

RANCH SCHEDULE
OCTOBER 15 - 21, 2025



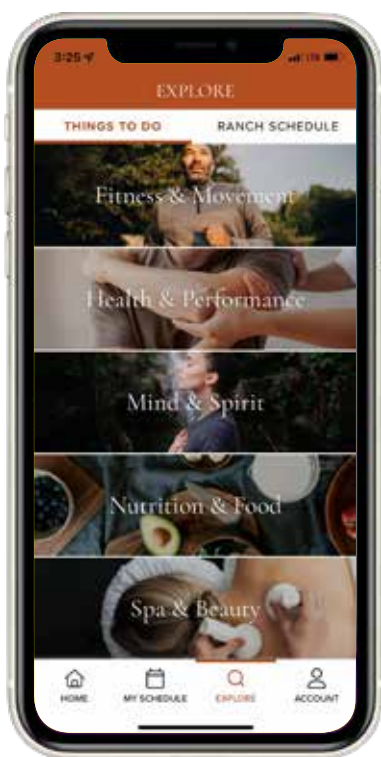
This schedule belongs to:





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 – 5:00 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



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'.



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.

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



CONVERSATIONS IN NUTRITION FEATURING ERIC WILLIAMSON

OCTOBER 20 - 23

Join Canyon Ranch Nutrition Director Eric Williamson for special nutrition-focused programming at Canyon Ranch Tucson. During his visit, Eric will lead engaging presentations, host intimate coffee chats, and join guests for conversation at the Captain's Table during dinner.

This is a unique opportunity to connect with one of the foremost voices in nutrition and learn practical, science-based strategies for optimizing health and performance.

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

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.



KRISTI GREYSEN TRUNK SHOW

FRIDAY, OCTOBER 17 | 9 AM–6 PM
SATURDAY, OCTOBER 18 | 9 AM–6 PM
SUNDAY, OCTOBER 19 | 9 AM–6 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

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



MYTH AND STONE TRUNK SHOW

TUESDAY, OCTOBER 21 | 9 AM–6 PM
WEDNESDAY, OCTOBER 22 | 9 AM–6 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Equal parts fairytale and antique treasure, Meryl's work reflects the many ways she finds beauty in the world. She is driven by the excitement and deep satisfaction of turning a vision in her mind's eye into a physical creation.

WEDNESDAY

October 15, 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.

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

6:15 AM

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

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

BIKE RIDE: LEVEL 3
ROCKING K Limit: 6 ▲ 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

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

8:45 AM

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

9:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
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.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

9:00 AM

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

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

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 DD 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.

ZUMBA® Limit: 30 Studio 1
45 min.

NOON

LUNCH & LEARN: POACHED SHRIMP Demo Kitchen
60 min. Enjoy poached shrimp with chickpea summer salad, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

DISCOVER OUR PROPERTY ON A TOUR

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

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

1:00 PM

GLUTE TRANSFORMATION

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

GYROKINESIS Limit: 15 Yoga Studio
45 min.

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

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

2:00 PM

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN

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

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

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

PILATES REFORMER INT/ADV CLINIC Limit: 5 ▲ Pilates Studio
50 min. \$80

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

3:00 PM

INTERMEDIATE YOGA Yoga Studio
45 min.

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

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

3:30 PM

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

4:00 PM

MEDITATION Limit: 30 DD Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Yoga Studio
25 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.

FLOATING SOUND MEDITATION CLINIC Limit: 20 ▲ Aquatic Center
50 min. \$110

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.

6:30 PM

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

8:00 PM

BARREL TO GLASS: A CURATED BOURBON JOURNEY—NEW 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 16, 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.

ARCHAEOLOGY 2 - DISCOVERING HOHOKAM

PETROGLYPHS—NEW Limit: 8 ▲ Outdoor Sports Lobby
4 hr. \$140

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 3

VENTANA MAIDEN POOLS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

DESERT BEAUTY - THE COSMETOLOGY OF THE

SONORAN Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140

BIKE RIDE: LEVEL 2

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

6:45 AM

HIKE: LEVEL 2

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

7:00 AM

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

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

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.

CYCLING Limit: 12 Golf Performance Center
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

WALKING MEDITATION CME DD 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.

HIGH ROPES CHALLENGE

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

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

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

YOGA FOR DETOX Limit: 20 Yoga Studio
45 min.

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

KARTCHNER CAVERNS LIVING CAVE

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

YES, AND: THE SACRED PLAY OF

IMPROV—NEW DD Sanctuary
50 min. Explore improvisation as a spiritual, intuitive practice through guided exercises, reflection, and play. Embrace presence, surrender, and joy while saying "yes" to the unknown in a safe, supportive space for curiosity and creative risk-taking.

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

CORE & MORE Limit: 16 Studio 2
20 min.

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

LUNCH & LEARN: GRILLED FLANK

STEAK Limit: 34 Demo Kitchen
60 min. Enjoy grilled flank steak with Spanish pesto and a chef's choice salad while learning how to prepare the entrée.

1:00 PM

PILATES FOR BALANCE Limit: 18 Studio 2
45 min.

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

SECRETS TO SLEEPING

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

1:30 PM

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

2:00 PM

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.

CR VITALITY TOUR Limit: 20 Center for Life Enhancement
30 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

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

AN ART JOURNAL

EXPERIENCE Limit: 15 DD 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.

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.

6:30 PM

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

7:00 PM

TUCSON: UNESCO CITY OF GASTRONOMY

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

FRIDAY

October 17, 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.

6:15 AM

HIKE: LEVEL 4

THIMBLE VIEW Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

6:30 AM

HIKE: LEVEL 3

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

BIKE RIDE: LEVEL 3

HONEY BEE OFF-ROAD Limit: 6 ▲ Outdoor Sports Lobby
4 hr.

MORNING WALK

30 min. / 45 min. Spa Lobby

7:00 AM

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

COWBOY COFFEE

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

7:30 AM

ROCK CLIMBING

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

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

ARIZONA-SONORA DESERT

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

8:00 AM

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

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

8:45 AM

HIKE: LEVEL 2

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

9:00 AM

PICKLEBALL SKILL DEVELOPMENT

CLINIC—NEW Limit: 8 ▲ Pickleball Court 1
1 hr. 50 min. \$200

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

QI GONG IN THE

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

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

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.

11:00 AM

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

POWER FLOW Yoga Studio
45 min.

CHANGE YOUR AURA, CHANGE YOUR LIFE

Catalina Room
50 min. Join a Canyon Ranch clairvoyant to learn about auras and chakras and how you can improve your state of well-being.

PROPERTY TOUR Clubhouse Lobby
45 min.

NOON

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

LUNCH & LEARN: HOT HONEY CHICKEN

Demo Kitchen
60 min. Enjoy hot honey chicken with roasted cauliflower and kale salad, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

1:00 PM

GLUTE TRANSFORMATION

CLINIC Limit: 5 ▲

Cardio & Strength Gym

50 min. \$80

KUNDALINI YOGA

Limit: 20

Yoga Studio

45 min.

PILATES REFORMER CLINIC:

BEGINNING Limit: 5 ▲

Pilates Studio

50 min. \$80

INTUITIVE ARCHERY

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

HIKE & PAINT

Limit: 8 ▲

Outdoor Sports Lobby

4 hr. \$110

GRIND, GRIT & GRACE

CME

Catalina Room

50 min. The 'hustle and bustle', 'hurry and worry' mindset is mainstream madness. Contemplate the concepts of grind, grit, and grace, and learn practices to help design your well way of life.

2:00 PM

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.

VENUS, THE PLANET OF LOVE & MONEY

Catalina Room

50 min. Join Canyon Ranch Astrologer Shivani Baker to learn how the appearance of Venus in your chart reflects your style of romance, attitude about money, beauty, and creating harmony.

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

MINDFUL MANDALAS—NEW

Limit: 12

DD

Art Studio 1

1 hr. 30 min. Unwind and get creative as you paint a personalized dot mandala. Begin with a calming meditation to set your intention, then enjoy a mindful process that brings peace and focus. Bring readers or glasses if needed for detailed work.

3:00 PM

POSTURE & BALANCE

Limit: 20

Studio 1

45 min.

WALLYBALL

45 min.

Racquet Court 1

YOGA SCULPT

Limit: 18

Yoga Studio

45 min.

4:00 PM

PICKLEBALL CLINIC

Limit: 8 ▲

Pickleball Court 1

50 min. \$80

RESTORATIVE AERIAL YOGA AND SOUND HEALING

CLINIC Limit: 5 ▲

Studio 3

50 min. \$110

STRETCH & RELAXATION

Limit: 20

Yoga Studio

25 min.

SKY ISLAND SUNSET AND CITY LIGHTS

TOUR—NEW Limit: 6 ▲

Outdoor Sports Lobby

3 hr. \$110

5:00 PM

OPEN 12-STEP RECOVERY MEETING

Mesquite Room

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

5:30 PM

COMMUNITY TABLE

Limit: 6 ▲

Vaquero

60 min.

6:00 PM

CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

6:30 PM

NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK

EDITION—NEW Limit: 8 ▲

Outdoor Sports Lobby

3 hr. \$140

8:00 PM

SPIRIT OF AGAVE: A TEQUILA TASTING

EXPERIENCE—NEW 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

Pavilion

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

SATURDAY

October 18, 2025

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

6:00 AM
MEDITATION HIKE Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

6:30 AM
HIKE: LEVEL 3 PONTATOC RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.
BIRD WALK Limit: 8 ▲ Outdoor Sports Lobby
2 hr.
BIKE RIDE: LEVEL 3 PANTANO RIVER PATH Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min.
HIGH ROPES CHALLENGE COURSE Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$220
MORNING WALK DD Spa Lobby
30 min. / 45 min.

6:45 AM
HIKE: LEVEL 2 WILD HORSE CANYON 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

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
YOGA IN THE WILD Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140
ABOVE & BELOW THE BELT Limit: 20 Studio 3
45 min.
CYCLING Limit: 12 Golf Performance Center
45 min.
GLIDE AND BURN Limit: 20 Studio 1
45 min.
PROPERTY TOUR Clubhouse Lobby
45 min.
FITNESS, TECH AND TRENDS FOR LONGEVITY Cactus Room
50 min. An interactive discussion surrounding the latest exercise recommendations and a deep dive into the newest movements of technology surrounding longevity.

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

11:00 AM
AQUA FIT Limit: 15 Aquatic Center
45 min.
INTERMEDIATE YOGA Yoga Studio
45 min.
TRX FUSION Limit: 9 Studio 3
45 min.
PROPERTY TOUR Clubhouse Lobby
45 min.
KARTCHNER CAVERNS LIVING CAVE TOUR Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$220

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NOON

AI CHI Limit: 12 Aquatic Center
45 min.

BREATHING Yoga Studio
20 min.

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

1:00 PM

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

PILATES MAT Limit: 30 Yoga Studio
45 min.

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!

MINDSET FOR OPTIMUM

PERFORMANCE CME DD 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.

2:00 PM

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.

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

RAINBOW CRYSTAL

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

3:30 PM

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

4:00 PM

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

RESTORATIVE YOGA Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

CR VITALITY TOUR Center for Life Enhancement
30 min.

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

6:30 PM

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

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

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

Thank you for helping keep Canyon Ranch serene.

SUNDAY

October 19, 2025

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

(DD) DISCOVERY DAYS: MINDFUL RESET

6:00 AM

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

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

6:15 AM

HIKE: LEVEL 4
FORT LOWELL TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 30 min.

6:30 AM

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

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

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

7:00 AM

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

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

8:00 AM

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

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

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

BUTI MOVEMENT® Limit: 30 Yoga Studio
45 min.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

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

11:00 AM

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

ZUMBA® Limit: 30 Studio 1
45 min.

VEDIC PALMISTRY: IT'S ALL IN OUR HANDS Cactus Room
50 min. Vedic Palmistry is an integrative wisdom practice where you can discover the meaning of the lines, markings, and topography of your hands through this ancient tradition.

PROPERTY TOUR Clubhouse Lobby
45 min.

NOON

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

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1:00 PM

TUCSON BOTANICAL GARDEN

TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
3 hr. \$140 Tour and explore over 20 specialty gardens and a butterfly greenhouse at the award-winning Tucson Botanical Gardens — ranked #4 Botanical Garden in the nation by USA Today's Readers' Choice Awards for three years in a row.

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

INTUITIVE ARCHERY Limit: 8 ▲ 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.

NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS Cactus Room
50 min. Learn how astrology offers guidance about your life path and how to use crystal and gemstone alignment to activate and actualize your life purpose.

ACUPUNCTURE FOR STRESS RELIEF & EMOTIONAL BALANCE CME DD Catalina Room
50 min. Explore the ancient art of acupuncture as a powerful tool for achieving emotional equilibrium. Discover how this holistic approach targets key energy points to alleviate stress, anxiety and promote overall well-being.

2:00 PM

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.

DESERT DRUMMING Limit: 22 Studio 2
45 min.

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

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

3:00 PM

DRUMMING CIRCLE Limit: 17 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

YIN YOGA Limit: 20 Yoga Studio
45 min.

4:00 PM

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

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

8:30 PM

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

MONDAY

October 20, 2025

See descriptions of classes and activities on pages 22-26. (DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

6:00 AM
SABINO CANYON WALK Limit: 12 ▲ Outdoor Sports Lobby
2 hr.

6:15 AM
HIKE: LEVEL 4
WEST SPRING TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

6:30 AM
HIKE: LEVEL 3
BEAR SADDLE Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 15 min.
ARCHAEOLOGY 1 - HOHOKAM VILLAGE
SITE—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM
BIKE RIDE: LEVEL 3
SABINO CANYON Limit: 12 ▲ Outdoor Sports Lobby
3 hr.
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
PICKLEBALL DRILL CLINIC Limit: 4 ▲ Pickleball Court 1
50 min. \$80
COFFEE CHAT WITH A NUTRITIONIST FE Double U Café
50 min. Sip, chat, and learn! Bring your curiosity to a relaxed conversation with our Director of Nutrition Eric Williamson.
QI GONG IN THE MOUNTAINS—NEW Limit: 8 ▲ Outdoor Sports Lobby
3 hr. 30 min. \$140
CARDIO TENNIS CLINIC Limit: 8 ▲ Tennis Court 1
50 min. \$80

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

8:45 AM
HIKE: LEVEL 2
PALISADES TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

9:00 AM
SELF-COMPASSION IS YOUR SUPER POWER CME DD Catalina Room
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

PROPERTY TOUR Clubhouse Lobby
45 min.
CORE CONDITIONING Limit: 15 Studio 1
45 min.
DESERT DRUMMING Limit: 22 Studio 2
45 min.
TRX STRONG Limit: 9 Studio 3
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 Limit: 20 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.

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

NOON
LUNCH & LEARN: SHRIMP CATALAN Demo Kitchen
60 min. Enjoy shrimp Catalan with turmeric rice, soup of the day, salad bar, and dessert while learning how to prepare the entrée.
AERIAL SWING YOGA CLINIC Limit: 5 ▲ Studio 3
50 min. \$80

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1:00 PM

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

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

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

1:30 PM

TUCSON BOTANICAL GARDEN TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
3 hr. \$140

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

2:00 PM

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

BUILDING BLOCKS FOR BUILDING MUSCLE CME DD Catalina Room
50 min. Mike Siemens, Director of Performance Science, shares why muscle mass is so important to overall quality of life.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

WALK YOUR WORKOUT Spa Lobby
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

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

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.

4:00 PM

RESTORATIVE YOGA Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

4:00 PM

INTRO TO AYURVEDA: WHAT'S YOUR DOSHA? Catalina Room
50 min. Discover how to recognize and address life patterns that cause imbalances by learning about the three doshas.

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

MEMORY WIRE BRACELET Limit: 20 Art Studio 1
1 hr. 30 min. In this class guests will make a memory wire bracelet using a variety of gemstones, charms, and glass beads.

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

5:00 PM

OPEN 12-STEP RECOVERY MEETING Mesquite Room
60 min. Join us in-person in the Mesquite Room, or via Zoom. Meeting ID: 813 1518 6491, Password: Serenity20.

INTRODUCTION TO VEDIC ASTROLOGY Cactus Room
50 min. Compare and contrast Vedic and western astrology and discover what a Vedic chart can tell you about your karmic journey.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

CAPTAIN'S TABLE WITH ERIC WILLIAMSON Limit: 6 ▲ FE Vaquero
2 hr. Join Nutrition Director Eric Williamson at the Captain's Table and discover the latest in wellness and nutrition.

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

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

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

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

6:30 PM

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

7:00 PM

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

TOTALLY TRIVIA! Pavilion
50 min. Compete against fellow guests in a fun night of trivia.

TUESDAY

October 21, 2025

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

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

6:00 AM

SABINO CANYON WALK Limit: 12 ▲ 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

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

6:15 AM

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

6:30 AM

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

BIKE RIDE: LEVEL 4 HOHOKAM Limit: 6 ▲ Outdoor Sports Lobby
5 hr.

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

HIKE: LEVEL 2 PHONELINE 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

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

8:15 AM

CORE & MORE Limit: 16 Studio 2
20 min.

9:00 AM

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

PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE—NEW Limit: 4 ▲ Racquet Court 1
50 min. \$110

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.

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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.

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

11:00 AM

WALK YOUR WORKOUT Spa Lobby
45 min.

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

EXPLORATION IN SOUL CONSCIOUSNESS Cactus Room
50 min. A Canyon Ranch clairvoyant discusses past lives, spirit communication, and other related topics.

PROPERTY TOUR Clubhouse Lobby
45 min.

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NOON

- AERIAL SWING YOGA CLINIC

50 min. \$80

Limit: 5 ▲

Studio 3
- BREATHING

20 min.

Yoga Studio
- LUNCH & LEARN: MONGOLIAN BBQ SALMON

60 min.

FE

Demo Kitchen
- Enjoy Mongolian BBQ salmon and cauliflower 'fried rice' with a chef's choice salad while learning how to prepare the entrée.

1:00 PM

- SKY ISLAND DISCOVERY TOUR—NEW

3 hr. \$110

Limit: 6 ▲

Outdoor Sports Lobby
- PHONE-TOGRAPHY

2 hr. \$110

Limit: 6 ▲

Outdoor Sports Lobby
- PILATES REFORMER CLINIC: BEGINNING

50 min. \$80

Limit: 5 ▲

Pilates Studio
- REPLENISHING THE WELL

50 min.

CME

DD

Catalina Room
- 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

- WATER WORKOUT

45 min.

Limit: 24

T-Pool
- BOXER'S WORKOUT

45 min.

Limit: 8

Studio 3
- PELVIC FLOOR YOGA

45 min.

Limit: 30

Yoga Studio
- CR VITALITY TOUR

30 min.

Limit: 20

Center for Life Enhancement

3:00 PM

- YIN YOGA

45 min.

Limit: 20

Yoga Studio
- BUFF BOOTY

45 min.

Limit: 20

Studio 1
- WALLYBALL

45 min.

Racquet Court 1

3:30 PM

- PRIMITIVE FIRE-MAKING

2 hr.

Limit: 8 ▲

Outdoor Sports Lobby

4:00 PM

- PICKLEBALL CLINIC

50 min. \$80

Limit: 4 ▲

Pickleball Court 1
- MEDITATION

25 min.

Limit: 30

Yoga Studio
- STRETCH & RELAXATION

25 min.

Limit: 20

Studio 2
- ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS

50 min.

CME

DD

Sanctuary
- 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

60 min.

Mesquite Room
- 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

60 min.

Limit: 6 ▲

Vaquero

6:00 PM

- CAPTAIN'S TABLE WITH ERIC WILLIAMSON

2 hr. \$110

Limit: 6 ▲

FE

Vaquero
- Join Nutrition Director Eric Williamson at the Captain's Table for dinner and conversation. Discover the latest in wellness and nutrition. Connect, learn, and be inspired! Inform the host stand know if you'd like to join this table.
- CR VITALITY TOUR

30 min.

Limit: 20

Center for Life Enhancement

6:30 PM

- NIGHT VISION GOGGLE EXPERIENCE

2 hr. \$110

Limit: 8 ▲

Outdoor Sports Lobby
- COSMIC JOURNEY WITH THE TELESCOPE—NEW

3 hr. \$140

Limit: 8 ▲

Outdoor Sports Lobby

7:00 PM

- ISLANDS IN THE SKY & THE SOUTHWEST MONSOON

50 min.

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

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. Su 9:00am

CR Strength

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

Cardio Circuit

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

Core & More

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

Core Conditioning

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

Cycling

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

DJ Dance Party

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

Desert Drumming

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

Stride & Strength

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

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, Tu 11:00am

Wallyball

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

Water Workout

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

MIND-BODY

Aerial Swing Yoga Clinic

Work on your core strength in standing poses and inversions while using a fabric hammock suspended from the ceiling. Please wear leggings and a sleeved shirt. See a program advisor for restrictions. We 12:00pm, Th 12:00pm, 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. Sa 12:00pm, Tu 12:00pm

CR Vitality Tour

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

Centering Meditation

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

Chair Yoga

First Come, First Served. Limit 20. This class uses chairs and incorporates balancing and other standing poses, ideal if you don't want to sit on the floor, or would like to try chair yoga for breaks at work. We 9:00am, Fr 9:00am, Mo 2:00pm

Floating Sound Meditation Clinic 50m

Experience inner transformation through Guided Meditation and Sound Healing while floating in water on an airbed. We 5:30pm

Freeform Fusion

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

Gyrokinesis

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

Heart Chakra Yoga

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

Intermediate Yoga

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

Kundalini Yoga

First Come, First Served. Limit 20. Awaken your divine energy in this energetic style of yoga that emphasizes breathing and chanting exercises connected to poses. 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, Mo 1:00pm, Tu 1:00pm

Pilates Reformer Int/Adv Clinic

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

Pilates for Balance

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

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

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, Tu 3:00pm

Yoga Foundations

First Come, First Served. Limit 30. This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. 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, Mo 7:00pm

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 - River Path/Marketplace

Desert Ride. 12 mi. Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 9:00am

Bike Ride: Level 3 - Honey Bee Off-Road

Mountain Biking. 14 mi. An intermediate ride in the beautiful Sonoran Desert. Enjoy a smooth and flowing single track, with just a few obstacles to keep things interesting. Fr 6:30am

Bike Ride: Level 3 - Pantano River Path

Desert Ride. 21 mi. Take an extended cruise on a paved, car-free recreational path along an arroyo and out into a large area of undeveloped desert. Mostly a gentle gradient, mixed with a few more noticeable hills. Sa 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. We 6:30am

Bike Ride: Level 3 - Sabino Canyon

Desert Ride. 13 mi. This popular early morning ride takes you into spectacular Sabino Canyon. Lots of dips and hills all trending upwards with a strong climb in the end. Mostly down on the way back. Mo 7:00am

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. Tu 6:30am

Bird Walk

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

Cardio Tennis Clinic

Enjoy a heart-pumping cardio tennis workout to music. We 8:00am, Su 8:00am, Mo 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. Sa 6:30pm, Tu 6:30pm

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. Th 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, Su 6:00am, Tu 6:30am

High Ropes Challenge Course

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. Th 9:00am, 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, Mo 9:30am

Hike: Level 2 - Box Camp

Mountain Hike. 3.4 mi. 600 ft. elev. This hike begins with a short uphill followed by sections of downhill through a pine forest to a serene creek side picnic spot, with a steady, uphill climb on the return. Fr 8:45am

Hike: Level 2 - Hitchcock Overlook

Mountain Hike. 3 mi. 700 ft. elev. This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. We 8:45am

Hike: Level 2 - Milagrosa Overlook

Desert Hike. 4 mi. 635 ft. elev. Hike through a beautiful canyon to a ridgetop overlook. Expect intervals of steep uphill and downhills over rocky terrain with scenic canyon views. Th 6:45am

Hike: Level 2 - Palisades Trail

Mountain Hike. 3.5 mi. 600 ft. elev. Starting high up in the Catalinas, descend down through forested canopies to wide open views, before a challenging climb back up. Mo 8:45am

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. Tu 6:45am

Hike: Level 2 - Douglas Springs

Saguaro National Park. 4 mi. 840 ft. elev. This scenic trail has several sections of sustained moderate to steep uphill. Ideal for beginner hikers looking for a good workout. Su 6:45am

Hike: Level 2 - Wild Horse Canyon

Saguaro National Park. 4.25 mi. 480 ft. elev. Trek through a cacti forest with flat to moderate uphill sections and seasonal water. Sa 6:45am

Hike: Level 3 - Balanced Rock

Mountain Hike. 4.5 mi. 1145 ft. elev. This beautiful trail with rocky and sandy sections will reward you with great vistas of the high desert and the interesting rock formations known as "hoodoos." Fr 6:30am

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. Mo 6:30am

Hike: Level 3 - Bridal Wreath Trail

Saguaro National Park. 5.6 mi. 1090 ft. elev. Intervals of steep climbing on loose, rocky terrain leads to beautiful vistas before ending at a hidden grotto with a seasonal waterfall. We 6:30am

Hike: Level 3 - Crystal Springs

Mountain Hike. 5 mi. 1130 ft. elev. Sweeping views await on this hike, winding down through the alpine trails of the Santa Catalina's less explored "backside". Tu 8:00am

Hike: Level 3 - Esperero Overlook

Sabino Canyon. 5 mi. 965 ft. elev. A challenging hike that wanders over moderate to steep rocky uphill and downhill sections in the scenic canyon basin. Su 6:30am

Hike: Level 3 - Pontatoc Ridge

Desert Hike. 4 mi. 1320 ft. elev. This rocky, and very scenic, ridgeline trail climbs steeply to a beautiful canyon and city overlook. Sa 6:30am

Hike: Level 3 - Ventana Maiden Pools

Desert Hike. 6 mi. 1320 ft. elev. Embark on a captivating hike through a canyon of towering red walls while crossing a creek multiple times. You'll reach the summit to discover serene, seasonal pools. Th 6:30am

Hike: Level 4 - Fort Lowell Trail

Desert Hike. 7.2 mi. 2140 ft. elev. This rugged and rocky trail takes you through intervals of steep climbs surrounded by a classic desert landscape with stunning views at the turnaround spot. Su 6:15am

Hike: Level 4 - Milagrosa Loop

Desert Hike. 6.4 mi. 1385 ft. elev. With beautiful mountain and canyon views, this scenic ridgeline loop trail climbs over moderate to steep intervals of rocky terrain. Tu 6:15am

Hike: Level 4 - Pontatoc Trail

Desert Hike. 5.4 mi. 1725 ft. elev. Hike through Pontatoc Canyon with towering cliffs above. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley. We 6:15am

Hike: Level 4 - Thimble View

Desert Hike. 9 mi. 1530 ft. elev. Experience a beautiful hike that gives you a different view of Thimble Peak. Experience a varied terrain of desert, grasslands, and riparian areas. Fr 6:15am

Hike: Level 4 - West Spring Trail

Desert Hike. 5.9 mi. 1590 ft. elev. Experience a beautiful, strenuous hike in the scrub oak terrain with sweeping views of the Rincon Mountains. Expect a strong climb on the return. Mo 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. We 3:30pm, Fr 1:00pm, Sa 1:00pm, Su 1:00pm, Mo 3:00pm, 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 1:30pm, 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 11:00am, Sa 11:00am

Meditation Hike

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. Th 1:00pm, Sa 6:00am, Tu 6:00am

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 6:30pm, Su 6:30pm, Mo 6:00pm

Night Vision Goggle Experience

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

Phone-tography

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing. We 1:00pm, Su 1:00pm, 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. We 7:00am, We 4:00pm, Th 7:00am, Fr 7:00am, Fr 4:00pm, Sa 7:00am, Sa 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. 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. Sa 3:30pm, Tu 3:30pm

Qi Gong in the Desert

Walk into the Sonoran Desert and practice Qi Gong with flowing movements and mindful breathing. Surrounded by mountains, you'll awaken your body and cultivate balance in this all-levels class. Fr 9:00am

Qi Gong in the Mountains

Retreat to the cool air of the Catalina Mountains, where a short mindful hike awakens your senses to the forest's synergy. This 45-minute Chi Gong practice will deepen your connection to nature through calming breath and gentle movement. Su 8:00am, 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. 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. We 6:00am, Th 6:00am, 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. 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, Fr 8:00am, Mo 6:00pm

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. We 1:00pm, Sa 9:00am, 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

SALON

HAIR CARE

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

MAKEUP

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

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

PEDICURES

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

SPA

BODY TREATMENTS

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

MENU OF SERVICES | 2025

AYURVEDIC TREATMENTS

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

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min	\$240
	80 min.....	340
	100 min	440
Muscle Melt for Road Warriors	50 min	240
	80 min.....	340
	100 min	410
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:

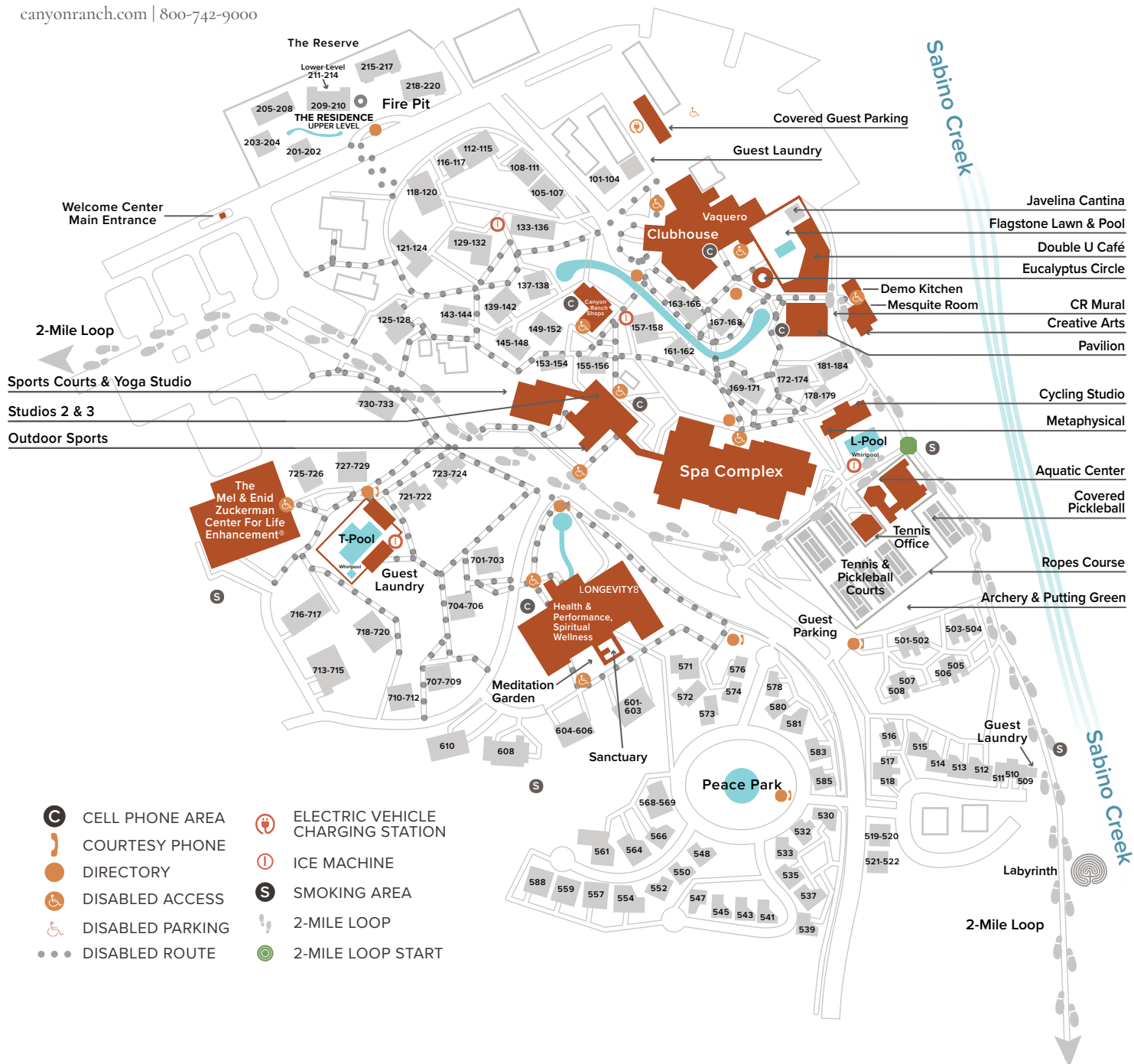
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.