rhythm by playing percussion instruments in this don't-miss class. No musical training necessary. Instruments provided. Su 3:00pm

Dynamic Stretch

Perform powerful dynamic stretches, moving through a challenging yet comfortable range of motion, followed by static stretches to improve your functional range for sports and daily living. Th 8:15am, Su 8:15am, 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. We 12:00pm, 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. We 9:00am, Fr 11:00am, Tu 2:00pm

Glute Transformation Clinic

Training your glutes is about more than just aesthetics. Learn how you can prevent injury, improve athletic performance, and enhance your general fitness by targeting the glutes. We 1:00pm, Fr 1:00pm

Good Vibrations

Awaken your muscles, improve joint mobility, balance 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, Fr 10:00am, Mo 10:00am, Tu 10:00am

Kettlebell Workout

This class integrates strength movements to provide a cardiovascular-based, full-body workout. Challenge your muscle endurance and core stability, and experience kettlebells in a safe environment. We 2:00pm, Fr 2:00pm

Let's Dance

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

Long & Lean Barre Workout

High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre. 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, Sa 11:00am, Su 2:00pm, Tu 3:00pm

PBF: Power Blast Fitness

Challenge your muscle power and strength with this intense circuit style class that utilizes TRX®, kettlebells, slam balls, and more! Th 11:00am, 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. Sa 11:00am, Mo 11:00am

Pickle & Play

Dive into pickleball fun with host Jude McCarthy. All skill levels are invited to partake in this guided playtime while enjoying court-side refreshments and light snacks. Th 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, 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, Fr 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. Fr 9:00am, Sa 9:00am, Su 9:00am, Mo 9:00am, Tu 9:00am

Yoga Sculpt

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

Zumba®

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

MIND-BODY

Aerial Swing Yoga Clinic

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. Please see a Program Advisor for restrictions. Th 12:00pm, Su 12:00pm, Mo 12:00pm, Tu 12:00pm

Ai Chi

A meditative series of tai chi like movements that utilizes the resistance of the warm water to strengthen and relax the body. Fr 12:00pm

Breathing

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

CR Vitality Tour

An exclusive tour of 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, Sa 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

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

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

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

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. 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

Take a journey through the ancient remnants of a Hohokam village dating back a millennium. Discover the secrets of their vast canal system and explore the culture of an advanced society with a trade network extending all the way to Central America. 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 - River Path/Marketplace

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

Bike Ride: Level 3 - Agua Caliente

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

Bike Ride: Level 3 - Colossal Cave Loop

Rolling hills, real climbs, and designated bikes lanes set in the dramatic Rincon Valley. This is a road ride best suited for experienced riders wanting to climb, descend, and get a little further out of town. Mo 5:45am

Bike Ride: Level 3 - Gabe Zimmerman

Enjoy biking in the high desert with dramatic views of both the Santa Rita and Rincon Mountains. This is a beginner-intermediate trail with some technical sections of rocks and deep sand. Tu 5:30am

Bike Ride: Level 3 - Honey Bee Off-Road

An intermediate ride in the beautiful Sonoran Desert. Enjoy a smooth and flowing single track, with just a few obstacles to keep things interesting. Fr 5:30am

Bike Ride: Level 3 - Rocking K

Experience Arizona mountain biking at its finest on single track trails that twist and roll through the Sonoran Desert with fun descendants and mountain views. Mountain biking skills required. We 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 7:00am, Su 8:00am, Tu 8:00am

Desert Trail Running

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

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 6:00am, Sa 6:00am, 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. Fr 6:00am, Su 1:00pm

Hike: Level 2 - Hitchcock Overlook

This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. Sa 10:00am

Hike: Level 2 - Lemmon Creek

Experience the heart of Mount Lemmon as you hike through aspens, ferns, and ponderosa pines to a rocky outcrop. Soak in the scenic views before ascending back up the trail. Mo 8:15am

Hike: Level 2 - Lemmon Park

A mountain trail that weaves through lush alpine forest to a spectacular fire lookout. Suited for novice hikers who want a bit of a challenge. Fr 8:15am, Tu 10:00am

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. Th 6:00am

Hike: Level 2 - Sunset Trail

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

Hike: Level 2 - Wild Horse Canyon

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

Hike: Level 3 - Bigelow Peak

This trail begins with a steep incline before winding through wonderful rock formations and stately pines. Breaks in the trees reveal sweeping vistas across the San Pedro River Valley. We'll enjoy a snack just below Bigelow Peak. Mo 8:30am

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 - Bridal Wreath Trail

Intervals of steep climbing on loose, rocky terrain leads to beautiful vistas before ending at a hidden grotto with a seasonal waterfall. Tu 5:45am

Hike: Level 3 - Esperero Overlook

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

Hike: Level 3 - Palisades Trail

A steady, winding descent through tall Ponderosa pine and oak forests to a scenic overlook. Expect a steady ascent back to the trailhead on the return. We 9:45am

Hike: Level 3 - Pontatoc Ridge

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

Hike: Level 3 - Tanque Verde Ledge

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

Hike: Level 4 - Fort Lowell Trail SV

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

Hike: Level 4 - Milagrosa Loop

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

Hike: Level 4 - Mint Spring Trail

Challenge yourself to an uphill hike through a mountain meadow to a saddle, then a strong climb to a spot with incredible views near the top of Mount Lemmon. Tu 5:30am

Hike: Level 4 - Pontatoc Trail

Hike through Pontatoc Canyon with towering cliffs above. The ascent is rocky and steep in sections. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley and surrounding canyons. Su 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. Th 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 8:00am, Mo 6:00am, Tu 6:00am

Jeep Adventure

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

Kartchner Caverns Living Cave Tour

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Sa 10:00am

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, Sa 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 8:00pm

Night Vision Goggles - Creepy Crawly Edition

Discover the wonders of nature and the night sky with military-grade night vision goggles. We'll use the goggles to peer deep into the dark skies while also searching the canyon for our nocturnal desert denizens. You may see snakes or scorpions! Mo 8:00pm, 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 4:30pm, Su 1:00pm, Tu 5:30pm

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 6:00am

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 5:00pm, Th 7:00am, Fr 9:00am, Fr 5:00pm, Sa 7:00am, Su 7:00am, Su 5:00pm, Mo 7:00am, Mo 5:00pm, Tu 5:00pm, Tu 5:00pm

Pickleball Drill Clinic

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

Pickleball Skill Development Clinic

Tailored for players ready to elevate their match performance, our expert-led clinic guides you through focused skill sessions, drills, and point-building strategies designed to increase your competitive edge. Fr 10:00am, Tu 7:00am

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. Th 6:30am, Mo 6:00am

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. Th 11:00am, 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

Spiritual Wellness Hike Workshop: Edge of Awe

Experiencing awe often puts people in a self-transcendent state where they focus less on themselves and feel more like a part of a larger whole. Come join us on this incredible hike where a Spiritual Wellness facilitator will guide us into the awe of nature and make us feel like we are part of something greater than ourselves. Su 6:00am

Tennis Clinic

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



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 —NEW | 50 min | 250 |

SPORTS MEDICINE

| | | |
|--|-------------------|-------|
| Arthritis Evaluation —NEW | 50 min | \$350 |
| Blood Flow Restriction Therapy..... | 25 min | 175 |
| Hiking Performance | 50 min | 350 |
| Low Back Pain Evaluation —NEW | 50 min | 350 |
| Medical Gait Analysis | 50 min | 350 |
| Musculoskeletal & Joint Assessment | 50 min | 350 |
| Performance Assessment —NEW | 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

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|--|-------------------|-------|
| Balance Assessment..... | 50 min | \$220 |
| Body Composition Screening | 25 min | 130 |
| Comprehensive Exercise Assessment – two-part service | 50 min each | 420 |
| Hydration Testing —NEW – 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 |

MENU OF SERVICES | 2025

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 |
|-------------------------------|--------------|-------|

SPIRITUAL WELLNESS

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|---|-------------------------------|------------|
| 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 — NEW — two-part service | 50 min each | 420 |
| Comprehensive Ayurvedic Consultation — NEW — two-part service..... | 110 min /50 min..... | 600 |
| Good Posture for Life..... | 50 min | 150 |
| Introduction to Ayurveda— NEW | 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 |
|---------------------------|--------------|-------|

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 |
| | 80 min | 320 |
| 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 |
| Udvertana Massage..... | 80 min | 320 |

EASTERN THERAPIES

| | | |
|-------------------------------------|---------------|-------|
| Ashiatsu – Barefoot Massage | 50 min | \$240 |
| | 80 min..... | 340 |
| | 100 min | 440 |
| Muscle Melt for Road Warriors | 50 min | 240 |
| | 80 min..... | 340 |
| | 100 min | 410 |
| Reflexology | 50 min | 240 |
| | 80 min..... | 340 |
| | 100 min | 440 |
| Shiatsu | 50 min | 220 |
| | 80 min..... | 320 |
| | 100 min | 410 |
| Thai Massage | 100 min | 440 |

ENERGY THERAPIES

| | | |
|----------------------|---------------|-------|
| Balanced Energy..... | 50 min | \$220 |
| | 80 min..... | 320 |
| | 100 min | 410 |
| Reiki..... | 50 min | 220 |
| | 80 min..... | 320 |

MASSAGE

| | | |
|--|---------------|-------|
| Aquatic Massage – Watsu® | 50 min | \$240 |
| Aromatherapy Massage..... | 50 min | 220 |
| | 80 min..... | 320 |
| Canyon Ranch Massage..... | 50 min | 220 |
| | 80 min..... | 320 |
| | 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 |
| | 80 min..... | 340 |
| | 100 min | 410 |
| Cupping – Sports Massage | 50 min | 240 |
| | 80 min..... | 340 |
| | 100 min | 440 |
| Deep Tissue Massage..... | 50 min | 240 |
| | 80 min..... | 340 |
| | 100 min | 440 |
| Hands, Feet & Scalp Massage..... | 50 min | 200 |
| Head, Neck & Shoulders Massage | 50 min | 220 |
| Hydrating Body Bar Massage..... | 50 min | 240 |
| | 80 min..... | 340 |
| | 100 min | 410 |

Services & fees subject to change without notice.

| | | |
|---|--------------|-------|
| Lymphatic Treatment..... | 50 min..... | \$240 |
| | 80 min..... | 340 |
| | 100 min..... | 410 |
| Mama Moisturizing Massage..... | 50 min..... | 240 |
| Neuromuscular Therapy | 75 min..... | 340 |
| Prenatal Massage..... | 50 min..... | 220 |
| | 80 min..... | 320 |
| Sole Rejuvenation..... | 50 min..... | 200 |
| Therapeutic CBD Pain Relief Massage | 50 min..... | 250 |
| | 80 min..... | 350 |
| | 100 min..... | 450 |
| VitaD Power Massage—NEW..... | 50 min..... | 220 |
| Warm Coconut Oil Massage..... | 50 min..... | 240 |
| | 80 min..... | 340 |

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 to learn more about all of our locations.

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

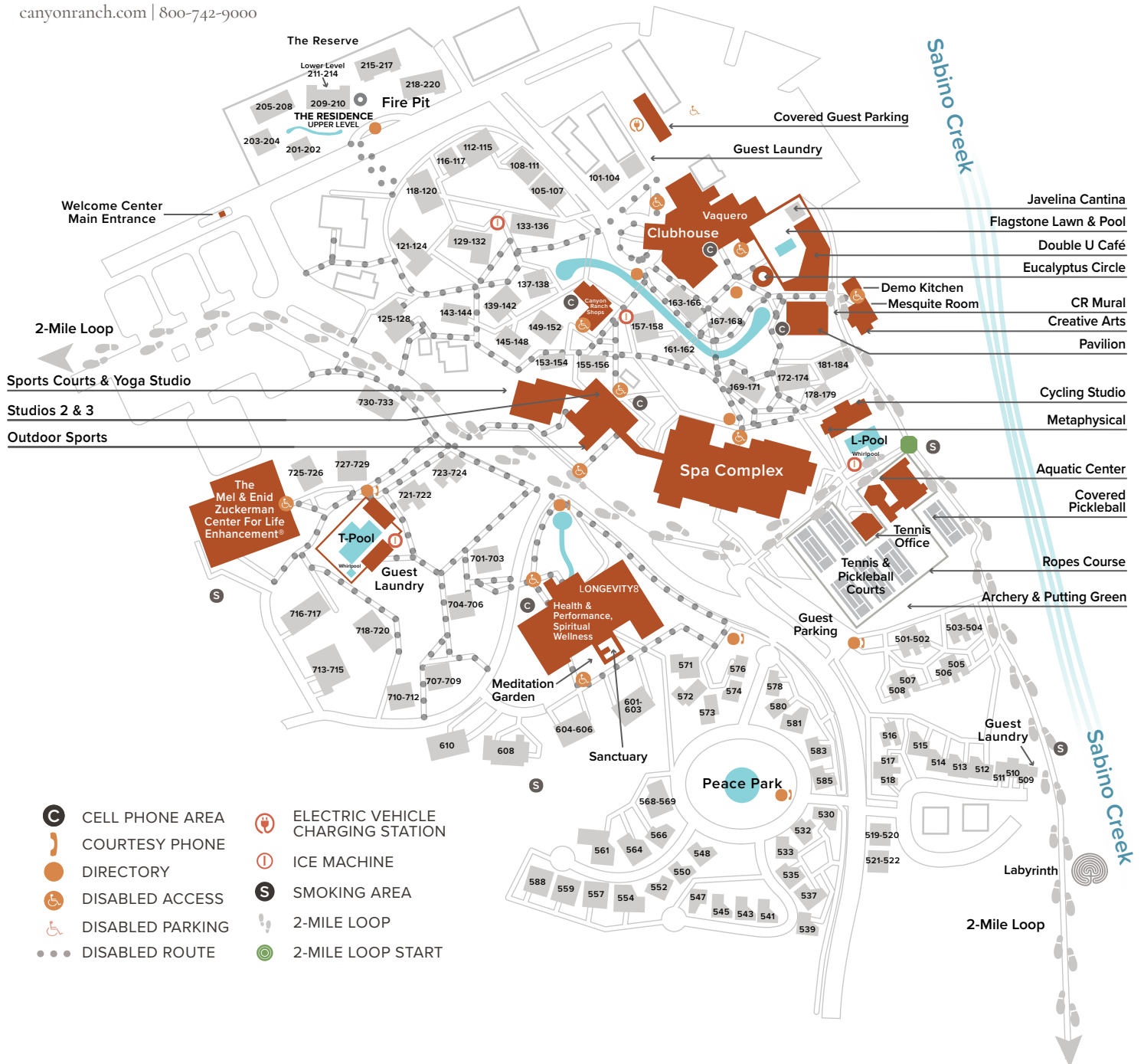
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to
purchase a Membership:

CONTACT
Memberships

TucsonMemberships@canyonranch.com
520-239-3293

or visit our Membership Sales
Team in Tucson.



Clubhouse

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

Spa Complex

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

Health & Performance, & Spiritual Wellness

Acupuncture
Life Management
LONGEVITY8™
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
CR Vitality
Mohave Gym
Ocotillo Room
Saguaro Room

RESTROOMS

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