

RANCH SCHEDULE

SEPTEMBER 24 - 30, 2025



This schedule belongs to:

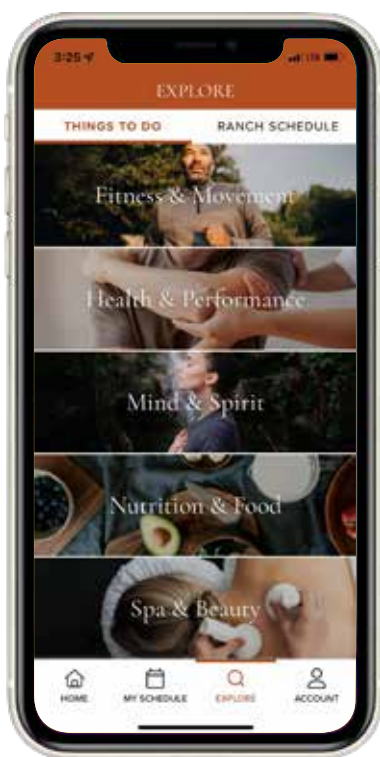
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# SHAPE YOUR JOURNEY

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



## 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'.



## 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.

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



**\*UPCOMING\***

## GIDDY UP: A SPA + SPURS FESTIVAL

**OCTOBER 3 - 6**

Grab your gals for a rootin' tootin' good time and share unforgettable experiences from line dancing to tequila tasting, all while you create bestie memories and laughs together. Or come on your own and make new friends when you gather for morning cowgirl coffees around our fire pit or while you dine al fresco under the stars.

Immerse yourself in the Ranch life. Saddle up for scenic horseback rides and enjoy fireside chats under the stars. Tap your boots to live music, craft your own cowgirl hat, and much more.

# 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.



## ART OF CEREMONY TRUNK SHOW

FRIDAY, SEPTEMBER 26 | 9 AM–5 PM

SATURDAY, SEPTEMBER 27 | 9 AM–5 PM

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

The Art of Ceremony brings to life the art of ritual in jewelry design. Each necklace, earring, and bracelet is made with intention. All delight the eye and spark the soul.



# WEDNESDAY

September 24, 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**  
**PONTATOC TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr.

## 6:30 AM

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

**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.

## 8:30 AM

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

## 9:00 AM

**AQUA ZUMBA** Limit: 24 T-Pool  
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

## 9:15 AM

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

## 10:00 AM

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

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

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

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

## 11:00 AM

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

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

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

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

### DISCOVER OUR PROPERTY ON A TOUR

Did you know we offer complimentary tours every day at 9 AM? Whether you're looking for quiet meditation spots, the fastest route to your services, or the perfect photo backdrop, we'll customize the tour to fit your needs. Sign up in the app or check in at the Guest Services desk in the Clubhouse.



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

### MOUNTAIN TRAIL

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

### LUNCH & LEARN: JERK CHICKEN

Demo Kitchen  
60 min. Enjoy jerk chicken with sofrito rice and greens and a chef's choice salad while learning how to prepare the entrée.

## 1:00 PM

### ALL YOU NEED TO KNOW ABOUT

**ACUPUNCTURE—NEW DD** Cactus Room  
50 min. Explore how acupuncture continues to gain validation as an effective technique for restoring health and balance.

### GLUTE TRANSFORMATION

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

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

## 2:00 PM

### 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.

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

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

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

### PILATES REFORMER INT/ADV

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

### MINDFULNESS: STRESS ANTIDOTE TO ENHANCE

**LIFESPAN** CME 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.

## 3:00 PM

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

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

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

## 4:00 PM

**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

### 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

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

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

## 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

### SOUTHWEST RISING: ART & LEGACY OF ELAINE

**HORWITCH** Cactus Room  
50 min. With Dr. Julie Sasse, Chief Curator at Tucson Museum of Art, explore the spirited life of one of the most powerful and influential art dealers in Arizona and New Mexico art history, Elaine Horwitch.

### NIGHT VISION GOGGLES - CREEPY CRAWLY

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

# THURSDAY

September 25, 2025

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

**6:00 AM**  
**DESERT TRAIL RUNNING** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

**6:15 AM**  
**HIKE: LEVEL 3**  
**BLACKETTS RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

**6:30 AM**  
**HIKE: LEVEL 2**  
**WILD HORSE CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.  
**ARCHAEOLOGY 2 - DISCOVERING HOHOKAM**  
**PETROGLYPHS—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$140  
**HIGH ROPES CHALLENGE**  
**COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220  
**MORNING WALK** Spa Lobby  
30 min. / 45 min.

**7:00 AM**  
**COWBOY COFFEE** 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.

**8:15 AM**  
**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.  
**DYNAMIC STRETCH** Limit: 20 Yoga Studio  
20 min.

**9:00 AM**  
**PROPERTY TOUR** Clubhouse Lobby  
45 min.  
**GUIDED LABYRINTH WALK** Limit: 12 DD Sanctuary  
50 min. Visit the labyrinth with a Spiritual Wellness provider. Learn about this sacred archetype, and walk its path with intention in a shared community of spiritual seekers.  
**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.  
**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110  
**KARTCHNER CAVERNS LIVING CAVE**  
**TOUR—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$220

**10:00 AM**  
**WRITING IN NATURE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.  
**H2O POWER** Limit: 24 T-Pool  
45 min.  
**STRETCH** Limit: 30 Yoga Studio  
45 min.

**11:00 AM**  
**NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN** CME Catalina Room  
50 min. Unlock the secrets to a longer, healthier lifespan through nutrition. Explore the vital connection between what we eat and longevity in this insightful presentation.  
**DJ DANCE PARTY** Limit: 30 Studio 1  
45 min.  
**PBF: POWER BLAST FITNESS** Limit: 20 Studio 3  
45 min.  
**YOGA FOR DETOX** Limit: 20 DD Yoga Studio  
45 min.

**NOON**  
**CAPTAIN'S TABLE: MEMBERSHIPS** Limit: 6 Vaquero  
60 min. Join a Canyon Ranch expert for a casual lunch discussion about the benefits and special offers available to Canyon Ranch Members, and how you can become one yourself!  
**LUNCH & LEARN: GRILLED STEAK FAJITAS** Demo Kitchen  
60 min. Enjoy grilled steak fajitas with guacamole, soup of the day, salad bar and dessert, while learning how to prepare the entrée.  
**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80  
**CORE & MORE** Limit: 16 Studio 2  
20 min.

## COMPLIMENTARY HIKING & BIKING

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles. We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear. Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

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

### 1:00 PM

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

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### 2:00 PM

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

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

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

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

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

**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.

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

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### 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.

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

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

**WALLYBALL** Racquet Court 1  
45 min.

**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.

### 4:00 PM

**AYURVEDA FOR MEN'S HEALTH** DD Cactus Room  
50 min. Discover how stress, hormones, and reproductive health are all connected—and how Ayurveda targets dosha imbalances to help prevent prostate and heart issues while supporting overall male wellness.

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

**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.

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### 5:15 PM

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

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### 5:30 PM

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

**AUTHENTIC TAQUERIA** Double U Patio  
2 hr.

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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: 24 ▲ Outdoor Sports Lobby  
2 hr. \$80

# FRIDAY

## September 26, 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  
LEMMON PARK** Limit: 12 ▲ Outdoor Sports Lobby  
7 hr.

### 6:15 AM

**HIKE: LEVEL 3  
MCDOUGAL RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min.

### 6:30 AM

**BIKE RIDE: LEVEL 3  
ROCKING K** Limit: 6 ▲ Outdoor Sports Lobby  
4 hr.

**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.

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

### 7:30 AM

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

### 8:00 AM

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

### 8:30 AM

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

### 9:00 AM

**NEW APPROACHES TO WEIGHT LOSS** CME Catalina 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.

### 10:00 AM

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

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

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

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

### 11:00 AM

**THE SIXTH SENSE: HARNESSING YOUR  
INTUITION** Cactus Room  
50 min. A Canyon Ranch clairvoyant will discuss how to access the unlimited knowledge the universe has to offer.

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

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

**POWER FLOW** Limit: 20 Yoga Studio  
45 min.

### NOON

**LUNCH & LEARN: TAHINI CHICKEN LETTUCE  
WRAPS** Demo Kitchen  
60 min. Enjoy tahini chicken lettuce wraps with miso dipping sauce, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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



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## 1:00 PM

### GLUTE TRANSFORMATION

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

### PILATES REFORMER CLINIC:

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

### CHINESE MEDICINE FOR SEASONAL

**WELLNESS** DD Sanctuary  
50 min. Explore the five elements of Traditional Chinese Medicine and learn how to balance your body through the seasons. This presentation changes seasonally.

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

## 2:00 PM

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

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

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

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

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

### PLUTO, THE PLANET OF POWER & TRANSFORMATION

Cactus Room  
50 min. Canyon Ranch astrologer Shivani Baker will share what the meaning of Pluto is in our charts, and how its energy affects us personally, nationally and globally.

## 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.

## 3:00 PM

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

**WALLYBALL** Racquet Court 1  
45 min.

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

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

## 4:00 PM

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

### RESTORATIVE AERIAL YOGA AND SOUND HEALING

**CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$110

**FOOD AS MEDICINE** DD Catalina Room  
50 min. Healthy food fosters a healthy body and a happy, healthy person. Learn about the energetic effects of different foods, the role of taste, and how to choose foods based on your constitution (dosha), emotional patterns, and environment.

## 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.

**BBQ NIGHT BY THE FLAGSTONE POOL** Double U Patio  
2 hr.

## 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 27, 2025

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

(DD) DISCOVERY DAYS: EASTERN TRADITIONS

6:15 AM

HIKE: LEVEL 3

DOUGLAS/ROCK SPRINGS Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

6:30 AM

HIKE: LEVEL 2

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

YOGA IN THE WILD Limit: 8 ▲ DD 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.

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

HIGH ROPES CHALLENGE

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

MORNING WALK Spa Lobby  
30 min. / 45 min.

7:00 AM

COWBOY COFFEE 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: 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 Sanctuary  
25 min.

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center  
45 min.

WATER WORKOUT Limit: 24 T-Pool  
45 min.

SHOULDER PAIN UNRAVELED CME Cactus Room  
50 min. Join a sports medicine provider and delve into common shoulder conditions that cause pain and restrictions, and how looking beyond the shoulder can improve well-being.

PROPERTY TOUR Clubhouse Lobby  
45 min.

### DISCOVER OUR PROPERTY ON A TOUR

Did you know we offer complimentary tours every day at 9 AM? Whether you're looking for quiet meditation spots, the fastest route to your services, or the perfect photo backdrop, we'll customize the tour to fit your needs. Sign up in the app or check in at the Guest Services desk in the Clubhouse.

10:00 AM

KARTCHNER CAVERNS LIVING CAVE

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

TUCSON AUTO MUSEUM

EXCURSION—NEW Limit: 11 Clubhouse Lobby  
1 hr. 30 min. Join us for an off-property tour of the Tucson Auto Museum, home to one of the worlds most iconic collections of rare and classic cars. Every car tells a story - not just of design or engineering but of cultural impact, human creativity, and eras worth remembering.

NUTRITION STRATEGIES FOR WOMEN'S

HEALTH CME Catalina Room  
50 min. Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.

CORE CONDITIONING Limit: 15 Studio 1  
45 min.

H2O POWER Limit: 24 T-Pool  
45 min.

STRETCH Limit: 30 Yoga Studio  
45 min.

10:30 AM

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

11:00 AM

AQUA FIT Limit: 15 Aquatic Center  
45 min.

INTERMEDIATE YOGA Limit: 30 DD 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.

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.

### MINDSET FOR OPTIMUM

**PERFORMANCE** CME Catalina Room  
50 min. Explore how mindset impacts how we think, feel and what we do. We will learn how to build motivation, confidence and resilience, the importance of self-awareness and how to increase it by identifying our top values.

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

### 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.

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

### 3:00 PM

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

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

**WALLYBALL** Racquet Court 1  
45 min.

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

### 4:00 PM

**RESTORATIVE YOGA** Yoga Studio  
45 min.

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

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

**AYURVEDA FOR WOMEN'S HEALTH** DD Cactus Room  
50 min. Learn about different women's health concerns from an Ayurvedic point of view and discover ancient tools to help balance these challenges.

### 5:00 PM

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

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

### 5:30 PM

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

**CHEF INSPIRED STREET CART: FRENCH RIVERA** Double U Patio  
2 hr.

### 6:00 PM

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

**MAHJONG GAME NIGHT** Limit: 8 DD 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

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

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

Thank you for helping keep Canyon Ranch serene.

# SUNDAY

September 28, 2025

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

(DD) DISCOVERY DAYS: EASTERN TRADITIONS

## 6:00 AM

### HIKE: LEVEL 4

**FINGER ROCK SV** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min.

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

## 6:15 AM

### HIKE: LEVEL 3

**MILAGROSA CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min.

## 6:30 AM

### HIKE: LEVEL 2

**ESPERERO TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. 45 min.

**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

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

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

## 8:00 AM

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

### ECOLOGY WALK

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

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

## 8:15 AM

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

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

## 9:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

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

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

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

## 10:00 AM

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

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

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

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

## 11:00 AM

### MOUNTAIN TRAIL

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

### VEDIC PALMISTRY: IT'S ALL IN OUR HANDS

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

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

### SACRAL CHAKRA HIP

**OPENING** Limit: 20 DD Yoga Studio  
45 min.

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



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## NOON

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

## 1:00 PM

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

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

**FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY** Cactus Room  
50 min. Access the feminine wisdom and power of the moon and Venus through your astrological birth chart. A Canyon Ranch expert talks about invoking their energy by working with gemstones and crystals.

**QI GONG IN THE MOUNTAINS—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. 30 min. \$140

## 2:00 PM

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

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

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

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

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

**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.

**JUST 'DOT IT'!** Limit: 15 Art Studio 1  
60 min. Relax and let your creative side take over and dot your new diamond masterpiece. Make a gift for a loved one or take home a fun reminder of your visit. Please bring glasses or readers if you need them for close, detailed work.

## 3:00 PM

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

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

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

## 4:00 PM

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

**AGING GRACEFULLY WITH AYURVEDA** DD Catalina Room  
50 min. The Ayurvedic perspective of balancing the doshas applies to your life as a whole. Delve into practical practices to keep you happy and healthy and alleviate common age-related vata symptoms such as achy joints, dry skin, and insomnia.

**OUTDOOR ADVENTURE PASSPORT** Limit: 12 Spa Lobby  
50 min. From Archaeology to Yoga in the Wild, come discover the exciting offerings of our Outdoor Sports program and find the perfect fit for you. We showcase our activities, answer questions, and discuss the custom adventures we can design just for you.

## 5:00 PM

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

## 5:30 PM

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

## 6:00 PM

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

## 7:00 PM

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

## 8:00 PM

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

# MONDAY

September 29, 2025

See descriptions of classes and activities on pages 22-26. (DD) DISCOVERY DAYS: PILATES AND STRENGTH

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

**6:00 AM**  
**HIKE: LEVEL 4**  
**LEMMON CREEK** Limit: 12 ▲ Outdoor Sports Lobby  
7 hr. 30 min.

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

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

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

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

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

**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.

CME ACCREDITATION

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

**9:00 AM**  
**CORE CONDITIONING** Limit: 15 Studio 1  
45 min.

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

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

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

**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.

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

**9:15 AM**  
**HIKE: LEVEL 3**  
**CRYSTAL SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr.

**10:00 AM**  
**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

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

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

**QI GONG IN THE MOUNTAINS—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. 30 min. \$140

**HOW TO MAKE EVERY DAY SACRED** CME Sanctuary  
50 min. How often do you get a chance to sit with something, look at it, feel it, and hold it in your heart? Embrace your life in a sacred way and it will speak in a sacred way.

**11:00 AM**  
**PEDAL, LIFT, FLOW** Limit: 12 Golf Performance Center  
60 min.

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

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

**INSIGHT & HEALING WITH GEMS & MINERALS** Cactus Room  
50 min. Heidi Harralson, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.

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## NOON

### LUNCH & LEARN: ZA'ATAR GRILLED

#### STEAK

Demo Kitchen

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

### AERIAL SWING YOGA CLINIC

Limit: 5 ▲

Studio 3

50 min. \$80

## 1:00 PM

### CONQUER YOUR FOOD CRAVINGS

CME Catalina Room

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

### PILATES REFORMER CLINIC:

#### BEGINNING

Limit: 5 ▲

DD

Pilates Studio

50 min. \$80

## 1:30 PM

### JEEP ADVENTURE

Limit: 3 ▲

Outdoor Sports Lobby

4 hr. \$220

## 2:00 PM

### CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

### ACUPUNCTURE 101: INSIDE THE TREATMENT

#### ROOM

Limit: 8 ▲

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.

### CHAIR YOGA

Limit: 20

Yoga Studio

45 min.

### WALK YOUR WORKOUT

Limit: 15

Spa Lobby

45 min.

### WATER WORKOUT

Limit: 24

T-Pool

45 min.

## 3:00 PM

### FREEFORM FUSION

Limit: 14

Studio 2

45 min.

### MUSCLE MAX

Limit: 12

Studio 3

45 min.

### POSTURE & BALANCE

Limit: 20

DD

Studio 1

45 min.

## 4:00 PM

### THE ART OF WATERCOLOR: BASIC

#### TECHNIQUE

Limit: 20

Art Studio 1

1 hr. 30 min. Begin your creative journey with the basics of watercolor painting. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

### RESTORATIVE YOGA

Limit: 20

Yoga Studio

45 min.

### STRETCH & RELAXATION

Limit: 20

Studio 2

25 min.

### INSTANT GRATIFICATION: BEAUTIFY YOUR

#### SKIN

Limit: 16

Spa Lobby

50 min. Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

## 5:00 PM

### PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

### OPEN 12-STEP RECOVERY MEETING

Mesquite Room

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

### INTRODUCTION TO VEDIC ASTROLOGY

Cactus Room

50 min. Compare and contrast Vedic and western astrology and discover what a Vedic chart can tell you about your karmic journey. Focus on strengths, growth, and the importance of strategic awareness.

## 5:30 PM

### COMMUNITY TABLE

Limit: 6 ▲

Vaquero

60 min.

## 6:00 PM

### CR VITALITY TOUR

Limit: 20

DD

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

## 6:30 PM

### NIGHT VISION GOGGLE

#### EXPERIENCE

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

# TUESDAY September 30, 2025

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

(DD) DISCOVERY DAYS: PILATES AND STRENGTH

## 6:00 AM

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

## 6:30 AM

**HIKE: LEVEL 2 PIMA CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr.

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

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

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

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

## 8:15 AM

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

## 8:30 AM

**HIKE: LEVEL 3 PALISADES TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. 45 min.

## 9:00 AM

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

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

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

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

**PROPERTY TOUR** Clubhouse Lobby  
45 min.

## 10:00 AM

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

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

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

**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.

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

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

## 11:00 AM

**CHANGE YOUR AURA, CHANGE YOUR LIFE** Cactus Room  
50 min. Join a Canyon Ranch clairvoyant to learn about auras and chakras and how you can improve your state of well-being.

**POWER FLOW** Limit: 30 DD Yoga Studio  
45 min.

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

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

## NOON

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

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



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

### 1:00 PM

**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 ▲ DD Pilates Studio  
50 min. \$80

### 2:00 PM

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

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

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

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

### 3:00 PM

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

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

**WALLYBALL** Racquet Court 1  
45 min.

### 4:00 PM

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

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

**MEDITATION** Limit: 30 Yoga Studio  
25 min.

**STRETCH & RELAXATION** Limit: 20 DD 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.

### 6:30 PM

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

#### FLOATING SOUND MEDITATION

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

# CLASSES & ACTIVITIES

## CARDIO & STRENGTH GYM:

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

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## CULINARY

### Community Table

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

## FITNESS

### Above & Below The Belt

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

### Aqua Fit

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

### Aqua Zumba

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

### BOGA Fitmat® Fitness Clinic

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

### Boxer's Workout

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

### Buff Booty

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

### Buti Movement®

First Come, First Served. Limit 30. Primal movement, cardio dance, and conditioning are seamlessly woven throughout balanced yoga sequencing to give you an all-in-one workout that helps you transform your body and soul. Su 9:00am

### CR Strength

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

### 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 9:00am

### 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, Mo 9:00am

### Drumming Circle

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

### Dynamic Stretch

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

### Fitness For Your Feet

First Come, First Served. Limit 20. 20 minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength, and increase function and flexibility using our exercise dome. Sa 12:00pm

### Glide and Burn

First Come, First Served. Limit 20. Use the power and grace of the Gliding™ discs to enhance muscular endurance, balance, flexibility and core stabilization. Progressive movements are used to strengthen the muscles, challenge the core and provide a fun and unique workout. We 9:00am

### Glute Transformation Clinic

Training your glutes is about more than just aesthetics. Learn how you can prevent injury, improve athletic performance, and enhance your general fitness by targeting the glutes. We 1:00pm, Fr 1:00pm

### Good Vibrations

First Come, First Served. Limit 14. Awaken your muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole body integration using a combination of vibration with Theragun massage tools and classic foam rolling. We 3:00pm

### H2O Power

First Come, First Served. Limit 24. A challenging aerobic conditioning class in shallow water. Daily 10:00am

### **Kettlebell Workout**

First Come, First Served. Limit 12. This class integrates strength movements to provide a cardiovascular-based, full-body workout. Challenge your muscle endurance and core stability, and experience kettlebells in a safe environment. We 2:00pm, Fr 2:00pm

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

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

### **Morning Walk 30m**

First Come, First Served. This walk is on relatively flat terrain that will accommodate all paces up to 15 minutes per mile, equivalent to 4 mph on a treadmill. Please bring your water bottle. Daily 6:30am

### **Morning Walk 45m**

First Come, First Served. This walk includes inclines on both trails and pavement that will accommodate all paces up to 13 minutes per mile, equivalent to 4-5 mph on a treadmill. Please bring your water bottle. Daily 6:30am

### **Muscle Max**

First Come, First Served. Limit 12. Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment. We 10:00am, Mo 3:00pm, Tu 10:00am

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

First Come, First Served. Limit 18. Learn the basics of foam rolling and myofascial release to reduce soreness. Fr 2:00pm, Su 2:00pm

### **PBF: Power Blast Fitness**

First Come, First Served. Limit 20. Challenge your muscle power and strength with this intense circuit style class that utilizes TRX®, kettlebells, slam balls, and more! We 3:00pm, Th 11:00am

### **Pedal, Lift, Flow**

First Come, First Served. Limit 12. This invigorating class seamlessly blends cycling, strength training, and flexibility. Transitioning smoothly from one 20-minute segment to the next, this class offers a comprehensive total body experience. Mo 11:00am

### **Pickle & Play**

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

### **Posture & Balance**

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

### **Property Tour**

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

### **Rockin' Retro**

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

### **Stride & Strength**

First Come, First Served. Limit 14. Treadmill work followed by strength and muscular endurance. We 2:00pm, Tu 9:00am

### **TRX Fusion**

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

### **TRX Strong**

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

### **Vipr Slam**

First Come, First Served. Limit 20. This high-energy, full-body workout uses slam balls and ViPR tools to boost your strength, balance, and agility. Dynamic, real-world movements help you build serious power, coordination, and functional mobility. Sa 3:00pm, Tu 11:00am

### **Walk Your Workout**

First Come, First Served. Limit 15. Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll. Resistance strength work will be integrated to teach you how you can take this workout on the road. Mo 2:00pm

### **Wallyball**

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

### **Water Workout**

First Come, First Served. Limit 24. Combine aerobic conditioning and muscular endurance work in the pool. Fr 9:00am, Sa 9:00am, Mo 2:00pm, Tu 2:00pm

### **Yoga Sculpt**

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

### **Zumba®**

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

## **MIND-BODY**

### **Aerial Swing Yoga Clinic**

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

### **Breathing**

First Come, First Served. Limit 30. Learn proper breathing techniques for relaxation and stress reduction. Fr 12:00pm, Sa 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, Mo 2:00pm

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

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

### **Freeform Fusion**

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

### **Gyrokinesis**

First Come, First Served. Limit 15. Release neck and shoulder tension using rhythmic, spiraling movements to open energy pathways, open your joints and improve your posture. We 1:00pm

### **Heart Chakra Yoga**

First Come, First Served. Limit 30. In this challenging class, we will focus on backbends and forward folds to open the heart chakra with advanced poses (such as camel pose) to let go of sadness and grief in the heart. Sa 2:00pm

### **Intermediate Yoga**

First Come, First Served. Limit 20. This class will deepen your practice as we move into more challenging postures with focus on alignment and form. We 3:00pm, Sa 11:00am, 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. Fr 2:00pm, Tu 2:00pm

### **Pilates Mat**

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

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

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

### **Pilates Reformer Int/Adv Clinic**

This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required. We 2:00pm

### **Pilates for Balance**

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

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

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

### **Power Flow**

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

### **Qi Gong**

First Come, First Served. Limit 30. This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind. Su 1:00pm

### **Qi Gong and Yoga**

First Come, First Served. Limit 20. Combining Qi Gong and Yoga, two ancient practices to balance the body, mind, and spirit using physical movement, breath, and meditation. This class includes slow movements and is welcoming for all levels. Th 3:00pm

### **Restorative Aerial Yoga and Sound Healing Clinic**

Experience deep relaxation while suspended. Gentle stretches and supported poses are paired with the healing vibrations of sound bowls, helping you release tension, restore balance, and find inner peace in a serene, soothing environment. Fr 4:00pm

### **Restorative Yoga**

First Come, First Served. Limit 20. Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. Sa 4:00pm, Mo 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. Su 7:00am

### **Watsu Aquatic Massage Demo**

Watsu can address a number of concerns including stress, range of motion issues, and emotional release. Discover more about the profound experience in this educational demonstration of our Watsu aquatic massage. Fr 3:00pm

### **Yin Yoga**

First Come, First Served. Limit 20. Release deeply held tension in this quiet, contemplative class which takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes. Su 3:00pm

### **Yoga for Detox**

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



## OUTDOOR SPORTS

### Archaeology 1 - Hohokam Village Site

Take a journey through the ancient remnants of a Hohokam village dating back a millennium. Discover the secrets of their vast canal system and explore the culture of an advanced society with a trade network extending all the way to Central America. Mo 6:30am

### Archaeology 2 - Discovering Hohokam Petroglyphs

Travel to the Tucson Mountains to view petroglyphs etched into stone, depicting the art, stories, and culture of the Hohokam people. Then explore an ancient village with mortars, ballcourts, and pottery for a peek into their daily life. Th 6:30am

### Bike Ride: Level 2 - Cafe Ride

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

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

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

### Bike Ride: Level 3 - Rocking K

Mountain Biking. 12.5 mi. Experience Arizona mountain biking at its finest on single track trails that twist and roll through the Sonoran Desert with fun descents and mountain views. Mountain biking skills required. Fr 6:30am

### Bike Ride: Level 4 - Saguaro Plus

Desert Ride. 16 mi. Wander over rolling hills on a one-lane blacktop through a forest of giant cacti growing in the foothills of the Rincon Mountains. We'll make two circuits of the 8-mile loop. Mo 6:30am

### Bird Walk

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

### Cardio Tennis Clinic

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

### 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 6:30pm

### Desert Trail Running

Enjoy an invigorating one-hour trail run through the captivating beauty of the Sonoran Desert. Trail locations may vary and include hilly, uneven, and rocky terrain. This activity is suited for runners who can maintain a moderate pace over 4 miles. Th 6:00am

### High Ropes Challenge Course

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

### Hike: Level 2 - Box Camp

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

### Hike: Level 2 - Esperero Trail

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

### Hike: Level 2 - Lemmon Park

Mountain Hike. 3.2 mi. 415 ft. elev. A mountain trail that weaves through lush alpine forest to a spectacular fire lookout. Suited for novice hikers who want a bit of a challenge. Mo 9:00am

### Hike: Level 2 - Peck Basin Overlook

Mountain Hike. 3.5 mi. 700 ft. elev. A short, uphill stretch followed by sections of downhill through a pine forest leading to a stunning view of the San Pedro Valley. Expect a steady uphill climb on the return. Fr 8:30am

### Hike: Level 2 - Phoneline Overlook

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

### 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. Tu 6:30am

### Hike: Level 2 - Wild Horse Canyon

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

### Hike: Level 3 - Blacketts Ridge

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

### Hike: Level 3 - Crystal Springs

Mountain Hike. 5 mi. 1130 ft. elev. Sweeping views await on this hike, winding down through the alpine trails of the Santa Catalina's less explored "backside". Mo 9:15am

### Hike: Level 3 - Douglas/Rock Springs

Saguaro National Park. 5 mi. 1050 ft. elev. This is a great hike with intervals of rolling grassland sections, rocky terrain, and some strong climbs in the Rincon Mountain Foothills. Sa 6:15am

### Hike: Level 3 - Green Mt. Trail

Mountain Hike. 4 mi. 1700 ft. elev. Hike through a forest of Ponderosa pines and Douglas firs that are gradually replaced by oaks, manzanitas, yuccas, and beargrass, leading to spectacular views of the San Pedro Valley. We 9:15am

### Hike: Level 3 - McDougal Ridge

Desert Hike. 4.6 mi. 1170 ft. elev. A steady climb up the ridge that provides an interesting ramble through the saguaros with views of the Catalina and Rincon Mountains as well as the Tucson Valley. Fr 6:15am

### Hike: Level 3 - Milagrosa Canyon

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

**Hike: Level 3 - Palisades Trail**

Mountain Hike. 5.5 mi. 1050 ft. elev. A steady, winding descent through tall Ponderosa pine and oak forests to a scenic overlook. Expect a steady ascent back to the trailhead on the return. Tu 8:30am

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

Desert Hike. 4 mi. 1380 ft. elev. Ascend one of Tucson's most rugged trails. Known for its steep climb up the side of a canyon, the reward is breathtaking views back down the canyon. This trail has big rock steps and a steep incline. Su 6:00am

**Hike: Level 4 - Lemmon Creek**

Mountain Hike. 8 mi. 1200 ft. elev. Journey to the heart of the mountain, exploring the sculpted spires and stacked boulders of the Wilderness of Rocks along your descent to a creek nestled in pine trees. Finish your exploration with a steep climb up. Mo 6:00am

**Hike: Level 4 - Lemmon Park**

Mountain Hike. 7 mi. 1850 ft. elev. This scenic, alpine trail winds down through lush forests to a panoramic overlook. Expect sections of steep climbing on the way back. Fr 6:00am

**Hike: Level 4 - Pontatoc Trail**

Desert Hike. 5.4 mi. 1725 ft. elev. Hike through Pontatoc Canyon with towering cliffs above. The ascent is rocky and steep in sections. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley and surrounding canyons. We 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. Th 9:00am, Mo 6:00am, 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 1:30pm

**Kartchner Caverns Living Cave Tour**

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Th 9:00am, Sa 10:00am, Tu 10:00am

**Meditation Hike**

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. We 6:30am, Sa 10:30am, Tu 6:30am

**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 12:00pm, Su 11:00am, Tu 10:00am

**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, Th 7:00pm, Su 7:00pm

**Night Vision Goggle Experience**

Discover the wonder of nature and the night sky with military-grade night vision goggles. Join us for a relaxed night walk, where you'll see the world in a whole new light. Night vision reveals animals and stars long hidden from the naked eye. Mo 6:30pm

**Night Vision Goggles - Creepy Crawly Edition**

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

**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 4:00pm

**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, Fr 7:00am, Sa 7:00am, Sa 5:00pm, Su 7:00am, Mo 5:00pm

**Pickleball Drill Clinic**

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

**Qi Gong in the Mountains**

Retreat to the cool air of the Catalina Mountains, where a short mindful hike awakens your senses to the forest's synergy. This 45-minute Chi Gong practice will deepen your connection to nature through calming breath and gentle movement. Su 1:00pm, Mo 10:00am

**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

**Tennis Clinic**

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

**Writing in Nature**

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. Th 10:00am

# 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 &<br>Bone Density Evaluation – two-part service.....   | 50 min each ..... | 795   |
| Non-Operative Orthopedic Procedure .....                                     | 50 min .....      | 960   |
| Osteoporosis Prevention &<br>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 |
|-------------------------------|--------------|-------|

### 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      |
| Rock Climbing Naturally..... | 5 hours ..... 400 |

### PRIVATE ADVENTURES

Bike & Hike

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

### RACQUET SPORTS

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



## MED SPA & BEAUTY

### MEDICAL AESTHETICS

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

### FACIAL TREATMENTS

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

## 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 |
|---------------------------|--------------|-------|

### 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:

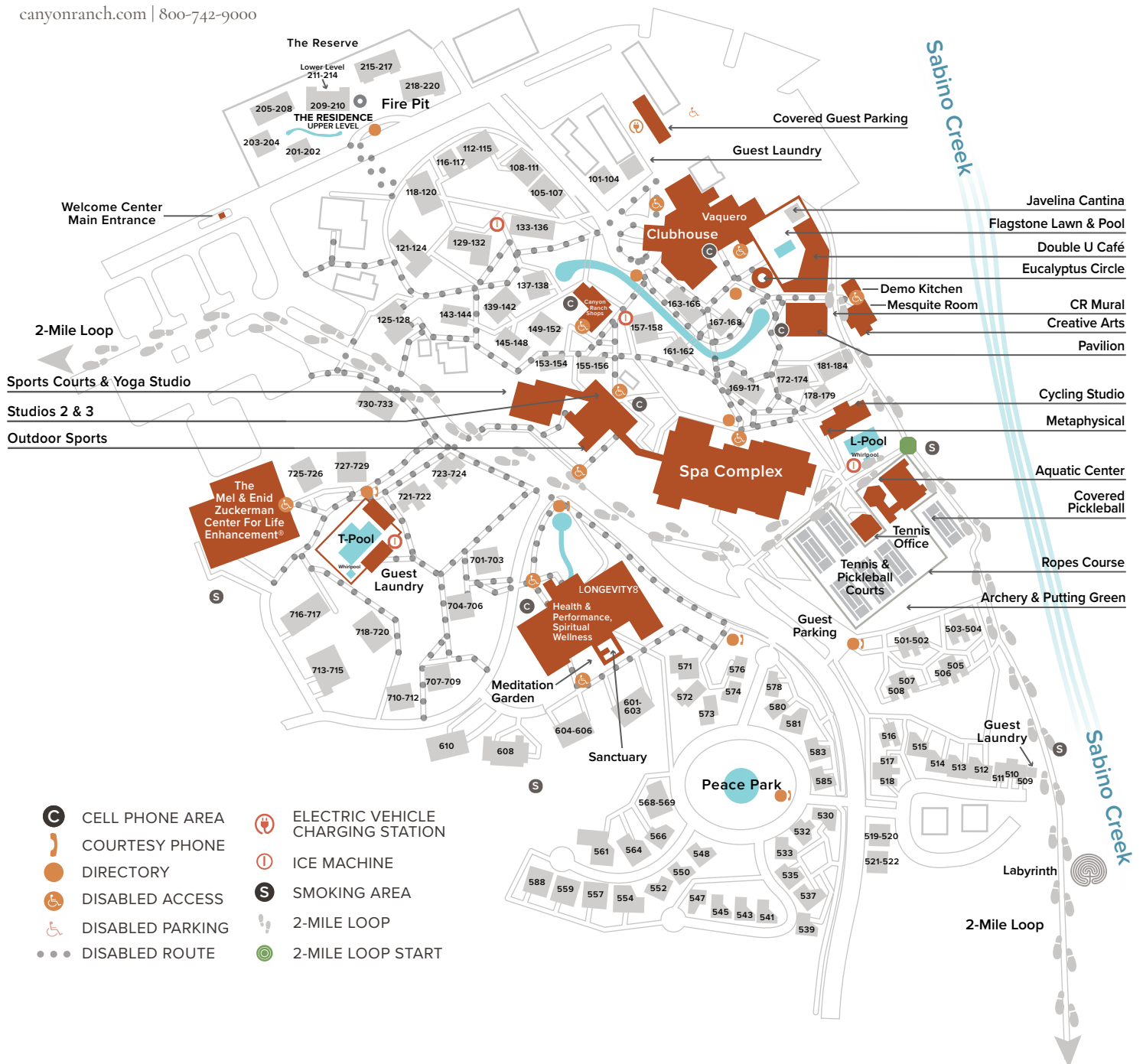
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.