

RANCH SCHEDULE

OCTOBER 8 - 14, 2025



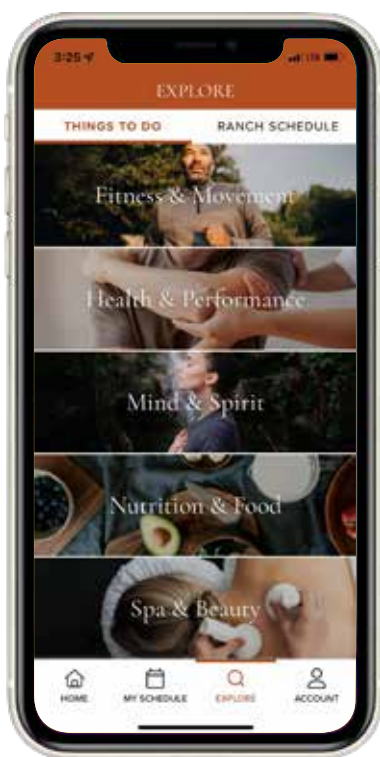
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:30 pm – 8:30 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 – 7:30 pm

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

Lunch: 11:00 am – 2:00 pm

Dinner: 5:00 pm – 7:30 pm

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

Javelina Cantina

Daily: 5:00 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



THE DESERT CHALLENGE DISCOVERY DAYS

OCTOBER 6 - 12

Immerse yourself in the stunning Sonoran Desert and ignite your strength and spirit with Desert Challenge Discovery Days. Over the course of this action-packed week, expert guides will lead you through hiking, mountain biking, high ropes, intuitive archery, rock climbing, trail running, and more.

Designed to challenge your body and awaken your spirit, this experience offers the perfect opportunity to push your limits, connect deeply with nature, and discover your wildest self.

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



MINDFUL RESET DISCOVERY DAYS

OCTOBER 13 - 19

In a world full of constant pings, posts, and pressure, the Mindful Reset Discovery Days offers a rare chance to unplug and rediscover yourself beyond the noise. This immersive experience helps you disconnect from digital distractions and reconnect with what truly matters, you.

Through movement, meditation, creativity, education, and nature-based healing, you'll learn to slow down, calm your nervous system, and find your unique purpose. Guided by wellness experts and holistic practitioners, you'll explore tools that nurture your inner world and bring balance to everyday life.

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



UPCOMING CME WEEK FOR PHYSICIANS

OCTOBER 20 - 26

Recharge at our Tucson resort while expanding your knowledge with expert-led courses. This event is ideal for physicians seeking professional growth or anyone interested in holistic health.

During this week, you'll have the opportunity to earn a minimum of 20 American Medical Association Physician's Recognition Award (AMA PRA) Category 1 Continuing Medical Education (CME) credits. Return to your practice refreshed, inspired, and equipped with new skills to enhance your patients' care.

CR VITALITY

IN THE CENTER FOR LIFE ENHANCEMENT

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

FEATURED TOOLS & TECH



NEURO STIMULATION

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

LIGHT THERAPY

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

MUSCLE STIMULATION & BLOOD FLOW

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

INFRARED SAUNA POD

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

HYPERICE & THERABODY®

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

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

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

RETAIL THERAPY

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

Refer to pg. 2 for hours and locations.



CANYON RANCH® BOUTIQUE

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



CR® SHOPS

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



SKIN CARE

Luxury skincare products from top selected brands such as:

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



SALON

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



CANYON RANCH® GIFT CARDS

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



ART OF CEREMONY TRUNK SHOW

FRIDAY, OCTOBER 10 | 9 AM–5 PM
SATURDAY, OCTOBER 11 | 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.



NINE DAUGHTERS OF EARTH TRUNK SHOW

SUNDAY, OCTOBER 12 | 9 AM–5 PM
MONDAY, OCTOBER 13 | 9 AM–5 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Join local jeweler, Sloane Ehnat Padilla as she launches her handcrafted jewelry line. All inspired by deep reverence for magic and the natural world.

WEDNESDAY

October 8, 2025

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

(DD) DISCOVERY DAYS: THE DESERT CHALLENGE

6:00 AM

DESERT TRAIL

RUNNING Limit: 8 ▲ DD Outdoor Sports Lobby
2 hr. \$110

BIKE RIDE: LEVEL 4

HOHOKAM Limit: 6 ▲ Outdoor Sports Lobby
5 hr.

6:15 AM

HIKE: LEVEL 4

MINT SPRING TRAIL Limit: 12 ▲ Outdoor Sports Lobby
7 hr.

6:30 AM

MORNING WALK

30 min. / 45 min. Spa Lobby

HIKE: LEVEL 3

MCDUGAL RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

BIRD WALK

Limit: 8 ▲ Outdoor Sports Lobby
2 hr.

7:00 AM

PICKLEBALL CLINIC

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

8:00 AM

CARDIO TENNIS CLINIC

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

PICKLEBALL DRILL CLINIC

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

KUNDALINI YOGA

Limit: 20 Yoga Studio
45 min.

8:15 AM

CORE & MORE

Limit: 16 Studio 2
20 min.

8:45 AM

HIKE: LEVEL 2

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

9:00 AM

HIKE & PAINT

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

PROPERTY TOUR

Clubhouse Lobby
45 min.

9:00 AM

GLIDE AND BURN

Limit: 20 Studio 1
45 min.

LANDSCAPE TOUR

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

BUTI MOVEMENT®

Limit: 30 Yoga Studio
45 min.

RHYTHM RIDE

Limit: 18 Golf Performance Center
45 min.

10:00 AM

OPTIMIZE BRAIN HEALTH WITH

NUTRITION CME Catalina Room

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

H2O POWER

Limit: 24 T-Pool
45 min.

MUSCLE MAX

Limit: 12 Studio 3
45 min.

STRETCH

Limit: 30 Yoga Studio
45 min.

11:00 AM

COMPASSION CIRCLE FOR GRIEF &

GRATITUDE Sanctuary

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

PROPERTY TOUR

Clubhouse Lobby
45 min.

AQUA FIT

Limit: 15 Aquatic Center
45 min.

TRX STRONG

Limit: 9 Studio 3
45 min.

CARDIO CIRCUIT

Limit: 20 Cardio & Strength Gym
45 min.

NOON

LUNCH & LEARN: TAHINI SHRIMP LETTUCE

WRAPS Demo Kitchen

60 min. Enjoy tahini shrimp lettuce wraps with sweet chili hoisin dipping sauce, 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.

12:30 PM

SKY ISLAND DISCOVERY

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

1:00 PM

GLUTE TRANSFORMATION

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

2:00 PM

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

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.

WATER WORKOUT Limit: 24 T-Pool
45 min.

PILATES REFORMER INT/ADV

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

3:00 PM

INTERMEDIATE YOGA Limit: 20 Yoga Studio
45 min.

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

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

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.

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Yoga Studio
25 min.

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

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

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.

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

6:15 PM

12-STEP EATING DISORDERS ANONYMOUS MEETING

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

7:00 PM

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

7:30 PM

NIGHT VISION GOGGLE

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

8:00 PM

BARREL TO GLASS: A CURATED BOURBON JOURNEY

Limit: 4 ▲ Javelina Cantina
60 min. \$125 Seasoned sippers and curious first-timers alike can enjoy this guided tasting experience featuring high-end bourbon pours and a standout local favorite. Savor expertly paired bites, stories behind each bottle, and insider tips from our chef.

THURSDAY

October 9, 2025

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

(DD) DISCOVERY DAYS: THE DESERT CHALLENGE

6:00 AM

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

YOGA IN THE WILD Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140

6:15 AM

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

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

6:45 AM

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

7:00 AM

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

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

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

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

DYNAMIC STRETCH Limit: 20 Yoga Studio
20 min.

9:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

WALKING MEDITATION CME Sanctuary
50 min. Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step. Contemporary research reveals the health and wellness benefits of walking meditation for the mind, body, and spirit.

DESERT DRUMMING Limit: 22 Studio 2
45 min.

10:00 AM

MEDITATION HIKE 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

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

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

YOGA FOR DETOX Limit: 20 Yoga Studio
45 min.

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

KARTCHNER CAVERNS LIVING CAVE

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

CAPTAIN'S TABLE:

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

LUNCH & LEARN: 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.

1:00 PM

BREAST CANCER: REDUCE RISK & IMPROVE

SURVIVORSHIP CME Catalina Room
50 min. There are many non-modifiable as well as modifiable risk factors that we can explore to help reduce breast cancer risk. Learn about how improving diet, stress, fitness and sleep can help reduce risk.

PILATES FOR BALANCE Limit: 18 Studio 2
45 min.

2:00 PM

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

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

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

PILATES REFORMER CLINIC:

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

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

WALLYBALL Racquet Court 1
45 min.

3:00 PM

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

EXERCISE AND FITNESS: MORE THAN JUST THE

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

4:00 PM

STRETCH & RELAXATION Limit: 20 Yoga Studio
25 min.

5:00 PM

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

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

5:15 PM

PICKLE & PLAY Pickleball Court 1
50 min.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

7:00 PM

HEALTH & HAPPINESS ARE IN YOUR HANDS

Catalina Room
50 min. Health Promotion Specialist Daniel Johnson, Executive Director of the Wellness Council of Arizona, shares techniques that can serve as a reminder for your life goals and priorities.

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

FRIDAY

October 10, 2025

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

(DD) DISCOVERY DAYS: THE DESERT CHALLENGE

6:00 AM

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

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

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

6:45 AM

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

7:00 AM

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

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

7:30 AM

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

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

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

8:00 AM

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

8:45 AM

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

9:00 AM

PICKLEBALL SKILL DEVELOPMENT CLINIC Limit: 8 ▲ Pickleball Court 1
1 hr. 50 min. \$200

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

PROPERTY TOUR Clubhouse Lobby
45 min.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

GLIDE AND BURN Limit: 20 Studio 1
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

PROPERTY TOUR Clubhouse Lobby
45 min.

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

POWER FLOW Limit: 30 Yoga Studio
45 min.

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

NOON

LUNCH & LEARN: SEARED SEA BASS Demo Kitchen
60 min. Enjoy seared sea bass with pistachio kale pesto, 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

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

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

GLUTE TRANSFORMATION

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

PILATES REFORMER CLINIC:

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

2:00 PM

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

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

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

PELVIC FLOOR YOGA Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

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.

4:00 PM

STRETCH & RELAXATION Limit: 20 Yoga Studio
25 min.

RESTORATIVE AERIAL YOGA AND SOUND HEALING

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

SKY ISLAND SUNSET AND CITY LIGHTS

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

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

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

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

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

8:00 PM

SPIRIT OF AGAVE: A TEQUILA TASTING

EXPERIENCE Limit: 4 ▲ Javelina Cantina
60 min. \$125 Tequila, North America's oldest distilled spirit, was sacred in Aztec culture and often linked to ritual ceremonies. In this educational tasting, discover the history of tequila along with the production, growing process, and its many varieties.

8:30 PM

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

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!

SATURDAY

October 11, 2025

See descriptions of classes and activities on pages 22-26. (DD) DISCOVERY DAYS: THE DESERT CHALLENGE

6:30 AM

MORNING WALK
30 min. / 45 min. Spa Lobby

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

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

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

6:45 AM

HIKE: LEVEL 2
ESPERERO TRAIL Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 45 min.

7:00 AM

YOGA IN THE WILD Limit: 8 ▲ DD Outdoor Sports Lobby
3 hr. \$140

BIKE RIDE: LEVEL 2
STEAM PUMP MARKET Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

CME ACCREDITATION

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

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center
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.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

10:00 AM

KARTCHNER CAVERNS LIVING CAVE
TOUR Limit: 1 ▲ Outdoor Sports Lobby
5 hr. \$220

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.

11:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

AQUA FIT Limit: 15 Aquatic Center
45 min.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

NOON

AI CHI Limit: 12 Aquatic Center
45 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

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!

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

PILATES MAT Limit: 30 Yoga Studio
45 min.

2:00 PM

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.

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

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

HEART CHAKRA YOGA Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

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

WALLYBALL Racquet Court 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

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

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

3:30 PM

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

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

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

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

October 12, 2025

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

(DD) DISCOVERY DAYS: THE DESERT CHALLENGE

6:00 AM

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

6:15 AM

HIKE: LEVEL 4
WINDY POINT VISTA Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

6:30 AM

BIKE RIDE: LEVEL 3
AGUA CALIENTE Limit: 12 ▲ Outdoor Sports Lobby
3 hr.

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

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

6:45 AM

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

7:00 AM

COWBOY COFFEE DD 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

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

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.

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

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

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

PROPERTY TOUR Clubhouse Lobby
45 min.

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

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

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

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

NOON

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

1:00 PM

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

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

QI GONG Limit: 30 Yoga Studio
45 min.

2:00 PM

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

JUST "DOT" IT! Limit: 10 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.

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.

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

DESERT DRUMMING Limit: 22 Studio 2
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

POWER STEP & TONE—NEW Limit: 12 Golf Performance Center
45 min.

3:00 PM

DRUMMING CIRCLE Limit: 17 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

YIN YOGA Limit: 20 Yoga Studio
45 min.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

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

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 DD Center for Life Enhancement
30 min.

6:30 PM

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

8:30 PM

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

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.

MONDAY

October 13, 2025

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

(DD) DISCOVERY DAYS: MINDFUL RESET

6:00 AM

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

6:15 AM

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

6:30 AM

**HIKE: LEVEL 3
FINGER ROCK** Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

ARCHAEOLOGY 1 - HOHOKAM VILLAGE

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

**BIKE RIDE: LEVEL 2
MOUNTAIN BIKE 101** Limit: 4 ▲ 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

7:30 AM

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

8:00 AM

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

8:45 AM

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

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.

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

PROPERTY TOUR Clubhouse Lobby
45 min.

9:30 AM

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

10:00 AM

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

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

ZUMBA® Limit: 30 Studio 1
45 min.

NOON

**LUNCH & LEARN: PRETZEL CRUSTED
CHICKEN** Demo Kitchen
60 min. Enjoy pretzel-crusted chicken with Guinness vinaigrette and a chef's choice salad 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

KARTCHNER CAVERNS LIVING CAVE

TOUR Limit: 3 ▲ Outdoor Sports Lobby
5 hr. \$220

YOGA IN THE WILD Limit: 8 ▲ DD Outdoor Sports Lobby
3 hr. \$140

1:30 PM

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

2:00 PM

ACUPUNCTURE 101: INSIDE THE TREATMENT

ROOM—NEW Sanctuary
50 min. Interested in acupuncture, but unsure if it's for you? Join us for an inside look at a typical acupuncture session to learn what the therapy involves, explore potential benefits, and get your questions answered by our Chinese medicine practitioner.

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

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.

2:30 PM

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

3:00 PM

FREEFORM FUSION Limit: 14 Studio 2
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

THE ART AND SCIENCE OF MEDICAL AESTHETICS

Cactus Room
50 min. Learn how to enhance your natural beauty with medical aesthetics from our distinguished Aesthetic RN. Using innovative techniques and personalized care, every treatment delivers precise, graceful results.

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

4:00 PM

INTRO TO AYURVEDA: WHAT'S YOUR DOSHA?

Catalina Room
50 min. Ayurveda, the ancient holistic medical science of India, is the sister practice to yoga. Discover how to recognize and address life patterns that cause imbalances by learning about the three doshas.

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.

THE ART OF WATERCOLOR: BASIC

TECHNIQUE Limit: 20 DD 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.

5:00 PM

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

UNDER THE VEDIC SUN

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

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

7:00 PM

LIVING & CREATING WITH REVERENCE

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

TUESDAY

October 14, 2025

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

(DD) DISCOVERY DAYS: MINDFUL RESET

6:00 AM

SABINO CANYON

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

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

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

GRAVEL BIKING IN PATAGONIA Limit: 6 ▲ Outdoor Sports Lobby
7 hr. \$400

DAWN QI GONG IN THE CANYON—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

6:15 AM

HIKE: LEVEL 4 GUTHRIE PEAK Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

6:30 AM

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

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

HIKE: LEVEL 2 LOWER BEAR CANYON Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

7:00 AM

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

8:00 AM

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

8:15 AM

CORE & MORE Limit: 16 Studio 2
20 min.

9:00 AM

PICKLEBALL SKILL CLINIC - THE KITCHEN

EDGE—NEW Limit: 8 ▲ Racquet Court 1
50 min. \$110 Understanding the no-volley zone is essential in pickleball. Learn techniques for smart positioning, high-percentage plays, and taking control of the most critical area on the court — the kitchen.

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

CYCLING Limit: 12 Golf Performance Center
45 min.

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

HIGH ROPES CHALLENGE

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

LOW BACK PAIN: MISCONCEPTIONS VS.

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

PROPERTY TOUR Clubhouse Lobby
45 min.

9:15 AM

HIKE: LEVEL 3 LEMMON CREEK Limit: 12 ▲ Outdoor Sports Lobby
7 hr. 15 min.

9:30 AM

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

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.

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.

11:00 AM

THE SIXTH SENSE: HARNESSING YOUR INTUITION

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

POWER FLOW Limit: 30 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

NOON

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

BREATHING Limit: 30 DD Yoga Studio
20 min.

LUNCH & LEARN: RED CHILI & LIME GRILLED SEA BASS Demo Kitchen
60 min. Enjoy red chili- and lime-grilled sea bass with avocado slaw, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

1:00 PM

SKY ISLAND DISCOVERY

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

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

PILATES REFORMER CLINIC:

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

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

2:00 PM

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

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

PELVIC FLOOR YOGA 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: 20 Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

3:30 PM

PRIMITIVE FIRE-MAKING Limit: 8 ▲ Outdoor Sports Lobby
2 hr.

4:00 PM

MEDITATION Limit: 30 Yoga Studio
25 min.

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

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

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

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

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

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

7:00 PM

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

CLASSES & ACTIVITIES

CARDIO & STRENGTH GYM:

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

CULINARY

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. We 11:00am, Fr 11:00am, Sa 11:00am, Su 11:00am

BOGA Fitmat® Fitness Clinic

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

Boxer's Workout

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

Buff Booty

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

Buti Movement®

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

CR Strength

First Come, First Served. Limit 10. Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetitions. Th 2:00pm, Su 11:00am

Cardio Circuit

First Come, First Served. Limit 20. Aerobic circuit workout using cardio machines and strength equipment. We 11:00am, 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. We 8:15am, 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. 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. Th 9:00am, Sa 9:00am, Su 9:00am, Tu 9:00am

DJ Dance Party

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

Desert Drumming

First Come, First Served. Limit 22. Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Th 9:00am, Su 2:00pm, Mo 9:00am

Drumming Circle

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

Dynamic Stretch

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

Fitness For Your Feet

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

Glide and Burn

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

Glute Transformation Clinic

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

Good Vibrations

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

H2O Power

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

Kettlebell Workout

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

Long & Lean Barre Workout

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

Morning Walk 30m

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

Morning Walk 45m

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

Muscle Max

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

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. Fr 11:00am, 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

Power Step & Tone

First come, first-served. Limit 12. This high-intensity workout fuses athletic step drills with strength-focused conditioning. Through rhythm-based step sequences and targeted toning exercises, elevate your heart rate, build muscular endurance, and improve agility. Su 2:00pm

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, 11:00am

Rhythm Ride

Join us for this ride inspired by the rhythm and tempo of the music. We 9:00am

Stride & Strength

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

Yoga Sculpt

First Come, First Served. Limit 18. Power yoga and strength training combined to create a full-body workout. 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. 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, Fr 12:00pm, Su 12:00pm, Mo 12:00pm, Tu 12:00pm

Ai Chi

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

Breathing

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

CR Vitality Tour

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

Centering Meditation

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

Chair Yoga

First Come, First Served. Limit 20. This class uses chairs and incorporates balancing and other standing poses, ideal if you don't want to sit on the floor, or would like to try chair yoga for breaks at work. Fr 9:00am, Sa 11:00am, Mo 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

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, 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, Fr 1:00pm

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, 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. Th 7:00am

Yin Yoga

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

Yoga Foundations

First Come, First Served. Limit 30. This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. Sa 3:00pm

Yoga Nidra

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

Yoga for Detox

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

OUTDOOR SPORTS

Archaeology 1 - Hohokam Village Site

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

Archaeology 2 - Discovering Hohokam Petroglyphs

Travel to the Tucson Mountains to view petroglyphs etched into stone, depicting the art, stories, and culture of the Hohokam people. Then explore an ancient village with mortars, ballcourts, and pottery for a peek into their daily life. Th 6:00am

Arizona-Sonora Desert Museum

Enjoy a scenic excursion to this world-renowned natural history museum, zoo and botanical garden with a Canyon Ranch staff naturalist. Fr 7:30am

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. Th 6:30am

Bike Ride: Level 2 - Mountain Bike 101

Desert Ride. Learn the skills to get into the exciting sport of mountain biking. We start with building fundamental skills and then move on to instructed trail riding utilizing the RABS training system. Mo 6:30am

Bike Ride: Level 2 - Steam Pump Market

Desert Ride. 12 mi. Ride along the Canada del Oro bike path on the north side of the Santa Catalina Mountains. Enjoy dramatic views of the Pusch Ridge Wilderness Area before stopping at the Steam Pump Ranch Farmers Market. Purchases not included. Sa 7:00am

Bike Ride: Level 3 - Agua Caliente

Desert Ride. 14 mi. 400 ft. climb. A long, easy climb on light-traffic streets takes us to a county park with tranquil waters and swaying palms. 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 - Hohokam

Mountain Biking. 14 mi. Ride through a rolling high desert of ocotillos, prickly pears, and chollas. Intermediate mountain biking skills recommended. We 6:00am

Bird Walk

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

Cardio Tennis Clinic

Enjoy a heart-pumping cardio tennis workout to music. We 8:00am, 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 6:00pm

Dawn Qi Gong in the Canyon

Awaken your body and align your energy with a morning walk in Sabino Canyon. Flow through gentle qi gong movements, breathe deeply, and cultivate inner harmony as the sun rises — perfect for all levels. Tu 6:00am

Desert Beauty - The Cosmetology of the Sonoran

Experience the beauty of Sabino Canyon while exploring desert botanicals that hydrate and nourish. Learn how to blend these natural ingredients into soothing, skin-loving cosmetics for a radiant, glowing you. Fr 6:30am

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. We 6:00am, Tu 6:30am

Gravel Biking in Patagonia

Embark on a breathtaking 30-mile cycling journey through Patagonia, Arizona. Discover the historic Harshaw ghost town and enjoy beautiful views at every turn. Ideal for intermediate to advanced riders. Tu 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 7:00am, Sa 6:30am, Mo 6:00pm, Tu 9:00am

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 9:00am, Fr 1:00pm, Su 6:30am, Mo 9:30am

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. Sa 6:45am

Hike: Level 2 - Lemmon Park

Mountain Hike. 3.2 mi. 415 ft. elev. A mountain trail that weaves through lush alpine forest to a spectacular fire lookout. Suited for novice hikers who want a bit of a challenge. We 8:45am

Hike: Level 2 - Lower Bear Canyon

Sabino Canyon. 4.5 mi. 400 ft. elev. Hike over rocky terrain into scenic Bear Canyon with its steep rock walls and soaring ridges on either side. With several seasonal stream crossings, it is a good preview of Tucson trails for beginners. Tu 6:45am

Hike: Level 2 - Phoneline

Sabino Canyon. 5.2 mi. 850 ft. elev. This scenic trail winds its way along a gorgeous dark rock face to a beautiful overlook of the canyon and riparian area below. Th 6:45am

Hike: Level 2 - Pima Canyon

Desert Hike. 3 mi. 485 ft. elev. A lush desert and riparian canyon hike with moderate uphill and very rocky terrain. Designed for the strong, beginner hiker. Su 6:45am

Hike: Level 2 - Sunset Trail

Mountain Hike. 3.75 mi. 510 ft. elev. Enjoy a beautiful alpine trail with steep uphill and downhill leading you through a winding rock canyon to a spectacular overlook. Mo 8:45am

Hike: Level 2 - Ventana Trail

Desert Hike. 4 mi. 550 ft. elev. Rugged, rocky terrain with multiple seasonal stream crossings makes this a great desert canyon hike for strong beginners. Fr 6:45am

Hike: Level 3 - Bear Saddle

Mountain Hike. 4.6 mi. 1060 ft. elev. Gradual and steep uphill through conifers that require deep steps on the way up and some loose gravel on the way down. A strong Level 3 fitness hike. Th 6:30am

Hike: Level 3 - Finger Rock

Desert Hike. 4 mi. 1620 ft. elev. This trail is well known for its challenging ascent into a beautiful canyon with breathtaking views below. Expect big rock steps and a steep incline. Mo 6:30am

Hike: Level 3 - Ft. Lowell Hills

Desert Hike. 5.2 mi. 1450 ft. elev. A classic desert hike with intervals of steep rocky climbs that lead you back into the welcoming solitude and splendor of the desert. Sa 6:30am

Hike: Level 3 - Lemmon Creek

Mountain Hike. 6.4 mi. 1160 ft. elev. This moderate hike leads through an area of diverse habitats that include excellent examples of Canadian Zone riparian areas and Ponderosa pine forests. Tu 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. We 6:30am

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. Fr 8:45am

Hike: Level 3 - West Spring

Desert Hike. 4 mi. 1140 ft. elev. This scenic intermediate hike features rocky terrain in some areas. Travel up and down via switchbacks while enjoying diverse nature views, ranging from desert plants to meadow-like areas. Su 6:30am

Hike: Level 4 - Blackett's Ridge

Sabino Canyon. 6.2 mi. 1926 ft. elev. Scale rugged, steep terrain and enjoy stunning panoramic views at the summit on this popular and challenging fitness hike. Th 6:15am

Hike: Level 4 - Guthrie Peak

Mountain Hike. 7.4 mi. 1700 ft. elev. Conquer a thrilling ascent on a challenging mountain trail that culminates in a scramble to a 360-degree view at the summit. Your efforts are rewarded with breathtaking vistas in every direction. Tu 6:15am

Hike: Level 4 - Mint Spring Trail

Mountain Hike. 6.2 mi. 1845 ft. elev. Challenge yourself to an uphill hike through a mountain meadow to a saddle, then a strong climb to a spot with incredible views near the top of Mount Lemmon. We 6:15am

Hike: Level 4 - Soldier Trail

Desert Hike. 5.5 mi. 1813 ft. elev. The trail has a tough, steep climb that starts immediately from the signed trailhead. As the trail gets steeper, the views become even more stunning. Mo 6:15am

Hike: Level 4 - Windy Point Vista

Mountain Hike. 8.2 mi. 1570 ft. elev. This popular trail starts in the Catalina Foothills and leads into pine forests with multiple seasonal creek crossings before coming into views of Bear Canyon and Windy Point. Su 6:15am

Intuitive Archery

Mastering archery involves more than just technical skill—it's about awareness, focus and letting go. Learn the basics of archery on a recurve bow while we help you align both body and mind to connect to your target. Fr 6:30am, Su 1:00pm, Mo 2:30pm, Tu 9:30am

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 12:00pm, Sa 10:00am, Mo 1:00pm

Meditation Hike

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. Th 10:00am, Sa 11:00am, Tu 6:00am

Mountain Trail Running

Enjoy an invigorating one-hour trail run through the pine forests of Mt. Lemmon. Trails vary and feature hilly, uneven terrain above 7,000 feet. Expect a mix of moderate jogging and hiking, covering up to 4 miles. Su 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, Su 6:30pm

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. We 7:30pm, Mo 6:30pm

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. Fr 6:00pm, Sa 6:00pm

Phone-to-graphy

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 4:00pm, Sa 3:30pm, Tu 1:00pm

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, We 4:00pm, Th 7:00am, Fr 7:00am, Fr 4:00pm, Su 7:00am, Su 4:00pm, Mo 7:00am, Mo 4:00pm, Tu 7:00am, Tu 4:00pm

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 8:00am, Th 8:00am, Fr 8:00am, Sa 8:00am, Su 8:00am, Mo 8:00am, Tu 8:00am

Pickleball Skill Development Clinic

Tailored for players ready to elevate their match performance, our expert-led clinic guides you through focused skill sessions, drills, and point-building strategies designed to increase your competitive edge. Fr 9:00am

Primitive Fire-Making

Connect with the primal thrill of creating fire. Tu 3:30pm

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 6:30am, Mo 8:00am

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. Fr 7:30am, Mo 7:30am

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. Fr 6:00am, Mo 6:00am, Tu 6:00am

Sky Island Discovery Tour

Experience a drive like going from Mexico to Canada—in just 3 hours and no passport needed! This Sky Island road takes you through 8 biomes, with dramatic elevation changes and stunning scenery packed into one unforgettable journey. We 12:30pm, Tu 1:00pm

Sky Island Sunset and City Lights Tour

This Sky Island Tour returns from Mount Lemmon under the soft glow of twilight. Travel through 8 biomes while you enjoy a scenic natural history tour on the way up, and photo stops of the forever sunset views and city lights on the drive back. Picnic dinner provided. Fr 4:00pm

Tennis Clinic

Sharpen your skills and learn to hit the sweet spot every time. 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 11:00am

Yoga in the Wild

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. Th 6:00am, Sa 7:00am, Mo 1:00pm

SERVICES

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

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



HEALTH, PERFORMANCE, MIND & SPIRIT

MEDICAL

PERSONALIZED, PRECISE, PREVENTIVE

DEXA Body Composition &

| | | |
|---|-------------------|-------|
| Bone Density Evaluation – two-part service..... | 50 min each | \$795 |
| Personalized Physician Consultation..... | 25 min | 230 |
| | 50 min | 410 |
| Vascular Ultrasound..... | 50 min | 960 |

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 |
| Acutronics..... | 50 min | 250 |
| Chinese Herbal Consultation..... | 50 min | 250 |
| Chinese Vitality Consultation..... | 110 min | 440 |
| Holistic Energy Optimization..... | 50 min | 250 |

SPORTS MEDICINE

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

PERFORMANCE SCIENCE

| | | |
|---|-------------------|-------|
| Balance Assessment..... | 50 min | \$220 |
| Blood Lactate Threshold— NEW – two-part service..... | 50 min each | 420 |
| Body Composition Screening | 25 min | 130 |
| Comprehensive Exercise Assessment – two-part service | 50 min each | 420 |
| Hydration Testing – two-part service..... | 50 min each | 460 |
| Personalized Exercise Program..... | 50 min | 220 |
| VO2 Max Assessment – two-part service | 50 min each | 420 |

MENU OF SERVICES | 2025

MENTAL HEALTH & WELLNESS

| | | |
|--|---------------------|------------|
| Addressing Cravings & Emotional Eating – two-part service..... | 50 min each | \$470 |
| 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 | 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 |
| Hydration Testing – two-part service | 50 min each | 460 |
| Personalized Nutrition Consultation..... | 50 min | 220 |
| Strategies for Raising Nutritious Eaters | 50 min | 220 |

COOKING

| | | |
|---------------------------------------|--------------|------|
| Chef's Seasonal Showcase Dinner | 60 min | \$70 |
| Hands-on Cooking Private..... | 80 min | 185 |
| Hands-on Cooking Workshop | 60 min | 125 |

SPIRITUAL WELLNESS

| | | |
|---|-------------------------------|------------|
| Ancient Technology—NEW | 25 min | \$140 |
| 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 |
| Embodied Presence | 50 min | 250 |
| Loving Kindness—NEW | 25 min | 140 |
| 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 |
| Rest & Restore—NEW | 25 min | 140 |
| | 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 |
| Your Soul Song—NEW | 50 min | 250 |

METAPHYSICAL & ENERGY HEALING

| | | |
|--|---------------|------------|
| 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/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 |

FITNESS 360

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

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

OUTDOOR SPORTS

GROUP ADVENTURES

| | | |
|--|-----------------|-------|
| Desert Trail Running..... | 2 hours | \$110 |
| Hike & Paint..... | 4 hours | 110 |
| Intuitive Archery | 2 hours | 110 |
| Jeep Adventures | 4 hours | 220 |
| Kartchner Caverns Living Cave Tour | 5 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 |
| Tucson Botanical Garden Tour | 3 hours | 140 |
| Writing in Nature | 4 hours | 110 |
| Yoga in the Wild..... | 3 hours | 140 |

MENU OF SERVICES | 2025

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 |
| 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..... | 50 min | 350 |
| Microneedling..... | 50 min | 400 |
| with PRP (Platelet-Rich Plasma) | 50 min | 700 |
| Platinum Diamond HydraFacial | 50 min | 350 |

FACIAL TREATMENTS

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

Services & fees subject to change without notice.

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 |
| Reiki..... | 50 min | 220 |
| | 80 min..... | 320 |
| Reflexology | 50 min | 240 |
| Shiatsu | 50 min | 220 |
| | 80 min..... | 320 |
| | 100 min | 410 |
| Thai Massage | 100 min | 440 |

MASSAGE

| | | |
|--|---------------|-------|
| Aquatic Massage – Watsu®..... | 50 min | \$240 |
| Aromatherapy Massage..... | 50 min | 220 |
| | 80 min..... | 320 |
| Balanced Energy | 50 min | 220 |
| | 80 min..... | 320 |
| | 100 min | 410 |
| 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 |
| Skin Vitality Massage—NEW | 50 min | 220 |
| Sole Rejuvenation..... | 50 min | 200 |
| Therapeutic CBD Pain Relief Massage | 50 min | 250 |
| | 80 min | 350 |
| | 100 min | 450 |
| Warm Coconut Oil Massage | 50 min | 240 |
| | 80 min | 340 |

TEEN SERVICES (AGES 14-17)

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

MATERNITY

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

FOR GUESTS WITH CANCER

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

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH WOODSIDE, CALIFORNIA

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

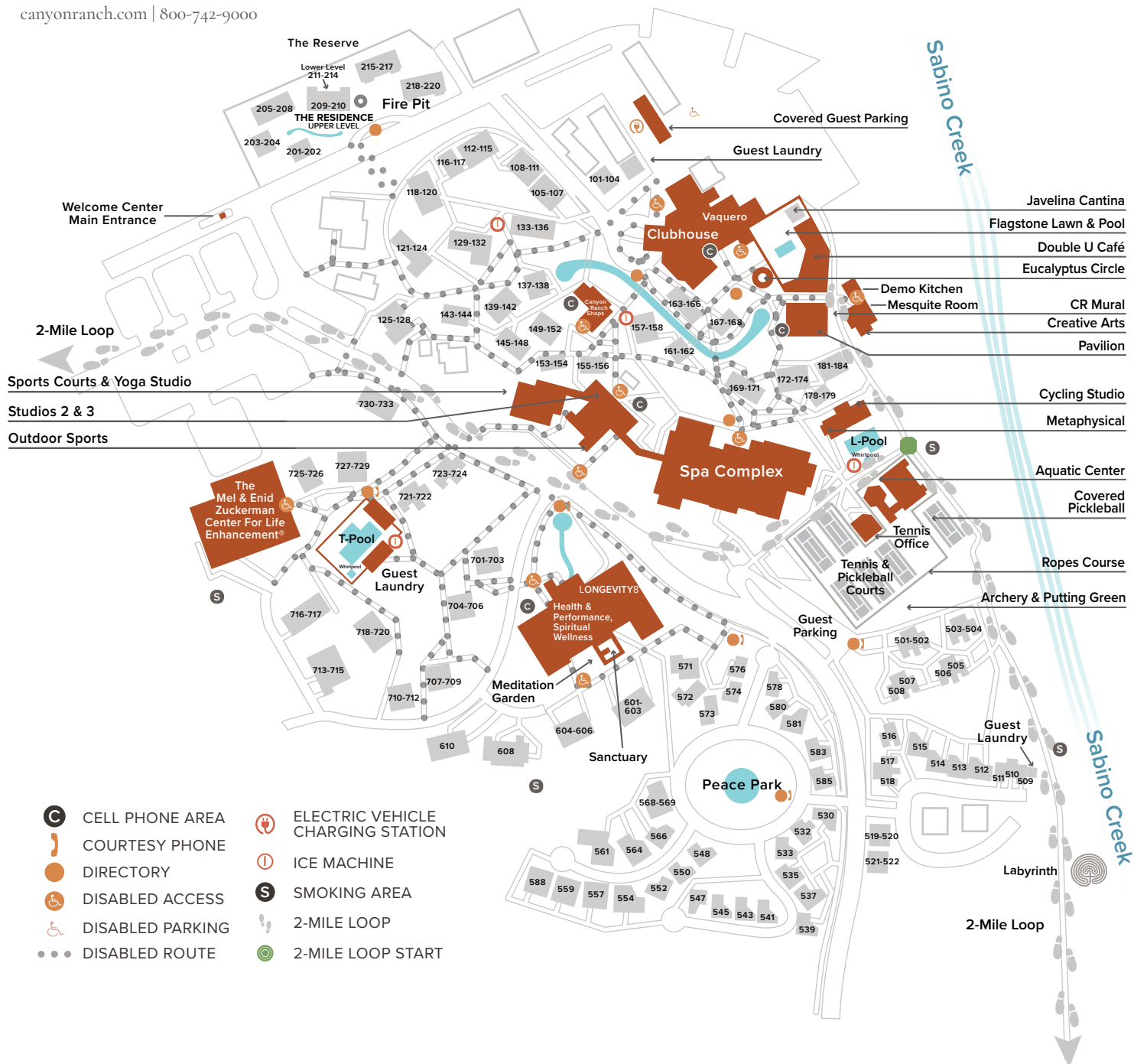
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to
purchase a Membership:

CONTACT Memberships

TucsonMemberships@canyonranch.com
520-239-3293

or visit our Membership Sales
Team in Tucson.



Clubhouse

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

Spa Complex

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

Health & Performance, & Spiritual Wellness

Acupuncture
Life Management
LONGEVITY8™
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
CR Vitality
Mohave Gym
Ocotillo Room
Saguaro Room

RESTROOMS

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