

RANCH SCHEDULE
OCTOBER 22 - 28, 2025



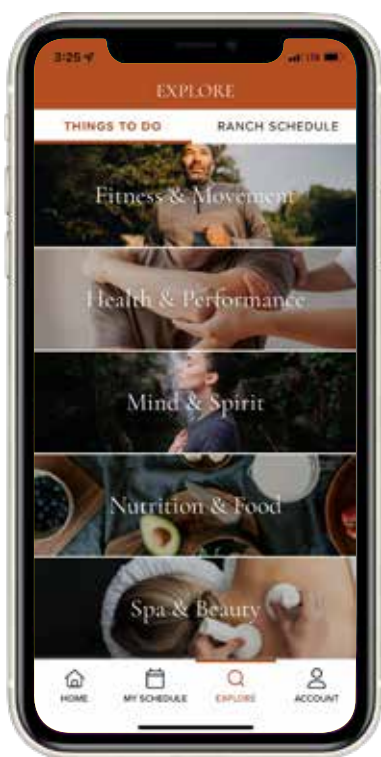
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:30 pm – 8:30 pm

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

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

Double U Café & Flagstone Pool

Double U Café: 5:30 am – 7:30 pm

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

Lunch: 11:00 am – 2:00 pm

Dinner: 5:00 pm – 7:30 pm

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

Javelina Cantina

Daily: 5:00 pm – 9:00 pm

In-Room Wine Delivery

Ext. 44312: Nightly 4:00 pm – 9:00 pm

Spa and Strength & Cardio Gym

6:00 am – 9:00 pm

Canyon Ranch® Foot Health Center

Located in the Spa

Daily: 12:00 pm – 5:00 pm

Program Advising

Located in the Spa

8:00 am – 7:00 pm

Ext. 44338: 8:00 am – 5:00 pm

CR® Aesthetics

Located in the Spa

Monday – Saturday: 10:00 am – 5:00 pm

Canyon Ranch® Boutique

Located in the Clubhouse

Daily: 9:00 am – 7:00 pm

CR® Shops

Daily: 8:00 am – 6:00 pm

Presentation Rooms

The Catalina, Cactus, and Media Rooms are located in the Clubhouse. The Acacia and Saguaro Rooms are located in The Mel and Enid Zuckerman Center for Life Enhancement®.



WELCOME

Welcome to Canyon Ranch, Tucson!

As Managing Director, it's my pleasure to welcome you to our inspiring oasis of wellness and renewal.

Canyon Ranch is an ever-evolving destination, dedicated to supporting your health and well-being. Think of it as your sanctuary—a place for transformation, discovery, and joy.

We've recently completed several exciting upgrades to enhance your experience. Be sure to explore our reimagined dining venue, Vaquero, along with the refreshed spa lobby and treatment rooms. We've also made updates to the ladies' locker room, introduced The Snug, a cozy new game room off the clubhouse lobby, and enhanced the Sanctuary, to name a few highlights.

I encourage you to explore **Longevity 8**, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

During your stay, you'll find an array of cherished activities, classes, and services, as well as innovative spa and health experiences. Take a moment to immerse yourself in the beauty of our desert surroundings. Whether it's hiking, biking, or other guided outdoor adventures with our Outdoor Sports team, these activities are designed to inspire and rejuvenate.

Our goal is to exceed your expectations, and our team of compassionate, dedicated professionals is here to ensure every moment is exceptional. Please don't hesitate to let us know how we can personalize your visit and elevate your experience.

Whether this is your first visit, or a return journey, we are delighted to have you with us. Canyon Ranch truly comes to life when you're here, embracing healthy, joyful living.

You're in the perfect place to refresh your spirit, set new goals, and leave stress behind. Welcome!

David Craig
Managing Director

DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. You'll learn about exciting opportunities that fit your schedule and support your goal. And please, keep an open mind to trying new things. After all, the most exciting thing you do may be the one you haven't tried.

Stop by Program Advising in the Spa or call Ext. 44338.

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



BLOOD LACTATE THRESHOLD

Performance Science | Two-part service | 100 min.

Maximize your workouts with a blood lactate threshold test that measures lactic acid levels to determine if you're training within your ideal cardio intensity. During a 20- to 30-minute incremental exercise test, you'll wear a heart rate monitor while fingertip blood samples are taken every 2 to 4 minutes to track your body's response. Then, in a follow-up session, you'll review results with a performance scientist and receive a personalized training plan designed to improve aerobic stamina, anaerobic threshold, fat burning, and overall fitness.

INTRODUCTION TO AYURVEDA

Fitness Service | 50 min.

In this introductory session, an Ayurvedic practitioner offers a Dosha assessment identifying your natural constitution (Prakruti) and current imbalances (Vikruti) using pulse reading, intake questions, tongue evaluation, and a physical exam. You'll receive personalized recommendations to restore balance in your body, mind, and spirit, along with suggestions for treatments available during your stay.

KARTCHNER CAVERNS LIVING CAVE TOUR

Outdoor Sports Activity | See pg. 26 for dates and times | 5 hr.

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

NIGHT SKY WALK

Outdoor Sports Activity | See pg. 26 for dates and times | 2 hr.

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

THE COMPLETE FIX FACIAL

Skin Care Service | 50 min.

This facial promises noteworthy results. Expect more youthful, fuller, even-toned skin, radiant with natural hydration. This Skin Authority treatment – powered by patented SGF-4 Technology™ – provides immediate improvements for any visible wrinkles and skin texture. This has been clinically shown to boost the skin's regeneration process, promoting collagen production, healthy circulation, and accelerated cell renewal resulting in beautiful skin.

DESERT RITUAL

Spa Service | 100 min.

Rejuvenate your skin and serenade your senses with native resources from the Sonoran Desert. Cleanse, exfoliate, and hydrate with white sage, prickly pear, and honey. Soak in a bath infused with saguaro blossoms, aloe, and jojoba. A perfect blend of indulgence and therapeutic benefit, this treatment concludes with a full-body massage to leave you refreshed and softened.

INTRO TO BRAINSPOTTING

Mental Health & Wellness | 50 min.

Brainspotting, a treatment method developed by Dr. David Grand, identifies points in the visual field to access unprocessed trauma — based on the idea that “where you look actually affects how you feel.” By using techniques that bypass conscious thought, Brainspotting can lead to faster and deeper healing, strengthen our natural resources and resilience, and enhance creativity and performance. When traditional talk therapy feels at a standstill, Brainspotting offers a new way to unlock insights and make meaningful progress.

FEATURED EVENTS

VISIT OUR TUCSON EVENTS PAGE ON [CANYONRANCH.COM](https://canyonranch.com) FOR MORE UPCOMING EVENTS



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'.



BEYOND THE VEIL DISCOVERY DAYS

OCTOBER 27 - NOVEMBER 2

Step beyond the veil and into the mystical heart of the Sonoran Desert. Beyond the Veil offers a transformative week of spiritual exploration, with immersive workshops in astrology, Vedic palmistry, crystal healing, tarot, and energy vortex experiences.

Guided by our gifted intuitive team, you'll expand spiritual awareness, connect with subtle energies, and awaken inner wisdom. Whether curious or deeply attuned, prepare for an extraordinary journey into the unseen.

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

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 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



CR SHOPS

- Clothing & Swimwear
- Canyon Ranch Souvenirs
- Outdoor Apparel
- Robes
- Gifts for Men
- Books



SKIN CARE & SALON

- Kerastase Hair Care Products
- Biologique Recherche
- Environ
- VENN

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

MYTH & STONE



WEDNESDAY, OCTOBER 22

Join local artist, Myth and Stone. If Myth and Stone were a magical realm, each piece of jewelry attempts to bring this world into focus a little more. Equal parts fairytale and antique treasure, Meryl's work reflects the many ways she finds beauty in the world.

SHERMAN FIELD



**FRIDAY, OCTOBER 24 -
SATURDAY, OCTOBER 25**

Enjoy exquisite pieces ranging from hand-linked chains, diamond rings and studs, semi-precious stone and textured gold photo lockets, precious and semi-precious stone tassels, Tahitian and South Sea pearls, and their refined, everyday earrings and studs.

HAPI HARA



**SUNDAY, OCTOBER 26 -
WEDNESDAY, OCTOBER 29**

Join metaphysical, crystal, and gemstone expert, Hapi Hara and discover how to harness the healing energies of rocks and crystals.

WEDNESDAY

October 22, 2025

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

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

6:15 AM

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

6:30 AM

HIKE: LEVEL 3

BEAR CANYON Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 30 min.

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM

BIKE RIDE: LEVEL 2

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

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

8:00 AM

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

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

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 a Canyon Ranch nutritionist. Ask your burning questions, hear the latest insights in nutrition, and walk away with fresh ideas for fueling your daily life.

9:00 AM

CYCLING Limit: 12 Golf Performance Center
45 min.

ROCKIN' RETRO Limit: 20 Studio 1
45 min.

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

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

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.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:00 AM

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

9:15 AM

HIKE: LEVEL 2

PECK BASIN OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

10:00 AM

OPTIMIZE BRAIN HEALTH WITH

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

H2O POWER Limit: 24 T-Pool
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

COMPASSION CIRCLE FOR GRIEF & GRATITUDE

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

PROPERTY TOUR Clubhouse Lobby
45 min.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

TRX STRONG Limit: 9 Studio 3
45 min.

ZUMBA® Limit: 30 Studio 1
45 min.

NOON

LUNCH & LEARN: JERK CHICKEN

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

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

1:00 PM

GYROKINESIS Limit: 15 Yoga Studio
45 min.

LET'S DANCE Limit: 30 Studio 1
45 min.

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

1:00 PM

CHINESE MEDICINE FOR DIGESTION AND METABOLISM—NEW CME DD Catalina Room

50 min. Delve into how Chinese Medicine intertwines physical, emotional, and energetic elements as we recognize digestion and metabolism as a holistic experience.

GLUTE TRANSFORMATION CLINIC Limit: 5 ▲ Cardio & Strength Gym

50 min. \$80

WRITING IN NATURE Limit: 8 ▲ Outdoor Sports Lobby

4 hr. \$110

YOGA IN THE WILD Limit: 8 ▲ Outdoor Sports Lobby

3 hr. \$140

INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby

2 hr. \$110

2:00 PM

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—NEW 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 Limit: 30 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

PHONE-TOGRAPHY Limit: 6 ▲ Outdoor Sports Lobby

2 hr. \$110

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio

45 min.

STRETCH & RELAXATION Limit: 20 Studio 2

25 min.

4:00 PM

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

LONGEVITY THROUGH THE MEDICAL LENS CME DD Catalina Room

50 min. Join Dr. Brewer to explore the scientific and lifestyle factors behind longevity as we delve into the secrets of living a longer, healthier life.

COMMUNITY TABLE Limit: 6 ▲ Vaquero

60 min.

6:00 PM

CR VITALITY TOUR Limit: 20 Center for Life Enhancement

30 min.

NIGHT SKY WALK Limit: 12 ▲ Outdoor Sports Lobby

2 hr. \$80

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

7:00 PM

LIFE'S A GAME Cactus Room

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

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 23, 2025

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

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

4:00 AM

METEOR SHOWER

VIEWING Limit: 12 ▲ Outdoor Sports Lobby
3 hr. \$110

6:30 AM

HIKE: LEVEL 3

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

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

ARCHAEOLOGY 2 - DISCOVERING HOHOKAM

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

BIKE RIDE: LEVEL 4

ROCKING COBBLER Limit: 6 ▲ Outdoor Sports Lobby
4 hr.

MORNING WALK

30 min. / 45 min. Spa Lobby

6:45 AM

HIKE: LEVEL 2

PIMA CANYON 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

HIGH ROPES CHALLENGE

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

DYNAMIC STRETCH Limit: 20 Yoga Studio
20 min.

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center
45 min.

DESERT DRUMMING Limit: 25 Studio 2
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

SOLVING THE MYSTERY OF KNEE

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

9:30 AM

INTUITIVE ARCHERY 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.

KARTCHNER CAVERNS LIVING CAVE

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

11:00 AM

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

YOGA FOR DETOX Limit: 20 Yoga Studio
45 min.

ZUMBA® Limit: 30 Studio 1
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

NUTRITION, GUT HEALTH &

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

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

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

LUNCH & LEARN: GRILLED STEAK

FAJITAS Demo Kitchen
60 min. Enjoy grilled steak fajitas with guacamole, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

1:00 PM

PILATES FOR BALANCE Limit: 18 Studio 2
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.

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

1:30 PM

HIKE: LEVEL 1
BLACK HOLE Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min.

2:00 PM

AQUA ZUMBA Limit: 24 T-Pool
45 min.

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

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

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

PILATES REFORMER CLINIC:

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

HANDS-ON COOKING: THE LONGEVITY

TABLE—NEW Limit: 10 ▲ Demo Kitchen
60 min. \$125 Inspired by the world's longest-living cultures, this isn't a typical cooking class — it's a shared experience of slowing down, tuning in, and nourishing both body and soul while reconnecting to the joy of eating well.

3:00 PM

ENDURANCE, ZONE 2 AND

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

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

WALLYBALL Racquet Court 1
45 min.

4:00 PM

STRETCH & RELAXATION Limit: 20 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.

5:15 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.

NIGHT VISION GOGGLE

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

SHERMAN FIELD MEET & GREET

The Snug
2 hr. Meet the founder and experience Sherman Field fine jewelry, sold exclusively at Bergdorf Goodman and to private clients. Sip champagne, try on the jewelry and find your perfect piece to add to your collection.

6:30 PM

COSMIC JOURNEY WITH THE

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

FRIDAY

October 24, 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
WINDY POINT VISTA Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

6:30 AM

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

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

HIKE: LEVEL 2
GARWOOD DAM LOOP Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

7:00 AM

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

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

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

7:30 AM

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

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

8:00 AM

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

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

9:00 AM

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

9:00 AM

TRX FUSION Limit: 9 Studio 3
45 min.

BIKE RIDE: LEVEL 1
RILLITO RIVER PATH Limit: 12 ▲ Outdoor Sports Lobby
2 hr. 30 min.

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

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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 DD 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.

11:00 AM

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

ASK A PSYCHIC Catalina Room
50 min. Learn what it means to be psychic! Bring lots of questions for this open forum with Canyon Ranch psychic Pat Bruckmann.

NOON

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

12:30 PM

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

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

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

CONTEMPLATION & HEALING CME DD Catalina Room
50 min. Find out how changing the way you "see" through contemplative spiritual practice can foster greater inner peace.

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.

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

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

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

THE NEUROSCIENCE OF YOUR RELATIONSHIP WITH FOOD DD Pavilion
50 min. Come explore the way food impacts your brain, the role trauma plays in your relationship with food and what to do about it.

THE ROAD TO AUTHENTICITY THROUGH ASTROLOGY Catalina Room
50 min. Explore major transformation times in our charts. Canyon Ranch Astrologer Shivani Baker discusses Jupiter and Uranus, and how to take advantage of transit during turning points in our lives.

3:00 PM

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

YIN YOGA Limit: 20 Yoga Studio
45 min.

3:45 PM

SKY ISLAND SUNSET AND CITY LIGHTS

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

4:00 PM

FLOATING SOUND MEDITATION

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

MEDITATION Limit: 30 Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

5:00 PM

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

5:30 PM

FLOATING SOUND MEDITATION

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

THE ART OF ADORNMENT WITH DANIELLE FIELD

The Snug
60 min. Join Sherman Field founder Danielle Field for an exclusive jewelry styling session. Learn to move seamlessly from daytime elegance to radiant evening statements with confidence and timeless ease. Enjoy a complimentary glass of champagne or mocktail.

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: 6 ▲ 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 25, 2025

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

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

6:30 AM

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

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

7:00 AM

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

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

7:30 AM

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

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

9:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

10:00 AM

CORE CONDITIONING Limit: 15 Studio 1
45 min.

H2O POWER Limit: 24 T-Pool
45 min.

NUTRITION STRATEGIES FOR WOMEN'S HEALTH CME DD Catalina Room
50 min. Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.

STRETCH Limit: 30 Yoga Studio
45 min.

TUCSON AUTO MUSEUM

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

10:30 AM

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

11:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

AQUA FIT Limit: 15 Aquatic Center
45 min.

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

KARTCHNER CAVERNS LIVING CAVE TOUR Limit: 3 ▲ Outdoor Sports Lobby
5 hr. \$220

NOON

AI CHI Limit: 12 Aquatic Center
45 min.

BREATHING Limit: 30 Yoga Studio
20 min.

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

1:00 PM

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

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

PILATES MAT Limit: 30 Yoga Studio
45 min.

HIKE: LEVEL 1

SABINO LOOP Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min.

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

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

2:00 PM

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

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.

HEART CHAKRA YOGA Limit: 30 Yoga Studio
45 min.

LET'S DANCE Limit: 30 Studio 1
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

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

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

WALLYBALL Racquet Court 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

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

4:00 PM

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

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

6:30 PM

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

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 26, 2025

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

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

6:00 AM

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

6:15 AM

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

6:30 AM

HIKE: LEVEL 3
PONTATOC RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

HIKE: LEVEL 2
DOUGLAS SPRINGS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 15 min.

7:00 AM

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

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 ▲ Outdoor Sports Lobby
3 hr. 30 min. \$140

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

BUTI MOVEMENT® Limit: 30 Yoga Studio
45 min.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

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

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.

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

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.

PROPERTY TOUR Clubhouse Lobby
45 min.

HOW UNCERTAINTY HELPS US GROW CME DD Cactus Room
50 min. Learn how letting go of control during times of change and transition can open our hearts, expand our consciousness, and nourish our growth as human beings.

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

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NOON

RESTORATIVE AERIAL YOGA AND SOUND HEALING

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

1:00 PM

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

TUCSON BOTANICAL GARDEN

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

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.

WHAT IS YOUR REAL BIRTHSTONE? Cactus Room
50 min. Birthstones were originally based on the astrological cycle, and resonate with your birth chart. Discover your real birthstones and use them to achieve inner peace.

2:00 PM

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

ACUPUNCTURE FOR PAIN CME DD Catalina Room
50 min. Current research evidence supports acupuncture as a treatment for acute and chronic pain. Learn about the Chinese medical theory on the cause and treatment of pain and who would benefit from acupuncture.

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

3:00 PM

DRUMMING CIRCLE Limit: 17 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 Pavilion
50 min. Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!

MONDAY

October 27, 2025

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

6:15 AM
HIKE: LEVEL 4
THIMBLE VIEW Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

6:30 AM
HIKE: LEVEL 3
TANQUE VERDE DOME Limit: 12 ▲ Outdoor Sports Lobby
5 hr.
YOGA IN THE WILD Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140
MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM
SABINO CANYON WALK Limit: 12 ▲ Outdoor Sports Lobby
2 hr.

7:00 AM
BIKE RIDE: LEVEL 3
COLOSSAL CAVE LOOP Limit: 12 ▲ Outdoor Sports Lobby
4 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

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

9:00 AM
CORE CONDITIONING Limit: 15 Studio 1
45 min.
DESERT DRUMMING Limit: 25 Studio 2
45 min.
TRX STRONG Limit: 9 Studio 3
45 min.
EXPLORING NARCISSISM CME Catalina Room
50 min. Discover what narcissism really means as you learn practical insights and strategies for navigating narcissistic behavior.
PROPERTY TOUR Clubhouse Lobby
45 min.

9:30 AM
HIKE: LEVEL 2
SUNSET TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 30 min.
ARCHAEOLOGY 1 - HOHOKAM VILLAGE
SITE—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

10:00 AM
HOW TO MAKE EVERY DAY SACRED CME Sanctuary
50 min. How often do you get a chance to sit with something, look at it, feel it, and hold it in your heart? Embrace your life in a sacred way and it will speak in a sacred way.
CARDIO CIRCUIT Limit: 20 Cardio & Strength Gym
45 min.
H2O POWER Limit: 24 T-Pool
45 min.
STRETCH Limit: 30 Yoga Studio
45 min.

10:30 AM
QI GONG IN THE MOUNTAINS—NEW Limit: 8 ▲ Outdoor Sports Lobby
3 hr. 30 min. \$140

11:00 AM
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.
INSIGHT & HEALING WITH GEMS & MINERALS DD Cactus Room
50 min. Hapi Hara, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.
PROPERTY TOUR Clubhouse Lobby
45 min.

NOON
AERIAL SWING YOGA CLINIC Limit: 5 ▲ Studio 3
50 min. \$80
LUNCH & LEARN: ZA'ATAR GRILLED STEAK Demo Kitchen
60 min. Enjoy za'atar-grilled steak with farro salad and arugula, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

1:00 PM

PILATES REFORMER CLINIC:

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

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

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

1:30 PM

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

2:00 PM

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

WALK YOUR WORKOUT Limit: 15 Spa Lobby
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

MINDFUL MUNCHING: A SWEET TREAT

EXPERIENCE—NEW Limit: 12 The Snug
25 min. A playful mindfulness activity that turns sweets into a sensory adventure—slow down, savor each bite, and enjoy the celebration with presence.

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

3:00 PM

FREEFORM FUSION Limit: 14 Studio 2
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

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

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

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.

4:00 PM

THE ART OF WATERCOLOR: BASIC

TECHNIQUE Limit: 20 Art Studio 1
1 hr. 30 min. Begin your creative journey with the basics of watercolor painting. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

AYURVEDIC TIPS FOR FALL—NEW

Catalina Room
50 min. Embrace Ayurvedic wisdom this fall by balancing your vata dosha with nourishing foods, grounding routines, gentle movement like yoga or qigong, and self-care to help you stay centered, calm, and balanced.

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.

UNDER THE VEDIC SUN

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

5:30 PM

FLOATING SOUND MEDITATION

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

HIGH ROPES CHALLENGE

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

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 DD Yoga Studio
45 min.

TUCSON: UNESCO CITY OF GASTRONOMY

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

TUESDAY

October 28, 2025

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

(DD) DISCOVERY DAYS: BEYOND THE VEIL

6:00 AM

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

6:15 AM

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

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

6:45 AM

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

SABINO CANYON WALK Limit: 12 ▲ Outdoor Sports Lobby
2 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
PECK BASIN** Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 15 min.

8:15 AM

CORE & MORE Limit: 16 Studio 2
20 min.

9:00 AM

CYCLING Limit: 12 Golf Performance Center
45 min.

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

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

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

9:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

PICKLEBALL SKILL CLINIC - THE KITCHEN
EDGE—NEW Limit: 8 ▲ Racquet Court 1
50 min. \$110

9:30 AM

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

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

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

11:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

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

POWER FLOW Limit: 30 Yoga Studio
45 min.

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

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

NOON

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

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

BREATHING Limit: 30 Yoga Studio
20 min.

1:00 PM

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

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

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

2:00 PM

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

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

PELVIC FLOOR YOGA Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

WALK YOUR WORKOUT Limit: 15 Spa Lobby
45 min.

3:30 PM

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

4:00 PM

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

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

MEDITATION Limit: 30 Yoga Studio
25 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 ▲ DD Vaquero
60 min.

6:00 PM

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

6:30 PM

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

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

7:00 PM

100 YEARS OF THE TUCSON MUSEUM OF ART Catalina Room
50 min. Dr. Julie Sasse, Chief Curator Emerita of the Tucson Museum of Art (TMA), will explore Tucson's art history and TMA's growth from a 1924 art club to its 1975 founding as a museum, showcasing a century of collections, exhibitions, and programs.

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

Aqua Zumba

First Come, First Served. Limit 24. Join the Zumba® pool party. Splash, laugh, twist and shout in this fun, challenging cardio water workout that will leave you exhilarated and wanting more! Th 2:00pm

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, 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. 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

Desert Drumming

First Come, First Served. Limit 25. Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Th 9:00am, Mo 9:00am

Drumming Circle

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

Dynamic Stretch

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

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. 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

Let's Dance

First Come, First Served. Limit 30. A different dance form each week emphasizing fun, rhythmic movement. We 1:00pm, Sa 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, Su 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

Rockin' Retro

First Come, First Served. Limit 20. Get your heart pumping and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. We 9:00am

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, Tu 11:00am

Walk Your Workout

First Come, First Served. Limit 15. Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll. Resistance strength work will be integrated to teach you how you can take this workout on the road. Mo 2:00pm, Tu 3:00pm

Wallyball

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

Water Workout

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

Yoga Sculpt

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

Zumba®

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

MIND-BODY

Aerial Swing Yoga Clinic

Work on your core strength in standing poses and inversions while using a fabric hammock suspended from the ceiling. Please wear leggings and a sleeved shirt. See a program advisor for restrictions. We 12:00pm, Th 12:00pm, 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 11:00am, 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. Fr 4:00pm, Fr 5:30pm, Mo 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. We 8:00am, Fr 1:00pm

Meditation

First Come, First Served. Limit 30. Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. Fr 4:00pm, Tu 4:00pm

Pelvic Floor Yoga

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

Pilates Mat

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

Pilates Reformer Clinic: Beginning

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

Pilates Reformer Int/Adv Clinic

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

Pilates for Balance

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

Pilates-Aerial Clinic 50m

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

Power Flow

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

Qi Gong

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

Qi Gong and Yoga

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

Restorative Aerial Yoga and Sound Healing Clinic

Experience deep relaxation while suspended. Gentle stretches and supported poses are paired with the healing vibrations of sound bowls, helping you release tension, restore balance, and find inner peace in a serene, soothing environment. Su 12:00pm

Restorative Yoga

First Come, First Served. Limit 20. Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. We 4:00pm, 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. Fr 3:00pm, Su 3:00pm

Yoga Foundations

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

Yoga Nidra

First Come, First Served. Limit 20. End your day in this passive practice while you enjoy deep and restorative relaxation. Su 4:00pm, 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 9:30am

Archaeology 2 - Discovering Hohokam Petroglyphs

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

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 1 - Rillito River Path

Desert Ride. 7.5 mi. A short, relaxed cruise on a paved, car-free path. Fr 9:00am

Bike Ride: Level 2 - Cafe Ride

Desert Ride. 15 mi. A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. We 7:00am

Bike Ride: Level 2 - Steam Pump Market

Desert Ride. 12 mi. Ride along the Canada del Oro bike path on the north side of the Santa Catalina Mountains. Enjoy dramatic views of the Pusch Ridge Wilderness Area before stopping at the Steam Pump Ranch Farmers Market. Purchases not included. Sa 7:30am

Bike Ride: Level 3 - Agua Caliente

Desert Ride. 14 mi. 400 ft. climb. A long, easy climb on light-traffic streets takes us to a county park with tranquil waters and swaying palms. Su 7:00am

Bike Ride: Level 3 - Colossal Cave Loop

Desert Ride. 14.4 mi. Rolling hills, real climbs, and designated bikes lanes set in the dramatic Rincon Valley. This is a road ride best suited for experienced riders wanting to climb, descend, and get a little further out of town. Mo 7:00am

Bike Ride: Level 4 - Rocking Cobbler

Mountain Biking. 13.2 mi. A rollicking ride through the foothills of the Rincon Mountains on a vast network of flowing single track, including parts of the Arizona Trail. Th 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

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. Th 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. Fr 7:00am

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 6:30am, Th 6:30am, 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 8:00am, Sa 6:30am, Mo 6:00pm, Tu 9:30am

Hike & Paint

Discover the magic and light of the Sonoran Desert while learning watercolor painting techniques. We'll explore stunning natural locations to inspire your creativity. A watercolor kit is provided to take home and continue your artistic journey. We 9:00am, Sa 10:30am, Mo 1:00pm

Hike: Level 1 - Black Hole

Saguaro National Park. 3.5 mi. 260 ft. elev. A scenic, introductory hike with mild elevation gain and switchbacks in the middle. Ideal for beginners and slower hikers. Th 1:30pm

Hike: Level 1 - Sabino Loop

Sabino Canyon. 3.8 mi. 280 ft. elev. Wander through cactus trails to a lush riparian area while you explore the biodiversity of the Sonoran Desert. Expect some rocky sections of climbing and sandy areas. Sa 1:00pm

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 - Garwood Dam Loop

Saguaro National Park. 4.5 mi. 470 ft. elev. A moderate hike through rolling foothills with sections of uphill switchbacks leading to scenic overlooks of the Tucson and the Tanque Verde Valleys. Fr 6:45am

Hike: Level 2 - Lower Bear Canyon

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

Hike: Level 2 - Peck Basin Overlook

Mountain Hike. 3.5 mi. 700 ft. elev. A short, uphill stretch followed by sections of downhill through a pine forest leading to a stunning view of the San Pedro Valley. Expect a steady uphill climb on the return. We 9:15am

Hike: Level 2 - Pima Canyon

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

Hike: Level 2 - Sunset Trail

Mountain Hike. 3.75 mi. 510 ft. elev. Enjoy a beautiful alpine trail with steep uphill and downhills leading you through a winding rock canyon to a spectacular overlook. Mo 9:30am

Hike: Level 2 - Ventana Trail

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

Hike: Level 3 - Bear Canyon

Sabino Canyon. 7.5 mi. 935 ft. elev. Travel along the canyon floor with stunning views of cacti and cliffs until you reach the magnificent Seven Falls! This is mostly a gradual climb with one steeper section before reaching the seasonal falls. We 6:30am

Hike: Level 3 - McDougal Ridge

Desert Hike. 4.6 mi. 1170 ft. elev. A steady climb up the ridge that provides an interesting ramble through the saguaros with views of the Catalina and Rincon Mountains as well as the Tucson Valley. Th 6:30am

Hike: Level 3 - Peck Basin

Mountain Hike. 4.2 mi. 1700 ft. elev. The trail traverses a high, wooded ridge which was once the site of a long-abandoned incinerator. A short uphill and then steep downhill leads to a magnificent vista of the San Pedro Valley. Tu 8:00am

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. Su 6:30am

Hike: Level 3 - Sycamore Dam

Mountain Hike. 4.6 mi. 950 ft. elev. Start in the grasslands at the historic Gordon Hirabayashi Campground, then follow a portion of the Arizona Trail on a gentle rolling climb before descending into Sycamore Canyon. Fr 6:30am

Hike: Level 3 - Tanque Verde Dome

Saguaro National Park. 6.2 mi. 1520 ft. elev. A solid, intermediate fitness hike with intervals of moderate to steep uphill leading to a scenic rock dome with stunning views of the Rincon and Catalina Mountains as well as the Tucson Valley. Mo 6:30am

Hike: Level 4 - Blackett's Ridge

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

Hike: Level 4 - Esperero

Sabino Canyon. 8 mi. 1930 ft. elev. This rugged desert trail includes several sections of steep climbs leading to an amazing ridge-top overlook. Expect a challenging downhill on the return route. Su 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 with intervals of strong climbs and descents. Mo 6:15am

Hike: Level 4 - Windy Point Vista

Mountain Hike. 8.2 mi. 1570 ft. elev. This popular trail starts in the Catalina Foothills and leads into pine forests with multiple seasonal creek crossings before coming into views of Bear Canyon and Windy Point. Fr 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 1:00pm, Th 9:30am, Fr 2:00pm, Sa 1:00pm, Su 1:00pm, Mo 3:00pm, Tu 9:00am

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 1:00pm, Mo 1:30pm

Kartchner Caverns Living Cave Tour

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Th 10:00am, Sa 11:00am, Tu 10:00am

Meditation Hike

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

Meteor Shower Viewing

Experience the magic of meteors under our mountain silhouettes! Embark on a brief guided walk to a peaceful nature spot, where you'll recline on mats and watch shooting stars streak across the dark, pristine skies. A perfect celestial escape! Th 4:00am

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. We 6:00pm, 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, Th 6:00pm, 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, Sa 6:30pm

Phone-tography

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

Photography Hike

Join us on a scenic walk in nature, where you'll learn to use the provided camera to transform fleeting moments into great images. We cover composition, basic technical considerations and editing. A storage card is provided to take your images home. Su 6:00am, Tu 6:30am

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

For the advanced beginners and intermediate players. We 8:00am, Th 8:00am, Fr 8:00am, Sa 8:00am, Su 8:00am, Mo 8:00am, Tu 8:00am

Pickleball Skill Clinic - The Kitchen Edge

Understanding the no-volley zone is essential in pickleball. Learn techniques for smart positioning, high-percentage plays, and taking control of the most critical area on the court — the kitchen. Tu 9:00am

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. Fr 9:00am

Primitive Fire-Making

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

Qi Gong in the Mountains

Retreat to the cool air of the Catalina Mountains, where a short mindful hike awakens your senses to the forest's synergy. This 45-minute Chi Gong practice will deepen your connection to nature through gentle movement. Su 8:00am, Mo 10:30am

Rock Climbing Naturally

Join our rock climbing experts for an unforgettable adventure in the Catalina Mountains, where you'll learn the art of climbing on natural granite. Experience climbing routes with amazing views! A great workout open to climbers of all skill levels. Fr 7:30am, Mo 7:30am

Sabino Canyon Walk

Discover the picturesque beauty of Sabino Canyon. Our experts will take you to a premier recreation spot with canyon, mountain, and desert vistas. We 6:15am, Fr 6:00am, Mo 6:45am, Tu 6:45am

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 city lights on the drive back. Picnic dinner provided. Fr 3:45pm

Tennis Clinic

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

Tucson Botanical Garden Tour

Tour and explore over 20 specialty gardens and a vibrant 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. Fr 12:30pm, Su 1:00pm

Writing in Nature

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. We 1:00pm, Sa 9:00am

Yoga in the Wild

Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. We 1:00pm, Fr 1:00pm, Mo 6:30am

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:

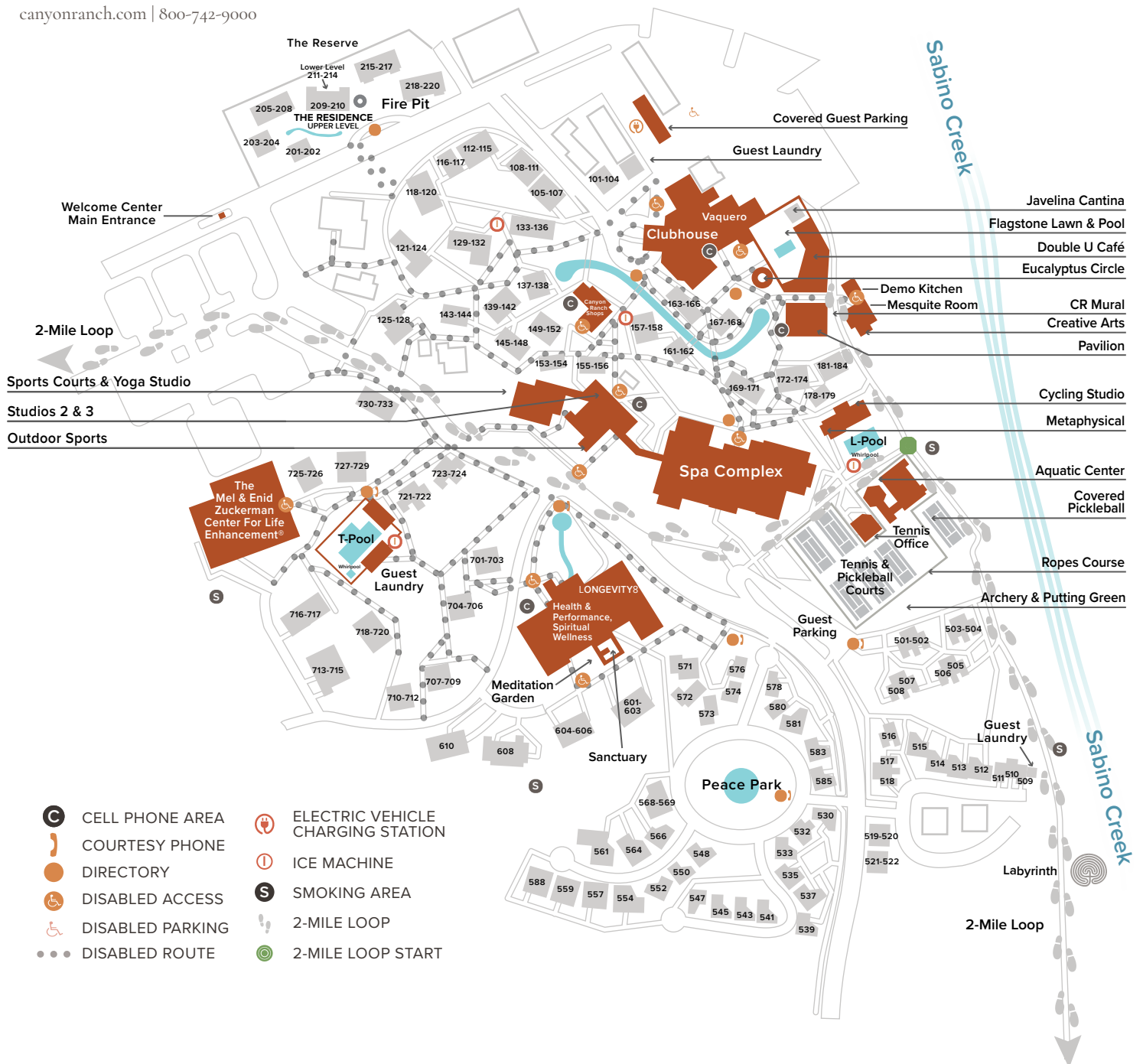
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.