

UNBREAKABLE

with Dr. Vonda Wright

1/29-2/1 TUCSON
SCHEDULE OF ACTIVITIES

THURS | JAN 29

FRI | JAN 30

SAT | JAN 31

SUN | FEB 1

8 AM				8 AM
8:30		8-8:45 a.m. Morning Flow Yoga Mohave		8:30
9 AM				9 AM
9:30	Arrive at Canyon Ranch Tucson		9-9:45 a.m. Cardio Circuit Group A Main Gym (Limit 20)	9:30
10 AM				10 AM
10:30	Time for Lunch VAQUERO OR DOUBLE U CAFE	10-11 a.m. Hormones, Health & High Performance Saguaro Room	9-9:45 a.m. Cardio Circuit Group B Main Gym (Limit 20)	10:30
11 AM	11:30 am - 2pm			11 AM
11:30				11:30
12 PM			Time for Lunch + Services at Leisure	12 PM
12:30	Time for Activities, and Services for Early Arrivals	Noon-1:30 p.m. Group Lunch & Learn (Shannon Jacobs) Acacia Dining Room	VAQUERO OR DOUBLE U CAFE 11:30 a.m. - 2 p.m.	12:30
1 PM				1 PM
1:30				1:30
2 PM				2 PM
2:30			2-3 p.m. Reinventing Yourself at Any Age Saguaro Room	2:30
3 PM		Time for Dinner + Services at Leisure		3 PM
3:30	3-4 p.m. Welcome Mixer CLE Living Room		3- p.m. Water Wellness Ceremony CLE Hummingbird Patio	3:30
4 PM	4-5 p.m. An Evening with Dr. Wright CLE Saguaro Room	VAQUERO 5-8 pm or DOUBLE U CAFE 5-8 pm		4 PM
4:30				4:30
5 PM				5 PM
5:30	5-7 p.m. Nourish & Connect: Group Welcome Dinner Acacia Dining Room			5:30
6 PM				6 PM
6:30			6-7:30 p.m.	6:30
7 PM				7 PM
7:30	7-8 p.m. Meditation with Sound Bowls Mohave Room	7-7:45 pm Candlelight Yoga Mohave Room	Group Dinner Acacia Dining Room	7:30
8 PM				8 PM

Dr. Vonda Wright

Fitness & Outdoor Sports

Presentation

Group Meals

Free Time

DR. VONDA WRIGHT

× CANYON RANCH.

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TUCSON
SCHEDULE OF ACTIVITIES

THURSDAY, JANUARY 29

3–4 P.M. WELCOME MIXER

CLE Living Room

Kick off your stay with a warm welcome and refreshing mocktails alongside. Connect with fellow guests, set your intentions, and get excited for what's ahead.

4–5 P.M. AN EVENING WITH DR. WRIGHT

Saguaro Room

Kick off your journey with Dr. Wright's powerful framework for aging with power. In this energizing session, you'll craft a vision, break limiting mindsets, and set bold, actionable goals for your unbreakable future.

5–7 P.M. NOURISH & CONNECT: GROUP WELCOME DINNER

Acacia Dining Room

Come together as a group and enjoy a wonderful meal in good company. Connect as you unwind and nourish both body and spirit

7–8 P.M. MEDITATION WITH SOUND BOWLS

Mohave Room

Relax and restore with sound bowl meditation. Let soothing vibrations ease stress, quiet the mind, and bring deep peace. No experience needed—just come as you are and unwind.

FRIDAY, JANUARY 30

8–8:45 A.M. MORNING FLOW YOGA

Mohave Room

Ease your way into the day, into a bright mind and energized body by increasing your flexibility, strength, mental clarity and overall energy levels.

10–11 A.M. HORMONES, HEALTH, & HIGH PERFORMANCE

CLE Saguaro Room

Women live longer — now let's live better. Join Dr. Wright for a bold look at female longevity, midlife hormones, and the F.A.C.E. method to defuse aging's timebombs and build lasting physical and mental resilience.

NOON–1:30 P.M. LUNCH & LEARN

Acacia Dining Room

Enjoy a delicious meal with our Chef and our Nutritionist who will share insights on the intersection of flavor and nutrition in everyday wellness.

7–7:45 P.M. CANDLELIGHT YOGA

Mohave Room

In this gentle, candle-lit practice, welcome the evening with a relaxed flow that invites a restful slumber.

SATURDAY, JANUARY 31

9–9:45 A.M. CARDIO CIRCUIT

Main Gym

Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetitions.

2–3 P.M. REINVENTING YOURSELF AT ANY AGE

CLE Saguaro Room

No matter your age or skill level, your body can grow stronger. Dr. Wright shares how stress sparks transformation, why authenticity is your superpower, and how your inner circle shapes your future. Revisit your vision and leave feeling unbreakable.

3–4 P.M. WATER WELLNESS CEREMONY

CLE Hummingbird Patio

A Spiritual Wellness provider leads you through a meaningful ceremony of sharing a heartfelt message, then watching it dissolve into water — symbolizing release, renewal, and the eternal flow of interconnectedness

6–7:30 P.M. GROUP DINNER

Acacia Dining Room

Come together as a group and enjoy a wonderful meal in good company. Connect as you unwind and nourish both body and spirit

SUNDAY, FEBRUARY 1

8–8:45 A.M. YOGA SCULPT

Mohave Room

Power yoga and strength training combined to create a full-body workout.

9–10:30 A.M. GROUP BREAKFAST

Acacia Dining Room

Enjoy a peaceful meal while exploring the practice of mindful eating. Set your own intention, savor each bite, and experience how gratitude and presence can transform your relationship with food.

9–10:30 A.M. CLOSING REFLECTION & COMMITMENT CEREMONY

CLE Saguaro Room

Close your experience with powerful reflections and a personal commitment to your well-being. You are worth the daily investment — now's the time to choose you.



In addition to this experience, scan to see our complete Ranch Schedule for daily activities you can enjoy.