

RANCH SCHEDULE  
JUNE 18 - 24, 2025



This schedule belongs to:

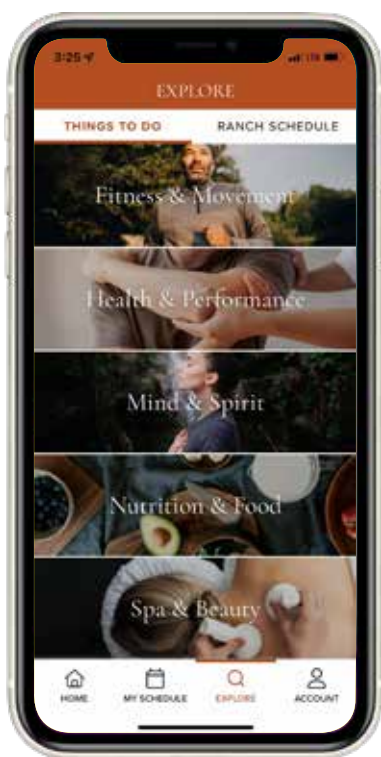
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# SHAPE YOUR JOURNEY

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: 6:00 pm – 9:00 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 – 5:00 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



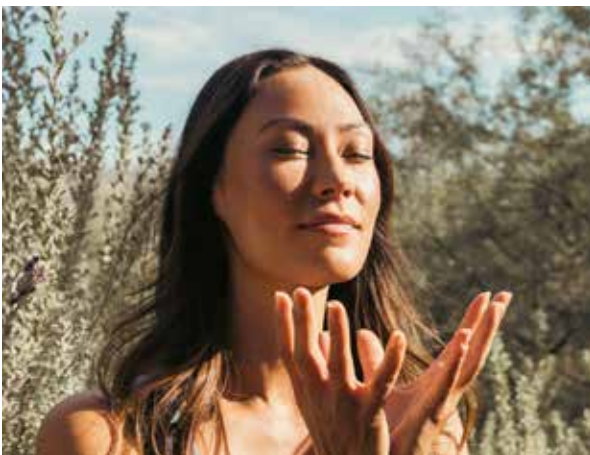
## METAPHYSICAL DISCOVERY WEEK

**JUNE 16 - 22**

Learn the wisdom of various metaphysical practices guided by experts, including clairvoyants, astrologers, psychics, and spiritual wellness leaders. Explore Western and Vedic astrology, Vedic palmistry, lunar astrology, crystals, psychic abilities, and more in a serene setting designed to inspire and renew your spirit.

From the soothing vibrations of singing bowl meditations to transformative tarot workshops, this enlightening Tucson retreat invites you to embrace healing, insights, and ancient wisdom.

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



## SUMMER SOLSTICE CELEBRATIONS

**JUNE 19 - 25**

Celebrate the arrival of summer at our Sonoran Desert wellness resort and spa with a vibrant solstice experience that aligns your body, mind, and spirit with the season's abundant energy. Engage in outdoor yoga and meditation, seasonal rituals, fitness challenges, and metaphysical explorations.

Indulge in summer-inspired spa treatments, embrace nature's abundance, and create your own flower crown in a joyful, hands-on workshop. Reconnect with yourself and the rhythms of the season in this energizing and transformative celebration.

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



## WAVES OF WELLNESS WATER WEEK

**JUNE 23 - 29**

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

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

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

# 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

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

#### LIGHT THERAPY

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

#### MUSCLE STIMULATION & BLOOD FLOW

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

#### INFRARED SAUNA POD

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

#### HYPERICE & THERABODY®

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

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

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

# RETAIL THERAPY

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

Refer to pg. 2 for hours and locations.



## CANYON RANCH® BOUTIQUE

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



## CR® SHOPS

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



## SKIN CARE

Luxury skincare products from top selected brands such as:

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



## SALON

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



## CANYON RANCH® GIFT CARDS

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



## NINE DAUGHTERS OF EARTH TRUNK SHOW

FRIDAY, JUNE 20 | 9 AM-5PM  
SATURDAY, JUNE 21 | 9 AM-5PM

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

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

# WEDNESDAY

June 18, 2025

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

(FE) FEATURED EVENT: METAPHYSICAL DISCOVERY WEEK

## 5:30 AM

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

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

## 6:00 AM

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

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

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

## 7:00 AM

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

## 8:00 AM

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

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 2  
50 min. \$80

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

## 8:15 AM

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

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

## 9:00 AM

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

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

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

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

## 10:00 AM

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

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

**CRYSTAL MEDITATION** Limit: 30 FE Sanctuary  
30 min. In this guided meditation, learn about the energetic properties of quartz and how to clear and activate crystal. Quartz crystal helps us relax into harmonic balance so we can focus on meditation.

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

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

## 11:00 AM

**COMPASSION CIRCLE FOR GRIEF & GRATITUDE** Sanctuary  
50 min. Enter a compassionate space that welcomes both your grief and your gratitude. Give yourself permission to grieve and start moving forward with renewed purpose and greater wholeness.

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

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

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

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

## 11:30 AM

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

## NOON

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

**LUNCH & LEARN: ZA'ATAR GRILLED STEAK** Demo Kitchen  
60 min. Enjoy za'atar grilled steak with farro salad and arugula, soup of the day, salad bar and dessert, while learning how to prepare the entrée.



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

### 1:00 PM

**ASK A PSYCHIC** FE Cactus Room  
50 min. Learn what it means to be psychic, or intuitive, and bring lots of questions for this open forum with Canyon Ranch psychic Pat Bruckmann.

### GLUTE TRANSFORMATION

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

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

### 2:00 PM

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

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

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

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

**PELVIC FLOOR YOGA—NEW** Yoga Studio  
45 min.

### PILATES REFORMER INT/ADV

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

### 3:00 PM

**MUSCLE RELIEF: ROLL WITH IT** Limit: 20 Studio 2  
45 min.

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

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

**JEEP ADVENTURE** 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.

### 5:30 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.

**TENNIS CLINIC** Limit: 4 ▲ Tennis Court 1  
50 min. \$80

### 6:15 PM

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

### 7:00 PM

**TAPPING INTO INNER WISDOM THROUGH TAROT** Limit: 10 ▲ FE Cactus Room  
1 hr. 40 min. \$175 Tarot cards tap into your unconscious state, which can hold answers to your questions as they work with archetypes and powerful universal symbols. A metaphysical practitioner leads this fun and informative workshop to unlock the benefits of Tarot.

### 8:00 PM

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

# THURSDAY

June 19, 2025

See descriptions of classes and activities on pages 22-26. (FE) FEATURED EVENT: METAPHYSICAL DISCOVERY WEEK

## 5:30 AM

- HIKE: LEVEL 4  
FINGER ROCK SV  
4 hr. 15 min.
- Limit: 12 ▲ Outdoor Sports Lobby
- MEDITATION HIKE  
2 hr. \$110
- Limit: 8 ▲ Outdoor Sports Lobby
- BIKE RIDE: LEVEL 3  
ROCKING K  
4 hr.
- Limit: 6 ▲ Outdoor Sports Lobby

## 6:00 AM

- MORNING WALK  
30 min. / 45 min.
- Spa Lobby
- HIKE: LEVEL 2  
ESPERERO TRAIL  
3 hr. 45 min.
- Limit: 12 ▲ Outdoor Sports Lobby
- ARCHEOLOGY HIKE  
4 hr. \$110
- Limit: 8 ▲ Outdoor Sports Lobby

## 7:00 AM

- SUNRISE YOGA  
60 min.
- Limit: 30 SP Yoga Studio
- PICKLEBALL CLINIC  
50 min. \$80
- Limit: 8 ▲ Pickleball Court 1

## 8:00 AM

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

## 8:15 AM

- CENTERING MEDITATION  
25 min.
- Limit: 30 Sanctuary
- HIKE: LEVEL 3  
BIGELOW PEAK  
6 hr.
- Limit: 12 ▲ Outdoor Sports Lobby

## 9:00 AM

- BOXER'S WORKOUT  
45 min.
- Limit: 8 Studio 3
- CYCLING  
45 min.
- Limit: 12 Golf Performance Center
- DESERT DRUMMING  
45 min.
- Limit: 22 Studio 2
- PROPERTY TOUR  
45 min.
- Limit: 20 Clubhouse Lobby
- WALKING MEDITATION  
50 min.
- CME Sanctuary
- Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step. Contemporary research reveals the health and wellness benefits of walking meditation for the mind, body, and spirit.

## 10:00 AM

- CARDIO CIRCUIT  
45 min.
- Limit: 20 Cardio & Strength Gym
- H2O POWER  
45 min.
- Limit: 24 T-Pool
- STRETCH  
45 min.
- Limit: 30 Yoga Studio

## 11:00 AM

- NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN  
50 min.
- CME Catalina Room
- Unlock the secrets to a longer, healthier lifespan through nutrition. Explore the vital connection between what we eat and longevity in this insightful presentation.
- PROPERTY TOUR  
45 min.
- Limit: 20 Clubhouse Lobby
- PBF: POWER BLAST FITNESS  
45 min.
- Limit: 20 Studio 3
- TOTALLY TUBING  
45 min.
- Limit: 20 Studio 2
- YOGA FOR DETOX  
45 min.
- Limit: 20 Yoga Studio
- KARTCHNER CAVERNS LIVING CAVE TOUR—NEW  
5 hr. \$220
- Limit: 6 ▲ Outdoor Sports Lobby
- COMMUNICATING WITH YOUR PET  
50 min.
- FE Cactus Room
- A Canyon Ranch clairvoyant reveals ways to intuitively read your pet's mind and moods. Take part in a meditation to discover your animal spirit guide.

## NOON

- AERIAL SWING YOGA CLINIC  
50 min. \$80
- Limit: 5 ▲ Studio 3
- CORE & MORE  
20 min.
- Limit: 16 Studio 2
- FITNESS FOR YOUR FEET  
20 min.
- Limit: 20 Studio 1
- CAPTAIN'S TABLE: MEMBERSHIPS  
60 min.
- Limit: 6 Vaquero
- 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: CRAB CAKES  
60 min.
- Demo Kitchen
- Enjoy crab cakes with roasted green beans, wild rice pilaf, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

1:00 PM

**ALTERNATIVE THERAPIES FOR MENOPAUSE** CME Catalina Room  
50 min. There are a variety of natural options to help alleviate menopause related symptoms. Explore dietary options, botanicals, tips for managing weight and reducing stress to help navigate this often challenging time for women.

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

2:00 PM

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

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

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

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

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

3:00 PM

**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.

**AN ART JOURNAL EXPERIENCE** Limit: 15 Art Studio 1  
1 hr. 30 min. First Come, First Served. 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.

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

**WALLYBALL** Racquet Court 1  
45 min.

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

CME ACCREDITATION

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

4:00 PM

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

**SOLSTICE MEDITATION** Limit: 24 SP Yoga Studio  
45 min. Summer solstice marks the longest day of the year. As the midpoint of the year, it's the perfect time to pause, reflect on where you've been and where you're going. Celebrate light, sun, and the element of fire.

**ASTROLOGY: BEYOND THE BASICS** FE Cactus Room  
50 min. Your astrological chart is a mandala that reveals both life purpose and personal synchronicity. Join Canyon Ranch astrologer Shivani Baker, to learn what popular horoscopes don't tell you.

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.

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

6:00 PM

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

7:00 PM

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

8:00 PM

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

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

# FRIDAY

June 20, 2025

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

(FE) FEATURED EVENT: **METAPHYSICAL DISCOVERY WEEK**

## 5:30 AM

**HIKE: LEVEL 4**  
**FORT LOWELL TRAIL SV** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

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

## 5:45 AM

**HIKE: LEVEL 3**  
**BRIDAL WREATH TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min.

## 6:00 AM

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

**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

## 8:00 AM

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

## 8:15 AM

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

**HIKE: LEVEL 2**  
**PECK BASIN OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

## 9:00 AM

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

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

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

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

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

**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.

## 11:00 AM

**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.

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

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

## NOON

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

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

**LUNCH & LEARN: HERB GRILLED SHRIMP** Demo Kitchen  
60 min. Enjoy Herb Grilled Shrimp with Zucchini Arugula Ricotta Frittata and a Chef's Choice Salad while watching Chef prepare the entrée.

## 1:00 PM

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

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

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

**CHANGE YOUR AURA, CHANGE YOUR**  
**LIFE** FE Cactus Room  
50 min. Join a Canyon Ranch clairvoyant to learn about auras and chakras and how you can improve your state of well-being.

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



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.

2:00 PM

- CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.
- KETTLEBELL WORKOUT** Limit: 12 Studio 3  
45 min.
- MUSCLE RELIEF: ROLL WITH IT!** Limit: 18 Studio 2  
45 min.
- PELVIC FLOOR YOGA—NEW** Yoga Studio  
45 min.
- DYE YOUR OWN SILK SCARF** Limit: 6 ▲ Art Studio 1  
2 hr. 30 min. \$75 Create a piece of wearable art. Design the silk scarf you'd love to own—or give as a gift—using permanent, no-bleed dyes and your own imagination.

3:00 PM

- WATSU AQUATIC MASSAGE DEMO** Limit: 20 Watsu Pools  
45 min.
- POSTURE & BALANCE** Limit: 20 Studio 2  
45 min.
- YOGA FOUNDATIONS** Limit: 30 Yoga Studio  
45 min.
- WALLYBALL** Racquet Court 1  
45 min.

4:00 PM

- STRETCH & RELAXATION** Studio 2  
25 min.
- DESERT SOUL AWAKENING** SP Sanctuary  
50 min. Join the spiritual wellness team and meditate among the sounds of crystal bowls and other creative art expression.
- RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC—NEW** Limit: 5 ▲ Studio 3  
50 min. \$80

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.

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

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

- 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.

6:30 PM

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

8:00 PM

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

# SATURDAY

June 21, 2025

See descriptions of classes and activities on pages 22-26. (FE) FEATURED EVENT: METAPHYSICAL DISCOVERY WEEK

**5:30 AM**  
**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**  
**HIKE: LEVEL 3**  
**BALANCED ROCK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

**6:00 AM**  
**MORNING WALK** Spa Lobby  
30 min. / 45 min.  
**HIKE: LEVEL 2**  
**VENTANA TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.  
**BIRD WALK** Limit: 8 Outdoor Sports Lobby  
2 hr.  
**HIGH ROPES CHALLENGE**  
**COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220

**7:00 AM**  
**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

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

**8:00 AM**  
**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80  
**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

**8:15 AM**  
**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

**8:30 AM**  
**WRITING IN NATURE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

**9:00 AM**  
**ABOVE & BELOW THE BELT** Limit: 20 Studio 3  
45 min.  
**WATER WORKOUT** Limit: 24 T-Pool  
45 min.  
**SHOULDER PAIN UNRAVELED** CME Catalina Room  
50 min. Join a sports medicine provider and delve into common shoulder conditions that cause pain and restrictions, and how looking beyond the shoulder can improve well-being.  
**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.  
**CYCLING** Limit: 12 Golf Performance Center  
45 min.

**9:30 AM**  
**MEDITATION HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

**10:00 AM**  
**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.  
**CORE CONDITIONING** Limit: 15 Studio 1  
45 min.  
**STRETCH** Limit: 30 Yoga Studio  
45 min.  
**KARTCHNER CAVERNS LIVING CAVE**  
**TOUR**—NEW Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$220

**WELCOMING THE SOLSTICE AND NOURISHING OUR**  
**HEARTS** SP Sanctuary  
50 min. Explore the ancient wisdom of Chinese Medicine and the health and well-being of our heart.

**11:00 AM**  
**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.  
**EXPLORATION IN SOUL**  
**CONSCIOUSNESS** FE Cactus Room  
50 min. A Canyon Ranch clairvoyant discusses past lives, spirit communication, and other related topics.  
**AQUA FIT** Limit: 15 Aquatic Center  
45 min.  
**CHAIR YOGA** Limit: 20 Yoga Studio  
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

- BREATHING

Limit: 30

SP

Yoga Studio
- 20 min.
- CORE & MORE

Limit: 16

Studio 2
- 20 min.
- FITNESS FOR YOUR FEET

Limit: 20

Studio 1
- 20 min.

1:00 PM

- MENOPAUSAL HORMONE REPLACEMENT THERAPY

CME

Catalina Room
- 50 min.
- Learn about the risks and benefits of menopausal hormone replacement therapy and find out if it's right for you.
- MEMBERSHIPS: CASUAL Q&A

Limit: 20

The Snug
- 30 min.
- Meet Fawn Cisco, Membership Coordinator & Sales, for a casual chat about all the benefits of becoming a Canyon Ranch Member. Bring your questions!
- PILATES MAT

Limit: 30

Yoga Studio
- 45 min.

2:00 PM

- CR VITALITY TOUR

Limit: 20

Center for Life Enhancement
- 30 min.
- TAROT: THE 78 KEYS OF WISDOM—NEW

FE

Cactus Room
- 50 min.
- Join us for a fun, informative session on choosing the perfect tarot deck and unlocking the power of the cards. Explore the Major and Minor Arcana, learn simple spreads, and tap into your inner wisdom for clarity and insight.
- FLUID FLEXIBILITY

Limit: 20

Aquatic Center
- 45 min.
- GOOD VIBRATIONS

Limit: 14

Studio 2
- 45 min.
- STRIDE

Limit: 16

Cardio & Strength Gym
- 45 min.

3:00 PM

- NUTRITION STRATEGIES FOR WOMEN'S HEALTH

CME

Catalina Room
- 50 min.
- Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.
- THE ART OF ORIGAMI

Limit: 10

Art Studio 1
- 1 hr. 30 min.
- First Come, First Served. Learn the peaceful Japanese art of paper folding, known as origami. This step-by-step practice requires precision, patience, and perseverance—with the understanding that perfect lines may not exist.
- PILATES-AERIAL CLINIC

Limit: 5

▲

Studio 3
- 50 min.
- \$80
- BUFF BOOTY

Limit: 20

Studio 1
- 45 min.

3:00 PM

- CHAIR YOGA

Limit: 20

Yoga Studio
- 45 min.
- WALLYBALL

Racquet Court 1
- 45 min.

4:00 PM

- 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.
- PHONE-TOGRAPHY—NEW

Limit: 6

▲

Outdoor Sports Lobby
- 2 hr.
- \$110

6:00 PM

- MAHJONG GAME NIGHT

Limit: 8

The Snug
- 2 hr.
- Love Mahjong? Join fellow enthusiasts in our newly renovated Game Room for a self-led game night!
- CR VITALITY TOUR

Limit: 20

Center for Life Enhancement
- 30 min.

8:00 PM

- NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION

Limit: 8

▲

Outdoor Sports Lobby
- 2 hr.
- \$110

# SUNDAY June 22, 2025

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

(FE) FEATURED EVENT: METAPHYSICAL DISCOVERY WEEK

## 5:30 AM

### HIKE: LEVEL 4

**BLACKETT'S RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

### HIKE & PAINT

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

## 5:45 AM

### HIKE: LEVEL 3

**PONTATOC RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

### BIKE RIDE: LEVEL 2 - RIVERPATH/

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

## 6:00 AM

### MORNING WALK

30 min. / 45 min. Spa Lobby

### HIKE: LEVEL 2

**DOUGLAS SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

### PHOTOGRAPHY HIKE

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

## 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

### CARDIO TENNIS CLINIC

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

### ECOLOGY WALK

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

## 8:15 AM

### CENTERING MEDITATION

Limit: 30 Sanctuary  
25 min.

## 9:00 AM

### BUTI MOVEMENT®

45 min. Limit: 30 Yoga Studio

### CYCLING

45 min. Limit: 12 Golf Performance Center

### WATER WORKOUT

45 min. Limit: 24 T-Pool

### PROPERTY TOUR

45 min. Limit: 20 Clubhouse Lobby

## 10:00 AM

### CARDIO CIRCUIT

45 min. Limit: 20 Cardio & Strength Gym

### MUSCLE MAX

45 min. Limit: 12 Studio 3

### STRETCH

45 min. Limit: 30 Yoga Studio

### VORTEX EXPERIENCE

30 min. Limit: 15 (FE) Eucalyptus Circle  
Experience a transformative journey with Canyon Ranch's Metaphysical Expert, Hapi Hara. Discover a sacred vortex on our property and learn to harness its powerful energies for personal transformation.

## 11:00 AM

### AQUA FIT

45 min. Limit: 15 Aquatic Center

### SACRAL CHAKRA HIP OPENING

45 min. Limit: 20 Yoga Studio

### ZUMBA®

45 min. Limit: 30 Studio 1

### PROPERTY TOUR

45 min. Limit: 20 Clubhouse Lobby

## NOON

### CORE & MORE

20 min. Limit: 16 Studio 2

### AERIAL SWING YOGA CLINIC

50 min. \$80 Limit: 5 ▲ Studio 3



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

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

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

2:00 PM

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

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

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

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

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

3:00 PM

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

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

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

4:00 PM

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

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

5:00 PM

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

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

5:30 PM

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

6:00 PM

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

8:00 PM

**MUSIC BINGO!** Acacia Room  
50 min. A new twist on an old favorite! Listen to clips of popular music and match them to your bingo card to win big.

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

COMPLIMENTARY HIKING & BIKING

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

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

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

# MONDAY

June 23, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS: WATER WEEK

## 5:30 AM

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

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

## BIKE RIDE: LEVEL 3

**SABINO CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr. 30 min.

## 6:00 AM

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

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

## 6:30 AM

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

## 7:00 AM

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

## 8:00 AM

**TENNIS CLINIC** Limit: 4 ▲ Tennis Court 1  
50 min. \$80

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

## 8:15 AM

**HIKE: LEVEL 3**  
**GREEN MT. TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

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

## 8:30 AM

**HIKE: LEVEL 2**  
**SUNSET TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 30 min.

## 8:45 AM

**HIKE: LEVEL 4**  
**GUTHRIE PEAK** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr. 30 min.

## 9:00 AM

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

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

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

**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.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
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 FE T-Pool  
45 min.

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

## 11:00 AM

**EMPOWERING INTENTION: LUNAR ASTROLOGY & CRYSTALS**—NEW Cactus Room  
50 min. With a metaphysical expert learn how to fortify your intentions during special power moon days.

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

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

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

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

## NOON

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

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

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

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

NOON

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

1:00 PM

**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.

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

2:00 PM

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

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

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

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

3:00 PM

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

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

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

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

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

4:00 PM

**HONORING THE SOLSTICE WITH AYURVEDA** SP Cactus Room  
45 min. Explore Ayurvedic tools—diet, herbs, breathwork & more—to stay balanced through seasonal shifts. Whether cooling Pitta in summer or warming in winter, align with the solstice and nature’s rhythm for lasting wellness.

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

4:00 PM

**MEMORY WIRE BRACELET** Limit: 15 Art Studio 1  
1 hr. 30 min. First Come, First Served. Sometimes it just takes a simple creative project to remind us how we can sparkle. In this class guests will make a memory wire bracelet using a variety of gemstones, charms, and glass beads. The possibilities are endless!

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

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

5:00 PM

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

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

5:30 PM

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

6:00 PM

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

**TENNIS CLINIC** Limit: 4 ▲ Tennis Court 1  
50 min. \$80

6:30 PM

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

7:00 PM

**TOTALLY TRIVIA!** Catalina Room  
50 min. Compete against fellow guests in a fun night of trivia. You'll walk away knowing more than you did when you began, and may win Canyon Ranch prizes for what you already know!

8:00 PM

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

# TUESDAY June 24, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS: WATER WEEK

5:30 AM

HIKE: LEVEL 4

PONTATOC TRAIL Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

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

6:00 AM

HIKE: LEVEL 2

MILAGROSA OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

BIKE RIDE: LEVEL 3

PANTANO RIVER PATH Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. 30 min.

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

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 ▲ FE T-Pool  
50 min. \$80

8:00 AM

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

8:15 AM

DYNAMIC STRETCH Limit: 20 Yoga Studio  
20 min.

9:00 AM

CYCLING Limit: 12 Golf Performance Center  
45 min.

HEART CHAKRA YOGA Yoga Studio  
45 min.

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

LOW BACK PAIN: MISCONCEPTIONS VS.  
RESEARCH CME

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby  
45 min.

9:15 AM

HIKE: LEVEL 3

BUTTERFLY Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 30 min.

10:00 AM

MEDICALLY UNEXPLAINED

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

MUSCLE MAX Limit: 12 Studio 3  
45 min.

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

STRETCH Limit: 30 Yoga Studio  
45 min.

11:00 AM

ANGELS AMONG US

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

AQUA FIT Limit: 15 Aquatic Center  
45 min.

DJ DANCE PARTY Limit: 30 Studio 1  
45 min.

TRX FUSION Limit: 9 Studio 3  
45 min.

PROPERTY TOUR Limit: 20 Clubhouse Lobby  
45 min.

11:30 AM

MOUNTAIN TRAIL

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

NOON

BREATHING Limit: 30 Yoga Studio  
20 min.

CORE & MORE Limit: 16 Studio 2  
20 min.

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

LUNCH & LEARN: MOJO SHRIMP

Demo Kitchen  
60 min. Enjoy mojo shrimp with garlic lime pepita sauce and black beans, soup of the day, salad bar and dessert, while learning how to prepare the entrée.



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

1:00 PM

**REPLENISHING THE WELL** CME FE 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.

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

2:00 PM

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

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

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

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

3:00 PM

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

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

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

**WALLYBALL** Racquet Court 1  
45 min.

4:00 PM

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

5:00 PM

**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.

7:00 PM

**HEALTH & HAPPINESS ARE IN YOUR HANDS** Catalina Room  
50 min. Health Promotion Specialist Daniel Johnson, Executive Director of the Wellness Council of Arizona, shares techniques that can serve as a reminder for your life goals and priorities.

8:00 PM

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

**COSMIC JOURNEY WITH THE TELESCOPE—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
3 hr. \$140

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

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

Thank you for helping keep Canyon Ranch serene.

# CLASSES & ACTIVITIES

## CARDIO & STRENGTH GYM:

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

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## CULINARY

### 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. We 9:00am, Sa 9:00am

### Aqua Fit

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

### 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, Su 12:00pm, Mo 12:00pm, Tu 12:00pm

### Core Conditioning

Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. First Come, First Served, limit 15. Th 2:00pm, Sa 10:00am, Mo 2:00pm

### Cycling

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

### **Long & Lean Barre Workout**

High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre.

We 11:00am, Fr 11:00am

### **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, Tu 10:00am

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

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

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

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

Th 11:00am

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

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

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**

A motivating group treadmill workout incorporating interval training. Sa 2:00pm

### **Stride & Strength**

Treadmill work followed by strength and muscular endurance.

We 3:00pm, Mo 3:00pm

### **TRX Fusion**

Advanced fusion workout using TRX® and kettlebell equipment. Strength, cardio and core training are the focus in this dynamic-duo class. TRX® and kettlebell experience recommended. Sa 11:00am, Su 3:00pm, Tu 11:00am

### **TRX Strong**

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

### **Totally Tubing**

Perform a variety of endurance-based exercises using resistance tubing. Th 11:00am

### **Wallyball**

Fast-paced athletic sport challenge similar to volleyball, using four walls of an indoor court. Th 3:00pm, Fr 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. 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. Sa 12:00pm, Mo 12:00pm, Tu 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, 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 11:00am, Sa 3:00pm

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

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

### **Fluid Flexibility**

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

### 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. 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. Sa 4:00pm

### Pelvic Floor Yoga

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

### Pilates Mat

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

### Pilates Reformer Clinic: Beginning

Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body and lengthening the spine. 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, Th 2:00pm

### 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 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, Mo 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

First Come, First Served. Limit 20. 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

### 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, Su 2:00pm, 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

### 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 - River Path/Marketplace

Desert Ride. 12 mi. 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 5:45am

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

Desert Ride. 21 mi. Take an extended cruise on a paved, car-free recreational path along an arroyo and out into a large area of undeveloped desert. Mostly a gentle gradient, mixed with a few more noticeable hills. Tu 6:00am

### Bike Ride: Level 3 - Rocking K

Mountain Biking. 12.5 mi. Experience Arizona mountain biking at its finest on single track trails that twist and roll through the Sonoran Desert with fun descendants and mountain views. Mountain biking skills required. Th 5:30am

### Bike Ride: Level 3 - Sabino Canyon

Desert Ride. 13 mi. This popular early morning ride takes you into spectacular Sabino Canyon. Lots of dips and hills all trending upwards with a strong climb in the end. Mostly down on the way back. Mo 5:30am

### Bird Walk

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

### **Cardio Tennis Clinic**

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

### **Cosmic Journey with the Telescope**

As twilight fades, join our Astronomer for an easy one-mile walk to set up an 8" telescope. Then, explore planets, stars, and galaxies sparkling brilliantly in the night sky. Tu 8:00pm

### **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 6:30am

### **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 11:00am, Su 5:30am

### **Hike: Level 2 - Douglas Springs**

Saguaro National Park. 4 mi. 840 ft. elev. This scenic trail has several sections of sustained moderate to steep uphill. Ideal for beginner hikers looking for a good workout. Su 6:00am

### **Hike: Level 2 - Esperero Trail**

Sabino Canyon. 4 mi. 585 ft. elev. A great rugged, rocky desert hike with both gradual and steep terrain that leads to a scenic spot overlooking the Tucson Valley. Th 6:00am

### **Hike: Level 2 - Milagrosa Overlook**

Desert Hike. 4 mi. 635 ft. elev. Hike through a beautiful canyon to a ridgetop overlook. Expect intervals of steep uphill and downhill over rocky terrain with scenic canyon views. Tu 6:00am

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

Mountain Hike. 3.5 mi. 700 ft. elev. A short, uphill stretch followed by sections of downhill through a pine forest leading to a stunning view of the San Pedro Valley. Expect a steady uphill climb on the return. Fr 8:15am

### **Hike: Level 2 - Pima Canyon**

Desert Hike. 3 mi. 485 ft. elev. A lush desert and riparian canyon hike with moderate uphill and very rocky terrain. Designed for the strong, beginner hiker. We 6:00am

### **Hike: Level 2 - Sunset Trail**

Mountain Hike. 3.75 mi. 510 ft. elev. Enjoy a beautiful alpine trail with steep uphill and downhill leading you through a winding rock canyon to a spectacular overlook. Mo 8:30am

### **Hike: Level 2 - Ventana Trail**

Desert Hike. 4 mi. 550 ft. elev. Rugged, rocky terrain with multiple seasonal stream crossings makes this a great desert canyon hike for strong beginners. Sa 6:00am

### **Hike: Level 3 - Balanced Rock**

Mountain Hike. 4.5 mi. 1145 ft. elev. This beautiful trail with rocky and sandy sections will reward you with great vistas of the high desert and the interesting rock formations known as "hoodoos." Sa 5:45am

### **Hike: Level 3 - Bigelow Peak**

Mountain Hike. 5 mi. 1450 ft. elev. 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. Th 8:15am

### **Hike: Level 3 - Bridal Wreath Trail**

Saguaro National Park. 5.6 mi. 1090 ft. elev. Intervals of steep climbing on loose, rocky terrain leads to beautiful vistas before ending at a hidden grotto with a seasonal waterfall. Fr 5:45am

### **Hike: Level 3 - Butterfly**

Mountain Hike. 4 mi. 1250 ft. elev. A steep and scenic descent to a beautiful alpine overlook with a challenging climb on the return. Tu 9:15am

### **Hike: Level 3 - Crystal Springs**

Mountain Hike. 5 mi. 1130 ft. elev. Sweeping views await on this hike, winding down through the alpine trails of the Santa Catalina's less explored "backside". We 8:15am

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

Mountain Hike. 4 mi. 1700 ft. elev. Hike through a forest of Ponderosa pines and Douglas firs that are gradually replaced by oaks, manzanitas, yuccas, and beargrass, leading to spectacular views of the San Pedro Valley. Mo 8:15am

### **Hike: Level 3 - Pontatoc Ridge**

Desert Hike. 4 mi. 1320 ft. elev. This rocky, and very scenic, ridgeline trail climbs steeply to a beautiful canyon and city overlook. Su 5:45am

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

Sabino Canyon. 6.2 mi. 1926 ft. elev. This popular and challenging fitness hike scales rugged and steep terrain, unveiling stunning panoramas at the summit. Su 5:30am

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

Desert Hike. 4 mi. 1380 ft. elev. Ascend one of Tucson's most rugged trails. Known for its steep climb up the side of a canyon, the reward is breathtaking views back down the canyon. This trail has big rock steps and a steep incline. Th 5:30am

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

Desert Hike. 6 mi. 1772 ft. elev. 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. Fr 5:30am

### **Hike: Level 4 - Guthrie Peak**

Mountain Hike. 7.4 mi. 1700 ft. elev. Conquer a thrilling ascent on a challenging mountain trail that culminates in a scramble to a 360-degree view at the summit. Your efforts are rewarded with breathtaking vistas in every direction. Mo 8:45am

### **Hike: Level 4 - Pontatoc Trail**

Desert Hike. 5.4 mi. 1725 ft. elev. 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. Tu 5:30am

### **Intuitive Archery**

Mastering archery involves more than just technical skill—it's about awareness, focus and letting go. Learn the basics of archery on a recurve bow while we help you align both body and mind to connect to your target. Fr 6:00am, Mo 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. We 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! Th 11:00am, 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 5:30am, Sa 9:30am, Mo 9:30am

### **Mountain Trail Running**

Enjoy an invigorating one-hour trail run through a pine forest on the mountain. Trail locations vary and include hilly and uneven terrain at over 7000 feet of altitude. This activity will include a mix of moderate jogging and hiking up to 4 miles. We 11:30am, Tu 11:30am

### **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, Su 8:00pm

### **Night Vision Goggles - Creepy Crawl 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! We 8:00pm, Sa 8:00pm, Mo 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. Th 5:30pm, Sa 5:30pm, 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. We 5:30am, Su 6:00am, Tu 5:30am

### **Pickleball Clinic**

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

### **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 Sunset and City Lights Tour**

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

### **Tennis Clinic**

Sharpen your skills and learn to hit the sweet spot every time. We 8:00am, We 6:00pm, Sa 8:00am, Mo 8:00am, Mo 6:00pm

### **Writing in Nature**

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

## **COMPLIMENTARY HIKING & BIKING**

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

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

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

# SERVICES

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

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



## HEALTH, PERFORMANCE, MIND & SPIRIT

### MEDICAL

#### PERSONALIZED, PRECISE, PREVENTIVE

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

#### SLEEP MEDICINE

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

#### ALTERNATIVE MEDICINE

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

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
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### SPIRITUAL WELLNESS

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

# FITNESS 360

## FITNESS

### PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

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

## OUTDOOR SPORTS

### GROUP ADVENTURES

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

### HIGH ROPES ADVENTURES

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

### PRIVATE ADVENTURES

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

### RACQUET SPORTS

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

## MED SPA & BEAUTY

### MEDICAL AESTHETICS

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

### FACIAL TREATMENTS

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



## SALON

### HAIR CARE

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

### MAKEUP

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

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

### PEDICURES

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

## SPA

### BODY TREATMENTS

CBD Wellness Ritual .....	100 min .....	\$410
Coconut Melt .....	50 min .....	240
	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
Udvaartana 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, and culinary experiences replenish you on your path to lifelong well-being.

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



# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

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



### AN IDEAL PLAN IF YOU WANT TO:

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



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

### ADDITIONAL BENEFITS:

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

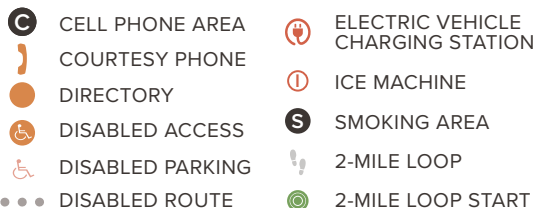
For more information or to  
purchase a Membership:

#### **CONTACT** Memberships

TucsonMemberships@canyonranch.com  
520-239-3293

or visit our Membership Sales  
Team in Tucson.





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

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

Acupuncture  
Life Management  
LONGEVITY8™  
Medical  
Meditation Garden  
Nutrition  
Sanctuary

Acacia Room  
CR Vitality  
Mohave Gym  
Ocotillo Room  
Saguaro Room

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