

RANCH SCHEDULE

JUNE 25 - JULY 1, 2025



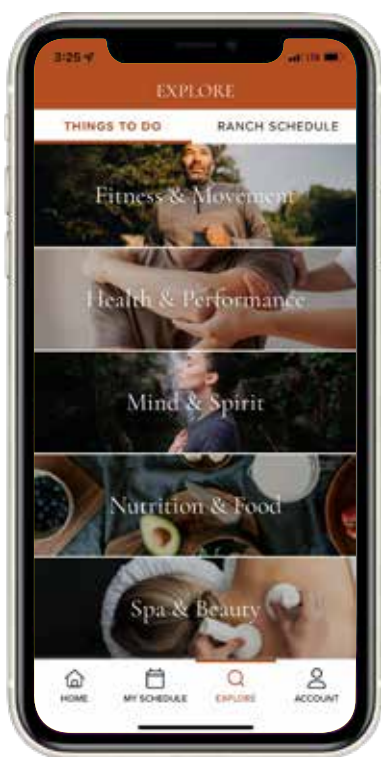
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:00 pm – 8:00 pm

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

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

Double U Café & Flagstone Pool

Double U Café: 5:30 am – 5:00 pm

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

Lunch: 11:00 am – 2:00 pm

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

Javelina Cantina

Daily: 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.

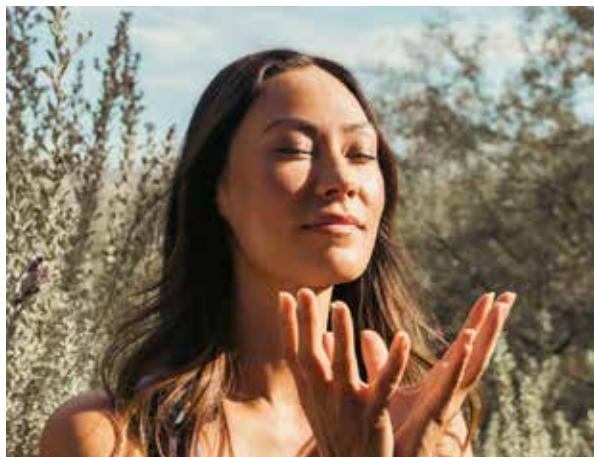
PILATES REFORMER CLINIC: BEGINNING

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



SUMMER SOLSTICE CELEBRATION

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

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'.



THE MINDFUL KITCHEN

JUNE 30 - JULY 6

Join us for a week of immersive culinary experiences designed to nourish the body and mind. Through mindful cooking, sensory tastings, and pre-meal meditations, explore how slowing down and tuning in can transform the way you eat.

Our expert Canyon Ranch chefs and experts will guide you in cultivating a deeper, more intentional approach to food — one rooted in presence, pleasure, and purpose.

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

CR VITALITY

IN THE CENTER FOR LIFE ENHANCEMENT

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

FEATURED TOOLS & TECH



NEURO STIMULATION

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

LIGHT THERAPY

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

MUSCLE STIMULATION & BLOOD FLOW

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

INFRARED SAUNA POD

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

HYPERICE & THERABODY®

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

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

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

RETAIL THERAPY

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

Refer to pg. 2 for hours and locations.



CANYON RANCH® BOUTIQUE

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



CR® SHOPS

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



SKIN CARE

Luxury skincare products from top selected brands such as:

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



SALON

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



CANYON RANCH® GIFT CARDS

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

WEDNESDAY

June 25, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS

5:30 AM

HIKE: LEVEL 4

SKY ISLAND RIDGE Limit: 12 ▲ Outdoor Sports Lobby
7 hr. 30 min.

SABINO CANYON

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

BIKE RIDE: LEVEL 2

CAFE RIDE Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

6:00 AM

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

MORNING WALK

30 min. / 45 min. Spa Lobby

7:00 AM

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

8:00 AM

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

KUNDALINI YOGA

45 min. Yoga Studio

TENNIS CLINIC

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

LANDSCAPE TOUR

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

8:15 AM

HIKE: LEVEL 2

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

MEDITATION HIKE

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

CORE & MORE

20 min. Studio 2

8:30 AM

HIKE: LEVEL 3

LEMMON PARK Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

9:00 AM

PROPERTY TOUR

45 min. Clubhouse Lobby

WATER WORKOUT

45 min. T-Pool

BUTI MOVEMENT®

45 min. Yoga Studio

CYCLING

45 min. Golf Performance Center

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.

MUSCLE MAX

45 min. Studio 3

STRETCH

45 min. Yoga Studio

10:30 AM

MOUNTAIN TRAIL

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

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

45 min. Clubhouse Lobby

LONG & LEAN BARRE WORKOUT

45 min. Studio 2

TRX STRONG

45 min. Studio 3

ZUMBA®

45 min. Studio 1

NOON

FITNESS FOR YOUR FEET

20 min. Studio 1

LUNCH & LEARN: GRILLED CHICKEN

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

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

SKY ISLAND DISCOVERY

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

GLUTE TRANSFORMATION

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

PILATES FOR BALANCE

45 min. Studio 2

MAKEUP REFRESH—NEW

50 min. Spa Lobby
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

GOOD VIBRATIONS

45 min. Studio 2

KETTLEBELL WORKOUT

45 min. Studio 3

PELVIC FLOOR YOGA—NEW

45 min. Yoga Studio

PILATES REFORMER INT/ADV

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

3:00 PM

THE POWER OF WATER-BASED

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

SACRAL CHAKRA HIP

OPENING SP Yoga Studio
45 min.

STRIDE & STRENGTH

45 min. Cardio & Strength Gym

TOTALLY TUBING

45 min. Studio 2

4:00 PM

MEDITATION

25 min. Sanctuary

STRETCH & RELAXATION

25 min. Studio 2

5:00 PM

OPEN 12-STEP RECOVERY MEETING

60 min. Mesquite Room
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

PHONE-TOGRAPHY—NEW

Limit: 6 ▲ Outdoor Sports Lobby

2 hr. \$110

6:00 PM

CR VITALITY TOUR

Limit: 20 Center for Life Enhancement

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

SOUTHWEST RISING: ART & LEGACY OF ELAINE

HORWITCH Cactus Room
50 min. With Dr. Julie Sasse, Chief Curator at Tucson Museum of Art, explore the spirited life of one of the most powerful and influential art dealers in Arizona and New Mexico art history, Elaine Horwitch.

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

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

THURSDAY

June 26, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS

5:45 AM

HIKE: LEVEL 3

BLACKETTS RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

BIKE RIDE: LEVEL 3

SAGUARO SPIN Limit: 10 ▲ Outdoor Sports Lobby
3 hr.

6:00 AM

HIKE: LEVEL 2

LOWER BEAR CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

ARCHEOLOGY HIKE

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

MORNING WALK

30 min. / 45 min. Spa Lobby

7:00 AM

PICKLEBALL CLINIC

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

SUNRISE YOGA

60 min. Yoga Studio

8:00 AM

PICKLEBALL DRILL CLINIC

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

8:15 AM

CENTERING MEDITATION

25 min. Sanctuary

DYNAMIC STRETCH

20 min. Yoga Studio

9:00 AM

KARTCHNER CAVERNS LIVING CAVE

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

WALKING MEDITATION

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

PROPERTY TOUR

45 min. Clubhouse Lobby

BOXER'S WORKOUT

45 min. Studio 3

CYCLING

45 min. Golf Performance Center

DESERT DRUMMING

45 min. Studio 2

10:00 AM

HIKE: LEVEL 4

LEMMON CREEK Limit: 12 ▲ Outdoor Sports Lobby
7 hr. 30 min.

CARDIO CIRCUIT

45 min. Cardio & Strength Gym

H2O POWER

45 min. FE T-Pool

STRETCH

45 min. Yoga Studio

11:00 AM

WEIGHT LOSS: NUTRITION FOR BREAKING

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

PROPERTY TOUR

45 min. Clubhouse Lobby

DJ DANCE PARTY

45 min. Studio 1

PBF: POWER BLAST FITNESS

45 min. Studio 3

YOGA FOR DETOX

45 min. Yoga Studio

NOON

CAPTAIN'S TABLE: MEMBERSHIPS

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

AERIAL SWING YOGA CLINIC

Limit: 5 ▲ Studio 3
50 min. \$80

CORE & MORE

20 min. Studio 2

LUNCH & LEARN: SOY SEARED STEAK

SANDWICH Demo Kitchen
60 min. Enjoy a Soy-Seared Steak Sandwich and Roasted Carrot Fries with a Chef's Choice Salad while watching Chef prepare the entrée.

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

45 min. Yoga Studio

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.

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

CORE CONDITIONING Studio 1
45 min.

CR STRENGTH Golf Performance Center
45 min.

YOGA FOR MENOPAUSE—NEW Yoga Studio
45 min.

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

3:00 PM

BUFF BOOTY Studio 1
45 min.

QI GONG AND YOGA Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

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

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. 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.

4:00 PM

STRETCH & RELAXATION Studio 2
25 min.

5:00 PM

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

5:15 PM

PICKLE & PLAY Pickleball Court 1
50 min.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

7:00 PM

PUBLIC SPEAKING: BE EMPOWERED! Catalina Room
50 min. A lively and nonthreatening lesson on freeing your butterflies and speaking confidently to groups of two or 200. International speaker Eileen Shenker tells you how to deliver any message with impact.

8:00 PM

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

FRIDAY

June 27, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS

5:30 AM

- HIKE: LEVEL 4
ESPERERO/LIPSTICK

Limit: 12 ▲

Outdoor Sports Lobby

4 hr. 30 min.
- SABINO CANYON WALK

Limit: 12 ▲

Outdoor Sports Lobby

2 hr.
- HIKE & PAINT

Limit: 8 ▲

Outdoor Sports Lobby

3 hr. \$110

5:45 AM

- HIKE: LEVEL 3
MILAGROSA CANYON

Limit: 12 ▲

Outdoor Sports Lobby

4 hr. 45 min.

6:00 AM

- ROCK CLIMBING
NATURALLY

Limit: 6 ▲

Outdoor Sports Lobby

5 hr. \$400
- MORNING WALK

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® FITNESS
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

- CORE & MORE

Studio 2

20 min.

8:30 AM

- MOUNTAIN TRAIL
RUNNING—NEW

Limit: 8 ▲

Outdoor Sports Lobby

3 hr. \$110

9:00 AM

- HIKE: LEVEL 2
SUNSET TRAIL

Limit: 12 ▲

Outdoor Sports Lobby

5 hr. 30 min.
- PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80
- CHAIR YOGA

Yoga Studio

45 min.
- PROPERTY TOUR

Clubhouse Lobby

45 min.
- CYCLING

Golf Performance Center

45 min.
- WATER WORKOUT

FE

T-Pool

45 min.

10:00 AM

- FOUNDATIONS OF STRENGTH

CME

Catalina Room

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

Cardio & Strength Gym

45 min.
- STRETCH

Yoga Studio

45 min.
- H2O POWER

T-Pool

45 min.

11:00 AM

- THE SIXTH SENSE: HARNESSING YOUR
INTUITION

Cactus Room

50 min. A Canyon Ranch clairvoyant will discuss how to access the unlimited knowledge the universe has to offer.
- PROPERTY TOUR

Clubhouse Lobby

45 min.
- AQUA FIT

FE

Aquatic Center

45 min.
- GLIDE AND BURN

Studio 1

45 min.
- LONG & LEAN BARRE WORKOUT

Studio 2

45 min.

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NOON

AI CHI FE Aquatic Center
45 min.

BREATHING Yoga Studio
20 min.

LUNCH & LEARN: BALSAMIC GLAZED SALMON Demo Kitchen
60 min. Enjoy balsamic glazed salmon with local goat cheese and figs, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

1:00 PM

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

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

KUNDALINI YOGA Yoga Studio
45 min.

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

2:00 PM

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

STRIDE & STRENGTH Cardio & Strength Gym
45 min.

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

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

KETTLEBELL WORKOUT Studio 3
45 min.

3:00 PM

MUSCLE MAX Studio 3
45 min.

POSTURE & BALANCE Studio 2
45 min.

WALLYBALL Racquet Court 1
45 min.

4:00 PM

MEDITATION Sanctuary
25 min.

STRETCH & RELAXATION 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

SKY ISLAND SUNSET AND CITY LIGHTS TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
3 hr. \$110

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

8:00 PM

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

SATURDAY

June 28, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS

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
FT. LOWELL HILLS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:00 AM

HIKE: LEVEL 2
TANQUE VERDE SADDLE Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM

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

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION Sanctuary
25 min.

8:30 AM

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

9:00 AM

TOTALLY TUBING Studio 2
45 min.

WATER WORKOUT FE T-Pool
45 min.

ABOVE & BELOW THE BELT Studio 3
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:30 AM

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

10:00 AM

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

CARDIO CIRCUIT Cardio & Strength Gym
45 min.

CORE CONDITIONING Studio 1
45 min.

STRETCH Yoga Studio
45 min.

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

11:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

AQUA FIT FE Aquatic Center
45 min.

PEDAL, LIFT, FLOW Golf Performance Center
60 min.

TRX FUSION Studio 3
45 min.

NOON

CORE & MORE Studio 2
20 min.

FITNESS FOR YOUR FEET Studio 1
20 min.

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

1:00 PM

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.

PILATES MAT

Yoga Studio

45 min.

MEMBERSHIPS: CASUAL Q&A

Limit: 20

The Snug

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

2:00 PM

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

BOXER'S WORKOUT

Studio 3

45 min.

FLUID FLEXIBILITY

FE

Aquatic Center

45 min.

HEART CHAKRA YOGA

Yoga Studio

45 min.

3:00 PM

RAINBOW CRYSTAL SUNCATCHERS

Limit: 10

Art Studio 1

1 hr. 30 min. Enjoy a simple yet rewarding moment of creative expression by stringing beads and crystals to create your own suncatcher and take a piece of sunshine with you from your Canyon Ranch Tucson experience.

BUFF BOOTY

Studio 1

45 min.

CHAIR YOGA

Yoga Studio

45 min.

WALLYBALL

Racquet Court 1

45 min.

PILATES-AERIAL CLINIC

Limit: 5 ▲

Studio 3

50 min. \$80

4:00 PM

MEDITATION

Sanctuary

25 min.

STRETCH & RELAXATION

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

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—NEW

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

COMPLIMENTARY HIKING & BIKING

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

SUNDAY June 29, 2025

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

(FE) FEATURED EVENT: WAVES OF WELLNESS

5:30 AM

HIKE: LEVEL 4

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

HIKE & PAINT

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

5:45 AM

HIKE: LEVEL 3

MCDUGAL RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:00 AM

HIKE: LEVEL 2

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

PHOTOGRAPHY HIKE

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

MORNING WALK

30 min. / 45 min. Spa Lobby

7:00 AM

SUNRISE YOGA

60 min. Yoga Studio

PICKLEBALL CLINIC

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

8:00 AM

PICKLEBALL DRILL CLINIC

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

CARDIO TENNIS CLINIC

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

8:15 AM

CENTERING MEDITATION

25 min. Sanctuary

DYNAMIC STRETCH

20 min. Yoga Studio

9:00 AM

BUTI MOVEMENT®

45 min. Yoga Studio

CORE CONDITIONING

45 min. Studio 1

CYCLING

45 min. Golf Performance Center

WATER WELLNESS CEREMONY

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

PROPERTY TOUR

45 min. Clubhouse Lobby

10:00 AM

H2O POWER

45 min. T-Pool

MUSCLE MAX

45 min. Studio 3

STRETCH

45 min. Yoga Studio

THE SCIENCE OF WEIGHT LOSS

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. **CME** Catalina Room

10:15 AM

MOUNTAIN TRAIL

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

11:00 AM

AQUA FIT

45 min. **FE** Aquatic Center

SACRAL CHAKRA HIP OPENING

45 min. Yoga Studio

ZUMBA®

45 min. Studio 1

VEDIC PALMISTRY: IT'S ALL IN OUR

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

PROPERTY TOUR

45 min. Clubhouse Lobby

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

NOON

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

1:00 PM

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

QI GONG Yoga Studio
45 min.

FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY Cactus Room
50 min. Access the feminine wisdom and power of the moon and Venus through your astrological birth chart. A Canyon Ranch expert talks about invoking their energy by working with gemstones and crystals.

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 Golf Performance Center
45 min.

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

ROCKIN' RETRO 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.

3:00 PM

DRUMMING CIRCLE Studio 1
45 min.

TRX FUSION Studio 3
45 min.

YIN YOGA Yoga Studio
45 min.

4:00 PM

STRETCH & RELAXATION Studio 2
25 min.

YOGA NIDRA Yoga Studio
45 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

8:00 PM

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

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

MONDAY

June 30, 2025

See descriptions of classes and activities on pages 22-26. (SP) SPECIAL PROGRAMMING: THE MINDFUL KITCHEN

5:30 AM

HIKE: LEVEL 4
HOLLIN BASIN Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

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

BIKE RIDE: LEVEL 3
CANADA DEL ORO Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

6:00 AM

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

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 2
HITCHCOCK OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

CENTERING MEDITATION Sanctuary
25 min.

DYNAMIC STRETCH Yoga Studio
20 min.

8:30 AM

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

9:00 AM

BURNOUT & RESILIENCE CME Catalina Room
50 min. Discuss burnout in high-functioning people, common symptoms, and how it affects our lives. Learn how you can cultivate resiliency skills.

PROPERTY TOUR Clubhouse Lobby
45 min.

DESERT DRUMMING Studio 2
45 min.

TRX STRONG Studio 3
45 min.

WATER WORKOUT T-Pool
45 min.

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 Cardio & Strength Gym
45 min.

H2O POWER T-Pool
45 min.

STRETCH SP Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

INSIGHT & HEALING WITH GEMS & MINERALS Cactus Room
50 min. Heidi Harralson, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.

PEDAL, LIFT, FLOW Golf Performance Center
60 min.

YOGA SCULPT Yoga Studio
45 min.

ZUMBA® Studio 1
45 min.

NOON

LUNCH & LEARN: SHRIMP CATALAN Demo Kitchen
60 min. Enjoy shrimp Catalan with turmeric rice, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

CORE & MORE 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.

1:00 PM

NUTRITION, GUT HEALTH & IMMUNITY

CME

SP

Catalina Room

50 min. With over 70% of immune cells residing in the gut, there is a dynamic relationship between gut health and immune system function. Support optimal health with every day nutrition strategies that target both gut and immune function.

PILATES REFORMER CLINIC:

BEGINNING

Limit: 5 ▲

Pilates Studio

50 min. \$80

2:00 PM

CORE CONDITIONING

Studio 1

45 min.

GOOD VIBRATIONS

Studio 2

45 min.

YOGA FOUNDATIONS

Yoga Studio

45 min.

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

HANDS-ON COOKING: TEA-INFUSED

PASTA

Limit: 10 ▲

SP

Demo Kitchen

2 hr. \$175 Learn to infuse tea into handmade pasta in this hands-on class led by a wellness chef and tea master. Explore calming, creative flavors that balance taste and nutrition—then roll, steep, and savor your nourishing creation

3:00 PM

FREEFORM FUSION

Studio 3

45 min.

POSTURE & BALANCE

Studio 2

45 min.

STRIDE & STRENGTH

Cardio & Strength Gym

45 min.

ENHANCING NATURAL BEAUTY—NEW

Catalina Room

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

JEEP ADVENTURE

Limit: 3 ▲

Outdoor Sports Lobby

4 hr. \$220

4:00 PM

MEMORY WIRE BRACELET

Limit: 15

Art Studio 1

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

CHAKRA BALANCING YOGA & SOUND HEALING

Yoga Studio

45 min.

STRETCH & RELAXATION

Studio 2

25 min.

INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN

Spa Lobby

50 min. Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

5:00 PM

INTRODUCTION TO VEDIC ASTROLOGY

Cactus Room

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

OPEN 12-STEP RECOVERY MEETING

Mesquite Room

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

5:30 PM

COMMUNITY TABLE

Limit: 6 ▲

Vaquero

60 min.

6:00 PM

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

TENNIS CLINIC

Limit: 4 ▲

Tennis Court 1

50 min. \$80

7:00 PM

LIFE'S A GAME

Catalina Room

50 min. Join educator Dennis Creps, MA, to explore exercises, games and personality quizzes that help you balance mind and body, gain insights and maybe even slow the effects of aging.

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

EDITION—NEW

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

TUESDAY July 1, 2025

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

(FE) FEATURED EVENT: THE MINDFUL KITCHEN

5:30 AM

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

5:45 AM

HIKE: LEVEL 3
VENTANA CANYON TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

6:00 AM

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

MORNING WALK Spa Lobby
30 min. / 45 min.

7:30 AM

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

8:15 AM

CORE & MORE Studio 2
20 min.

9:00 AM

CYCLING Golf Performance Center
45 min.

WATER WORKOUT T-Pool
45 min.

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

PROPERTY TOUR Clubhouse Lobby
45 min.

ABOVE & BELOW THE BELT Studio 3
45 min.

9:30 AM

HIKE: LEVEL 2
LEMMON PARK Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

HIKE: LEVEL 4- BUTTERFLY/
NOVIO SPRING Limit: 12 ▲ Outdoor Sports Lobby
6 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.

H2O POWER T-Pool
45 min.

STRETCH Yoga Studio
45 min.

MUSCLE MAX Studio 3
45 min.

11:00 AM

EXPLORATION IN SOUL CONSCIOUSNESS Cactus Room
50 min. A Canyon Ranch clairvoyant discusses past lives, spirit communication, and other related topics.

PROPERTY TOUR Clubhouse Lobby
45 min.

AQUA FIT Aquatic Center
45 min.

TRX FUSION Studio 3
45 min.

VIPR SLAM—NEW Studio 1
45 min.

NOON

BREATHING Yoga Studio
20 min.

MINDFUL PICNIC Limit: 12 ▲ SP Sanctuary
1 hr. 30 min. \$110 Join us for a playful picnic experience where spirituality and nutrition experts guide you in nourishing both body and soul — all while sharing inspiring tips you can take home

LUNCH & LEARN: BBQ CHICKEN TACOS Demo Kitchen
60 min. Enjoy BBQ chicken tacos with pickled summer slaw, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

CME ACCREDITATION

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1:00 PM

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

PILATES REFORMER CLINIC:

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

2:00 PM

BOXER'S WORKOUT Studio 3
45 min.

FLUID FLEXIBILITY Aquatic Center
45 min.

GOOD VIBRATIONS Studio 2
45 min.

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

3:00 PM

BUFF BOOTY Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

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

ACUPRESSURE: WELL-BEING AT YOUR

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

4:00 PM

STRETCH & RELAXATION SP Studio 2
25 min.

5:00 PM

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

5:30 PM

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

A TASTE OF TERROIR: TEA & WINE

DINNER Limit: 20 ▲ SP Double U Café
2 hr. \$175 Enjoy a refined evening of tea-infused cuisine and curated wine pairings. Led by a tea master and wellness chef, this intimate dinner celebrates the harmony of flavor, tradition, and terroir in every course.

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

7:00 PM

THE MAGIC OF CULTIVATING POSITIVE

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

8:00 PM

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.

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

First Come, First Served. Limit 20. Use various types of props in this 10-station circuit-based endurance class. Sa 9:00am, Tu 9:00am

Aqua Fit

First Come, First Served. Limit 15. 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. Fr 7:30am

BOGA Fitmat® Yoga Clinic

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

Boxer's Workout

First Come, First Served. Limit 8. Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included. Th 9:00am, Sa 2:00pm, Tu 2:00pm

Buff Booty

First Come, First Served. Limit 20. 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®

First Come, First Served. Limit 30. Primal movement, cardio dance, and conditioning are seamlessly woven throughout balanced yoga sequencing to give you an all-in-one workout that helps you transform your body and soul. We 9:00am, Su 9:00am

CR Strength

First Come, First Served. Limit 10. 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

First Come, First Served. Limit 20. Aerobic circuit workout using cardio machines and strength equipment. Th 10:00am, Fr 10:00am, Sa 10:00am, Mo 10:00am

Core & More

First Come, First Served. Limit 16. Twenty minutes focused on strengthening your abs and lower back. We 8:15am, Th 12:00pm, Fr 8:15am, Sa 12:00pm, Mo 12:00pm, Tu 8:15am

Core Conditioning

First Come, First Served. Limit 15. Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. Th 2:00pm, Sa 10:00am, Su 9:00am, Mo 2:00pm

Cycling

First Come, First Served. Limit 12. Experience a cardiovascular-, endurance-, or interval-focused class on a stationary bike. We 9:00am, Th 9:00am, Fr 9:00am, Su 9:00am, Tu 9:00am

DJ Dance Party

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

Desert Drumming

First Come, First Served. Limit 22. 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

First Come, First Served. Limit 17. 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

First Come, First Served. Limit 20. Perform powerful dynamic stretches, moving through a challenging yet comfortable range of motion, followed by static stretches to improve your functional range for sports and daily living. Th 8:15am, Su 8:15am, Mo 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, Sa 12:00pm

Glide and Burn

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

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

First Come, First Served. Limit 14. Awaken your muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole body integration using a combination of vibration with Theragun massage tools and classic foam rolling. We 2:00pm, Mo 2:00pm, Tu 2:00pm

H2O Power

First Come, First Served. Limit 24. A challenging aerobic conditioning class in shallow water. Th 10:00am, Fr 10:00am, Su 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

First Come, First Served. 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

First Come, First Served. 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

First Come, First Served. Limit 12. Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment. We 10:00am, Fr 3:00pm, Su 10:00am, Tu 10:00am

Muscle Relief: Roll with It!

First Come, First Served. Limit 18. Learn the basics of foam rolling and myofascial release to reduce soreness. Fr 2:00pm, Su 2:00pm, Tu 3:00pm

PBF: Power Blast Fitness

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

Pedal, Lift, Flow

First Come, First Served. Limit 12. This invigorating class seamlessly blends cycling, strength training, and flexibility. Transitioning smoothly from one 20-minute segment to the next, this class offers a comprehensive total body experience. Sa 11:00am, Mo 11:00am

Pickle & Play

Dive into pickleball fun with host Jude McCarthy. All skill levels are invited to partake in this guided playtime while enjoying court-side refreshments and light snacks. Th 5:15pm

Posture & Balance

First Come, First Served. Limit 20. 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

First Come, First Served. Limit 20. Get your heart pumping and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. Su 2:00pm

Stride & Strength

First Come, First Served. Limit 14. Treadmill work followed by strength and muscular endurance. We 3:00pm, Fr 2:00pm, Mo 3:00pm

TRX Fusion

First Come, First Served. Limit 9. 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

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

Totally Tubing

First Come, First Served. Limit 20. Perform a variety of endurance-based exercises using resistance tubing. We 3:00pm, Sa 9:00am

Vipr Slam

First come, first served. Limit 20. This high-energy, full-body workout uses slam balls and ViPR tools to boost your strength, balance, and agility. Dynamic, real-world movements help you build serious power, coordination, and functional mobility. Tu 11:00am

Wallyball

First Come, First Served. 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

First Come, First Served. Limit 24. Combine aerobic conditioning and muscular endurance work in the pool. We 9:00am, Fr 9:00am, Sa 9:00am, Mo 9:00am, Tu 9:00am

Yoga Sculpt

First Come, First Served. Limit 18. Power yoga and strength training combined to create a full-body workout. Mo 11:00am

Zumba®

First Come, First Served. Limit 30. 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

First Come, First Served. Limit 30. Learn proper breathing techniques for relaxation and stress reduction. Fr 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

First Come, First Served. Limit 30. 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

First Come, First Served. Limit 20. 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. Fr 9:00am, Sa 3:00pm

Chakra Balancing Yoga & Sound Healing

First Come, First Served. Limit 20. In this gentle Yin chakra balancing practice, experience the vibrational healing of crystal bowls moving through & around you. Mo 4:00pm

Fluid Flexibility

First Come, First Served. Limit 20. 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

First Come, First Served. Limit 14. 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

First Come, First Served. In this challenging class, we will focus on backbends and forward folds to open the heart chakra with advanced poses (such as camel pose) to let go of sadness and grief in the heart. Sa 2:00pm

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

First Come, First Served. Limit 30. Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. We 4:00pm, Fr 4:00pm, Sa 4:00pm

Pelvic Floor Yoga

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

Pilates Mat

First Come, First Served. Limit 30. 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 for Balance

Take your Pilates Magic Circle class to another level by incorporating exercises on an unstable surface. Challenge your mobility, core strength and balance all at once. We 1:00pm

Pilates-Aerial Clinic 50m

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

Qi Gong

First Come, First Served. Limit 30. This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind. Su 1:00pm

Qi Gong and Yoga

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

Sacral Chakra Hip Opening

First Come, First Served. Limit 20. Practice a hip opening sequence while diving deeper into the sacral chakra. We 3:00pm, Su 11:00am

Stretch

First Come, First Served. Limit 30. 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

First Come, First Served. Limit 30. Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice. Th 7:00am, Su 7:00am

Yin Yoga

First Come, First Served. Limit 20. 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

First Come, First Served. Limit 30. This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. Mo 2:00pm

Yoga Nidra

First Come, First Served. Limit 20. End your day in this passive practice while you enjoy deep and restorative relaxation. Su 4:00pm

Yoga for Detox

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

Yoga for Menopause

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

OUTDOOR SPORTS

Archaeology 1- Hohokam Village Site

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

Archeology Hike

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

Bike Ride: Level 2 - Cafe Ride

Desert Ride. 15 mi. A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. We 5:30am

Bike Ride: Level 3 - Canada del Oro

Desert Ride. 16 mi. Take an exhilarating ride along the Canada Del Oro bike path! With amazing views of the cliffs of Pusch Ridge Wilderness, we make our way to Catalina State Park, located on the north side of the Catalina Mountains. Mo 5:30am

Bike Ride: Level 3 - Saguaro Spin

Saguaro National Park. 8+ mi. See native plants and animals while surrounded by the spectacular scenery of the Sonoran Desert. The Cactus Forest Loop Drive in the Rincon Mountain District (east) is an 8-mile paved loop. Th 5:45am

Bird Walk

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

Cardio Tennis Clinic

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

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

Desert Beauty - The Cosmetology of the Sonoran

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

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. Sa 6:00am, Tu 6:00am

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 5:30am, Su 5:30am

Hike: Level 2 - Box Camp

Mountain Hike. 3.4 mi. 600 ft. elev. This hike begins with a short uphill followed by sections of downhill through a pine forest to a serene creek side picnic spot, with a steady, uphill climb on the return. We 8:15am

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 - Hitchcock Overlook

Mountain Hike. 3 mi. 700 ft. elev. This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. Mo 8:15am

Hike: Level 2 - Lemmon Park

Mountain Hike. 3.2 mi. 415 ft. elev. A mountain trail that weaves through lush alpine forest to a spectacular fire lookout. Suited for novice hikers who want a bit of a challenge. Tu 9:30am

Hike: Level 2 - Lower Bear Canyon

Sabino Canyon. 4.5 mi. 400 ft. elev. Hike over rocky terrain into scenic Bear Canyon with its steep rock walls and soaring ridges on either side. With several seasonal stream crossings, it is a good preview of Tucson trails for beginners. Th 6:00am

Hike: Level 2 - Sunset Trail

Mountain Hike. 3.75 mi. 510 ft. elev. Enjoy a beautiful alpine trail with steep uphill and downhills leading you through a winding rock canyon to a spectacular overlook. Fr 9:00am

Hike: Level 2 - Tanque Verde Saddle

Saguaro National Park. 3.5 mi. 970 ft. elev. A good challenge for strong beginners, this hike features several sections of steep uphill leading to the crest of a scenic ridge. Sa 6:00am

Hike: Level 3 - Blacketts Ridge

Sabino Canyon. 5 mi. 1115 ft. elev. A classic and challenging Level 3 hike through the varied and scenic ecosystems of the canyon with steep climbing over rocky terrain. Th 5:45am

Hike: Level 3 - Crystal Springs

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". Mo 8:30am

Hike: Level 3 - Ft. Lowell Hills

Desert Hike. 5.2 mi. 1450 ft. elev. A classic desert hike with intervals of steep rocky climbs that lead you back into the welcoming solitude and splendor of the desert. Sa 5:45am

Hike: Level 3 - Lemmon Park

Mountain Hike. 5.6 mi. 1350 ft. elev. This scenic alpine trail takes us down through lush forests to a great overlook. Expect sections of steep climbing on the return. We 8:30am

Hike: Level 3 - McDougal Ridge

Desert Hike. 4.6 mi. 1170 ft. elev. A steady climb up the ridge that provides an interesting ramble through the saguaros with views of the Catalina and Rincon Mountains as well as the Tucson Valley. Su 5:45am

Hike: Level 3 - Milagrosa Canyon

Desert Hike. 6.3 mi. 1000 ft. elev. A quintessential desert hike with steep climbs over rocky terrain. Pass by a Hohokam petroglyph site before ascending once more to a beautiful canyon overlook. Fr 5:45am

Hike: Level 3 - Ventana Canyon Trail

Desert Hike. 5.5 mi. 1025 ft. elev. This trail presents memorable views of sheer canyon walls and a steadily broadening panorama along the way. A seasonal stream provides an excellent riparian habitat for birdwatching. Tu 5:45am

Hike: Level 4 - Butterfly/Novio Spring

Mountain Hike. 6.4 mi. 1950 ft. elev. This challenging descent into a forested glade provides expansive views of the San Pedro River Valley and a strong climb back up to the saddle. Tu 9:30am

Hike: Level 4 - Esperero/Lipstick

Sabino Canyon. 6.5 mi. 1295 ft. elev. This rugged canyon trail includes several sections of moderate to steep uphill. Enjoy a challenging downhill over beautiful canyon and ridge terrain. Fr 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. Su 5:30am

Hike: Level 4 - Hollin Basin

Mountain Hike. 5.6 mi. 2148 ft. elev. Intervals of steep climbing on a rocky and sandy trail leads you past glorious rock formations and unbeatable vistas. This hike concludes in a shady basin with a seasonal creek crossing. Mo 5:30am

Hike: Level 4 - Lemmon Creek

Mountain Hike. 8 mi. 1200 ft. elev. Journey to the heart of the mountain, exploring the sculpted spires and stacked boulders of the Wilderness of Rocks along your descent to a creek nestled in pine trees. Finish your exploration with a steep climb up. Th 10:00am

Hike: Level 4 - Sky Island Ridge

Mountain Hike. 7.5 mi. 1570 ft. elev. This beautiful hike in the Catalina Mountains starts with a short downhill to a wooded and shady gulch. Then gear up for a steep climb surrounded by aspens and pine trees, leading to a beautiful rocky overlook. We 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. 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. Th 3:00pm, Mo 3:00pm

Kartchner Caverns Living Cave Tour

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Th 9:00am, 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. We 8:15am, Sa 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 10:30am, Fr 8:30am, Su 10:15am

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 Crawly Edition

Discover the wonders of nature and the night sky with military-grade night vision goggles. We'll use the goggles to peer deep into the dark skies while also searching the canyon for our nocturnal desert denizens. You may see snakes or scorpions! 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. We 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. 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, Su 7:00am, Mo 7:00am

Pickleball Drill Clinic

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

Rock Climbing Naturally

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

Sabino Canyon Walk

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

Sky Island Discovery Tour

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

Sky Island Sunset and City Lights Tour

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

Tennis Clinic

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

SERVICES

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

For a complete listing of services, visit canyonranch.com/tucson/services/



HEALTH, PERFORMANCE, MIND & SPIRIT

MEDICAL

PERSONALIZED, PRECISE, PREVENTIVE

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

SLEEP MEDICINE

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

ALTERNATIVE MEDICINE

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

SPORTS MEDICINE

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

PERFORMANCE SCIENCE

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 — NEW — two-part service	50 min each	420
Comprehensive Ayurvedic Consultation — NEW — two-part service.....	110 min /50 min.....	600
Good Posture for Life.....	50 min	150
Introduction to Ayurveda— NEW	50 min	240
Personal Training with Virtual Follow-Up.....	2 sessions – 50 min each	270
Yoga for Your Dosha – two-part service.....	50 min each	300

OUTDOOR SPORTS

GROUP ADVENTURES

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

HIGH ROPES ADVENTURES

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

PRIVATE ADVENTURES

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

RACQUET SPORTS

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

MED SPA & BEAUTY

MEDICAL AESTHETICS

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

FACIAL TREATMENTS

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

SALON

HAIR CARE

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

MAKEUP

Makeup Consultation	45 min	\$140
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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 to learn more about all of our locations.

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

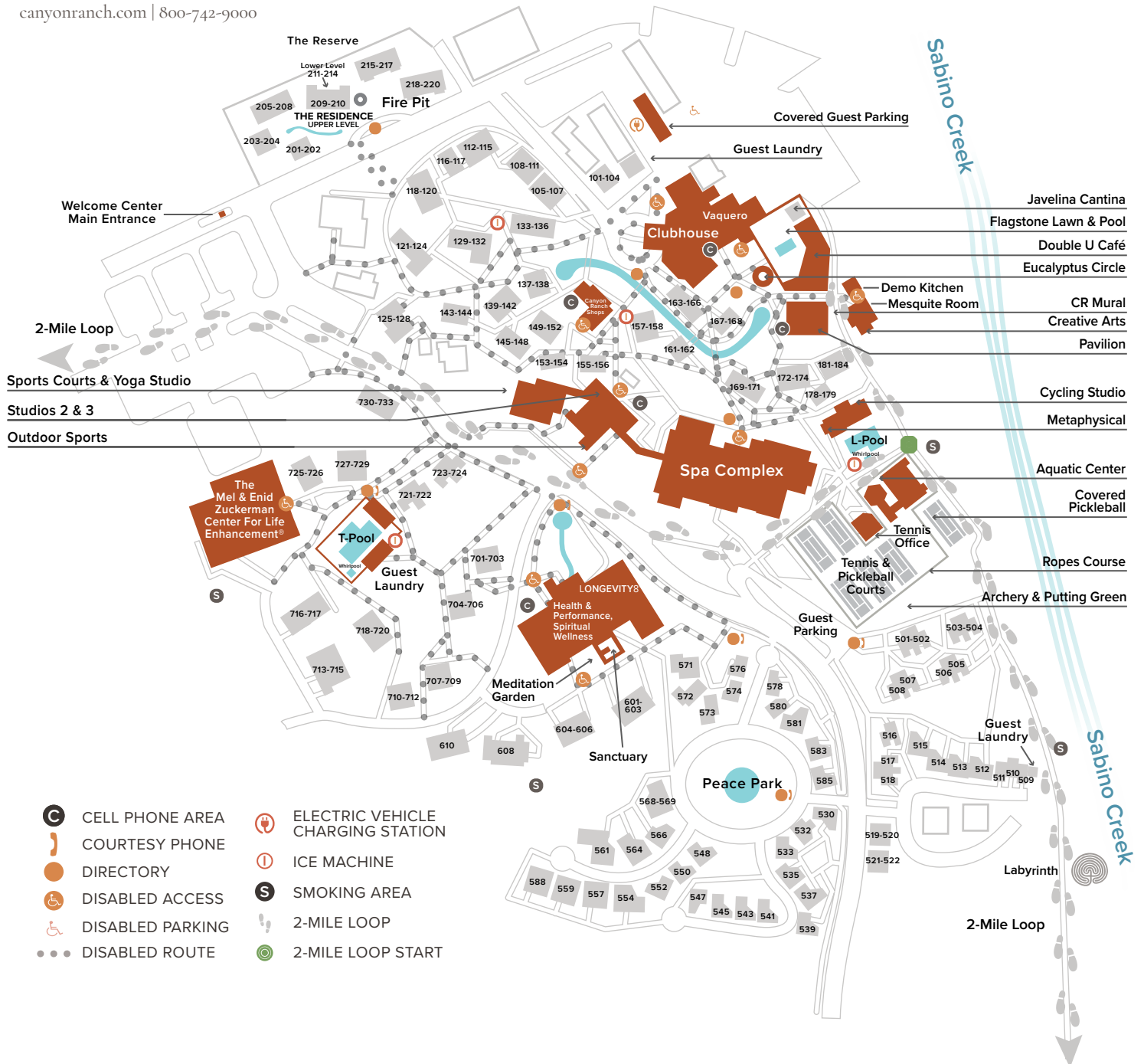
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to
purchase a Membership:

CONTACT
Memberships

TucsonMemberships@canyonranch.com
520-239-3293

or visit our Membership Sales
Team in Tucson.



Clubhouse

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

Spa Complex

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

Health & Performance, & Spiritual Wellness

Acupuncture
Life Management
LONGEVITY8™
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
CR Vitality
Mohave Gym
Ocotillo Room
Saguaro Room

RESTROOMS

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