

RANCH SCHEDULE
AUGUST 6 - 12, 2025



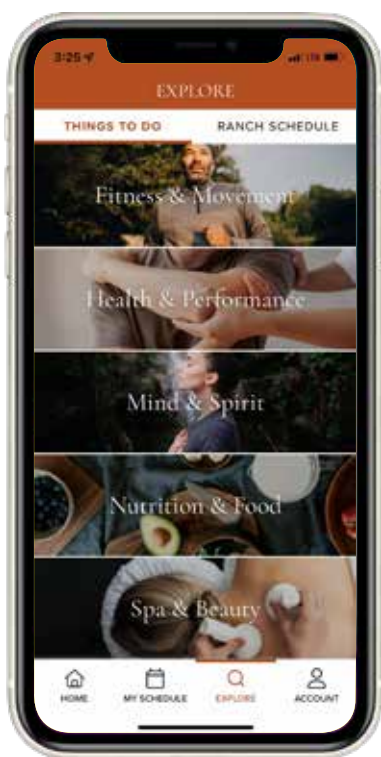
This schedule belongs to:





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. 27 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



GOTTA DANCE AT THE RANCH

AUGUST 3 - 8

Unleash the dancer in you. Experience doesn't matter—this is all about expression, movement, and the magic of music. Gotta Dance is always one of the most popular events at Canyon Ranch Tucson. Guests return year after year to our Arizona wellness center for the pure joy of this uplifting retreat set in Arizona's Sonoran Desert, surrounded by the serenity of the Santa Catalina Mountains.

Guest choreographers offer inspired classes for all levels. Jump into hip-hop, ballet, jazz, tap, and much more. If you have dance shoes – ballet, tap, or jazz, please bring those with you.

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



CREATIVE AWAKENING DISCOVERY WEEK

AUGUST 4 - 10

Reconnect with your playful, artistic self with a week of hands-on exploration. Dive into intuitive painting, meditative movement, nature-inspired crafts, and journaling sessions that silence the inner critic and spark new ideas. Whether you're an experienced artist or craving a creative reset, you'll find space to breathe, dream, and create without limits.

Between sessions, indulge in nourishing meals, quiet walks, and restorative moments designed to feed both your body and soul. 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 'DW'.



RESONANCE SOUND HEALING WITH KYLE LAM

AUGUST 11 - 17

Harness the power of sound, mindfulness, and meditation to ground the body and calm the mind during this transformative week. Join guest sound healing expert Kyle Lam as he guides you through a powerful practice, using the vibrations of sound bowls, gongs, and guided meditation to promote deep relaxation.

Complementing Kyle's sessions, we've curated a unique blend of classes and experiences designed to foster emotional healing, relaxation, and mindfulness. Ideal for those seeking stress relief and a sensory reset.

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

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.

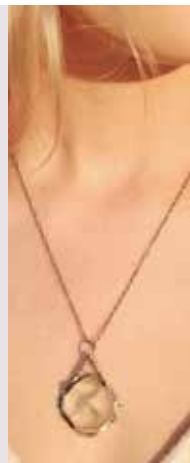


MYTH AND STONE TRUNK SHOW

WEDNESDAY, AUGUST 6 | 9 AM–6 PM
THURSDAY, AUGUST 7 | 9 AM–6 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Join us for a two day trunk show with local artist, Myth and Stone. Equal parts fairytale and antique treasure, Meryl's work reflects the many ways she finds beauty in the world.



NINE DAUGHTERS OF EARTH TRUNK SHOW

FRIDAY, AUGUST 9 | 9 AM–5 PM
SATURDAY, AUGUST 10 | 9 AM–5 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

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

GOTTA DANCE AT THE RANCH™

UNLEASH THE DANCER IN YOU.

AUGUST 3 - 8



TERA-LEE POLLIN



KYLE PLEASANT



ELIJAH GIBSON

	SUNDAY 8.3	MONDAY 8.4	TUESDAY 8.5	WEDNESDAY 8.6	THURSDAY 8.7	FRIDAY 8.8
8 AM	11:30 AM - 12:30 AM	CHOREOGRAPHY: MOTOR CITY GROOVES	CHOREOGRAPHY: MOTOR CITY GROOVES	CHOREOGRAPHY: MOTOR CITY GROOVES	CHOREOGRAPHY: MOTOR CITY GROOVES	
9 AM		BALLET	FULL BODY JAZZ WORKOUT	BALLET	RHYTHM TAP	LYRICAL
10 AM		JAZZ BASICS	HIP-HOP	ONE SINGULAR SENSATION	BEACH VIBRATIONS	
11 AM	ZUMBA	JAZZ DANCE	DJ DANCE PARTY	HIP-HOP	DJ DANCE PARTY	
12 PM						
1 PM		CHOREOGRAPHY: BOOTS, RHYTHM & SOUL	CHOREOGRAPHY: BOOTS, RHYTHM & SOUL	CHOREOGRAPHY: BOOTS, RHYTHM & SOUL	CHOREOGRAPHY: BOOTS, RHYTHM & SOUL	
2 PM	ROCKIN' RETRO	POPSTAR!	LATIN BALLROOM	ZUMBA	BROADWAY JAZZ	
3 PM		BROADWAY TAP	TAP	JAZZ BASICS	HIP-HOP	
4 PM	DJ COUNTRY LINE DANCE	CHOREOGRAPHY: TIME TO DANCE	CHOREOGRAPHY: TIME TO DANCE	CHOREOGRAPHY: TIME TO DANCE	CHOREOGRAPHY: TIME TO DANCE	
5 PM						
6 PM	CHOREOGRAPHER MEET & GREET DINNER					

ALL DANCE CLASSES ARE LOCATED IN STUDIO 1.

SIGN UP TO DINE WITH OUR GUEST CHOREOGRAPHERS AT VAQUERO.

Tag us on social media: #gottadanceattheranch #canyonranchtucson

WEDNESDAY

August 6, 2025

See descriptions of classes and activities on pages 22-27.

(DW) DISCOVERY WEEK: CREATIVE AWAKENING

5:30 AM

HIKE: LEVEL 4

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

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 2

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

6:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

7:00 AM

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

8:00 AM

CHOREOGRAPHY: MOTOR CITY GROOVES SP Studio 1
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.

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

KUNDALINI YOGA Yoga Studio
45 min.

8:15 AM

HIKE: LEVEL 2

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

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

8:30 AM

HIKE: LEVEL 3

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

9:00 AM

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

CYCLING Golf Performance Center
45 min.

BUTI MOVEMENT® Yoga Studio
45 min.

BALLET SP Studio 1
45 min.

EXERCISE AND FITNESS: MORE THAN JUST THE SCALE CME Cactus Room
50 min. What else is going on in your body if you're exercising, but not losing weight? A Performance Scientist shares the physiological changes that happen through exercise to promote health and longevity.

PROPERTY TOUR Clubhouse Lobby
45 min.

10:00 AM

ONE SINGULAR SENSATION SP Studio 1
45 min.

H2O POWER T-Pool
45 min.

STRETCH Yoga Studio
45 min.

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.

11:00 AM

ABOVE & BELOW THE BELT Studio 3
45 min.

AQUA FIT Aquatic Center
45 min.

HIP-HOP SP Studio 1
45 min.

NOON

FITNESS FOR YOUR FEET Studio 1
20 min.

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

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

YES, AND: THE SACRED PLAY OF

IMPROV—NEW DW Sanctuary
1 hr. 30 min. Explore improvisation as a spiritual, intuitive practice through guided exercises, reflection, and play. Embrace presence, surrender, and joy while saying “yes” to the unknown in a safe, supportive space for curiosity and creative risk-taking.

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

CHOREOGRAPHY: BOOTS, RHYTHM & SOUL SP Studio 1
45 min.

GLUTE TRANSFORMATION

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

2:00 PM

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

GOOD VIBRATIONS Studio 2
45 min.

PELVIC FLOOR YOGA—NEW Yoga Studio
45 min.

ZUMBA® SP Studio 1
45 min.

PILATES REFORMER INT/ADV

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

3:00 PM

JAZZ BASICS SP Studio 1
45 min.

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

STRIDE & STRENGTH Cardio & Strength Gym
45 min.

4:00 PM

MEDITATION Sanctuary
25 min.

STRETCH & RELAXATION Studio 2
25 min.

CHOREOGRAPHY: TIME TO DANCE SP Studio 1
45 min.

5:00 PM

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

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

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

6:00 PM

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

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

6:15 PM

12-STEP EATING DISORDERS ANONYMOUS MEETING

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

6:30 PM

FLOATING SOUND MEDITATION

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

7:00 PM

SONORAN SUDS—NEW Limit: 12 DW Art Studio 1
60 min. Craft your own luxurious handmade soap using natural ingredients and soothing scents. Mix, mold, and create a custom bar to take home—perfect for a little self-care or a unique gift!

TAKE A BREATH BREAK

Catalina Room
50 min. Reduce stress by using techniques from the Practice of Mindfulness. Join Dan Johnson, Executive Director of the Wellness Council of Arizona, for this sampling of approaches to relaxation.

7:30 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

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

THURSDAY August 7, 2025

See descriptions of classes and activities on pages 22-27.

(DW) DISCOVERY WEEK: CREATIVE AWAKENING

5:30 AM

ARCHAEOLOGY 2 - DISCOVERING HOHOKAM

PETROGLYPHS—NEW Limit: 8 ▲ Outdoor Sports Lobby
4 hr. \$140

BIKE RIDE: LEVEL 4

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

6:00 AM

MORNING WALK

30 min. / 45 min. Spa Lobby

HIKE: LEVEL 2

VENTANA TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

INTUITIVE ARCHERY

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

HIGH ROPES CHALLENGE

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

7:00 AM

SUNRISE YOGA

60 min. Yoga Studio

8:00 AM

HIKE: LEVEL 3

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

CHOREOGRAPHY: MOTOR CITY GROOVES SP Studio 1

45 min.

PICKLEBALL CLINIC

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

8:15 AM

CENTERING MEDITATION DW

25 min. Sanctuary

9:00 AM

KARTCHNER CAVERNS LIVING CAVE

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

RHYTHM TAP SP

45 min. Studio 1

CYCLING

45 min. Golf Performance Center

WATER WORKOUT

45 min. T-Pool

9:00 AM

WALKING MEDITATION

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

PROPERTY TOUR

45 min. Clubhouse Lobby

PICKLEBALL DRILL CLINIC

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

10:00 AM

BEACH VIBRATIONS SP

45 min. Studio 1

CARDIO CIRCUIT

45 min. Cardio & Strength Gym

STRETCH

45 min. Yoga Studio

11:00 AM

DJ DANCE PARTY SP

45 min. Studio 1

PBF: POWER BLAST FITNESS

45 min. Studio 3

YOGA FOR DETOX

45 min. Yoga Studio

WEIGHT LOSS: NUTRITION FOR BREAKING

BARRIERS 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.

NOON

AERIAL SWING YOGA CLINIC

Limit: 4 ▲ DW Studio 3
50 min. \$80

FITNESS FOR YOUR FEET

20 min. Studio 1

CAPTAIN'S TABLE: MEMBERSHIPS

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

LUNCH & LEARN: SALMON TERIYAKI

Demo Kitchen
60 min. Enjoy salmon teriyaki with cauliflower fried rice, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

1:00 PM

ALTERNATIVE THERAPIES FOR MENOPAUSE CME Cactus 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.

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

CHOREOGRAPHY: BOOTS, RHYTHM & SOUL SP Studio 1
45 min.

GYROKINESIS Yoga Studio
45 min.

2:00 PM

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

BROADWAY JAZZ SP 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

2:30 PM

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

3:00 PM

AN ART JOURNAL EXPERIENCE Limit: 15 DW Art Studio 1
1 hr. 30 min. Join us for a multigenre art adventure, where you'll craft an origami mini book and fill it with sensory delights like poetry, feathers, drawings, and more. Feel free to bring your own personal journal and make the most of this creative opportunity.

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

HIP-HOP SP Studio 1
45 min.

QI GONG AND YOGA Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

4:00 PM

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

STRETCH & RELAXATION Studio 2
25 min.

CHOREOGRAPHY: TIME TO DANCE SP Studio 1
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.

SIP AND SHOP—NEW DW The Boutique at Canyon Ranch
2 hr. Unwind in style at our on-site boutique. Enjoy a refreshing mocktail or glass of champagne as you explore curated collections and take advantage of exclusive special pricing on our most sought-after pieces.

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

LIFE'S A GAME DW 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.

7:30 PM

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

FRIDAY

August 8, 2025

See descriptions of classes and activities on pages 22-27.

(DW) DISCOVERY WEEK: CREATIVE AWAKENING

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.
- BIKE RIDE: LEVEL 3
SABINO CANYON

Limit: 12 ▲

Outdoor Sports Lobby

3 hr.

5:45 AM

- HIKE: LEVEL 3
BLACKETTS RIDGE

Limit: 12 ▲

Outdoor Sports Lobby

4 hr.

6:00 AM

- MORNING WALK

Spa Lobby

30 min. / 45 min.
- ROCK CLIMBING
NATURALLY

Limit: 6 ▲

Outdoor Sports Lobby

5 hr. \$400

7:00 AM

- PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

7:30 AM

- BOGA FITMAT® FITNESS CLINIC

Limit: 8 ▲

T-Pool

50 min. \$80

8:00 AM

- PICKLEBALL DRILL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

8:15 AM

- HIKE: LEVEL 2
LEMMON PARK

Limit: 12 ▲

Outdoor Sports Lobby

5 hr.
- 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 looking for quiet meditation spots, the fastest route to your services, or the perfect photo backdrop, we'll customize the tour to fit your needs. Sign up in the app or check in at the Guest Services desk in the Clubhouse.

9:00 AM

- STOP FORCING YOUR LIFE & LET IT
FLOW

CME

DW

Cactus Room

50 min.

How can you reach your peak performance when you are attached and hung up? Ancient wisdom backed by evidence based research reveals encouraging ways to connect with your life force.
- LYRICAL

SP

Studio 1

45 min.
- CYCLING

Golf Performance Center

45 min.
- WATER WORKOUT

T-Pool

45 min.
- PROPERTY TOUR

Clubhouse Lobby

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.
- H2O POWER

T-Pool

45 min.
- STRETCH

Yoga Studio

45 min.

11:00 AM

- 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.
- AQUA FIT

Aquatic Center

45 min.
- GLIDE AND BURN

Studio 1

45 min.
- LONG & LEAN BARRE WORKOUT

Studio 2

45 min.

NOON

- BREATHING

Yoga Studio

20 min.
- LUNCH & LEARN: TORTILLA CRUSTED
CHICKEN

Demo Kitchen

60 min.

Enjoy tortilla crusted chicken with creamy poblano sauce, 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

- QI GONG IN THE MOUNTAINS—NEW

Limit: 8 ▲

Outdoor Sports Lobby

3 hr. 30 min. \$140
- 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

- CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.
- PLUTO, THE PLANET OF POWER & TRANSFORMATION

Cactus Room

50 min. Canyon Ranch astrologer Shivani Baker will share what the meaning of Pluto is in our charts, and how its energy affects us personally, nationally and globally.
- DYE YOUR OWN SILK SCARF

Limit: 6 ▲ DW

Art Studio 1

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

Yoga Studio

45 min.
- KETTLEBELL WORKOUT

Studio 3

45 min.
- MUSCLE RELIEF: ROLL WITH IT!

Studio 2

45 min.

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.

3:00 PM

- FREESTYLE FRIDAY—NEW

DW

Sanctuary

50 min. Adam Smith uses improvisational hip-hop techniques to integrate rhythm and voice around the theme of Sacred Sound. Relax inhibitions related to self-expression, by entering a place of non-judgmental presence and flow.
- WATSU AQUATIC MASSAGE DEMO

Limit: 20

Watsu Pools

45 min.
- BUFF BOOTY

Studio 1

45 min.
- STRIDE

Cardio & Strength Gym

45 min.
- YOGA FOUNDATIONS

Yoga Studio

45 min.

4:00 PM

- RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC

Limit: 4 ▲

Studio 3

50 min. \$80
- 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 ▲

DW

Vaquero

60 min.
- SKY ISLAND SUNSET AND CITY LIGHTS TOUR—NEW

Limit: 6 ▲

Outdoor Sports Lobby

3 hr. \$110

6:00 PM

- CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.
- CHEF'S WINE DINNER

Limit: 20 ▲

Double U Café

2 hr. \$175 Enjoy this elevated, exclusive dining experience presented by our talented culinary team featuring a five-course menu, mocktails, and wine pairings.

8:00 PM

- BINGO

Pavilion

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

SATURDAY

August 9, 2025

See descriptions of classes and activities on pages 22-27. (DW) DISCOVERY WEEK: CREATIVE AWAKENING

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.

5:45 AM
HIKE: LEVEL 3
PONTATOC RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

6:00 AM
MORNING WALK Spa Lobby
30 min. / 45 min.
HIKE: LEVEL 2
MILAGROSA OVERLOOK 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

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 ▲ DW Outdoor Sports Lobby
4 hr. \$110

9:00 AM
PICKLEBALL CLINIC Limit: 4 ▲ Pickleball Court 1
50 min. \$80
SOLVING THE MYSTERY OF KNEE PAIN CME Cactus Room
50 min. Learn about common injuries to the knee, how they occur, and what you can do about them.
PROPERTY TOUR Clubhouse Lobby
45 min.
ABOVE & BELOW THE BELT Studio 3
45 min.
HEART CHAKRA YOGA Yoga Studio
45 min.
WATER WORKOUT T-Pool
45 min.

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

10:00 AM
PERSONALIZED NUTRITION 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.

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

CARDIO CIRCUIT Cardio & Strength Gym
45 min.

STRETCH Yoga Studio
45 min.

VIPR SLAM—NEW Studio 1
45 min.

TUCSON AUTO MUSEUM
EXCURSION—NEW Limit: 11 Clubhouse Lobby
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
MINDFUL MANDALAS—NEW Limit: 10 DW Art Studio 1
1 hr. 30 min. Unwind and get creative as you paint a personalized dot mandala. Begin with a calming meditation to set your intention, then enjoy a mindful process that brings peace and focus. Bring readers or glasses if needed for detailed work.

INTERMEDIATE YOGA Yoga Studio
45 min.

PEDAL, LIFT, FLOW Golf Performance Center
60 min.

TOTALLY TUBING Studio 2
45 min.

NOON
BREATHING Yoga Studio
20 min.
CORE & MORE Studio 2
20 min.

CME ACCREDITATION

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

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.

MEMBERSHIPS: CASUAL Q&A Limit: 20 The Snug
30 min. Meet Fawn Cisco, Membership Coordinator & Sales, for a casual chat about all the benefits of becoming a Canyon Ranch Member. Bring your questions!

PILATES MAT Yoga Studio
45 min.

2:00 PM

POWER FLOW Yoga Studio
45 min.

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

FLUID FLEXIBILITY Aquatic Center
45 min.

STRIDE & STRENGTH Cardio & Strength Gym
45 min.

3:00 PM

PILATES-AERIAL CLINIC Limit: 4 ▲ Studio 3
50 min. \$80

BUFF BOOTY Studio 1
45 min.

CHAIR YOGA Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

RAINBOW CRYSTAL

SUNCATCHERS Limit: 10 DW Art Studio
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.

4:00 PM

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

MEDITATION Sanctuary
25 min.

RESTORATIVE YOGA Yoga Studio
45 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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

MAHJONG GAME NIGHT Limit: 8 DW 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.

6:30 PM

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

COMPLIMENTARY HIKING & BIKING

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

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

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

SUNDAY August 10, 2025

See descriptions of classes and activities on pages 22-27.

(DW) DISCOVERY WEEK: CREATIVE AWAKENING

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
3 hr. \$110

5:45 AM

HIKE: LEVEL 3

BRIDAL WREATH TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

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

6:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 2

PHONELINE OVERLOOK 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 ▲ DW Outdoor Sports Lobby
3 hr. \$140

7:00 AM

SUNRISE YOGA Yoga Studio
60 min.

8:00 AM

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

8:15 AM

CENTERING MEDITATION Sanctuary
25 min.

9:00 AM

CYCLING

45 min. Golf Performance Center

BUTI MOVEMENT®

45 min. Yoga Studio

CORE CONDITIONING

45 min. Studio 1

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

EXERCISE & MENOPAUSE

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

BALANCE YOUR BRAIN THROUGH

DW Sanctuary
50 min. A Canyon Ranch expert shows you how to communicate with both sides of your brain, increase self-awareness, unblock creativity and reach your potential.

11:00 AM

AQUA FIT

45 min. Aquatic Center

SACRAL CHAKRA HIP OPENING

45 min. Yoga Studio

ZUMBA®

45 min. Studio 1

VEDIC PALMISTRY: IT'S ALL IN OUR

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

NOON

AERIAL SWING YOGA CLINIC

Limit: 4 ▲ Studio 3

50 min. \$80

FITNESS FOR YOUR FEET

20 min. Studio 1

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1:00 PM

FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY

DW

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.

PILATES REFORMER CLINIC:

BEGINNING

Limit: 5 ▲

Pilates Studio

50 min. \$80

QI GONG

45 min.

Yoga Studio

2:00 PM

CR STRENGTH

45 min.

Golf Performance Center

MUSCLE RELIEF: ROLL WITH IT!

45 min.

Studio 2

ROCKIN' RETRO

45 min.

Studio 1

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.

3:00 PM

DRUMMING CIRCLE

45 min.

DW

Studio 1

KETTLEBELL WORKOUT

45 min.

Studio 3

YIN YOGA

45 min.

Yoga Studio

4:00 PM

STRETCH & RELAXATION

25 min.

Studio 2

YOGA NIDRA

45 min.

Yoga Studio

5:00 PM

PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

OPEN 12-STEP RECOVERY MEETING

Mesquite Room

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

5:30 PM

COMMUNITY TABLE

Limit: 6 ▲

Vaquero

60 min.

6:00 PM

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

7:00 PM

OIL DIP ART

Limit: 8

DW

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.

7:30 PM

NIGHT SKY WALK

Limit: 12 ▲

Outdoor Sports Lobby

2 hr. \$80

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

August 11, 2025

See descriptions of classes and activities on pages 22-27. (GE) GUEST EXPERT: RESONANCE SOUND HEALING WITH KYLE LAM

5:30 AM
HIKE: LEVEL 4
LEMMON CREEK Limit: 12 ▲ Outdoor Sports Lobby
7 hr. 30 min.
SABINO CANYON WALK Limit: 12 ▲ Outdoor Sports Lobby
2 hr.
BIKE RIDE: LEVEL 3
COLOSSAL CAVE LOOP Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

6:00 AM
ARCHAEOLOGY 1 - HOHOKAM VILLAGE
SITE—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
MORNING WALK Spa Lobby
30 min. / 45 min.

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

8:15 AM
HIKE: LEVEL 2
PALISADES TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.
CENTERING MEDITATION GE Sanctuary
25 min.

8:30 AM
HIKE: LEVEL 3
GREEN MT. TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 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 GE 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 Yoga Studio
45 min.

11:00 AM
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: TURMERIC BLACK PEPPER SALMON Demo Kitchen
60 min. Enjoy turmeric black pepper salmon with ginger vinaigrette, soup of the day, salad bar, and dessert while learning how to prepare the entrée.
AERIAL SWING YOGA CLINIC Limit: 4 ▲ Studio 3
50 min. \$80

1:00 PM
NUTRITION, GUT HEALTH & IMMUNITY CME 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

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2:00 PM

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

CORE CONDITIONING Studio 1
45 min.

GOOD VIBRATIONS Studio 2
45 min.

YOGA FOUNDATIONS GE Yoga Studio
45 min.

2:30 PM

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

3:00 PM

YIN YOGA Yoga Studio
45 min.

BECOMING MINDFUL SOUND BATH

MEDITATION Limit: 30 GE Mohave Gym
60 min. Join Kyle Lam for a sound meditation to strengthen the connection between your heart and mind. Through harmonies and melodies, you'll explore the subconscious, uncovering behaviors and blockages, fostering clarity, awareness, and transformation.

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.

INTRO TO AYURVEDA: WHAT'S YOUR DOSHA?

Cactus Room
50 min. Ayurveda, the ancient holistic medical science of India, is the sister practice to yoga. Discover how to recognize and address life patterns that cause imbalances by learning about the three doshas.

POSTURE & BALANCE Studio 1
45 min.

STRIDE & STRENGTH Cardio & Strength Gym
45 min.

CME ACCREDITATION

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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!

RHYTHMIC ZEN GE Studio 1
45 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.

STRETCH & RELAXATION Studio 2
25 min.

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.

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

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

7:30 PM

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

TUESDAY

August 12, 2025

See descriptions of classes and activities on pages 22-27. (GE) GUEST EXPERT: RESONANCE SOUND HEALING WITH KYLE LAM

5:30 AM
HIKE: LEVEL 4 GUTHRIE PEAK Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

5:45 AM
HIKE: LEVEL 3 FT. LOWELL HILLS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:00 AM
HIKE: LEVEL 2 LOWER BEAR CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

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

MORNING WALK Spa Lobby
30 min. / 45 min.

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

8:00 AM
KARTCHNER CAVERNS LIVING CAVE TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$220
CARDIO TENNIS CLINIC Limit: 8 ▲ Tennis Court 1
50 min. \$80

8:15 AM
CORE & MORE Studio 2
20 min.

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!

9:00 AM
HEART CHAKRA YOGA GE Yoga Studio
45 min.

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

CYCLING Golf Performance Center
45 min.

WATER WORKOUT T-Pool
45 min.

ARTHRITIS AND REGENERATIVE MEDICINE CME Catalina 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.

10:00 AM
H2O POWER T-Pool
45 min.

MUSCLE MAX Studio 3
45 min.

STRETCH Yoga Studio
45 min.

11:00 AM
VIPR SLAM—NEW Studio 1
45 min.

TRX FUSION Studio 3
45 min.

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

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.

POWER FLOW GE Yoga Studio
45 min.

THE POWER OF WATER-BASED EXERCISE—NEW Catalina Room
25 min. 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.

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NOON

LUNCH & LEARN: ORANGE GLAZED CHICKEN

60 min. Demo Kitchen
Enjoy orange glazed chicken with screamin' ginger salsa, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

BREATHING GE Yoga Studio
20 min.

1:00 PM

SKY ISLAND DISCOVERY

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

PILATES REFORMER CLINIC:

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

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

2:00 PM

YOGA FOUNDATIONS Yoga Studio
45 min.

BOXER'S WORKOUT Studio 3
45 min.

FLUID FLEXIBILITY Aquatic Center
45 min.

CR VITALITY TOUR Center for Life Enhancement
30 min.

3:00 PM

HEALING THE HEART GONG IMMERSION WITH

KYLE LAM Limit: 30 GE Mohave Gym
60 min. Experience a powerful Gong Immersion, blending intensity and serenity to release stagnant energy. The gong's vibrations restore harmony on a cellular level. Using planetary gongs and astrology, we'll set intentions and close with a guided meditation.

BUFF BOOTY Studio 1
45 min.

INTERMEDIATE YOGA Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

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

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

7:00 PM

TUCSON: UNESCO CITY OF GASTRONOMY Catalina Room
50 min. Join chef Barry Infuso and learn why Tucson earned the UNESCO designation of City of Gastronomy and the locally sourced foods used by Canyon Ranch chefs.

8:00 PM

METEOR SHOWER VIEWING Limit: 24 ▲ Outdoor Sports Lobby
3 hr. \$110

CLASSES & ACTIVITIES

CARDIO & STRENGTH GYM:

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

GOTTA DANCE AT THE RANCH™

Ballet

First Come, First Served. Limit 30. Start at the barre with exercises set to classical music, inspired by Tera-Lee Pollin's study at the Joffrey Ballet School. Ballet shoes or socks are recommended. We 9:00am

Beach Vibrations

First Come, First Served. Limit 30. Catch good vibes and move to sunny, beach-inspired rhythms with Tera-Lee Pollin. This class will leave you feeling like you spent the day by the shore! Th 10:00am

Broadway Jazz

First Come, First Served. Limit 30. Explore classic jazz dance styles with guest choreographer, Kyle Pleasant. The class includes a warm-up focusing on musicality, technique, and conditioning, followed by choreography from a Broadway musical. Th 2:00pm

Choreography: Boots, Rhythm & Soul

First Come, First Served. Limit 30. Channel southern sass and soulful strength as guest choreographer Elijah Gibson leads you through a high-energy routine over four days—ending in a bold, boot-stompin' final performance. We 1:00pm, Th 1:00pm

Choreography: Motor City Grooves

First Come, First Served. Limit 30. Dance with soul to Motown rhythm and blues as guest choreographer Tera-Lee Pollin guides you through a routine over four days, ending with a feel-good final day performance. We 8:00am, Th 8:00am

Choreography: Time to Dance

First come, first served. Limit 30. Join us for a jazzy theatre dance class with guest choreographer Kyle Pleasant, featuring music from Broadway's The Prom. This joyful, high-energy romp takes you back to your prom night dance floor. Come find your groove and cut a move! We 4:00pm, Th 4:00pm

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

Hip-Hop

First Come, First Served. Limit 30. Move and groove to the latest hip-hop jams as you learn the basics with guest choreographer Elijah Gibson. We 11:00am, Th 3:00pm

Jazz Basics

First Come, First Served. Limit 30. Discover the basics of jazz dance technique and master a lively, upbeat combination with choreographer Elijah Gibson, leaving you feeling energized. We 3:00pm

Lyrical

First Come, First Served. Limit 30. Let the music move you and dance from your heart with guest choreographer Tera Lee-Pollin. Fr 9:00am

One Singular Sensation

First Come, First Served. Limit 30. Learn iconic musical theater choreography with guest choreographer Kyle Pleasant in this energizing class designed to build technique and style. We 10:00am

Rhythm Tap

First Come, First Served. Limit 30. Explore Rhythm Tap with guest choreographer, Kyle Pleasant. This tap style focuses on unique rhythms, time steps, warm-ups, and choreography. Perfect for advanced tappers and beginners alike! Th 9:00am

Zumba®

First Come, First Served. Limit 30. Feel the energy and move your body to fun and easy-to-follow Latin rhythms. We 2:00pm

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. We 11:00am, 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, Su 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

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. 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. Fr 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. Fr 8:15am, Sa 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. 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

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. 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

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, Th 12:00pm, Su 12:00pm

Glide and Burn

First Come, First Served. Limit 20. 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

H2O Power

First Come, First Served. Limit 24. A challenging aerobic conditioning class in shallow water. We 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, Su 3:00pm

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. 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. 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

PBF: Power Blast Fitness

First Come, First Served. Limit 20. 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. 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

Rhythmic Zen

First Come, First Served. Limit 17. Embark on a transformational journey blending the ancient art of djembe drumming with the profound practice of meditation. This class offers a unique opportunity to harmonize mind, body and spirit through rhythmic expression. Mo 4:00pm

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

First Come, First Served. Limit 16. A motivating group treadmill workout incorporating interval training. Fr 3:00pm

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

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. 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. Mo 9:00am

Totally Tubing

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

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

Breathing

First Come, First Served. Limit 30. Learn proper breathing techniques for relaxation and stress reduction. Fr 12:00pm, Sa 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. Sa 3:00pm

Floating Sound Meditation Clinic

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

Gentle Vinyasa

First Come, First Served. Limit 30. A yoga flow class using components of sun salutations and other postures requiring standing, forward bending and kneeling. Fr 2:00pm

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. Limit 30. 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 9:00am, Tu 9:00am

Intermediate Yoga

First Come, First Served. Limit 20. This class will deepen your practice as we move into more challenging postures with focus on alignment and form. Sa 11:00am, Tu 3:00pm

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, Sa 4:00pm, Tu 4:00pm

Pelvic Floor Yoga

First Come, First Served. Limit 30. 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-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

Power Flow

First Come, First Served. Limit 30. Focus on stamina, strength and power, using variations of sun salutations and balancing postures in this power flow yoga class. Sa 2:00pm, Tu 11:00am

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. 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

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, Mo 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. Fr 3:00pm, Mo 2:00pm, Tu 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

First Come, First Served. Limit 30. 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

Archaeology 2 - Discovering Hohokam Petroglyphs

Travel to the Tucson Mountains to view petroglyphs etched into stone, depicting the art, stories, and culture of the Hohokam people. Then explore an ancient village with mortars, ballcourts, and pottery for a peek into their daily life. 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 5:30am

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 - Colossal Cave Loop

Desert Ride. 14.4 mi. Rolling hills, real climbs, and designated bikes lanes set in the dramatic Rincon Valley. This is a road ride best suited for experienced riders wanting to climb, descend, and get a little further out of town. Mo 5:30am

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. 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. Tu 8:00am

Desert Beauty - The Cosmetology of the Sonoran

Experience the beauty of Sabino Canyon while exploring desert botanicals that hydrate and nourish. Learn how to blend these natural ingredients into soothing, skin-loving cosmetics for a radiant, glowing you. 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 1:00pm, Su 5:30am, Tu 11:00am

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. Fr 8:15am

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. Tu 6:00am

Hike: Level 2 - Milagrosa Overlook

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

Hike: Level 2 - Palisades Trail

Mountain Hike. 3.5 mi. 600 ft. elev. Starting high up in the Catalinas, descend down through forested canopies to wide open views, before a challenging climb back up. Mo 8:15am

Hike: Level 2 - Peck Basin Overlook

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

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. Su 6:00am

Hike: Level 2 - Ventana Trail

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

Hike: Level 3 - Bear Saddle

Mountain Hike. 4.6 mi. 1060 ft. elev. Gradual and steep uphill through conifers that require deep steps on the way up and some loose gravel on the way down. A strong Level 3 fitness hike. Th 8:00am

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. Fr 5:45am

Hike: Level 3 - Bridal Wreath Trail

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

Hike: Level 3 - Butterfly

Mountain Hike. 4 mi. 1250 ft. elev. A steep and scenic descent to a beautiful alpine overlook with a challenging climb on the return. We 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. Tu 5:45am

Hike: Level 3 - Green Mt. Trail

Mountain Hike. 4 mi. 1700 ft. elev. Hike through a forest of Ponderosa pines and Douglas firs that are gradually replaced by oaks, manzanitas, yuccas, and beargrass, leading to spectacular views of the San Pedro Valley. Mo 8:30am

Hike: Level 3 - Pontatoc Ridge

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

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 - Guthrie Peak

Mountain Hike. 7.4 mi. 1700 ft. elev. Conquer a thrilling ascent on a challenging mountain trail that culminates in a scramble to a 360-degree view at the summit. Your efforts are rewarded with breathtaking vistas in every direction. Tu 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. Mo 5:30am

Hike: Level 4 - Windy Point Vista

Mountain Hike. 8.2 mi. 1570 ft. elev. This popular trail starts in the Catalina Foothills and leads into pine forests with multiple seasonal creek crossings before coming into views of Bear Canyon and Windy Point. 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, 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 2:30pm, Mo 2:30pm

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, Tu 8:00am

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

Meteor Shower Viewing

Experience the magic of meteors under our mountain silhouettes! Embark on a brief guided walk to a peaceful nature spot, where you'll recline on mats and watch shooting stars streak across the dark, pristine skies. A perfect celestial escape! Tu 8:00pm, Tu 8:00pm

Moon Walk

Take a leisurely walk down a paved path into the nighttime ambiance of a riparian canyon. Enjoy the current phase of the moon as it bathes you in its light, or retreats to let the stars share their brilliance. Sa 6:30pm

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. Su 7:30pm

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 7:30pm, Th 7:30pm, Mo 7:30pm

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 4:00pm, Tu 5:30pm

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

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

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 8:00am, Sa 8:00am, Su 8:00am, Mo 8:00am, Tu 9:00am

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

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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
VO ₂ Max Assessment – two-part service	50 min each	420

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
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	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
Juvederm® 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

MENU OF SERVICES | 2025

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

Services & fees subject to change without notice.

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
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

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.

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:

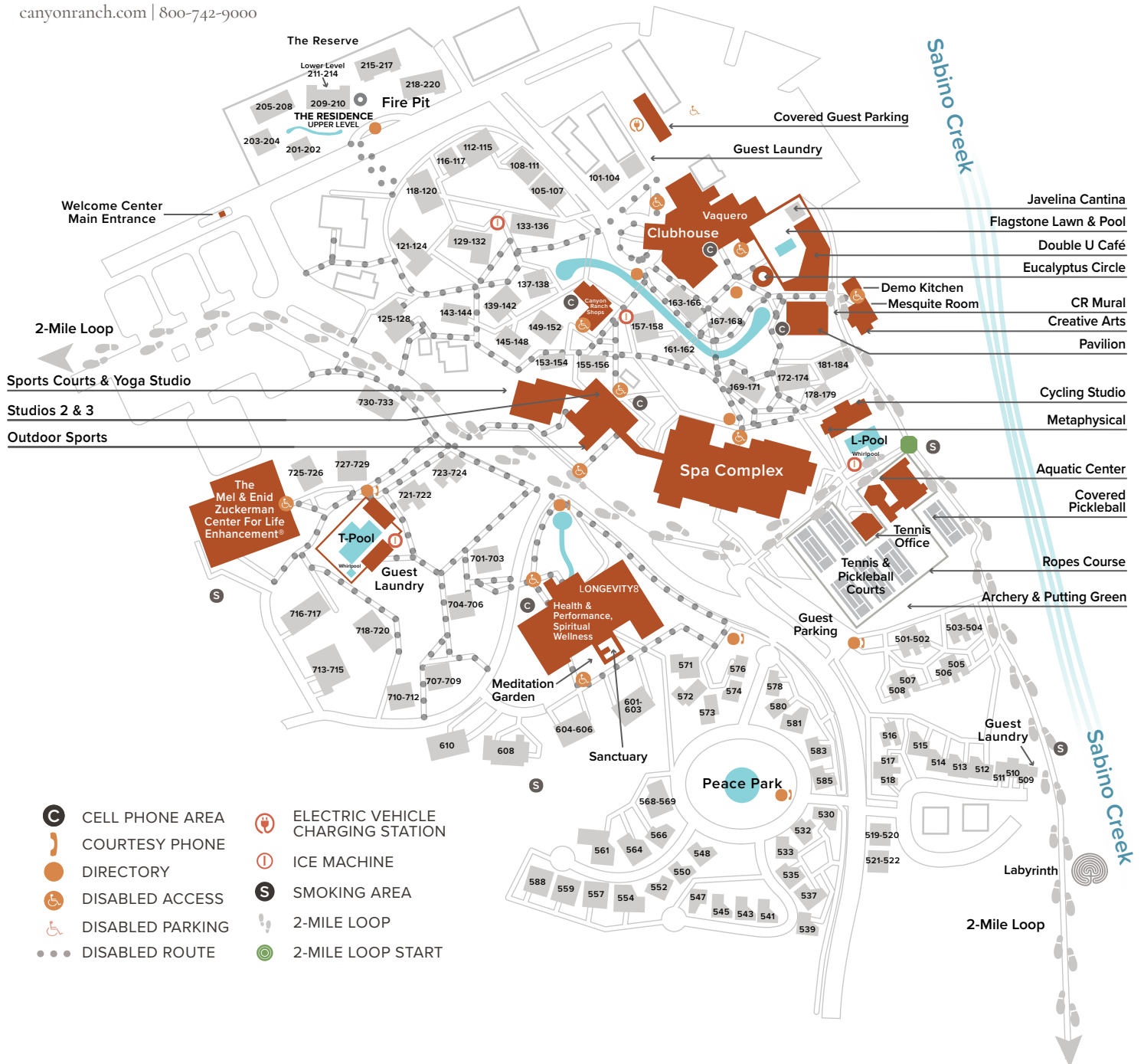
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.