

RANCH SCHEDULE

SEPTEMBER 3 - 9, 2025



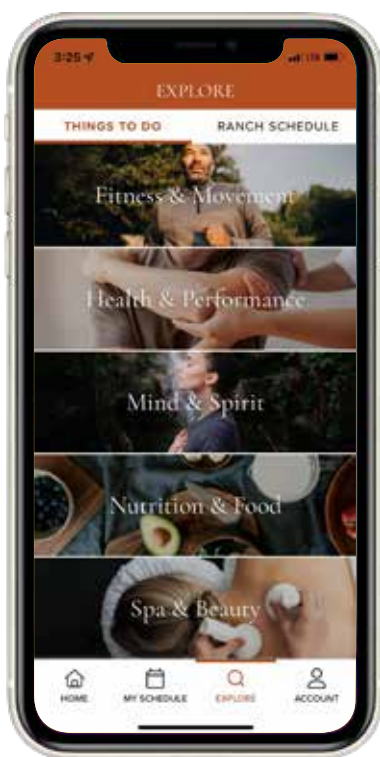
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:00 pm – 8:00 pm

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

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

Double U Café & Flagstone Pool

Double U Café: 5:30 am – 5:00 pm

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

Lunch: 11:00 am – 2:00 pm

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

Javelina Cantina

Daily: 6:00 pm – 9:00 pm

In-Room Wine Delivery

Ext. 44312: Nightly 4:00 pm – 9:00 pm

Spa and Strength & Cardio Gym

6:00 am – 9:00 pm

Canyon Ranch® Foot Health Center

Located in the Spa

Daily: 12:00 pm – 5:00 pm

Program Advising

Located in the Spa

8:00 am – 7:00 pm

Ext. 44338: 8:00 am – 5:00 pm

CR® Aesthetics

Located in the Spa

Closed Tuesday

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



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'.



THREE DESERT NIGHTS WITH ADAM DOLEAC

SEPTEMBER 5 - 7

Critically-acclaimed singer songwriter and rising Country music star, Adam Doleac is taking the Nashville scene by storm through his one-of-a-kind music which blends the traditional Country elements with a modern production to deliver a unique and signature sound.

Don't miss this unique opportunity to connect with nature, music, and yourself this fall in the beautiful Sonoran desert.

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



INTENTIONAL LIVING DISCOVERY WEEK

SEPTEMBER 8 - 14

Join us for a transformative week dedicated to living with clarity, purpose, and inner alignment. Through immersive sessions led by experts in spiritual wellness, Eastern medicine, mental health, performance science, and mindful movement, you'll reconnect with what truly fuels you.

This integrated experience offers a rare opportunity to pause, reflect, and realign your core values. Expect a powerful blend of insight, stillness, and strategy designed to support emotional resilience and authentic living.

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

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

LIGHT THERAPY

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

MUSCLE STIMULATION & BLOOD FLOW

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

INFRARED SAUNA POD

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

HYPERICE & THERABODY®

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

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

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

RETAIL THERAPY

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

Refer to pg. 2 for hours and locations.



CANYON RANCH® BOUTIQUE

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



CR® SHOPS

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



SKIN CARE

Luxury skincare products from top selected brands such as:

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



SALON

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



CANYON RANCH® GIFT CARDS

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



LORI BARROS JEWELRY

FRIDAY, SEPTEMBER 5 | 9 AM–6 PM

SATURDAY, SEPTEMBER 6 | 9 AM–6 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Join jewelry designer, Lori Barros for a two day trunk show. Do not miss the opportunity to see the diamonds and gemstone custom fine jewelry designed with a fusion of elegance and edge.

WEDNESDAY

September 3, 2025

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

(DW) DISCOVERY WEEK: SOUTHWEST SPIRIT

5:45 AM

SABINO CANYON

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

6:00 AM

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

6:15 AM

HIKE: LEVEL 3
BALANCED ROCK Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

BIKE RIDE: LEVEL 2
CAFE RIDE Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

7:00 AM

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

8:00 AM

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

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

8:30 AM

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

9:00 AM

CYCLING Limit: 12 Golf Performance Center
45 min.

AQUA ZUMBA Limit: 37 T-Pool
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:00 AM

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

GLIDE AND BURN Limit: 20 Studio 1
45 min.

9:30 AM

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

10:00 AM

OPTIMIZE BRAIN HEALTH WITH NUTRITION CME Catalina Room
50 min. Brain health and longevity are affected by numerous factors, many of which can be influenced by dietary choices. Learn how to choose foods and eating patterns that work to support optimizing brain health for today and tomorrow.

H2O POWER Limit: 24 T-Pool
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

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

TRX STRONG Limit: 9 Studio 3
45 min.

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

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

NOON

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

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

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 ▲ DW Outdoor Sports Lobby
3 hr. \$110

2:00 PM

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

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE

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

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

3:00 PM

INTERMEDIATE YOGA Limit: 20 Yoga Studio
45 min.

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

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

4:00 PM

COFFEE & CANVAS Limit: 12 ▲ DW Art Studio 1
1 hr. 30 min. \$45 Join us for creativity and connection while you paint and sip in a relaxed, welcoming atmosphere. No experience needed—just bring your imagination and good vibes!

MEDITATION Limit: 30 Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

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.

7:00 PM

ISLANDS IN THE SKY & THE SOUTHWEST

MONSOON Cactus Room
50 min. What makes the Southwest so special? Mitch Stevens and Russell Lowes give a visual presentation of the Sonoran Desert, from sky-island mountain ranges to the Grand Canyon and beyond.

NIGHT VISION GOGGLES - CREEPY CRAWLY

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

THURSDAY

September 4, 2025

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

6:00 AM

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

6:15 AM

HIKE: LEVEL 3
TANQUE VERDE LEDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 2
PHONELINE OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

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

7:00 AM

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

COWBOY COFFEE DW Eucalyptus Circle
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

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 DW Studio 2
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

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

10:00 AM

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

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

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

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

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

YOGA FOR DETOX Limit: 20 Yoga Studio
45 min.

ZUMBA® Limit: 30 Studio 1
45 min.

NOON

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

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

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

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

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.

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.

ALTERNATIVE THERAPIES FOR MENOPAUSE CME Cactus Room
50 min. There are a variety of natural options to help alleviate menopause related symptoms. Explore dietary options, botanicals, tips for managing weight and reducing stress to help navigate this often challenging time for women.

2:00 PM

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

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

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

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.

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

5:15 PM

PICKLE & PLAY DW 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

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

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

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.

FRIDAY

September 5, 2025

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

(DW) DISCOVERY WEEK: SOUTHWEST SPIRIT

5:45 AM

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

6:00 AM

BIKE RIDE: LEVEL 3
HONEY BEE OFF-ROAD Limit: 6 ▲ Outdoor Sports Lobby
4 hr.

6:15 AM

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

6:30 AM

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

MORNING WALK Spa Lobby
30 min. / 45 min.

ARIZONA-SONORA DESERT
MUSEUM Limit: 8 ▲ DW Outdoor Sports Lobby
5 hr. 30 min. \$195

7:00 AM

COWBOY COFFEE SE Eucalyptus Circle
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

7:30 AM

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

8:30 AM

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

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

STRIDE Limit: 14 Cardio & Strength Gym
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

10:00 AM

FOUNDATIONS OF STRENGTH CME Catalina Room
50 min. A performance scientist discusses the latest research on how to get stronger and gain or maintain muscle mass throughout your lifespan. Learn what is the best strength training strategy for you.

CARDIO CIRCUIT 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

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

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

POWER FLOW Limit: 30 Yoga Studio
45 min.

NOON

LUNCH & LEARN: TORTILLA CRUSTED

CHICKEN DW Demo Kitchen
60 min. Enjoy tortilla crusted chicken with creamy poblano sauce, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

AI CHI Limit: 12 Aquatic Center
45 min.

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

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

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

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2:00 PM

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.

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

DYE YOUR OWN SILK SCARF Limit: 6 ▲ Art Studio 1
2 hr. 30 min. \$75 Create a piece of wearable art. Design the silk scarf you'd love to own—or give as a gift—using permanent, no-bleed dyes and your own imagination.

TAROT: THE 78 KEYS OF WISDOM Cactus Room
50 min. Join us for a fun, informative session on choosing the perfect tarot deck and unlocking the power of the cards. Explore the Major and Minor Arcana, learn simple spreads, and tap into your inner wisdom for clarity and insight.

3:00 PM

CORE CONDITIONING Limit: 15 Studio 1
45 min.

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

WALLYBALL Racquet Court 1
45 min.

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

4:00 PM

RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC Limit: 4 ▲ Studio 3
50 min. \$80

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

4:30 PM

SKY ISLAND SUNSET AND CITY LIGHTS TOUR—NEW Limit: 6 ▲ DW Outdoor Sports Lobby
3 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.

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

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

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

Thank you for helping keep Canyon Ranch serene.

SATURDAY

September 6, 2025

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

6:15 AM
HIKE: LEVEL 3
MILAGROSA CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:30 AM
HIKE: LEVEL 2
VENTANA TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr.
BIRD WALK Limit: 8 ▲ Outdoor Sports Lobby
2 hr.
HIGH ROPES CHALLENGE
COURSE Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$220
MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM
COWBOY COFFEE SE Eucalyptus Circle
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

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

8:15 AM
CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM
WRITING IN NATURE Limit: 8 ▲ Outdoor Sports Lobby
4 hr. \$110
SOLVING THE MYSTERY OF KNEE PAIN CME Cactus Room
50 min. Learn about common injuries to the knee, how they occur, and what you can do about them.
CYCLING Limit: 12 Golf Performance Center
45 min.
STRIDE Limit: 14 Cardio & Strength Gym
45 min.
WATER WORKOUT Limit: 24 T-Pool
45 min.
PROPERTY TOUR Clubhouse Lobby
45 min.

10:00 AM
CORE CONDITIONING Limit: 15 Studio 1
45 min.
H2O POWER Limit: 24 T-Pool
45 min.
STRETCH Limit: 30 Yoga Studio
45 min.
PERSONALIZED NUTRITION CME Catalina Room
50 min. Join a nutritionist and begin to understand how your personal lifestyle dictates what foods and supplements will help you obtain optimal health.

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.
CHAIR YOGA Limit: 20 Yoga Studio
45 min.
TRX FUSION Limit: 9 Studio 3
45 min.

NOON
CORE & MORE Limit: 16 Studio 2
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.

MENOPAUSAL HORMONE REPLACEMENT THERAPY CME Catalina Room
50 min. Learn about the risks and benefits of menopausal hormone replacement therapy and find out if it's right for you.

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

2:00 PM

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

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

FLUID FLEXIBILITY Limit: 20 Aquatic Center
45 min.

HEART CHAKRA YOGA Limit: 30 Yoga Studio
45 min.

3:00 PM

FELT SAGUARO ORNAMENTS Limit: 12 DW Art Studio 1
1 hr. 30 min. Join us for a delightful craft session and create your own unique saguaro ornament. Using simple hand sewing techniques, along with sequins, beads, pom-poms, and tassels, you'll craft a special keepsake to cherish year-round.

PILATES-AERIAL CLINIC Limit: 5 ▲ Studio 3
50 min. \$80

INTERMEDIATE YOGA Limit: 20 Yoga Studio
45 min.

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

WALLYBALL Racquet Court 1
45 min.

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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.

BBQ NIGHT BY THE FLAGSTONE POOL SE Double U Café
2 hr.

6:00 PM

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

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!

6:30 PM

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

7:00 PM

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

7:30 PM

SONGS UNDER THE STARS WITH ADAM DOLEAC SE Flagstone Lawn
60 min. Enjoy a star-kissed evening acoustic performance by Adam Doleac, exclusively for Canyon Ranch guests.

SUNDAY

September 7, 2025

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

(DW) DISCOVERY WEEK: SOUTHWEST SPIRIT

6:00 AM

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

6:15 AM

HIKE: LEVEL 3 SYCAMORE DAM Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:30 AM

HIKE: LEVEL 2 WILD HORSE CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM

COWBOY COFFEE SE Eucalyptus Circle
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

DYNAMIC STRETCH Limit: 20 Yoga Studio
20 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

BUTI MOVEMENT® Limit: 30 Yoga Studio
45 min.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

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

10:00 AM

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.

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

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

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

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

EMPOWERING INTENTION: LUNAR ASTROLOGY & CRYSTALS Cactus Room
50 min. With a metaphysical expert learn how to fortify your intentions during special power moon days.

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

QI GONG Limit: 30 Yoga Studio
45 min.

2:00 PM

CHINESE MEDICINE FOR DIGESTION AND METABOLISM—NEW CME Sanctuary
50 min. Delve into how Chinese Medicine intertwines physical, emotional, and energetic elements as we recognize digestion and metabolism as a holistic experience.

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

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

DJ COUNTRY LINE DANCE SE Studio 1
45 min.

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

HANDS-ON COOKING: FAST & NOURISHED Limit: 10 ▲ Demo Kitchen
60 min. \$125 Create three nutrient-packed meals in just 20 minutes each! Learn time-saving prep skills, smart shortcuts, and balanced techniques for flavorful, wellness-focused cooking that fits into your busy schedule.

3:00 PM

DRUMMING CIRCLE Limit: 17 DW 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.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

7:00 PM

CRYSTAL SINGING BOWL MEDITATION Limit: 30 Sanctuary
50 min. Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.

8:00 PM

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

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

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

Thank you for helping keep Canyon Ranch serene.

MONDAY

September 8, 2025

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

(DW) DISCOVERY WEEK: INTENTIONAL LIVING

5:45 AM
SABINO CANYON
WALK Limit: 12 ▲ **DW** Outdoor Sports Lobby
2 hr.

6:00 AM
HIKE: LEVEL 4
GUTHRIE PEAK Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.
BIKE RIDE: LEVEL 3
SAGUARO SPIN Limit: 10 ▲ Outdoor Sports Lobby
3 hr.

6:30 AM
ARCHAEOLOGY 1 - HOHOKAM VILLAGE
SITE—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
ROCK CLIMBING
NATURALLY Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$400
MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

CME ACCREDITATION

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

9:00 AM
HIKE: LEVEL 3 Limit: 12 ▲ Outdoor Sports Lobby
6 hr.
DESERT DRUMMING Limit: 22 Studio 2
45 min.
TRX STRONG Limit: 9 Studio 3
45 min.
WATER WORKOUT Limit: 24 T-Pool
45 min.
NUTRITION, GUT HEALTH & IMMUNITY CME Catalina Room
50 min. With over 70% of immune cells residing in the gut, there is a dynamic relationship between gut health and immune system function. Support optimal health with every day nutrition strategies that target both gut and immune function.
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.

11:00 AM
INSIGHT & HEALING WITH GEMS & MINERALS **DW** Cactus Room
50 min. Heidi Harralson, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.
PEDAL, LIFT, FLOW Limit: 12 Golf Performance Center
60 min.
YOGA SCULPT Limit: 18 Yoga Studio
45 min.
ZUMBA® Limit: 30 Studio 1
45 min.

NOON
AERIAL SWING YOGA CLINIC Limit: 5 ▲ Studio 3
50 min. \$80
LUNCH & LEARN: TURMERIC BLACK PEPPER SALMON Demo Kitchen
60 min. Enjoy turmeric black pepper salmon with ginger vinaigrette, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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 REFORMER CLINIC:

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

SELF-COMPASSION IS YOUR SUPER

POWER CME DW Catalina Room
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

2:00 PM

JEEP ADVENTURE Limit: 3 ▲ 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.

HOW TO MAKE EVERY DAY

SACRED CME DW 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.

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.

4:00 PM

CHAKRA BALANCING YOGA & SOUND

HEALING Limit: 20 DW Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 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.

MEMORY WIRE BRACELET Limit: 15 Art Studio 1
1 hr. 30 min. Sometimes it just takes a simple creative project to remind us how we can sparkle. In this class guests will make a memory wire bracelet using a variety of gemstones, charms, and glass beads. The possibilities are endless!

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

UNDER THE VEDIC SUN

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

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 ▲ Outdoor Sports Lobby
2 hr. \$110

TUCSON: UNESCO CITY OF

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

TUESDAY

September 9, 2025

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

(DW) DISCOVERY WEEK: INTENTIONAL LIVING

6:00 AM

HIKE: LEVEL 4

PONTATOC TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

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

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

6:15 AM

HIKE: LEVEL 3

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

6:30 AM

HIKE: LEVEL 2

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

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

HIGH ROPES CHALLENGE

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

MORNING WALK Spa Lobby
30 min. / 45 min.

8:00 AM

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

9:00 AM

KARTCHNER CAVERNS LIVING CAVE

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

ARTHRITIS AND REGENERATIVE

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

10:00 AM

MEDICALLY UNEXPLAINED

SYNDROMES CME Catalina Room
50 min. Dr. Brewer, Medical Director for Canyon Ranch, offers an innovative look at understanding complex syndromes such as Long COVID and fibromyalgia.

H2O POWER 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 Limit: 20 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

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

THE SIXTH SENSE: HARNESSING YOUR INTUITION

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

NOON

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

BREATHING Yoga Studio
20 min.

LUNCH & LEARN: ORANGE GLAZED

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

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

1:00 PM

SKY ISLAND DISCOVERY

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

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

2:00 PM

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

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

FLUID FLEXIBILITY Limit: 20 Aquatic Center
45 min.

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

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

WALLYBALL Racquet Court 1
45 min.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

7:00 PM

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

COSMIC JOURNEY WITH THE

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

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!

CLASSES & ACTIVITIES

CARDIO & STRENGTH GYM:

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

CULINARY

BBQ Night By The Flagstone Pool

Enjoy our made to order BBQ Proteins and homemade sides while unwinding to music and a view of the Santa Catalina mountains. Sa 5:30pm

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

Aqua Zumba

First Come, First Served. Limit 24. Join the Zumba® pool party. Splash, laugh, twist and shout in this fun, challenging cardio water workout that will leave you exhilarated and wanting more! We 9:00am

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. Su 9:00am

CR Strength

First Come, First Served. Limit 10. Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetitions. Th 2:00pm, Su 2:00pm, Tu 3:00pm

Cardio Circuit

First Come, First Served. Limit 20. Aerobic circuit workout using cardio machines and strength equipment. Th 10:00am, Fr 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. Sa 12:00pm

Core Conditioning

First Come, First Served. Limit 15. Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. Th 2:00pm, Fr 3:00pm, Sa 10:00am, Su 9:00am, Mo 2:00pm

Cycling

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

DJ Country Line Dance

First Come, First Served. Limit 30. Join our country line dance class, where DJ Herm plays your favorite country hits while you learn fun and easy line dance steps! Perfect for all skill levels, this class will have you dancing to classic tunes in no time! Su 2:00pm

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

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. We 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, Fr 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 6:30am

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 6:30am

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

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. 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

Stride

First Come, First Served. Limit 14. A motivating group treadmill workout incorporating interval training. Fr 9:00am, Sa 9:00am

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, Tu 11:00am

TRX Strong

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

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. We 11:00am, Sa 3:00pm, Tu 11:00am

Wallyball

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

Water Workout

First Come, First Served. Limit 24. Combine aerobic conditioning and muscular endurance work in the pool. 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, 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. Th 11:00am, Su 11:00am, Mo 11:00am

MIND-BODY

Aerial Swing Yoga Clinic

Work on your core strength in standing poses and inversions while using a fabric hammock suspended from the ceiling. Please wear leggings and a sleeved shirt. 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. Tu 12:00pm

CR Vitality Tour

An exclusive tour of CR Vitality. Learn about the self-led specialty spaces thoughtfully designed to help guests maximize their time at Canyon Ranch. Daily 2:00pm, 6:00pm

Centering Meditation

First Come, First Served. Limit 30. Take 30 minutes to start your day by getting in touch with your daily intention and connecting with your breath. Th 8:15am, Sa 8:15am, Su 8:15am, Mo 8:15am

Chair Yoga

First Come, First Served. Limit 20. This class uses chairs and incorporates balancing and other standing poses, ideal if you don't want to sit on the floor, or would like to try chair yoga for breaks at work. Sa 11:00am

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, 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 3:00pm

Kundalini Yoga

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

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

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, Tu 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

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

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

Arizona-Sonora Desert Museum

Enjoy a scenic excursion to this world-renowned natural history museum, zoo and botanical garden with a Canyon Ranch staff naturalist. Fr 6:30am

Bike Ride: Level 2 - Cafe Ride

Desert Ride. 15 mi. A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. We 6:30am

Bike Ride: Level 2 - River Path/Marketplace

Desert Ride. 12 mi. Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 6:30am

Bike Ride: Level 3 - Honey Bee Off-Road

Mountain Biking. 14 mi. An intermediate ride in the beautiful Sonoran Desert. Enjoy a smooth and flowing single track, with just a few obstacles to keep things interesting. Fr 6:00am

Bike Ride: Level 3 - Saguaro Spin

Saguaro National Park. 8+ mi. See native plants and animals while surrounded by the spectacular scenery of the Sonoran Desert. The Cactus Forest Loop Drive in the Rincon Mountain District (east) is an 8-mile paved loop. Mo 6:00am

Bird Walk

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 6:30am, Sa 6:30am

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 6:30am

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 6:30am, Sa 6:30am, 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. We 8:30am, Fr 1:00pm

Hike: Level 2 - Box Camp

Mountain Hike. 3.4 mi. 600 ft. elev. This hike begins with a short uphill followed by sections of downhill through a pine forest to a serene creek side picnic spot, with a steady, uphill climb on the return. Fr 8:30am

Hike: Level 2 - Hitchcock Overlook

Mountain Hike. 3 mi. 700 ft. elev. This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. We 9:30am

Hike: Level 2 - Lower Bear Canyon

Sabino Canyon. 4.5 mi. 400 ft. elev. Hike over rocky terrain into scenic Bear Canyon with its steep rock walls and soaring ridges on either side. With several seasonal stream crossings, it is a good preview of Tucson trails for beginners. Tu 6:30am

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. Mo 8:15am

Hike: Level 2 - Phoneline Overlook

Sabino Canyon. 4 mi. 630 ft. elev. This beautiful hike offers a variety of ecosystems, from scenic desert to a riparian creek bed with deciduous trees like the white-barked Arizona sycamore and verdant cottonwoods. Th 6:30am

Hike: Level 2 - Ventana Trail

Desert Hike. 4 mi. 550 ft. elev. Rugged, rocky terrain with multiple seasonal stream crossings makes this a great desert canyon hike for strong beginners. Sa 6:30am

Hike: Level 2 - Wild Horse Canyon

Saguaro National Park. 4.25 mi. 480 ft. elev. Trek through a cacti forest with flat to moderate uphill sections and seasonal water. Su 6:30am

Hike: Level 3

For solid intermediate hikers. These hikes are 4 to 7 miles with some significant elevation gains up to 2,000 ft. Mo 9:00am

Hike: Level 3 - Balanced Rock

Mountain Hike. 4.5 mi. 1145 ft. elev. This beautiful trail with rocky and sandy sections will reward you with great vistas of the high desert and the interesting rock formations known as "hoodoos." We 6:15am

Hike: Level 3 - Blacketts Ridge

Sabino Canyon. 5 mi. 1115 ft. elev. A classic and challenging Level 3 hike through the varied and scenic ecosystems of the canyon with steep climbing over rocky terrain. Tu 6:15am

Hike: Level 3 - Ft. Lowell Hills

Desert Hike. 5.2 mi. 1450 ft. elev. A classic desert hike with intervals of steep rocky climbs that lead you back into the welcoming solitude and splendor of the desert. Fr 6:15am

Hike: Level 3 - Milagrosa Canyon

Desert Hike. 6.3 mi. 1000 ft. elev. A quintessential desert hike with steep climbs over rocky terrain. Pass by a Hohokam petroglyph site before ascending once more to a beautiful canyon overlook. Sa 6:15am

Hike: Level 3 - Sycamore Dam

Mountain Hike. 4.6 mi. 950 ft. elev. Start in the grasslands at the historic Gordon Hirabayashi Campground, then follow a portion of the Arizona Trail on a gentle rolling climb before descending into Sycamore Canyon. Su 6:15am

Hike: Level 3 - Tanque Verde Ledge

Saguaro National Park. 5.25 mi. 1300 ft. elev. A solid, intermediate fitness hike with intervals of moderate to steep uphill leading to a scenic overlook with stunning views of the Rincon and Catalina Mountains as well as the Tucson Valley. Th 6:15am

Hike: Level 4 - Guthrie Peak

Mountain Hike. 7.4 mi. 1700 ft. elev. Conquer a thrilling ascent on a challenging mountain trail that culminates in a scramble to a 360-degree view at the summit. Your efforts are rewarded with breathtaking vistas in every direction. Mo 6:00am

Hike: Level 4 - Pontatoc Trail

Desert Hike. 5.4 mi. 1725 ft. elev. Hike through Pontatoc Canyon with towering cliffs above. The ascent is rocky and steep in sections. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley and surrounding canyons. Tu 6:00am

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 6:30am, 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 2:00pm, 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 12:00pm, 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 10:00am, Tu 6:00am

Moon Walk

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

Night Sky Walk

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

Night Vision Goggles - Creepy Crawly Edition

Discover the wonders of nature and the night sky with military-grade night vision goggles. We'll use the goggles to peer deep into the dark skies while also searching the canyon for our nocturnal desert denizens. You may see snakes or scorpions! We 7:00pm, 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 6:30pm

Phone-tography

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing. We 4:30pm, Sa 4:00pm, 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. We 6:00am, Su 6:00am, Tu 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, Sa 5:00pm, Mo 5:00pm

Pickleball Drill Clinic

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players. We 9:00am, Th 9:00am, 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 5:45am, Fr 5:45am, 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, Tu 1:00pm

Sky Island Sunset and City Lights Tour

This Sky Island Tour returns from Mount Lemmon under the soft glow of twilight. Travel through 8 biomes while you enjoy a scenic natural history tour on the way up, and photo stops of the forever sunset views and city lights on the drive back. Fr 4:30pm

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. Th 10:00am, Sa 9:00am

SERVICES

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

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



HEALTH, PERFORMANCE, MIND & SPIRIT

MEDICAL

PERSONALIZED, PRECISE, PREVENTIVE

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

SLEEP MEDICINE

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

ALTERNATIVE MEDICINE

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

SPORTS MEDICINE

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

PERFORMANCE SCIENCE

Balance Assessment.....	50 min	\$220
Blood Lactate Threshold— NEW – two-part service.....	50 min each	420
Body Composition Screening	25 min	130
Comprehensive Exercise Assessment – two-part service	50 min each	420
Hydration Testing – two-part service.....	50 min each	460
RacquetFit™ Racquet Health Program – two-part service.....	50 min each	570
Rx for Exercise.....	50 min	220
VO2 Max Assessment – two-part service	50 min each	420

MENU OF SERVICES | 2025

MENTAL HEALTH & WELLNESS

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

NUTRITION & FOOD

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

COOKING

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

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

FITNESS 360

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

Private Fitness Training

Private Mind-Body Practice

Private Pilates or Gyrotonic Training

Private Yoga Practice

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

OUTDOOR SPORTS

GROUP ADVENTURES

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

HIGH ROPES ADVENTURES

High Ropes Challenge Course

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

Bike & Hike

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

RACQUET SPORTS

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

MED SPA & BEAUTY

MEDICAL AESTHETICS

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

FACIAL TREATMENTS

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

SALON

HAIR CARE

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

MAKEUP

Makeup Consultation	45 min	\$140
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MANICURES

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

PEDICURES

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

SPA

BODY TREATMENTS

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

MENU OF SERVICES | 2025

AYURVEDIC TREATMENTS

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

EASTERN THERAPIES

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

ENERGY THERAPIES

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

MASSAGE

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

Services & fees subject to change without notice.

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

SPECIALTIES

METAPHYSICAL

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

TEEN SERVICES (AGES 14-17)

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

MATERNITY

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

FOR GUESTS WITH CANCER

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

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH WOODSIDE, CALIFORNIA

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

Visit canyonranch.com to learn more about all of our locations.

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

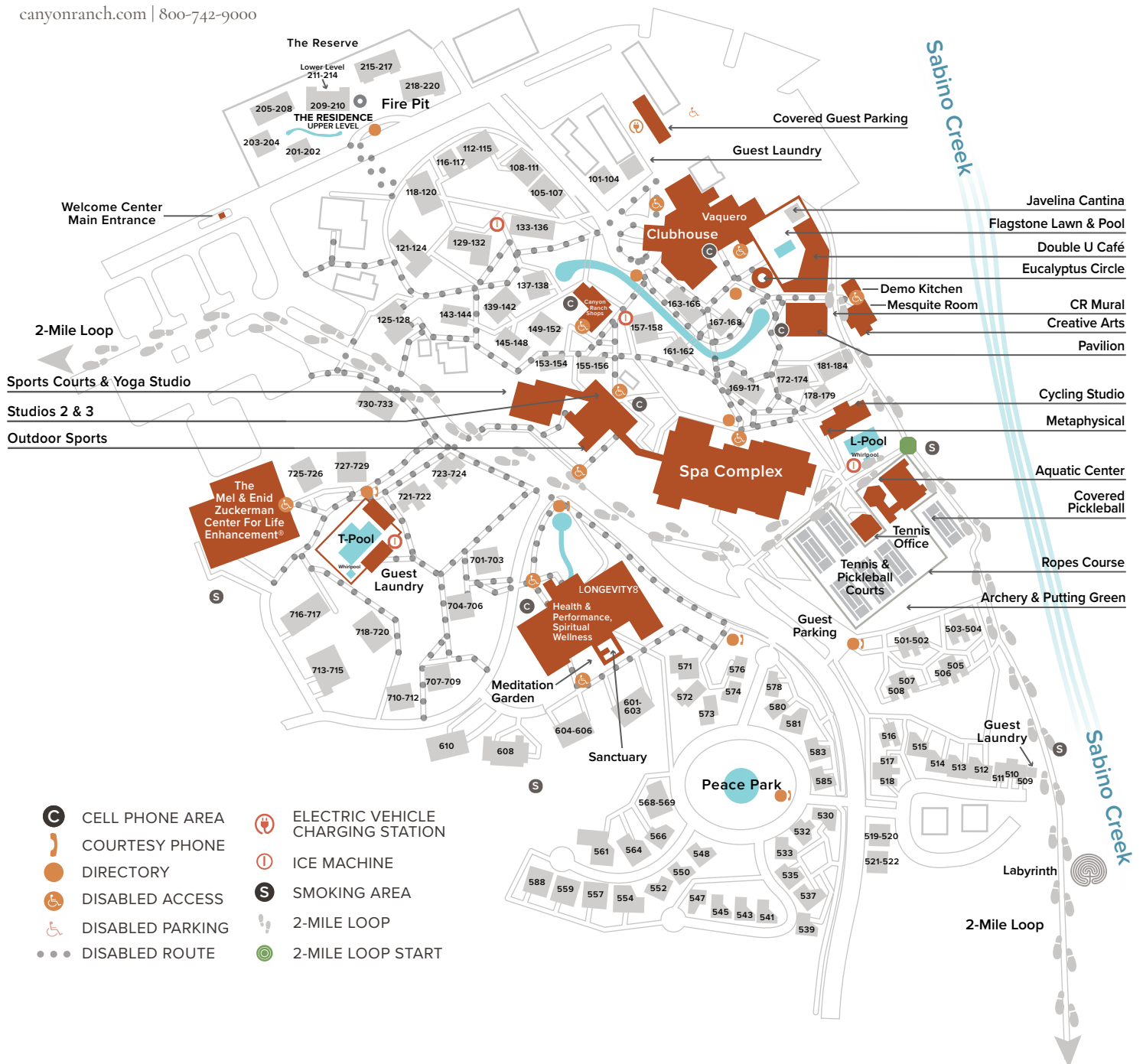
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to
purchase a Membership:

CONTACT
Memberships

TucsonMemberships@canyonranch.com
520-239-3293

or visit our Membership Sales
Team in Tucson.



Clubhouse

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

Spa Complex

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

Health & Performance, & Spiritual Wellness

Acupuncture
Life Management
LONGEVITY8™
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
CR Vitality
Mohave Gym
Ocotillo Room
Saguaro Room

RESTROOMS

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