

RANCH SCHEDULE
JULY 16 - 22, 2025



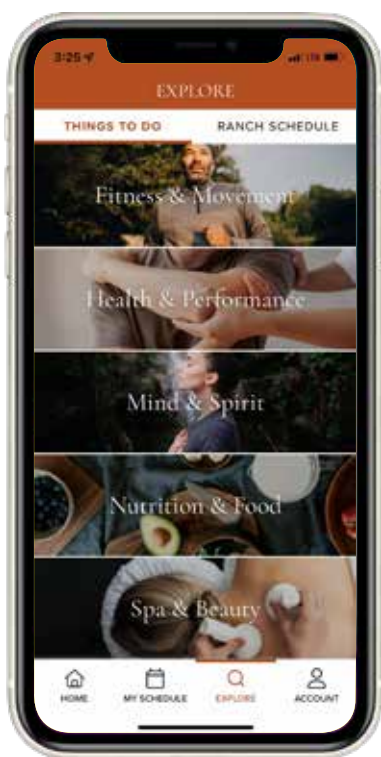
This schedule belongs to:





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

Monday - Saturday: 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



MASTERING METABOLISM

JULY 14 - 20

Get the tools you need to reach your goal weight! Join us at our award-winning wellness resort in the Sonoran Desert for an event full of science-backed research and expert guidance for achieving your healthiest weight without relying on drugs or fad diets.

In the age of semaglutides, we offer a path to sustainable weight loss results. Our team of world-class experts from a broad range of disciplines — like medicine, nutrition, fitness performance science, mental health, spiritual wellness, and more — will guide you through insights and practical skills for living life at your healthiest weight.

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



STRONG MINDS

JULY 21 - 27

Experience a week of mental fitness, emotional balance, and personal discovery at our award-winning Tucson wellness resort. This dynamic week is packed with expert-led presentations and immersive practices designed to build resilience, recharge your energy, and elevate your everyday life.

Dive into powerful mindset training, stress-relief techniques, nourishing brain-boosting nutrition, and mindful movement — tools that will leave you feeling renewed, balanced, and ready to thrive. Join for one session or the entire week — the experience is yours to shape. Connect with your Wellness Guide to sign up for your preferred activities before they fill up.

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



UPCOMING UNDERSTANDING ADHD

JULY 23 - 25

Join us for an enlightening session with guest expert Dr. George Halasz as he explores the complexities of attention deficit hyperactivity disorder. George will share his insights and experiences, providing valuable information for individuals with ADHD, their families, and professionals in the field.

Through expert-led discussions, uncover the link between trauma and ADHD, learn how nutrition can support attention and mood, and discover practical tools to channel energy and manage restlessness.

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.



KRISTI GREYSEN JEWELRY

TUESDAY, JULY 22 | 9 AM-6 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Meet with Kristi Greysen- Bates and discover beautiful handmade, gold-filled and sterling silver jewelry inspired by coastal living.

WEDNESDAY

July 16, 2025

See descriptions of classes and activities on pages 22-26. (SP) SPECIAL PROGRAMMING: MASTERING METABOLISM

5:30 AM

SABINO CANYON

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

YOGA IN THE WILD 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.

HIKE: LEVEL 4 - VENTANA/MAIDENPOOLS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

5:45 AM

HIKE: LEVEL 3

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

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 Spa Lobby
30 min. / 45 min.

7:00 AM

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

8:00 AM

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

KUNDALINI YOGA Yoga Studio
45 min.

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

8:15 AM

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

CORE & MORE Studio 2
20 min.

8:30 AM

HIKE: LEVEL 2

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

9:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

BUTI MOVEMENT® Yoga Studio
45 min.

CYCLING **SP** Golf Performance Center
45 min.

GLIDE AND BURN 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 T-Pool
45 min.

MUSCLE MAX Golf Performance Center
45 min.

STRETCH **SP** Yoga Studio
45 min.

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

11:00 AM

AQUA FIT
45 min.

Aquatic Center

LONG & LEAN BARRE WORKOUT
45 min.

Studio 2

ZUMBA®
45 min.

Studio 1

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.

NOON

FITNESS FOR YOUR FEET
20 min.

Studio 1

LUNCH & LEARN: TAHINI SHRIMP LETTUCE WRAPS

Demo Kitchen

60 min. Enjoy tahini shrimp lettuce wraps with sweet chili hoisin dipping sauce, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

1:00 PM

GLUTE TRANSFORMATION

CLINIC Limit: 5 ▲
50 min. \$80

Cardio & Strength Gym

PILATES FOR BALANCE
45 min.

Studio 2

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

Outdoor Sports Lobby

2:00 PM

DESERT DRUMMING
45 min.

Studio 2

PELVIC FLOOR YOGA—NEW
45 min.

Yoga Studio

PILATES REFORMER INT/ADV

CLINIC Limit: 5 ▲
50 min. \$80

Pilates Studio

CORE CONDITIONING
45 min.

Studio 1

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN

CME

Cactus Room

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

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

3:00 PM

POSTURE & BALANCE
45 min.

Studio 1

SACRAL CHAKRA HIP OPENING
45 min.

Yoga Studio

STRIDE & STRENGTH
45 min.

Cardio & Strength Gym

4:00 PM

MEDITATION
25 min.

Yoga Studio

STRETCH & RELAXATION
25 min.

Studio 2

THE BODY-SPIRIT CONNECTION

SP

Sanctuary

50 min. A Spiritual Wellness expert discusses how integrative wellness empowers us to honor the wisdom of mind, body, and spirit. Explore evidence-based practices like self-compassion, mindfulness, and hope.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲
60 min.

Vaquero

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

6:00 PM

TENNIS CLINIC Limit: 4 ▲
50 min. \$80

Tennis Court 1

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

7:00 PM

AWARENESS APPROACH: 12 INSIGHTS FOR MINDFUL LIVING

Catalina Room

50 min. Join Author and President of the Wellness Council of AZ, Dan Johnson for this informative and transformative presentation. Learn where to direct your focus to enjoy day to day feelings of balance and harmony.

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

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

THURSDAY

July 17, 2025

See descriptions of classes and activities on pages 22-26. (SP) SPECIAL PROGRAMMING: MASTERING METABOLISM

5:30 AM

- ARCHEOLOGY HIKE Limit: 8 ▲ Outdoor Sports Lobby
4 hr. \$110
- BIKE RIDE: LEVEL 4
ROCKING COBBLER Limit: 6 ▲ Outdoor Sports Lobby
4 hr.

5:45 AM

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

6:00 AM

- HIKE: LEVEL 2
PHONELINE OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
4 hr.
- INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
- HIGH ROPES CHALLENGE
COURSE Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$220
- MORNING WALK Spa Lobby
30 min. / 45 min.

8:00 AM

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

8:15 AM

- CENTERING MEDITATION Sanctuary
25 min.
- CORE & MORE Studio 2
20 min.

DISCOVER OUR PROPERTY ON A TOUR

Did you know we offer complimentary tours every day at 9 AM? Whether you're interested in finding quiet meditation spots, the fastest way to your services, or the perfect photo backdrop, we can customize the tour based on your needs. Sign up in the app or check in with the Guest Services desk in the Clubhouse.

9:00 AM

- PROPERTY TOUR Clubhouse Lobby
45 min.
- KARTCHNER CAVERNS LIVING CAVE
TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$220
- PICKLEBALL DRILL CLINIC Limit: 4 ▲ Pickleball Court 1
50 min. \$80
- CYCLING Golf Performance Center
45 min.
- DESERT DRUMMING Studio 2
45 min.
- WATER WORKOUT T-Pool
45 min.
- WALKING MEDITATION CME SP Sanctuary
50 min. Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step. Contemporary research reveals the health and wellness benefits of walking meditation for the mind, body, and spirit.

10:00 AM

- H2O POWER T-Pool
45 min.
- STRETCH Yoga Studio
45 min.
- VIPR SLAM—NEW Studio 1
45 min.

10:30 AM

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

11:00 AM

- WEIGHT LOSS: NUTRITION FOR BREAKING
BARRIERS CME SP Catalina Room
50 min. Straighten out the facts on nutrition for weight loss with a seasoned nutritionist and learn to avoid common mistakes that derail progress. Gain practical, science-backed strategies designed for sustainable success.
- DJ DANCE PARTY Studio 1
45 min.
- MUSCLE MAX Golf Performance Center
45 min.
- YOGA FOR DETOX Yoga Studio
45 min.

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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: 4 ▲ Fitness Studio 4
50 min. \$80

LUNCH & LEARN: GRILLED STEAK

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

1:00 PM

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

GYROKINESIS SP Yoga Studio
45 min.

2:00 PM

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

CR STRENGTH Golf Performance Center
45 min.

YOGA FOR MENOPAUSE—NEW Yoga Studio
45 min.

ROCKIN' RETRO Studio 1
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. 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.

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

4:00 PM

STRETCH & RELAXATION SP Studio 2
25 min.

5:15 PM

PICKLE & PLAY Pickleball Court 1
50 min.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

8:00 PM

NIGHT SKY WALK 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 July 18, 2025

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

(SP) SPECIAL PROGRAMMING: MASTERING METABOLISM

5:30 AM

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

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

**BIKE RIDE: LEVEL 3
SAGUARO SPIN** Limit: 10 ▲ Outdoor Sports Lobby
3 hr.

5:45 AM

**HIKE: LEVEL 3
FINGER ROCK** Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

6:00 AM

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

7:30 AM

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

8:00 AM

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

8:15 AM

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

CORE & MORE Studio 2
20 min.

9:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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

CYCLING Golf Performance Center
45 min.

WATER WORKOUT T-Pool
45 min.

YOGA SCULPT Yoga Studio
45 min.

10:00 AM

FOUNDATIONS OF STRENGTH CME SP 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.

H2O POWER T-Pool
45 min.

STRETCH Yoga Studio
45 min.

11:00 AM

AQUA FIT Aquatic Center
45 min.

GLIDE AND BURN Studio 1
45 min.

LONG & LEAN BARRE WORKOUT Studio 2
45 min.

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

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

NOON

AI CHI Aquatic Center
45 min.

LUNCH & LEARN: SEARED SEA BASS Demo Kitchen
60 min. Enjoy seared sea bass with pistachio kale pesto, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

1:00 PM

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.

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

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

KUNDALINI YOGA Yoga Studio
45 min.

2:00 PM

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

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

DESERT DRUMMING Studio 2
45 min.

KETTLEBELL WORKOUT Golf Performance Center
45 min.

PELVIC FLOOR YOGA—NEW Yoga Studio
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

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

CHAIR YOGA SP Yoga Studio
45 min.

FREEFORM FUSION Studio 2
45 min.

POSTURE & BALANCE Studio 1
45 min.

4:00 PM

MEDITATION Sanctuary
25 min.

STRETCH & RELAXATION Studio 2
25 min.

RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC—NEW Limit: 4 ▲ Fitness Studio 4
50 min. \$80

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

SKY ISLAND SUNSET AND CITY LIGHTS TOUR 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 SP Center for Life Enhancement
30 min.

8:00 PM

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

SATURDAY

July 19, 2025

See descriptions of classes and activities on pages 22-26. (SP) SPECIAL PROGRAMMING: MASTERING METABOLISM

5:30 AM

YOGA IN THE WILD 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

AGUA CALIENTE Limit: 12 ▲ Outdoor Sports Lobby
3 hr.

5:45 AM

HIKE: LEVEL 3

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

6:00 AM

HIKE: LEVEL 2

WILD HORSE CANYON 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

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

8:00 AM

PICKLEBALL DRILL CLINIC Limit: 4 ▲ Pickleball 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

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

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 Clubhouse Lobby
45 min.

ABOVE & BELOW THE BELT Golf Performance Center
45 min.

GLIDE AND BURN Studio 1
45 min.

WATER WORKOUT T-Pool
45 min.

9:30 AM

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

10:00 AM

CARDIO CIRCUIT Cardio & Strength Gym
45 min.

CORE CONDITIONING Studio 1
45 min.

STRETCH Yoga Studio
45 min.

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

11:00 AM

AQUA FIT Aquatic Center
45 min.

PEDAL, LIFT, FLOW Golf Performance Center
60 min.

TOTALLY TUBING Studio 2
45 min.

NOON

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

PILATES MAT

45 min.

Yoga Studio

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!

NEW APPROACHES TO WEIGHT

LOSS

CME

SP

Catalina Room

50 min. By normalizing your metabolic response to food, you can improve your weight and decrease your risk for disease. Discover current scientific research to guide you to a healthy weight.

2:00 PM

FLUID FLEXIBILITY

45 min.

Aquatic Center

HEART CHAKRA YOGA

45 min.

Yoga Studio

STRIDE & STRENGTH

SP

Cardio & Strength Gym

45 min.

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

3:00 PM

PILATES-AERIAL CLINIC

50 min. \$80

Limit: 4

▲

Fitness Studio 4

BUFF BOOTY

45 min.

Studio 1

CHAIR YOGA

45 min.

Yoga Studio

WALLYBALL

45 min.

Racquet Court 1

THE ART OF ORIGAMI

Limit: 10

Art Studio 1

1 hr. 30 min. Learn the peaceful Japanese art of paper folding, known as Origami. This step-by-step practice requires precision, patience, and perseverance with the understanding that perfect lines may not exist.

4:00 PM

RESTORATIVE YOGA

45 min.

SP

Yoga Studio

STRETCH & RELAXATION

25 min.

Studio 2

5:00 PM

PICKLEBALL CLINIC

50 min. \$80

Limit: 4

▲

Pickleball Court 1

5:30 PM

COMMUNITY TABLE

60 min.

Limit: 6

▲

Vaquero

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.

7:00 PM

TOTALLY TRIVIA!

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!

Pavilion

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. 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!

SUNDAY

July 20, 2025

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

(SP) SPECIAL PROGRAMMING: MASTERING METABOLISM

5:30 AM

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

YOGA IN THE WILD 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.

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

6:00 AM

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

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

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

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

7:00 AM

SUNRISE YOGA Yoga Studio
60 min.

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

8:00 AM

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

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

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

8:15 AM

CENTERING MEDITATION Sanctuary
25 min.

DYNAMIC STRETCH Yoga Studio
20 min.

9:00 AM

BUTI MOVEMENT® Yoga Studio
45 min.

CYCLING Golf Performance Center
45 min.

TOTALLY TUBING Studio 2
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:30 AM

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

10:00 AM

H2O POWER T-Pool
45 min.

MUSCLE MAX Golf Performance Center
45 min.

STRETCH Yoga Studio
45 min.

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

11:00 AM

AQUA FIT Aquatic Center
45 min.

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

ZUMBA® Studio 1
45 min.

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

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NOON

AERIAL SWING YOGA CLINIC Limit: 4 ▲ Studio 3
50 min. \$80

1:00 PM

NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS—NEW Catalina Room
50 min. Learn how astrology offers guidance about your life path and how to use crystal and gemstone alignment to activate and actualize your life purpose.

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

QI GONG Yoga Studio
45 min.

2:00 PM

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.

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

CR STRENGTH SP Golf Performance Center
45 min.

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

ROCKIN' RETRO Studio 1
45 min.

3:00 PM

DRUMMING CIRCLE Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

YIN YOGA Yoga Studio
45 min.

4:00 PM

STRETCH & RELAXATION SP Studio 2
25 min.

YOGA NIDRA Yoga Studio
45 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

7:00 PM

CRYSTAL SINGING BOWL MEDITATION Sanctuary
50 min. First Come, First Served. Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.

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

8:00 PM

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

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

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

Thank you for helping keep Canyon Ranch serene.

MONDAY

July 21, 2025

See descriptions of classes and activities on pages 22-26. (FE) FEATURED EVENT: STRONG MINDS

5:30 AM

- SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby
2 hr.
- YOGA IN THE WILD** Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140 Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty.
- BIKE RIDE: LEVEL 3**
- SABINO CANYON** Limit: 12 ▲ Outdoor Sports Lobby
3 hr.

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** FE Spa Lobby
30 min. / 45 min.

6:30 AM

- HIKE: LEVEL 4 - BUTTERFLY/NOVIO SPRING** Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

7:00 AM

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

8:00 AM

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

8:15 AM

- HIKE: LEVEL 2**
- BOX CAMP** Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

8:45 AM

- HIKE: LEVEL 3**
- PALISADES TRAIL** Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 45 min.

9:00 AM

- BURNOUT & RESILIENCE** CME FE 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.
- MUSCLE MAX** Golf Performance Center
45 min.
- WATER WORKOUT** T-Pool
45 min.

9:30 AM

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

10:00 AM

- HOW TO MAKE EVERY DAY SACRED** CME FE 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** Yoga Studio
45 min.

11:00 AM

- PEDAL, LIFT, FLOW** Golf Performance Center
60 min.
- YOGA SCULPT** Yoga Studio
45 min.
- ZUMBA®** Studio 1
45 min.
- 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.

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NOON

CORE & MORE

20 min.

Studio 2

LUNCH & LEARN: PRETZEL CRUSTED

CHICKEN

60 min. Enjoy Pretzel-Crusted Chicken with Guinness Vinaigrette and a Chef's Choice Salad while watching Chef prepare the entrée.

Demo Kitchen

AERIAL SWING YOGA CLINIC

Limit: 4 ▲ Fitness Studio 4

50 min. \$80

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.

KETTLEBELL WORKOUT

45 min.

Golf Performance Center

GOOD VIBRATIONS

45 min.

Studio 2

YOGA FOUNDATIONS

FE

45 min.

Yoga Studio

3:00 PM

ENHANCING NATURAL BEAUTY—NEW

Cactus Room

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

FREEFORM FUSION

45 min.

Studio 2

POSTURE & BALANCE

45 min.

Studio 1

STRIDE & STRENGTH

45 min.

Cardio & Strength Gym

4:00 PM

THE ART OF WATERCOLOR: BASIC

TECHNIQUE

Limit: 15

FE

Art Studio 1

1 hr. 30 min. Begin your creative journey with the basics of watercolor painting. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

INSTANT GRATIFICATION: BEAUTIFY YOUR

SKIN

Limit: 16

Spa Lobby

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

CHAKRA BALANCING YOGA & SOUND

HEALING

45 min.

Yoga Studio

STRETCH & RELAXATION

25 min.

Studio 2

AGING GRACEFULLY WITH AYURVEDA

Catalina Room

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

5:00 PM

UNDER THE VEDIC SUN

Cactus Room

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

PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

5:30 PM

COMMUNITY TABLE

Limit: 6 ▲

Vaquero

60 min.

6:00 PM

CR VITALITY TOUR

Limit: 20 FE Center for Life Enhancement

30 min.

6:30 PM

FLOATING SOUND MEDITATION

CLINIC

Limit: 20 ▲

T-Pool

50 min. \$110

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

EDITION—NEW

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

TUESDAY July 22, 2025

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

(FE) FEATURED EVENT: STRENGTH & RECOVERY

5:30 AM

HIKE: LEVEL 4
ESPERERO/LIPSTICK Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

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

5:45 AM

HIKE: LEVEL 3
MILAGROSA CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:00 AM

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

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

7:30 AM

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION FE Sanctuary
25 min.

CME ACCREDITATION

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

9:00 AM

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

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 Clubhouse Lobby
45 min.

CYCLING Golf Performance Center
45 min.

HEART CHAKRA YOGA Yoga Studio
45 min.

WATER WORKOUT T-Pool
45 min.

9:30 AM

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

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.

VIPR SLAM—NEW Studio 1
45 min.

H2O POWER T-Pool
45 min.

STRETCH Yoga Studio
45 min.

11:00 AM

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

CARDIO CIRCUIT Cardio & Strength Gym
45 min.

AQUA FIT Aquatic Center
45 min.

DJ DANCE PARTY Studio 1
45 min.

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

NOON

LUNCH & LEARN: RED CHILI & LIME GRILLED SEA BASS

Demo Kitchen

60 min. Enjoy red chili and lime grilled sea bass with avocado slaw, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

AERIAL SWING YOGA CLINIC Limit: 4 ▲ Fitness Studio 4
50 min. \$80

1:00 PM

SKY ISLAND DISCOVERY

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

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.

2:00 PM

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

FLUID FLEXIBILITY Aquatic Center
45 min.

GLIDE AND BURN Studio 1
45 min.

KETTLEBELL WORKOUT Golf Performance Center
45 min.

3:00 PM

ACUPRESSURE: WELL-BEING AT YOUR

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

CHAIR YOGA Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

BUFF BOOTY Studio 1
45 min.

4:00 PM

STRETCH & RELAXATION

FE

Studio 2

25 min.

5:00 PM

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

5:30 PM

PHONE-TOGRAPHY—NEW Limit: 6 ▲ Outdoor Sports Lobby
2 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.

7:00 PM

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

8:00 PM

COSMIC JOURNEY WITH THE

TELESCOPE—NEW Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140

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

Aqua Fit

First Come, First Served. Limit 15. In warm water, focus on muscular endurance and range of motion. We 11:00am, 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

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. Fr 10:00am, Sa 10:00am, Mo 10:00am, Tu 11:00am

Core & More

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

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. We 2:00pm, Sa 10:00am

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

First Come, First Served. Limit 30. It's the can't-miss, high-energy cardio party. Dance instructors teach you to move and groove in this workout with attitude. Th 11:00am, Tu 11:00am

Desert Drumming

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. We 2:00pm, Th 9:00am, Fr 2:00pm, 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. Su 8:15am

Fitness For Your Feet

First Come, First Served. Limit 20. 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. We 9:00am, Fr 11:00am, Sa 9:00am, 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

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. Mo 2:00pm

H2O Power

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

Kettlebell Workout

First Come, First Served. Limit 12. 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. Fr 2:00pm, Mo 2:00pm, Tu 2:00pm

Long & Lean Barre Workout

First Come, First Served. Limit 20. 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, Th 11:00am, Su 10:00am, Mo 9:00am

Muscle Relief: Roll with It!

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

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. We 3:00pm, 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

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. Th 2:00pm, Su 2:00pm

Stride & Strength

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

Totally Tubing

First Come, First Served. Limit 20. Perform a variety of endurance-based exercises using resistance tubing. Sa 11:00am, Su 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. Th 10:00am, Tu 10:00am

Wallyball

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

Water Workout

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

Yoga Sculpt

First Come, First Served. Limit 18. Power yoga and strength training combined to create a full-body workout. Fr 9:00am, 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

First Come, First Served. Limit 12. 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

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, Tu 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 3:00pm, Sa 3:00pm, Tu 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

Floating Sound Meditation Clinic

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

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. Fr 3:00pm, Mo 3:00pm

Gyrokinesis

First Come, First Served. Limit 15. 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, Tu 9:00am

Kundalini Yoga

First Come, First Served. Limit 20. 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

Pelvic Floor Yoga

First Come, First Served. 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

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

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

First Come, First Served. Limit 18. 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

First Come, First Served. Limit 20. Combining Qi Gong and Yoga, two ancient practices to balance the body, mind, and spirit using physical movement, breath, and meditation. This class includes slow movements and is welcoming for all levels. Th 3:00pm

Restorative Aerial Yoga and Sound Healing Clinic

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

Restorative Yoga

First Come, First Served. Limit 20. Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. Sa 4:00pm

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. Su 7:00am

Watsu Aquatic Massage Demo

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

Yin Yoga

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

First Come, First Served. Limit 20. Let go of whatever no longer serves you in body, mind and spirit. This class features pranayama (yogic breathing) and yoga poses emphasizing spinal rotation and lymph drainage. Th 11:00am

Yoga for Menopause

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

OUTDOOR SPORTS

Archaeology 1 - Hohokam Village Site

Take a journey through the ancient remnants of a Hohokam village dating back a millennium. Discover the secrets of their vast canal system and explore the culture of an advanced society with a trade network extending all the way to Central America. Mo 6:00am

Archeology Hike

Step into the mysterious world of the Hohokam and discover the echoes of ancient culture. This guided journey leads you through sacred rock art, Mesoamerican artifacts, and the scenic remnants of village life scattered across the Sonoran basin. Th 5:30am

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 5:45am

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 - Agua Caliente

Desert Ride. 14 mi. 400 ft. climb. A long, easy climb on light-traffic streets takes us to a county park with tranquil waters and swaying palms. Sa 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

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. Fr 5:30am

Bike Ride: Level 4 - Rocking Cobbler

Mountain Biking. 13.2 mi. A rollicking ride through the foothills of the Rincon Mountains on a vast network of flowing single track, including parts of the Arizona Trail. Th 5:30am

Bird Walk

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

Cardio Tennis Clinic

Enjoy a heart-pumping cardio tennis workout to music. 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. Su 6:00am

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. Th 6:00am, 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. Th 10:30am, 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. Mo 8:15am

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. Fr 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 - Phoneline Overlook

Sabino Canyon. 4 mi. 630 ft. elev. This beautiful hike offers a variety of ecosystems, from scenic desert to a riparian creek bed with deciduous trees like the white-barked Arizona sycamore and verdant cottonwoods. Th 6:00am

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. Su 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. We 8:30am

Hike: Level 2 - Wild Horse Canyon

Saguaro National Park. 4.25 mi. 480 ft. elev. Trek through a cacti forest with flat to moderate uphill sections and seasonal water. 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." Su 5:45am

Hike: Level 3 - Finger Rock

Desert Hike. 4 mi. 1620 ft. elev. This trail is well known for its challenging ascent into a beautiful canyon with breathtaking views below. Expect big rock steps and a steep incline. Fr 5:45am

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. Th 5:45am

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. We 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. Tu 5:45am

Hike: Level 3 - Palisades Trail

Mountain Hike. 5.5 mi. 1050 ft. elev. A steady, winding descent through tall Ponderosa pine and oak forests to a scenic overlook. Expect a steady ascent back to the trailhead on the return. Mo 8:45am

Hike: Level 3 - Tanque Verde Ledge

Saguaro National Park. 5.25 mi. 1300 ft. elev. A solid, intermediate fitness hike with intervals of moderate to steep uphill leading to a scenic overlook with stunning views of the Rincon and Catalina Mountains as well as the Tucson Valley. Sa 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. Fr 5:30am

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. Mo 6:30am

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. Tu 5:30am

Hike: Level 4 - Ventana/Maiden Pools

Desert Hike. 6 mi. 1530 ft. elev. Embark on a captivating hike through a canyon of towering red walls, crossing the creek multiple times. Reach the summit to discover serene seasonal pools. 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. Th 6:00am, 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. Th 3:00pm, Tu 5:30am

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, Su 9:30am, Mo 9:30am

Night Sky Walk

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

Night Vision 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. We 6:00am, Su 6:00am

Pickleball Clinic

This super-fun, easy-to-learn sport is for all ages. The ball moves slower than in tennis. Tactics count more than speed! Racquet Sports experts show you how. We 7:00am, Th 8:00am, Fr 8:00am, Sa 9:00am, Sa 5:00pm, Su 7:00am, Su 5:00pm, Mo 7:00am, Mo 5:00pm, Tu 8:00am, Tu 5:00pm

Pickleball Drill Clinic

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players. We 9:00am, Th 9:00am, Fr 9:00am, Sa 8:00am, Su 8:00am, Mo 8:00am, Tu 9:00am

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. Tu 1:00pm

Sky Island Sunset and City Lights Tour

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

Tennis Clinic

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

Writing in Nature

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. We 1:00pm, 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	50 min	\$350
Hiking Performance	50 min	350
Low Back Pain Evaluation	50 min	350
Medical Gait Analysis	50 min	350
Musculoskeletal & Joint Assessment	50 min	350
Performance Assessment	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
Blood Lactate Threshold — NEW – two-part service.....	50 min each	420
Body Composition Screening	25 min	130
Comprehensive Exercise Assessment – two-part service	50 min each	420
Hydration Testing – 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
Intro to Brainspotting —NEW	50 min	250
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
Stress Management	50 min	250
Tech for Mental Health & Wellness —NEW	25 min	140

NUTRITION & FOOD

Addressing Cravings & Emotional Eating – two-part service	50 min each	\$470
Building Muscle.....	50 min	220
Continuous Glucose Monitor Follow-Up & Education.....	50 min	220
Diet Score – 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 – two-part service	50 min each	460
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
Your Soul Song —NEW	50 min	250

FITNESS 360

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

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 in the Wild.....	3 hours	140
Yoga on the Trail.....	4 hours	140

HIGH ROPES ADVENTURES

High Ropes Challenge Course

3 hours	\$220/person
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Rock Climbing Naturally.....	5 hours	400
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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	110 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® Consultation & Treatment	80 min	150
	(consult fee applied to any Botox purchased)	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
Juvéderm® Dermal Filler Consultation and Treatment	110 min	175
	(consult fee applied to any filler purchased)	price varies
Microneedling	50 min	400
with PRP (Platelet-Rich Plasma)	50 min	700
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
Collagen Lifting Facial—NEW	80 min	395
Environ Age-Defying Facial	80 min	395
Environ Facial	50 min	220
Lash & Brow Tint	25 min	70
The Complete Fix Facial	50 min	295
Venn Collagen Facial	50 min	220

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
Udvertana Massage.....	80 min	320

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min	\$240
	80 min	340
	100 min	440
Muscle Melt for Road Warriors	50 min	240
	80 min	340
	100 min	410
Reflexology	50 min	240
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
Vitamin D 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:

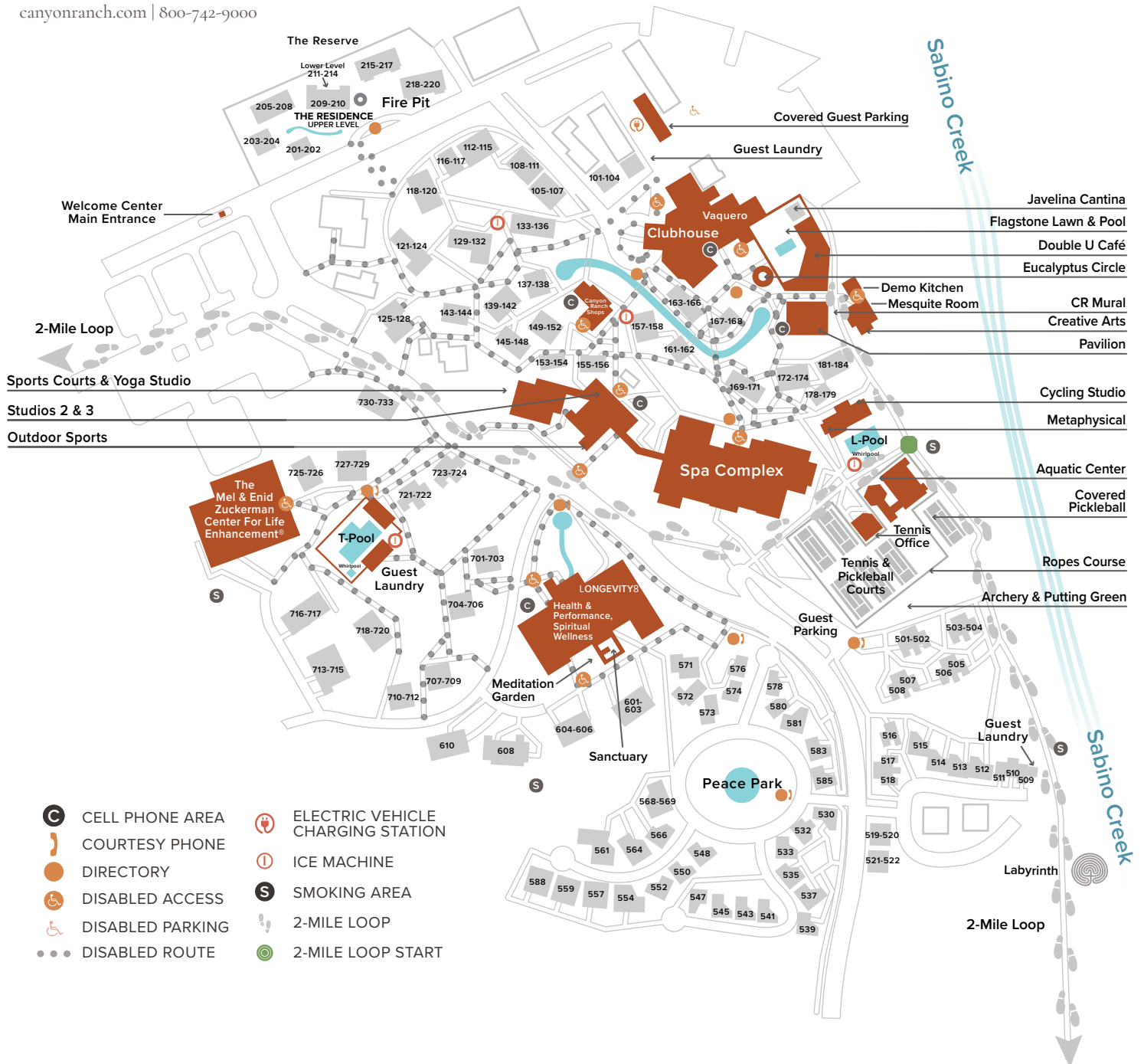
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.