

RANCH SCHEDULE

SEPTEMBER 17 - 23, 2025



This schedule belongs to:

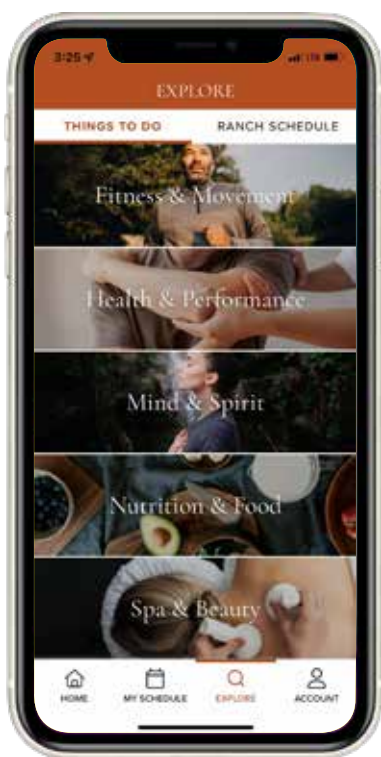
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# SHAPE YOUR JOURNEY

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

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

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



## SPA SANCTUARY DISCOVERY DAYS

**SEPTEMBER 15 - 21**

Step into a serene sanctuary where you'll enjoy exclusive spa experiences – from deeply relaxing treatments to soothing rituals that melt tension. Throughout your stay, take part in expert-led wellness talks that offer valuable insights and guidance, helping you reconnect with your inner calm.

Every detail of this curated experience is crafted to nurture your well-being, leaving you refreshed, renewed, and inspired. 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 'DD'.



## EASTERN TRADITIONS DISCOVERY DAYS

**SEPTEMBER 22 - 28**

Embark on a journey of inner peace and whole-body harmony at our luxury resort in the Sonoran Desert.

Set against a serene natural backdrop, this immersive week blends the wisdom of Ayurveda, Traditional Chinese Medicine, and Eastern healing arts to restore your energy and awaken your senses. Throughout your stay, take part in expert-led wellness talks that offer valuable insights and guidance, helping you balance body, mind, and spirit.

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



## \*UPCOMING\* PILATES AND STRENGTH DISCOVERY DAYS

**SEPTEMBER 29 - OCTOBER 5**

Embark on a journey of inner peace and whole-body harmony at our luxury resort in the Sonoran Desert.

Set against a serene natural backdrop, this immersive week blends the wisdom of Ayurveda, Traditional Chinese Medicine, and Eastern healing arts to restore your energy and awaken your senses. Throughout your stay, take part in expert-led wellness talks that offer valuable insights and guidance, helping you balance body, mind, and spirit.

# 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®

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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.



## IN2 DESIGN TRUNK SHOW

**SATURDAY, SEPTEMBER 20 | 9 AM-6 PM**

**SUNDAY, SEPTEMBER 21 | 9 AM-6 PM**

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

Meet with Swedish-American designer, Inga "Louise" Baldwin as she showcases her hand-crafted jewelry. Come explore unique Swedish designed jewelry using freshwater pearls, precious metals, and semi-precious stones.

# WEDNESDAY

September 17, 2025

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

(DD) DISCOVERY DAYS: SPA SANCTUARY

5:45 AM

## SABINO CANYON

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

6:00 AM

## HIKE: LEVEL 4

**FORT LOWELL TRAIL SV** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

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

6:30 AM

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

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

## BIKE RIDE: LEVEL 2

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

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

7:00 AM

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

8:00 AM

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

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

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

8:15 AM

## HIKE: LEVEL 2

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

9:00 AM

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

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

**GLIDE AND BURN** Limit: 20 Studio 1  
45 min.

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

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

## HIKE: LEVEL 3

**PECK BASIN** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 15 min.

10:00 AM

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

## OPTIMIZE BRAIN HEALTH WITH

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

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

**STRETCH** Limit: 30 **DD** 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.

**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: POACHED SHRIMP** Demo Kitchen  
60 min. Enjoy poached shrimp with chickpea summer salad, 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

### MOUNTAIN TRAIL

**RUNNING—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$110

### GLUTE TRANSFORMATION

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

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

### EXERCISE AND FITNESS: MORE THAN JUST THE

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

2:00 PM

### MINDFULNESS: STRESS ANTIDOTE TO ENHANCE

**LIFESPAN** CME DD 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.

**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

### HANDS-ON COOKING: COCOA &

**CRAFT** Limit: 10 ▲ Demo Kitchen  
60 min. \$125 Calling all aspiring chocolatiers: Craft rich truffles and master the art of fruit dipping for a perfect glossy finish in this decadent, hands-on workshop.

3:00 PM

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

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

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

4:00 PM

**MEDITATION** Limit: 30 DD 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.

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

### NIGHT VISION GOGGLES - CREEPY CRAWLY

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

**LIVING & CREATING WITH REVERENCE** Cactus 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.

# THURSDAY

September 18, 2025

See descriptions of classes and activities on pages 22-26. (DD) DISCOVERY DAYS: SPA SANCTUARY

**6:00 AM**  
**HIKE: LEVEL 4**  
**MINT SPRING TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
7 hr.  
**BIKE RIDE: LEVEL 3**  
**HONEYBEE LOOP** Limit: 6 ▲ Outdoor Sports Lobby  
4 hr.

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

**7:00 AM**  
**SUNRISE YOGA** Limit: 30 Yoga Studio  
60 min.  
**COWBOY COFFEE** 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 DD Sanctuary  
25 min.  
**DYNAMIC STRETCH** Limit: 20 Yoga Studio  
20 min.

**9:00 AM**  
**WALKING MEDITATION** CME Sanctuary  
50 min. Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step. Contemporary research reveals the health and wellness benefits of walking meditation for the mind, body, and spirit.  
**PROPERTY TOUR** Clubhouse Lobby  
45 min.  
**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80  
**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.

**9:45 AM**  
**HIKE: LEVEL 3**  
**LEMMON CREEK** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr. 30 min.

**10:00 AM**  
**MEDITATION HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110  
**MASTERING A CLEAN CONTOUR WITH**  
**OGEE** ▲ DD Spa Lobby  
4 hr. Effortlessly enhance your natural contours with OGEEs Contour Collection. Learn to bronze, blush, and highlight using three easy-to-apply balmy sticks in crystal-inspired shades for a radiant, signature glow. Sign up for a personal mini-session on the CR App or with Program Advising or Skin Care.  
**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 Cactus Room  
50 min. Straighten out the facts on nutrition for weight loss with a seasoned nutritionist and learn to avoid common mistakes that derail progress. Gain practical, science-backed strategies designed for sustainable success.  
**DJ DANCE PARTY** 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.

**NOON**  
**LUNCH & LEARN: GRILLED FLANK STEAK** Demo Kitchen  
60 min. Enjoy grilled lime shrimp with black beans and kale-bacitas, 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  
**CORE & MORE** Limit: 16 Studio 2  
20 min.

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

## 1:00 PM

### PILATES REFORMER CLINIC:

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

### SECRETS TO SLEEPING

**SOUNDLY** CME DD Catalina Room  
50 min. Good sleep is not a luxury – it is a necessity. Learn about the importance of getting good sleep and how to achieve it.

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

## 2:00 PM

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

### HANDS-ON COOKING: THE LONGEVITY

**TABLE** Limit: 10 ▲ 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.

**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.

## 3:00 PM

**AN ART JOURNAL EXPERIENCE** Limit: 15 Art Studio 1  
1 hr. 30 min. Embark on a creative journey through multiple art forms as you craft an origami mini book and fill its pages with sensory treasures — think poetry, feathers, sketches, and more. Bring your personal journal if you wish, and dive into this playful, hands-on exploration of self-expression.

**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.

**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 DD Studio 2  
25 min.

## 5:00 PM

### COMPLEXION PERFECTION WITH

**OGEE** Limit: 10 Spa Lobby  
1 hr. 15 min. Master the no-makeup makeup look with OGEE in this hands-on workshop featuring their award-winning skincare and makeup.

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

## 5:15 PM

**PICKLE & PLAY** Pickleball Court 1  
50 min.

## 5:30 PM

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

## 6:00 PM

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

## 6:30 PM

### FLOATING SOUND MEDITATION

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

## 7:00 PM

**PUBLIC SPEAKING: BE EMPOWERED!** Catalina Room  
50 min. A lively and nonthreatening lesson on freeing your butterflies and speaking confidently to groups of two or 200. International speaker Eileen Shenker tells you how to deliver any message with impact.

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

FRIDAY

September 19, 2025

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

(DD) DISCOVERY DAYS: SPA SANCTUARY

5:45 AM

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

6:00 AM

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

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

6:15 AM

HIKE: LEVEL 3  
ESPERERO OVERLOOK    Limit: 12 ▲    Outdoor Sports Lobby  
4 hr. 15 min.

6:30 AM

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

MORNING WALK    Spa Lobby  
30 min. / 45 min.

7:00 AM

COWBOY COFFEE    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

8:00 AM

PICKLEBALL 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.

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

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.

MASTERING A CLEAN CONTOUR WITH  
OGEE ▲    DD    Spa Lobby  
4 hr.    Effortlessly enhance your natural contours with OGEEs  
Contour Collection. Learn to bronze, blush, and highlight using three  
easy-to-apply balmy sticks in crystal-inspired shades for a radiant,  
signature glow. Sign up for a personal mini-session on the CR App or  
with Program Advising or Skin Care.

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

STRIDE    Limit: 16    Cardio & Strength Gym  
45 min.

AQUA FIT    Limit: 15    Aquatic Center  
45 min.

INTERMEDIATE YOGA    Limit: 20    Yoga Studio  
45 min.

ASK A PSYCHIC    Cactus Room  
50 min.    Learn what it means to be psychic, or intuitive, and bring  
lots of questions for this open forum with Canyon Ranch psychic  
Pat Bruckmann.



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

**DAZZLE DRY NAIL BAR** ▲ Spa Lobby  
4 hr. Join Dazzle Dry for a luxurious polish refresh with their patented system. Sign up for a personal mini-session on the CR App or with Program Advising or Skin Care.

**LUNCH & LEARN: HOT HONEY CHICKEN** Demo Kitchen  
60 min. Enjoy hot honey chicken with roasted cauliflower and kale salad, 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

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

**GRIND, GRIT & GRACE** CME 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.

## 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.

## SELF-COMPASSION IS YOUR SUPER

**POWER** CME 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.

**ASTROLOGY: BEYOND THE BASICS** Cactus Room  
50 min. Your astrological chart is a mandala that reveals both life purpose and personal synchronicity. Join Canyon Ranch astrologer Shivani Baker, to learn what popular horoscopes don't tell you.

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

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

**PELVIC FLOOR YOGA—NEW** Limit: 18 Yoga Studio  
45 min.

## 3:00 PM

## NOURISHING BEAUTY: DIET TIPS FOR SKIN AND

**HAIR—NEW** DD Catalina Room  
50 min. Explore how nutrition benefits skin and hair health, from antioxidants and collagen to hydration, protein, and vitamin D. Learn about the effects of sugar, dairy and AGEs on beauty and aging. Unlock practical tips to support vibrant, healthy skin and hair.

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

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

**WALLYBALL** Racquet Court 1  
45 min.

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

## 4:00 PM

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

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

## 4:30 PM

## SKY ISLAND SUNSET AND CITY LIGHTS

**TOUR—NEW** Limit: 6 ▲ 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.

## 8:00 PM

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

# SATURDAY

## September 20, 2025

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

(DD) DISCOVERY DAYS: SPA SANCTUARY

### 6:15 AM

#### HIKE: LEVEL 3

**BALANCED ROCK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min.

### 6:30 AM

#### HIKE: LEVEL 2

**TANQUE VERDE SADDLE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

#### HIGH ROPES CHALLENGE

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

#### MORNING WALK

30 min. / 45 min. Spa Lobby

### 7:00 AM

#### COWBOY COFFEE

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.

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

### 8:00 AM

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

### 8:15 AM

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

### 9:00 AM

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

**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.

#### SOLVING THE MYSTERY OF KNEE

**PAIN** CME Catalina Room  
50 min. Learn about common injuries to the knee, how they occur, and what you can do about them.

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

### 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.

#### KARTCHNER CAVERNS LIVING CAVE

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

**PERSONALIZED NUTRITION** CME Cactus 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.

**DAZZLE DRY NAIL BAR** ▲ Spa Lobby  
4 hr. Join Dazzle Dry for a luxurious polish refresh with their patented system. Sign up for a personal mini-session on the CR App or with Program Advising or Skin Care.

### 11:00 AM

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

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

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

### NOON

**BREATHING** Limit: 30 Yoga Studio  
20 min.

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

#### CME ACCREDITATION

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

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

### 1:00 PM

**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

**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

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

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

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

**WALLYBALL** Racquet Court 1  
45 min.

**DE-STRESSING YOUR EXERCISE ROUTINE** CME Cactus Room  
50 min. Which workout is best for you: strength, endurance, aerobic, balance or agility training? Join a Canyon Ranch sports scientist and learn how to best reach your fitness goals.

**RAINBOW CRYSTAL SUNCATCHERS** Limit: 10 Art Studio 1  
1 hr. 30 min. Enjoy a simple yet rewarding moment of creative expression by stringing beads and crystals to create your own suncatcher and take a piece of sunshine with you from your Canyon Ranch Tucson experience.

### 4:00 PM

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

**RESTORATIVE YOGA** Limit: 20 DD Yoga Studio  
45 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.

### 5:30 PM

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

### 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 ▲ Outdoor Sports Lobby  
3 hr. \$140

### 7:00 PM

**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!

# SUNDAY

September 21, 2025

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

(DD) DISCOVERY DAYS: SPA SANCTUARY

## 6:00 AM

### HIKE: LEVEL 4

**GUTHRIE PEAK** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr. 30 min.

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

## 6:15 AM

### HIKE: LEVEL 3

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

## 6:30 AM

### HIKE: LEVEL 2

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

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

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

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

## 7:00 AM

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

**COWBOY COFFEE** 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

## 8:15 AM

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

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

## 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 DD 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

**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.

### MOUNTAIN TRAIL

**RUNNING—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$110

### 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.



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## NOON

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ 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.

**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.

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

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## 2:00 PM

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

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

**STRIDE** Limit: 16 Cardio & Strength Gym  
45 min.

**ACUPUNCTURE 101: INSIDE THE TREATMENT ROOM** Limit: 8 DD Sanctuary  
50 min. Interested in acupuncture, but unsure if it's for you? Join us for an inside look at a typical acupuncture session to learn what the therapy involves, explore potential benefits, and get your questions answered by our Chinese medicine practitioner.

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

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

## 3:00 PM

**DRUMMING CIRCLE** Limit: 17 DD Studio 1  
45 min.

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

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

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## 4:00 PM

**RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$110

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

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

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## 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.

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## 5:30 PM

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

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## 6:00 PM

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

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## 7:00 PM

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

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

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## 8:00 PM

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

# MONDAY

## September 22, 2025

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

(DD) DISCOVERY DAYS: EASTERN TRADITIONS

### 5:45 AM

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

### 6:00 AM

**HIKE: LEVEL 4**  
**SOLDIER TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 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

**BIKE RIDE: LEVEL 3**  
**SABINO CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr.

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

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

### 7:00 AM

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

### 8:00 AM

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

### 8:15 AM

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

### 8:30 AM

**HIKE: LEVEL 3**  
**LEMMON PARK** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr.

### 9:00 AM

**BURNOUT & RESILIENCE** CME Catalina Room  
50 min. Discuss burnout in high-functioning people, common symptoms, and how it affects our lives. Learn how you can cultivate resiliency skills.

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

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

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

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

### 9:15 AM

**HIKE: LEVEL 2**  
**SUNSET TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 30 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

**CRYSTAL MEDITATION** Limit: 30 Sanctuary  
30 min. In this guided meditation, learn about the energetic properties of quartz and how to clear and activate crystal. Quartz crystal helps us relax into harmonic balance so we can focus on meditation.

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

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

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

### NOON

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

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

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

### 1:00 PM

#### NUTRITION, GUT HEALTH & IMMUNITY

CME

Catalina Room

50 min. With over 70% of immune cells residing in the gut, there is a dynamic relationship between gut health and immune system function. Support optimal health with every day nutrition strategies that target both gut and immune function.

#### PILATES REFORMER CLINIC:

##### BEGINNING

Limit: 5 ▲

Pilates Studio

50 min. \$80

##### HIKE & PAINT

Limit: 8 ▲

Outdoor Sports Lobby

4 hr. \$110

### 2:00 PM

#### CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

#### EAST MEETS EAST: AYURVEDA & CHINESE

##### MEDICINE

DD

Cactus Room

50 min. Join two of our experts for an insightful discussion on the basic concepts of Ayurveda and Chinese medicine. We'll also explore the similarities and differences between these two ancient healing approaches.

#### CORE CONDITIONING

Limit: 15

Studio 1

45 min.

#### GOOD VIBRATIONS

Limit: 14

Studio 2

45 min.

#### YOGA FOUNDATIONS

Limit: 30

Yoga Studio

45 min.

#### JEEP ADVENTURE

Limit: 3 ▲

Outdoor Sports Lobby

4 hr. \$220

### 3:00 PM

#### FREEFORM FUSION

Limit: 14

Studio 2

45 min.

#### POSTURE & BALANCE

Limit: 20

Studio 1

45 min.

#### STRIDE & STRENGTH

Limit: 14

Cardio & Strength Gym

45 min.

### 4:00 PM

#### MEMORY WIRE BRACELET

Limit: 20

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!

#### CHAKRA BALANCING YOGA & SOUND

##### HEALING

Limit: 20

DD

Yoga Studio

45 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.

#### UNDER THE VEDIC SUN

DD

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

#### HIGH ROPES CHALLENGE

##### COURSE

Limit: 8 ▲

Outdoor Sports Lobby

3 hr. \$220

### 7:00 PM

#### NIGHT VISION GOGGLES - CREEPY CRAWLY

##### EDITION—NEW

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

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.

# TUESDAY September 23, 2025

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

(DD) DISCOVERY DAYS: EASTERN TRADITIONS

6:00 AM

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

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

6:15 AM

**HIKE: LEVEL 3 WEST SPRING** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

6:30 AM

**HIKE: LEVEL 2 VENTANA TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

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

**BIKE RIDE: LEVEL 2 MOUNTAIN BIKE 101** Limit: 4 ▲ Outdoor Sports Lobby  
4 hr.

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

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

7:00 AM

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

8:00 AM

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

8:15 AM

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

9:00 AM

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

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

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

**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

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

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

**ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS** CME DD 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.

**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.

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



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

## NOON

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

**BREATHING** Limit: 30 Yoga Studio  
20 min.

**LUNCH & LEARN: MONGOLIAN BBQ SALMON** Demo Kitchen  
60 min. Enjoy Mongolian BBQ salmon and cauliflower 'fried rice' with a chef's choice salad 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 ▲ Pilates Studio  
50 min. \$80

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

## 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.

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

## 3:00 PM

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

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

**WALLYBALL** Racquet Court 1  
45 min.

## 4:00 PM

**INTRO TO AYURVEDA: WHAT'S YOUR DOSHA?** DD Cactus Room  
50 min. Ayurveda, the ancient holistic medical science of India, is the sister practice to yoga. Discover how to recognize and address life patterns that cause imbalances by learning about the three doshas.

**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.

## 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

## 7:00 PM

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

**COSMIC JOURNEY WITH THE TELESCOPE—NEW** Limit: 8 ▲ 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. 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!

# 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

### 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

### 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, Su 2:00pm

### Cardio Circuit

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

### 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, Su 2:00pm, Mo 9:00am

### Drumming Circle

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

### Dynamic Stretch

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

### **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, Mo 11:00am, 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

### **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

### **Stride**

First Come, First Served. Limit 16. A motivating group treadmill workout incorporating interval training. Fr 11:00am, 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, Mo 9:00am, 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

### **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, 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, Fr 3:00pm

### **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**

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. 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. Th 6:30pm, Tu 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, Tu 9:00am

### **Intermediate Yoga**

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

### **Kundalini Yoga**

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

### **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, Tu 4:00pm

### **Pelvic Floor Yoga**

First Come, First Served. Limit 30. Build strength and stabilization of the pelvic floor through yoga, connecting the brain, body and breath. You may gain greater confidence and inner strength. We 3:00pm, Fr 2:00pm

### **Pilates Mat**

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

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

Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body and lengthening the spine. Th 1:00pm, 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. 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. Su 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. Fr 4:00pm, 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, Tu 2:00pm

### **Yoga Nidra**

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

### **Yoga for Detox**

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



## 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

### 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 - Mountain Bike 101

Desert Ride. Learn the skills to get into the exciting sport of mountain biking. We start with building fundamental skills and then move on to instructed trail riding utilizing the RABS training system. Tu 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 - Honeybee Loop

Mountain Biking. 15.7 mi. Sweeping views of the Santa Catalina Mountains are the backdrop for this stunning desert single track mountain bike ride, with Native American rock art, gradual up hills and exhilarating downhill runs. Th 6:00am

### Bike Ride: Level 3 - Sabino Canyon

Desert Ride. 13 mi. This popular early morning ride takes you into spectacular Sabino Canyon. Lots of dips and hills all trending upwards with a strong climb in the end. Mostly down on the way back. Mo 6:30am

### Bird Walk

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 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. Fr 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, Mo 6:00pm, 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 6:30am, Fr 1:00pm, Su 6:30am, Mo 1:00pm

### 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. We 8:15am

### Hike: Level 2 - Milagrosa Overlook

Desert Hike. 4 mi. 635 ft. elev. Hike through a beautiful canyon to a ridgetop overlook. Expect intervals of steep uphill and downhill over rocky terrain with scenic canyon views. Th 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. Fr 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 6:30am

### Hike: Level 2 - Sunset Trail

Mountain Hike. 3.75 mi. 510 ft. elev. Enjoy a beautiful alpine trail with steep uphill and downhill leading you through a winding rock canyon to a spectacular overlook. Mo 9:15am

### Hike: Level 2 - Tanque Verde Saddle

Saguaro National Park. 3.5 mi. 970 ft. elev. A good challenge for strong beginners, this hike features several sections of steep uphill leading to the crest of a scenic ridge. Sa 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. Tu 6:30am

### 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." Sa 6:15am

### Hike: Level 3 - Esperero Overlook

Sabino Canyon. 5 mi. 965 ft. elev. A challenging hike that wanders over moderate to steep rocky uphill and downhill sections in the scenic canyon basin. Fr 6:15am

### Hike: Level 3 - Finger Rock

Desert Hike. 4 mi. 1620 ft. elev. This trail is well known for its challenging ascent into a beautiful canyon with breathtaking views below. Expect big rock steps and a steep incline. Su 6:15am

### Hike: Level 3 - Lemmon Creek

Mountain Hike. 6.4 mi. 1160 ft. elev. This moderate hike leads through an area of diverse habitats that include excellent examples of Canadian Zone riparian areas and Ponderosa pine forests. Th 9:45am

### Hike: Level 3 - Lemmon Park

Mountain Hike. 5.6 mi. 1350 ft. elev. This scenic alpine trail takes us down through lush forests to a great overlook. Expect sections of steep climbing on the return. Mo 8:30am

### Hike: Level 3 - Peck Basin

Mountain Hike. 4.2 mi. 1700 ft. elev. The trail traverses a high, wooded ridge which was once the site of a long-abandoned incinerator. A short uphill and then steep downhill leads to a magnificent vista of the San Pedro Valley. We 9:00am

### Hike: Level 3 - West Spring

Desert Hike. 4 mi. 1140 ft. elev. This scenic intermediate hike features rocky terrain in some areas. Travel up and down via switchbacks while enjoying diverse nature views, ranging from desert plants to meadow-like areas. Tu 6:15am

**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. Fr 6:00am

**Hike: Level 4 - Fort Lowell Trail SV**

Desert Hike. 6 mi. 1772 ft. elev. This rugged and rocky trail takes you through intervals of steep climbs surrounded by a classic desert landscape with stunning views at the turnaround spot. We 6:00am

**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. Su 6:00am

**Hike: Level 4 - Mint Spring Trail**

Mountain Hike. 6.2 mi. 1845 ft. elev. Challenge yourself to an uphill hike through a mountain meadow to a saddle, then a strong climb to a spot with incredible views near the top of Mount Lemmon. Th 6:00am

**Hike: Level 4 - Soldier Trail**

Desert Hike. 5.5 mi. 1813 ft. elev. The trail has a tough, steep climb that starts immediately from the signed trailhead. As the trail gets steeper, the views become even more stunning. Mo 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 6:00am, 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 2:00pm, 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! Sa 10:00am, 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

**Mountain Trail Running**

Enjoy an invigorating one-hour trail run through the pine forests of Mt. Lemmon. Trails vary and feature hilly, uneven terrain above 7,000 feet. Expect a mix of moderate jogging and hiking, covering up to 4 miles. We 1:00pm, Su 11:00am

**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, Su 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. 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, Th 8:00am, Fr 8:00am, Sa 7:00am, Su 7:00am, Mo 7:00am, 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 9:00am, Sa 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. 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. 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/](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
Each additional hour, up to three guests .....	80

### 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
Sanctuary of Sound and Watsu—NEW.....	50 min.....	395
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](http://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:

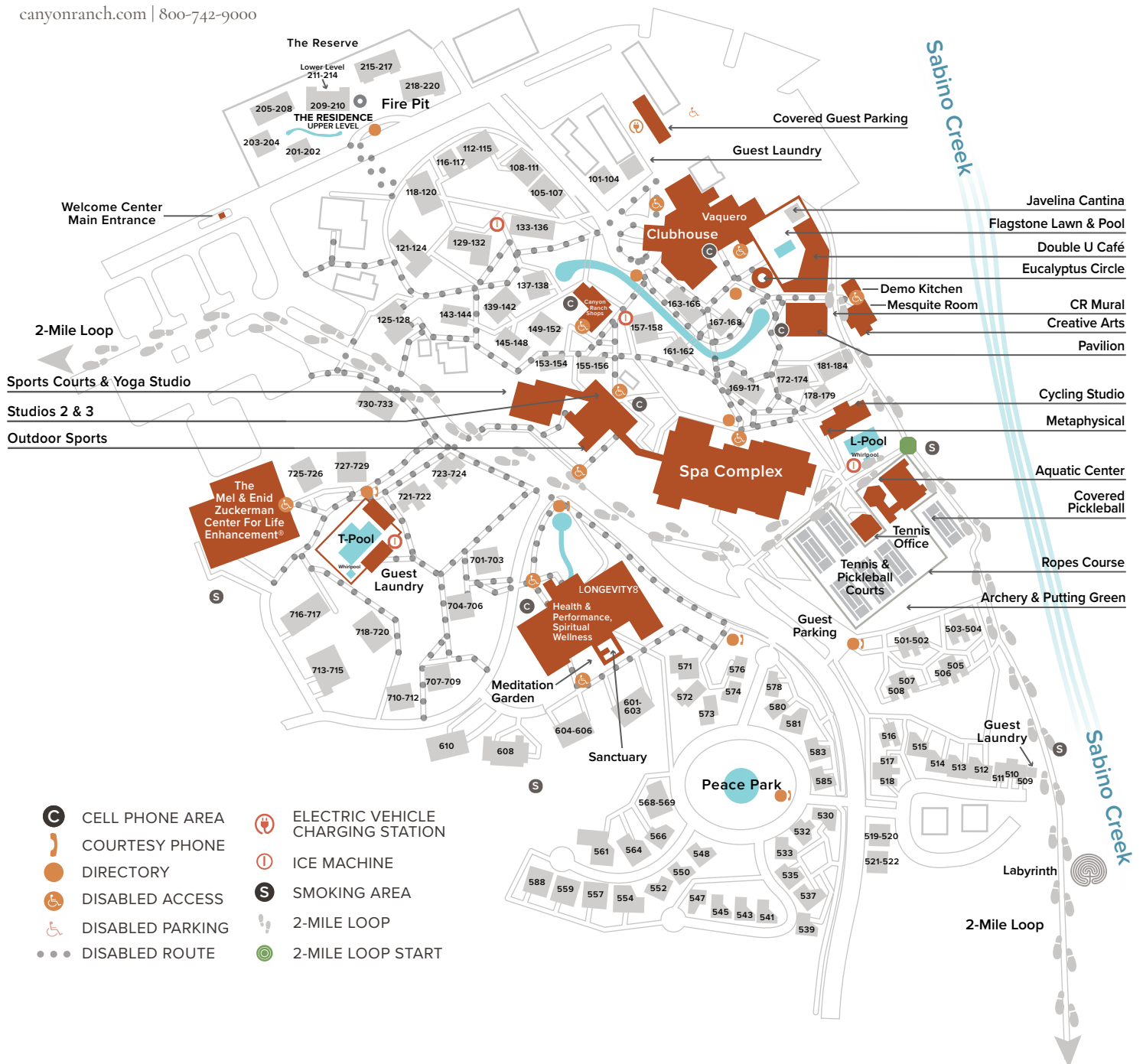
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.