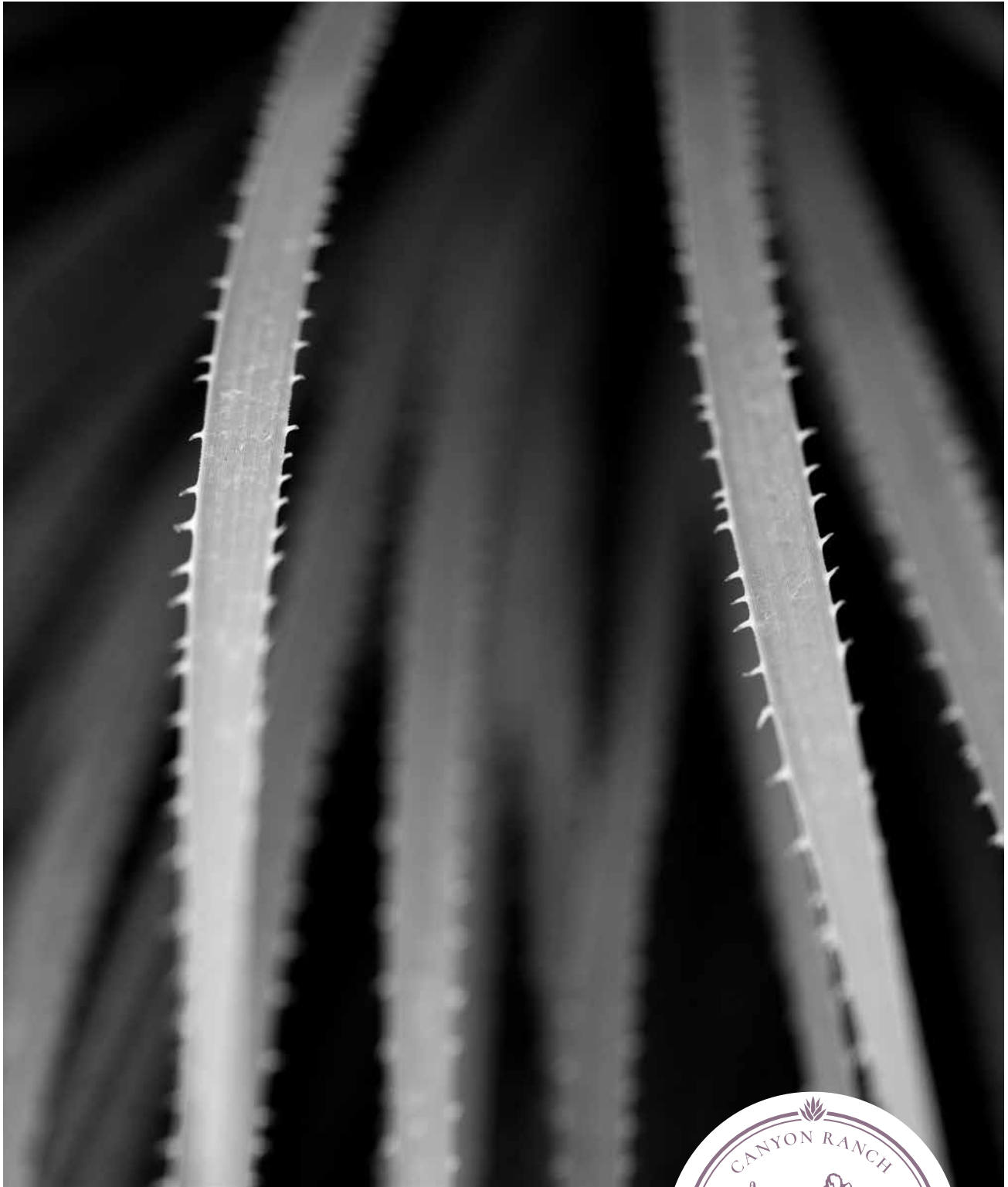


RANCH SCHEDULE

AUGUST 27 - SEPTEMBER 2, 2025



This schedule belongs to:

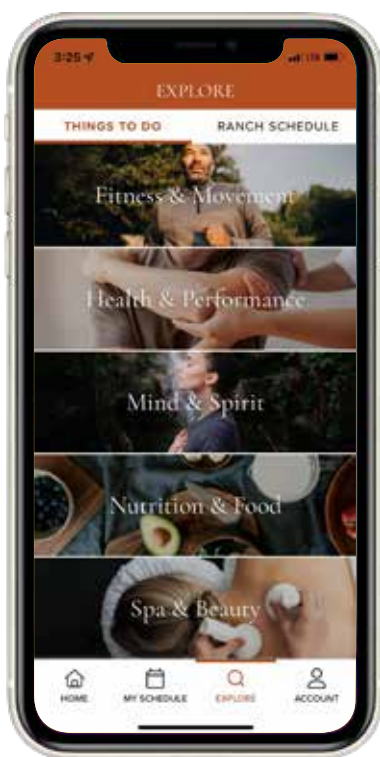
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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

#### WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:00 pm – 8:00 pm

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

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

### Double U Café & Flagstone Pool

Double U Café: 5:30 am – 5:00 pm

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

Lunch: 11:00 am – 2:00 pm

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

### Javelina Cantina

Daily: 6:00 pm – 9:00 pm

### In-Room Wine Delivery

Ext. 44312: Nightly 4:00 pm – 9:00 pm

### Spa and Strength & Cardio Gym

6:00 am – 9:00 pm

### Canyon Ranch® Foot Health Center

Located in the Spa

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



## BLOOD LACTATE THRESHOLD

**Performance Science | Two-part service | 100 min.**

Maximize your workouts with a blood lactate threshold test that measures lactic acid levels to determine if you're training within your ideal cardio intensity. During a 20- to 30-minute incremental exercise test, you'll wear a heart rate monitor while fingertip blood samples are taken every 2 to 4 minutes to track your body's response. Then, in a follow-up session, you'll review results with a performance scientist and receive a personalized training plan designed to improve aerobic stamina, anaerobic threshold, fat burning, and overall fitness.

## INTRODUCTION TO AYURVEDA

**Fitness Service | 50 min.**

In this introductory session, an Ayurvedic practitioner offers a Dosha assessment identifying your natural constitution (Prakruti) and current imbalances (Vikruti) using pulse reading, intake questions, tongue evaluation, and a physical exam. You'll receive personalized recommendations to restore balance in your body, mind, and spirit, along with suggestions for treatments available during your stay.

## KARTCHNER CAVERNS LIVING CAVE TOUR

**Outdoor Sports Activity | See pg. 26 for dates and times | 5 hr.**

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!

## NIGHT SKY WALK

**Outdoor Sports Activity | 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.

## THE COMPLETE FIX FACIAL

**Skin Care Service | 50 min.**

This facial promises noteworthy results. Expect more youthful, fuller, even-toned skin, radiant with natural hydration. This Skin Authority treatment – powered by patented SGF-4 Technology™ – provides immediate improvements for any visible wrinkles and skin texture. This has been clinically shown to boost the skin's regeneration process, promoting collagen production, healthy circulation, and accelerated cell renewal resulting in beautiful skin.

## DESERT RITUAL

**Spa Service | 100 min.**

Rejuvenate your skin and serenade your senses with native resources from the Sonoran Desert. Cleanse, exfoliate, and hydrate with white sage, prickly pear, and honey. Soak in a bath infused with saguaro blossoms, aloe, and jojoba. A perfect blend of indulgence and therapeutic benefit, this treatment concludes with a full-body massage to leave you refreshed and softened.

## INTRO TO BRAINSPOTTING

**Mental Health & Wellness | 50 min.**

Brainspotting, a treatment method developed by Dr. David Grand, identifies points in the visual field to access unprocessed trauma — based on the idea that “where you look actually affects how you feel.” By using techniques that bypass conscious thought, Brainspotting can lead to faster and deeper healing, strengthen our natural resources and resilience, and enhance creativity and performance. When traditional talk therapy feels at a standstill, Brainspotting offers a new way to unlock insights and make meaningful progress.



# FEATURED EVENTS

VISIT OUR TUCSON EVENTS PAGE ON [CANYONRANCH.COM](https://canyonranch.com) FOR MORE UPCOMING EVENTS



## THE DESERT PANTRY DISCOVERY WEEK

**AUGUST 25 - 31**

Explore the bold flavors and powerful health benefits of the Sonoran Desert in this hands-on culinary experience at our Tucson resort. Rooted in the traditions of the Southwest, these activities connect you to the land while offering fresh inspiration for mindful, seasonal cooking.

Whether you're seeking wellness, cultural insight, or, simply, something delicious, our desert pantry offers something nourishing for all. 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'.



## POSTCARDS FROM HEAVEN FEATURING GUEST EXPERT MAUREEN HANCOCK

**AUGUST 29 - 31**

Join Maureen Hancock, a gifted spirit medium and holistic teacher, for small-group sessions amidst our majestic Sonoran Desert setting. For twenty years, the author of the bestselling book *The Medium Next Door: Adventures of a Real-Life Ghost Whisperer* has guided people through the loss of loved ones and helped the departed communicate through her — often in an upbeat and funny way.

Dive deeper into the realm of otherworldly connections with spiritual readings with a loved one who has passed.

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



## SOUTHWEST SPIRIT DISCOVERY WEEK

**SEPTEMBER 1 - 7**

Escape to the grand beauty of the American Southwest, where wide-open skies and desert days create a serene backdrop for your wellness journey. From guided desert hikes to cultural excursions, cowboy coffee at sunrise to starlit nights by the fire, every moment of the week invites you to experience the soul of the desert and find peace in its natural beauty.

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'.

# CR VITALITY

## IN THE CENTER FOR LIFE ENHANCEMENT

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

### FEATURED TOOLS & TECH



#### NEURO STIMULATION

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

#### LIGHT THERAPY

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

#### MUSCLE STIMULATION & BLOOD FLOW

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

#### INFRARED SAUNA POD

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

#### HYPERICE & THERABODY®

---

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

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

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

# RETAIL THERAPY

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

Refer to pg. 2 for hours and locations.



## CANYON RANCH® BOUTIQUE

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



## CR® SHOPS

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



## SKIN CARE

Luxury skincare products from top selected brands such as:

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



## SALON

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



## CANYON RANCH® GIFT CARDS

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



## KATHY KAMEI TRUNK SHOW

WEDNESDAY, AUGUST 27 | 9 AM–6 PM

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

At Kathy Kamei Designs, discover jewelry that illuminates the divine and shares a story with the world. Each piece is hand crafted with the intention to celebrate and adorn the wearer.



## JULIA BALESTRACCI TRUNK SHOW

FRIDAY, AUGUST 29 | 9 AM–5 PM

SATURDAY, AUGUST 30 | 9 AM–5 PM

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

Join a jewelry designer and maker based in the Sonoran desert. Julia Balestracci creates delicate and intricate designs to ignite and inspire transformation.



## KRISTI GREYSEN TRUNK SHOW

MONDAY, SEPTEMBER 1 | 9 AM–6 PM

TUESDAY, SEPTEMBER 2 | 9 AM–6 PM

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

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

# WEDNESDAY

August 27, 2025

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

(DW) DISCOVERY WEEK: **DESERT PANTRY**

## 5:30 AM

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

**BIKE RIDE: LEVEL 4  
ROCKING COBBLER** Limit: 6 ▲ Outdoor Sports Lobby  
4 hr.

## 6:00 AM

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

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

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

## 7:00 AM

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

## 8:00 AM

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

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

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

## 8:15 AM

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

## 8:30 AM

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

## 9:00 AM

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

**BUTI MOVEMENT®** Limit: 30 Yoga Studio  
45 min.

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

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

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

## 10:00 AM

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

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

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

## OPTIMIZE BRAIN HEALTH WITH

**NUTRITION** CME **DW** 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

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

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

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

## COMPASSION CIRCLE FOR GRIEF & GRATITUDE

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

## NOON

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

**LUNCH & LEARN: JERK CHICKEN** **DW** Demo Kitchen  
60 min. Enjoy jerk chicken with sofrito rice and greens and a chef's choice salad while learning how to prepare the entrée.

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.



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

### GLUTE TRANSFORMATION

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

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

### SKY ISLAND DISCOVERY

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

## 2:00 PM

### HANDS-ON COOKING: THE LONGEVITY

**TABLE** Limit: 10 ▲ DW Demo Kitchen  
60 min. \$125 Inspired by the world's longest-living cultures, this isn't a typical cooking class — it's a shared experience of slowing down, tuning in, and nourishing both body and soul while reconnecting to the joy of eating well.

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

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

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

### PILATES REFORMER INT/ADV

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

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

## 3:00 PM

**INTERMEDIATE YOGA** Yoga Studio  
45 min.

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

**PBF: POWER BLAST FITNESS** Limit: 20 Studio 3  
45 min.

### MINDFULNESS: STRESS ANTIDOTE TO ENHANCE

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

## 4:00 PM

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

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

## 5:00 PM

### OPEN 12-STEP RECOVERY MEETING

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

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

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

## 5:30 PM

### LONGEVITY THROUGH THE MEDICAL

**LENS** CME Catalina Room  
50 min. Join Dr. Brewer to explore the scientific and lifestyle factors behind longevity as we delve into the secrets of living a longer, healthier life.

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

## 6:00 PM

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

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

## 6:15 PM

### 12-STEP EATING DISORDERS ANONYMOUS MEETING

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

## 7:30 PM

### NIGHT VISION GOGGLES - CREEPY CRAWLY

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

# THURSDAY

August 28, 2025

See descriptions of classes and activities on pages 22-26. (DW) DISCOVERY WEEK: DESERT PANTRY

**6:00 AM**

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

**HIKE: LEVEL 2 DOUGLAS SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

**ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS**—NEW Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$140

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

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

**7:00 AM**

**SUNRISE YOGA** Limit: 30 DW Yoga Studio  
60 min.

**7:30 AM**

**HIKE: LEVEL 3 BEAR SADDLE** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 15 min.

**8:00 AM**

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

**8:15 AM**

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

**DYNAMIC STRETCH** Limit: 20 Yoga Studio  
20 min.

**9:00 AM**

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

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

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

**WALKING MEDITATION** CME DW 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** Clubhouse Lobby  
45 min.

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

**9:30 AM**

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

**10:00 AM**

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

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

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

**11:00 AM**

**DJ DANCE PARTY** Limit: 30 Studio 1  
45 min.

**PBF: POWER BLAST FITNESS** Limit: 20 Studio 3  
45 min.

**YOGA FOR DETOX** Limit: 20 Yoga Studio  
45 min.

**NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN** CME DW Catalina Room  
50 min. Unlock the secrets to a longer, healthier lifespan through nutrition. Explore the vital connection between what we eat and longevity in this insightful presentation.

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

**NOON**

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

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

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

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

**1:00 PM**

**PILATES FOR BALANCE**      Limit: 18      Studio 2  
45 min.

**2:00 PM**

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

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

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

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

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

**2:30 PM**

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

**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!

**3:00 PM**

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

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

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

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

**WALLYBALL**      Racquet Court 1  
45 min.

**4:00 PM**

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

**5:00 PM**

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

**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**

**TUCSON: UNESCO CITY OF GASTRONOMY**      DW      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.

**7:30 PM**

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

# FRIDAY August 29, 2025

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

(DW) DISCOVERY WEEK: **DESERT PANTRY**

## 5:30 AM

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

## BIKE RIDE: LEVEL 4

**SAGUARO PLUS** Limit: 10 ▲ Outdoor Sports Lobby  
4 hr.

## 5:45 AM

## HIKE: LEVEL 3

**VENTANA CANYON TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

## 6:00 AM

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

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

## 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

**PALISADES TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

## 9:00 AM

## NEW APPROACHES TO WEIGHT

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

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

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

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

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

## CME ACCREDITATION

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

## 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.

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

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

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

## 11:00 AM

## THE SIXTH SENSE: HARNESSING YOUR INTUITION

Cactus Room  
50 min. A Canyon Ranch clairvoyant will discuss how to access the unlimited knowledge the universe has to offer.

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

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

**POWER FLOW** Yoga Studio  
45 min.

## NOON

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

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

## LUNCH & LEARN: TAHINI CHICKEN LETTUCE WRAPS

Demo Kitchen  
60 min. Enjoy tahini chicken lettuce wraps with miso dipping 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

GLUTE TRANSFORMATION

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

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.

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.

KETTLEBELL WORKOUT Limit: 12 Studio 3  
45 min.

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

PELVIC FLOOR YOGA—NEW Limit: 30 Yoga Studio  
45 min.

3:00 PM

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

POSTURE & BALANCE Limit: 20 Studio 1  
45 min.

WALLYBALL Racquet Court 1  
45 min.

YOGA SCULPT Limit: 18 Yoga Studio  
45 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.

4:00 PM

SPIRIT CONNECTIONS WITH MEDIUM MAUREEN

HANCOCK Limit: 15 ▲ GE Cactus Room  
1 hr. 30 min. \$200 Internationally-known Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven."

RESTORATIVE AERIAL YOGA AND SOUND HEALING

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

MEDITATION Limit: 30 Sanctuary  
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2  
25 min.

5:00 PM

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

SKY ISLAND SUNSET AND CITY LIGHTS

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero  
60 min.

6:00 PM

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

6:30 PM

FLOATING SOUND MEDITATION

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

8:00 PM

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

# SATURDAY August 30, 2025

See descriptions of classes and activities on pages 22-26. (DW) DISCOVERY WEEK: DESERT PANTRY

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.		
HIGH ROPES CHALLENGE COURSE	Limit: 8 ▲	Outdoor Sports Lobby
3 hr. \$220		
HIKE: LEVEL 2 GARWOOD DAM LOOP	Limit: 12 ▲	Outdoor Sports Lobby
4 hr.		
BIRD WALK	Limit: 8 ▲	Outdoor Sports Lobby
2 hr.		
8:00 AM		
PICKLEBALL DRILL CLINIC	Limit: 4 ▲	Pickleball Court 1
50 min. \$80		
8:15 AM		
CENTERING MEDITATION	Limit: 30	Sanctuary
25 min.		
8:30 AM		
WRITING IN NATURE	Limit: 8 ▲	Outdoor Sports Lobby
4 hr. \$110		
9:00 AM		
CYCLING	Limit: 12	Golf Performance Center
45 min.		
GLIDE AND BURN	Limit: 20	Studio 1
45 min.		
WATER WORKOUT	Limit: 24	T-Pool
45 min.		
SHOULDER PAIN UNRAVELED	CME	Cactus Room
50 min. Join a sports medicine provider and delve into common shoulder conditions that cause pain and restrictions, and how looking beyond the shoulder can improve well-being.		
PROPERTY TOUR		Clubhouse Lobby
45 min.		
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1
50 min. \$80		

10:00 AM		
HIKE & PAINT	Limit: 8 ▲	Outdoor Sports Lobby
4 hr. \$110		
CORE CONDITIONING	Limit: 15	Studio 1
45 min.		
H2O POWER	Limit: 24	T-Pool
45 min.		
STRETCH	Limit: 30	Yoga Studio
45 min.		
NUTRITION STRATEGIES FOR WOMEN'S HEALTH		
CME	DW	Catalina Room
50 min. Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.		
TUCSON AUTO MUSEUM		
EXCURSION—NEW	Limit: 11	Clubhouse Lobby
1 hr. 30 min. Join us for an off-property tour of the Tucson Auto Museum, home to one of the worlds most iconic collections of rare and classic cars. Every car tells a story - not just of design or engineering but of cultural impact, human creativity, and eras worth remembering.		
11:00 AM		
KARTCHNER CAVERNS LIVING CAVE		
TOUR—NEW	Limit: 6 ▲	Outdoor Sports Lobby
5 hr. \$220		
AQUA FIT	Limit: 15	Aquatic Center
45 min.		
INTERMEDIATE YOGA		Yoga Studio
45 min.		
TRX FUSION	Limit: 9	Studio 3
45 min.		
NOON		
BREATHING		Yoga Studio
20 min.		
FITNESS FOR YOUR FEET	Limit: 20	Studio 1
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!

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

1:00 PM

**PILATES MAT** Limit: 30 Yoga Studio  
45 min.

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

2:00 PM

**HANDS-ON COOKING: THE ART OF THE APP** Limit: 10 ▲ DW Demo Kitchen  
60 min. \$125 Learn how to make healthy, Mediterranean-inspired appetizers in this hands-on class focused on bold flavors, balanced textures, and simple tips for meal-prep and plating techniques.

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

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

**HEART CHAKRA YOGA** Limit: 30 Yoga Studio  
45 min.

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

3:00 PM

**THE ART OF ORIGAMI** Limit: 10 DW Art Studio 1  
1 hr. 30 min. Learn the peaceful Japanese art of paper folding, known as Origami. This step-by-step practice requires precision, patience, and perseverance with the understanding that perfect lines may not exist.

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

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

**WALLYBALL** Racquet Court 1  
45 min.

**VIPR SLAM—NEW** Limit: 20 Studio 1  
45 min.

4:00 PM

**RESTORATIVE YOGA** Yoga Studio  
45 min.

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

**SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK** Limit: 15 ▲ GE Cactus Room  
1 hr. 30 min. \$200 Internationally-known Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven."

4:30 PM

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

5:00 PM

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

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

5:30 PM

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

6:00 PM

**MAHJONG GAME NIGHT** Limit: 8 The Snug  
2 hr. Love Mahjong? Join fellow enthusiasts in our newly renovated Game Room for a self-led game night!

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

7:00 PM

**NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$140

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

- 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.

# SUNDAY August 31, 2025

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

(DW) DISCOVERY WEEK: **DESERT PANTRY**

## 5:30 AM

**HIKE: LEVEL 4 MILAGROSA LOOP** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

## 5:45 AM

**HIKE: LEVEL 3 MCDUGAL RIDGE** 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 PIMA CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

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

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

## 7:00 AM

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

## 8:00 AM

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

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

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

## 8:15 AM

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

**DYNAMIC STRETCH** Limit: 20 Yoga Studio  
20 min.

## 9:00 AM

**BUTI MOVEMENT®** Limit: 30 Yoga Studio  
45 min.

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

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

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

## 10:00 AM

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

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

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

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

**REFLECTION CAPSULE** Limit: 20 Art Studio 1  
1 hr. 30 min. Join us for a mixed-media art class focused on the most important story—yours! Create a personal 'time capsule' that explores meaningful moments from your life and what is inspiring your next chapter.

## 11:00 AM

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

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

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

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

## NOON

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

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



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### 1:00 PM

#### PILATES REFORMER CLINIC:

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

**QI GONG** Limit: 30 Yoga Studio  
45 min.

#### ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH

Cactus Room  
50 min. A Canyon Ranch astrologer explains how astrology can be combined with the subtle energy of gemstones to guide you toward personal growth and enhance the energy in your astrological birth chart.

### 2:00 PM

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

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

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

#### 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** Limit: 17 Studio 1  
45 min.

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

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

### 4:00 PM

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

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

#### SPIRIT CONNECTIONS WITH MEDIUM MAUREEN

**HANCOCK** Limit: 15 ▲ GE Cactus Room  
1 hr. 30 min. \$200 Internationally-known Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven."

#### OUTDOOR ADVENTURE PASSPORT

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

### 5:00 PM

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

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

### 5:30 PM

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

### 6:00 PM

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

### 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!

## CME ACCREDITATION

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# MONDAY

September 1, 2025

See descriptions of classes and activities on pages 22-26. (DW) DISCOVERY WEEK: SOUTHWEST SPIRIT

## 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.

### 5:45 AM

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

### 6:00 AM

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

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

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

### 6:30 AM

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

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

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

### 8:00 AM

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

### 8:15 AM

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

### 8:30 AM

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

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

### 9:00 AM

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

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

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

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

### 10:00 AM

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

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

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

**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.

### 11:00 AM

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

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

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

**VORTEXES AND SACRED SITES** Cactus Room  
50 min. A vortex is a concentration of whirling earth energy, usually found at sacred sites. Learn about earth energy vortex spots in sacred places such as Sedona and Stonehenge. There are even such energy vortexes here on Canyon Ranch property you can visit.

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## NOON

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

### LUNCH & LEARN: ZA'ATAR GRILLED

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

## 1:00 PM

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

### PILATES REFORMER CLINIC:

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

**CONQUER YOUR FOOD CRAVINGS** CME Catalina Room  
50 min. Dive into the science of cravings and why certain foods seem so hard to resist. Learn everyday strategies to combat cravings, and in turn have better energy throughout the day, feel more in control of your nutrition, and eat with greater intention.

## 2:00 PM

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

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

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

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

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

## 3:00 PM

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

**POSTURE & BALANCE** Limit: 20 Studio 1  
45 min.

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

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

## 4:00 PM

### THE ART OF WATERCOLOR: BASIC

**TECHNIQUE** Limit: 15 DW Art Studio 1  
1 hr. 30 min. Begin your creative journey with the basics of watercolor painting. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

### CHAKRA BALANCING YOGA & SOUND

**HEALING** Limit: 20 Yoga Studio  
45 min.

### INSTANT GRATIFICATION: BEAUTIFY YOUR

**SKIN** Limit: 16 Spa Lobby  
50 min. Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

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

### INTRO TO AYURVEDA: WHAT'S YOUR

**DOSHA?** Catalina 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.

## 5:00 PM

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

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

**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.

## 5:30 PM

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

## 6:00 PM

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

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

## 7:00 PM

### NIGHT VISION GOGGLES - CREEPY CRAWLY

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

# TUESDAY

September 2, 2025

See descriptions of classes and activities on pages 22-26. (DW) DISCOVERY WEEK: SOUTHWEST SPIRIT

**6:00 AM**  
**MORNING WALK** Spa Lobby  
30 min. / 45 min.  
**HIKE: LEVEL 4**  
**FINGER ROCK SV** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

**6:15 AM**  
**HIKE: LEVEL 3**  
**BRIDAL WREATH TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min.

**6:30 AM**  
**HIKE: LEVEL 2**  
**ESPERERO TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. 45 min.  
**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**  
**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**8:00 AM**  
**CARDIO TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

**8:15 AM**  
**CORE & MORE** Limit: 16 Studio 2  
20 min.

CME ACCREDITATION

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**9:00 AM**  
**KARTCHNER CAVERNS LIVING CAVE**  
**TOUR—NEW** Limit: 6 ▲ DW Outdoor Sports Lobby  
5 hr. \$220

**LOW BACK PAIN: MISCONCEPTIONS VS. RESEARCH** CME Catalina Room  
50 min. Learn up-to-date evidence to debunk myths about lower back pain. Understand what could be causing the pain and the most beneficial exercises for improving daily activity.

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

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

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

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

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

**10:00 AM**  
**H2O POWER** Limit: 24 T-Pool  
45 min.

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

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

**11:00 AM**  
**POWER FLOW** Yoga Studio  
45 min.

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

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

**DJ DANCE PARTY** Limit: 30 Studio 1  
45 min.



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

## NOON

**BREATHING**  
20 min.

Yoga Studio

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

Studio 3

**LUNCH & LEARN: TUSCAN CHICKEN** Demo Kitchen  
60 min. Enjoy Tuscan chicken with Greek farro salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

## 1:00 PM

**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.

**PILATES REFORMER CLINIC:**

**BEGINNING** Limit: 5 ▲  
50 min. \$80

Pilates Studio

## 2:00 PM

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

Studio 2

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

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

Studio 3

**FLUID FLEXIBILITY** Limit: 20  
45 min.

Aquatic Center

## 3:00 PM

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

Yoga Studio

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

Studio 1

**WALLYBALL**  
45 min.

Racquet Court 1

## 4:00 PM

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

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

Studio 2

**MEDITATION** Limit: 30  
25 min.

Yoga Studio

## 4:30 PM

**PHONE-TOGRAPHY** Limit: 6 ▲  
2 hr. \$110

Outdoor Sports Lobby

## 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 ▲  
60 min.

Vaquero

## 6:00 PM

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

## 7:00 PM

**100 YEARS OF THE TUCSON MUSEUM OF ART** DW Catalina Room  
50 min. Dr. Julie Sasse, Chief Curator Emerita of the Tucson Museum of Art (TMA), will explore Tucson's art history and TMA's growth from a 1924 art club to its 1975 founding as a museum, showcasing a century of collections, exhibitions, and programs.

**COSMIC JOURNEY WITH THE TELESCOPE—NEW** Limit: 8 ▲  
3 hr. \$140

Outdoor Sports Lobby

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

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

Thank you for helping keep Canyon Ranch serene.

# CLASSES & ACTIVITIES

## CARDIO & STRENGTH GYM:

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

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## CULINARY

### Community Table

We believe that well-being extends beyond individual practices to the connections we make with others. Our Community Table is a space where guests can come together, share nourishing meals, and cultivate a sense of community. Daily 5:30pm

## FITNESS

### Above & Below The Belt

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

### Aqua Fit

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

### BOGA Fitmat® Fitness Clinic

This isn't your regular boot camp. Hop into the pool and onto a floating FITMAT, where you'll workout with balance and strength exercises. Fr 7:30am

### Boxer's Workout

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

### Buff Booty

First Come, First Served. Limit 20. Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance. Th 3:00pm, 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

### Cardio Circuit

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

### Core & More

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

### Core Conditioning

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

### Cycling

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

### DJ Dance Party

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

### Desert Drumming

First Come, First Served. Limit 22. Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Th 9:00am, Mo 9:00am

### Drumming Circle

First Come, First Served. Limit 17. Experience the spirit and magic of rhythm by playing percussion instruments in this don't-miss class. No musical training necessary. Instruments provided. Su 3:00pm

### Dynamic Stretch

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

### 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. Sa 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. Sa 9:00am

### 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 3:00pm, Mo 2:00pm

### H2O Power

First Come, First Served. Limit 24. A challenging aerobic conditioning class in shallow water. Daily 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. We 2:00pm, Fr 2:00pm

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

First Come, First Served. Limit 20. High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre. We 2:00pm, Fr 11:00am

### **Morning Walk 30m**

First Come, First Served. This walk is on relatively flat terrain that will accommodate all paces up to 15 minutes per mile, equivalent to 4 mph on a treadmill. Please bring your water bottle. Daily 6:00am

### **Morning Walk 45m**

First Come, First Served. This walk includes inclines on both trails and pavement that will accommodate all paces up to 13 minutes per mile, equivalent to 4-5 mph on a treadmill. Please bring your water bottle. Daily 6:00am

### **Muscle Max**

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

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

First Come, First Served. Limit 18. Learn the basics of foam rolling and myofascial release to reduce soreness. Fr 2:00pm, Su 2:00pm, Tu 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! We 3:00pm, 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. Mo 11:00am

### **Pickle & Play**

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

### **Posture & Balance**

First Come, First Served. Limit 20. Learn the importance of training the muscles on the back of your body—known as the posterior chain. Explore balance exercises with various pieces of equipment to improve your posture and balance. Fr 3:00pm, Mo 3:00pm

### **Property Tour**

A Canyon Ranch staff member will show you our dining, spa, fitness, outdoor sports, health and wellness facilities, and more. Daily 9:00am

### **Rockin' Retro**

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

### **Stride & Strength**

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

### **TRX Fusion**

First Come, First Served. Limit 9. Advanced fusion workout using TRX® and kettlebell equipment. Strength, cardio and core training are the focus in this dynamic-duo class. TRX® and kettlebell experience recommended. Sa 11:00am, Su 3:00pm

### **TRX Strong**

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

### **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 3:00pm

### **Wallyball**

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

### **Water Workout**

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

### **Yoga Sculpt**

First Come, First Served. Limit 18. Power yoga and strength training combined to create a full-body workout. We 11:00am, Fr 3:00pm, Mo 11:00am

### **Zumba®**

First Come, First Served. Limit 30. Feel the energy and move your body to fun and easy-to-follow Latin rhythms. We 11:00am, Su 11:00am, Mo 11:00am

## **MIND-BODY**

### **Aerial Swing Yoga Clinic**

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. Please see a Program Advisor for restrictions. We 12:00pm, Th 12:00pm, Su 12:00pm, Mo 12:00pm, Tu 12:00pm

### **Ai Chi**

First Come, First Served. Limit 12. A meditative series of tai chi like movements that utilizes the resistance of the warm water to strengthen and relax the body. Fr 12:00pm

### **Breathing**

First Come, First Served. Limit 30. Learn proper breathing techniques for relaxation and stress reduction. 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. Fr 9:00am, Sa 3:00pm

### **Chakra Balancing Yoga & Sound Healing**

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

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

Experience inner transformation through Guided Meditation and Sound Healing while floating in water on an airbed. Fr 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, Su 2:00pm, Tu 2:00pm

### **Freeform Fusion**

First Come, First Served. Limit 14. This Pilates-inspired class features the Freeform board—a core-conditioning system on wheels: an unstable surface to challenge sense of body position, flexibility, balance and core stability. Mo 3:00pm

### **Gyrokinesis**

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. We 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 2:00pm

### **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. We 3:00pm, Sa 11:00am

### **Kundalini Yoga**

First Come, First Served. Limit 20. Awaken your divine energy in this energetic style of yoga that emphasizes breathing and chanting exercises connected to poses. We 8:00am

### **Meditation**

First Come, First Served. Limit 30. Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. We 4:00pm, Fr 4:00pm, 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. Fr 2:00pm

### **Pilates Mat**

First Come, First Served. Limit 30. Learn the fundamentals and the beginning exercises of the Pilates mat discipline. Sa 1:00pm

### **Pilates Reformer Clinic: Beginning**

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

### **Pilates for Balance**

First Come, First Served. Limit 18. Take your Pilates Magic Circle class to another level by incorporating exercises on an unstable surface. Challenge your mobility, core strength and balance all at once. Th 1:00pm

### **Pilates-Aerial Clinic 50m**

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

### **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. Fr 11:00am, 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. Th 2:00pm, Su 11:00am

### **Stretch**

First Come, First Served. Limit 30. Improve total body flexibility. Daily 10:00am

### **Stretch & Relaxation**

First Come, First Served. Limit 20. Promotes flexibility and breathing and relaxes tense muscles. Daily 4:00pm

### **Sunrise Yoga**

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

### **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, Tu 3:00pm

### **Yoga Foundations**

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

### **Yoga Nidra**

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

### **Yoga for Detox**

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



## 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 6:30am

### 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 6:00am

### Bike Ride: Level 2 - River Path/Marketplace

Desert Ride. 12 mi. Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 5:45am

### Bike Ride: Level 3 - Canada del Oro

Desert Ride. 16 mi. Take an exhilarating ride along the Canada Del Oro bike path! With amazing views of the cliffs of Pusch Ridge Wilderness, we make our way to Catalina State Park, located on the north side of the Catalina Mountains. Mo 6:00am

### 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. We 5:30am

### Bike Ride: Level 4 - Saguaro Plus

Desert Ride. 16 mi. Wander over rolling hills on a one-lane blacktop through a forest of giant cacti growing in the foothills of the Rincon Mountains. We'll make two circuits of the 8-mile loop. Fr 5:30am

### Bird Walk

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

### Cardio Tennis Clinic

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

### Cosmic Journey with the Telescope

As twilight fades, join our Astronomer for an easy one-mile walk to set up an 8" telescope. Then, explore planets, stars, and galaxies sparkling brilliantly in the night sky. Tu 7:00pm

### Desert Beauty - The Cosmetology of the Sonoran

Experience the beauty of Sabino Canyon while exploring desert botanicals that hydrate and nourish. Learn how to blend these natural ingredients into soothing, skin-loving cosmetics for a radiant, glowing you. Su 6:00am

### High Ropes Challenge Course

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. Th 6:00am, Sa 6:00am, Tu 6:30am

### Hike & Paint

Discover the magic and light of the Sonoran Desert while learning watercolor painting techniques. We'll explore stunning natural locations to inspire your creativity. A watercolor kit is provided to take home and continue your artistic journey. Th 6:00am, Sa 10:00am, Mo 1:00pm

### Hike: Level 2 - Douglas Springs

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

### Hike: Level 2 - Esperero Trail

Sabino Canyon. 4 mi. 585 ft. elev. A great rugged, rocky desert hike with both gradual and steep terrain that leads to a scenic spot overlooking the Tucson Valley. Tu 6:30am

### Hike: Level 2 - Garwood Dam Loop

Saguaro National Park. 4.5 mi. 470 ft. elev. A moderate hike through rolling foothills with sections of uphill switchbacks leading to scenic overlooks of the Tucson and the Tanque Verde Valleys. Sa 6:00am

### 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. Mo 8:30am

### 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. Fr 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 - Pima Canyon

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

### Hike: Level 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 7:30am

### 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. Tu 6:15am

### Hike: Level 3 - Crystal Springs

Mountain Hike. 5 mi. 1130 ft. elev. Sweeping views await on this hike, winding down through the alpine trails of the Santa Catalina's less explored "backside". Mo 8:30am

### 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. We 8:30am

### Hike: Level 3 - McDougal Ridge

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

### Hike: Level 3 - 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 3 - Ventana Canyon Trail**

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

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

Sabino Canyon. 6.2 mi. 1926 ft. elev. Scale rugged, steep terrain and enjoy stunning panoramic views at the summit on this popular and challenging fitness hike. Mo 6:00am

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

Desert Hike. 4 mi. 1380 ft. elev. Ascend one of Tucsons 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. Tu 6:00am

**Hike: Level 4 - Milagrosa Loop**

Desert Hike. 6.4 mi. 1385 ft. elev. With beautiful mountain and canyon views, this scenic ridgeline loop trail climbs over moderate to steep intervals of rocky terrain. Su 5:30am

**Intuitive Archery**

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

**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 2:00pm

**Kartchner Caverns Living Cave Tour**

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Th 11:00am, Sa 11:00am, Tu 9:00am

**Meditation Hike**

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. Th 9:30am

**Night Sky Walk**

Stroll down a paved path into a serene, riparian canyon. Let the glow of the moon embrace you, or step into the starlit darkness. Th 7:30pm, 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, Mo 7:00pm

**Night Vision Goggles-Saguaro National Park Edition**

Experience the nocturnal magic of Saguaro National Park with military-grade night vision goggles. Set out on a guided walk along a flat trail as you take in the wonders of the night sky and search for the park's elusive desert wildlife. Sa 7:00pm

**Phone-tography**

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing. We 5:00pm, Sa 4:30pm, Tu 4:30pm

**Photography Hike**

Join us on a scenic walk in nature, where you'll learn to use the provided camera to transform fleeting moments into great images. We cover composition, basic technical considerations and editing. A storage card is provided to take your images home. Su 6:00am

**Pickleball Clinic**

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

**Pickleball Drill Clinic**

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

**Rock Climbing Naturally**

Join our rock climbing experts for an unforgettable adventure in the Catalina Mountains, where you'll learn the art of climbing on natural granite. Experience climbing routes with amazing views! A great workout open to climbers of all skill levels. Mo 6:30am

**Sabino Canyon Walk**

Discover the picturesque beauty of Sabino Canyon. Our experts will take you to a premier recreation spot with canyon, mountain, and desert vistas. We 5:30am, Fr 5:30am, Mo 5:45am

**Sky Island Discovery Tour**

Experience a drive like going from Mexico to Canada—in just 3 hours and no passport needed! This Sky Island road takes you through 8 biomes, with dramatic elevation changes and stunning scenery packed into one unforgettable journey. We 1:00pm

**Sky Island Sunset and City Lights Tour**

This Sky Island Tour returns from Mount Lemmon under the soft glow of twilight. Travel through 8 biomes while you enjoy a scenic natural history tour on the way up, and photo stops of the forever sunset views and city lights on the drive back. Fr 5:00pm

**Tennis Clinic**

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

**Writing in Nature**

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. We 6:00am, Sa 8:30am

# SERVICES

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

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



## HEALTH, PERFORMANCE, MIND & SPIRIT

### MEDICAL

#### PERSONALIZED, PRECISE, PREVENTIVE

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

#### SLEEP MEDICINE

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

#### ALTERNATIVE MEDICINE

Acuphoria.....	50 min .....	\$250
Acupuncture.....	50 min .....	250
Acupuncture for Healthy Weight.....	100 min .....	440
Acutonics.....	50 min .....	250
Chinese Herbal Consultation.....	50 min .....	250
Chinese Vitality Consultation.....	110 min .....	440
Holistic Energy Optimization— <b>NEW</b> .....	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— <b>NEW</b> – two-part service.....	50 min each .....	420
Body Composition Screening .....	25 min .....	130
Comprehensive Exercise Assessment – two-part service .....	50 min each .....	420
Hydration Testing – two-part service.....	50 min each .....	460
RacquetFit™ Racquet Health Program – two-part service.....	50 min each .....	570
Rx for Exercise.....	50 min .....	220
VO2 Max Assessment – two-part service .....	50 min each .....	420

## MENU OF SERVICES | 2025

### MENTAL HEALTH & WELLNESS

Establishing Healthy Habits .....	50 min .....	\$250
Hypnotherapy .....	50 min .....	250
Intro to Brainspotting —NEW .....	50 min .....	250
Longevity Mindset .....	50 min .....	250
Meditation, Mindfulness & Mental Health.....	50 min .....	250
Mental Health & Wellness Consultation.....	single 50 min .....	250
	duet 50 min .....	195/person
Performance Mindset .....	50 min .....	250
Stress Management .....	50 min .....	250
Tech for Mental Health & Wellness—NEW .....	25 min .....	140

### NUTRITION & FOOD

Addressing Cravings & Emotional Eating – two-part service .....	50 min each .....	\$470
Building Muscle.....	50 min .....	220
Continuous Glucose Monitor Follow-Up & Education.....	50 min .....	220
Diet Score – two-part service .....	50 min each .....	525
Digestive Wellness .....	50 min .....	220
Fastest Meals Imaginable.....	50 min .....	250
Fueling for Longevity .....	50 min .....	220
Fueling Your Performance .....	50 min .....	220
Hydration Testing – two-part service .....	50 min each .....	460
Nutrition Follow-Up Package.....	4 sessions – 25 min each .....	360
	Additional sessions .....	120 each
Personalized Nutrition Consultation.....	50 min .....	220
Strategies for Raising Nutritious Eaters—NEW .....	50 min .....	220

### COOKING

Hands-on Cooking Private.....	80 min .....	\$185
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### SPIRITUAL WELLNESS

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

# FITNESS 360

## FITNESS

### PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

Private Fitness Training

Private Mind-Body Practice

Private Pilates or Gyrotonic Training

Private Yoga Practice

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

## OUTDOOR SPORTS

### GROUP ADVENTURES

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

### HIGH ROPES ADVENTURES

High Ropes Challenge Course

3 hours .....	\$220/person
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Rock Climbing Naturally.....	5 hours .....	400
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### PRIVATE ADVENTURES

Bike & Hike

First hour, up to three guests.....	\$140
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Each additional hour, up to three guests .....	80
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### RACQUET SPORTS

Cardio Tennis Clinic .....	50 min .....	\$80
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Pickleball Drill Clinic .....	50 min .....	80
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Pickleball Lesson

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

Individual training session.....	50 min .....	150
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Semiprivate training session (2 guests) .....	50 min .....	110/person
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## MED SPA & BEAUTY

### MEDICAL AESTHETICS

Aquagold® .....	45 min .....	\$650
Botox® Consultation & Treatment .....	80 min .....	150
	(consult fee applied to any Botox purchased) .....	15 per unit
Chemical Peel .....	50 min .....	light – 150
	50 min .....	medium – 220
Clear + Brilliant®		
Face .....		375
Face, Neck & Décolleté .....		550
Consultation .....	50 min .....	110
Dermaplaning .....	45 min .....	175
Diamond Glow Facial—NEW .....	50 min .....	350
Juvéderm® Dermal Filler Consultation and Treatment .....	110 min .....	175
	(consult fee applied to any filler purchased) .....	price varies
Microneedling .....	50 min .....	400
with PRP (Platelet-Rich Plasma) .....	50 min .....	700
Platinum Diamond HydraFacial .....	50 min .....	350

### FACIAL TREATMENTS

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

## SALON

### HAIR CARE

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

### MAKEUP

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

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

### PEDICURES

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

## SPA

### BODY TREATMENTS

CBD Wellness Ritual .....	100 min .....	\$410
Coconut Melt .....	50 min .....	240
	80 min .....	320
Coconut Sugar Scrub—NEW .....	50 min .....	200
Desert Ritual .....	100 min .....	410
Detoxifying Herbal Wrap .....	25 min .....	120
two-person side-by-side experience .....	45 min .....	120/person
Detoxifying Ritual .....	100 min .....	410
Euphoria Ritual .....	100 min .....	410
Himalayan Salt Stone Treatment .....	100 min .....	410
Hungarian Scrub .....	50 min .....	240
Mud Cocoon .....	50 min .....	240
includes bath soak and massage .....	100 min .....	410
Muscle Rescue Ritual .....	100 min .....	410
Organic Seaweed Leaf Cocoon .....	100 min .....	410
Ultra-Moisturizing Cocoon .....	50 min .....	240
per couple – includes massage .....	100 min .....	820
Vitamin Infusion Body Treatment .....	50 min .....	240

## MENU OF SERVICES | 2025

### AYURVEDIC TREATMENTS

Abhyanga.....	50 min .....	\$440
Bindi-Shirodhara.....	100 min .....	410
Shirodhara.....	50 min .....	240
Udvertana Massage.....	80 min .....	320

### EASTERN THERAPIES

Ashiatsu – Barefoot Massage .....	50 min .....	\$240
	80 min.....	340
	100 min .....	440
Muscle Melt for Road Warriors.....	50 min .....	240
	80 min.....	340
	100 min .....	410
Reflexology .....	50 min .....	240
Shiatsu .....	50 min .....	220
	80 min.....	320
	100 min .....	410
Thai Massage .....	100 min .....	440

### ENERGY THERAPIES

Balanced Energy.....	50 min .....	\$220
	80 min.....	320
	100 min .....	410
Reiki.....	50 min .....	220
	80 min.....	320

### MASSAGE

Aquatic Massage – Watsu®.....	50 min .....	\$240
Aromatherapy Massage.....	50 min .....	220
	80 min.....	320
Canyon Ranch Massage.....	50 min .....	220
	80 min.....	320
	100 min .....	410
Canyon Ranch Signature Treatment .....	100 min .....	410
Canyon Stone Massage.....	100 min .....	410
Chakra Balancing Massage .....	80 min .....	320
Craniosacral Therapy.....	50 min .....	240
	80 min.....	340
	100 min .....	410
Cupping – Sports Massage .....	50 min .....	240
	80 min.....	340
	100 min .....	440
Deep Tissue Massage.....	50 min .....	240
	80 min.....	340
	100 min .....	440
Hands, Feet & Scalp Massage.....	50 min .....	200
Head, Neck & Shoulders Massage.....	50 min .....	220
Hydrating Body Bar Massage.....	50 min .....	240
	80 min.....	340
	100 min .....	410

Services & fees subject to change without notice.

Lymphatic Treatment.....	50 min.....	\$240
	80 min.....	340
	100 min.....	410
Mama Moisturizing Massage.....	50 min.....	240
Neuromuscular Therapy .....	75 min.....	340
Prenatal Massage.....	50 min.....	220
	80 min.....	320
Sole Rejuvenation.....	50 min.....	200
Therapeutic CBD Pain Relief Massage .....	50 min.....	250
	80 min.....	350
	100 min.....	450
Vitamin D Power Massage—NEW.....	50 min.....	220
Warm Coconut Oil Massage .....	50 min.....	240
	80 min.....	340

## SPECIALTIES

### METAPHYSICAL

Angel Card Reading.....	50 min.....	\$240
Astrocartography.....	50 min.....	240
Astrology.....	50 min.....	240
Astrology Synastry Chart Reading for Two—NEW.....	100 min.....	250/per person
Astro-Gemology.....	50 min.....	240
Clairvoyant Reading.....	50 min.....	240
Crystal Energy .....	50 min.....	240
Developing Your Sixth Sense .....	50 min.....	240
Handwriting Analysis.....	50 min.....	240
Tarot Card Reading.....	50 min.....	240
Vedic Astrology.....	50 min.....	240
Vedic Palmistry.....	50 min.....	240
	80 min.....	295
Vortex Experience Guided Walk.....	50 min.....	240

### TEEN SERVICES (AGES 14-17)

Guests ages 14-17 may experience select services. The parent or guardian must book all teen services. We require all guest ages 14-17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance and suggestions on making the most of your experience.

### MATERNITY

Are you expecting? A Wellness Guide can provide you with a list of suggested services and recommend those that would be the most valuable for you. Contact a Wellness Guide at Ext. 44338 any time during your stay. Please consult with your physician at home before booking services.

### FOR GUESTS WITH CANCER

Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician prior to booking services. The entire Canyon Ranch family supports you on your healing journey.

# LIFE CHANGES AT CANYON RANCH

WHEREVER YOU ARE ON YOUR LIFELONG JOURNEY,  
FIND PERSONALIZED GUIDANCE AND PROVEN  
EXPERTISE TO INSPIRE YOUR WELL WAY OF LIFE.



## CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



## CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



## CANYON RANCH WOODSIDE, CALIFORNIA

Escape to the Redwoods. Our wellness haven in Northern California is purpose-built for outdoor adventure, mind-body connection, and a joyful sense of community and of self.



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

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



# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

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



### AN IDEAL PLAN IF YOU WANT TO:

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



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

### ADDITIONAL BENEFITS:

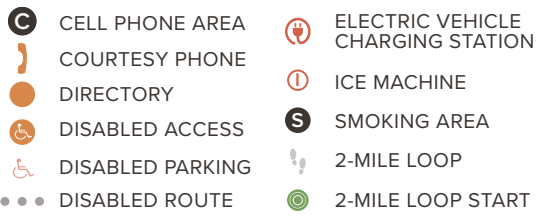
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to  
purchase a Membership:

**CONTACT**  
Memberships

TucsonMemberships@canyonranch.com  
520-239-3293

or visit our Membership Sales  
Team in Tucson.



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

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

Acupuncture  
Life Management  
LONGEVITY8™  
Medical  
Meditation Garden  
Nutrition  
Sanctuary

Acacia Room  
CR Vitality  
Mohave Gym  
Ocotillo Room  
Saguaro Room

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