

RANCH SCHEDULE

OCTOBER 29 - NOVEMBER 4, 2025



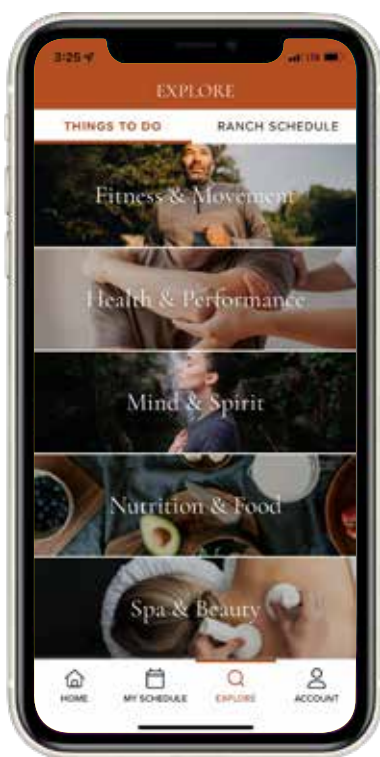
This schedule belongs to:





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



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'.



MASTERING YOUR SWING DISCOVERY DAYS

NOVEMBER 3 - NOVEMBER 9

Whether you're new to pickleball and tennis or are already a seasoned player, this week of instruction and playtime at our Tucson resort offers the opportunity to sharpen your skills and boost your game.

Led by tennis expert Martin Blackman, this event features clinics, strategic drills, match play, and cardio sessions tailored to all levels in a fun, supportive environment. With the desert as your backdrop, you'll train hard, recover well, and connect with fellow players.

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



UPCOMING SCIENCE AND WISDOM FOR VITALITY DISCOVERY DAYS

NOVEMBER 10 - NOVEMBER 16

This week connects modern discoveries with timeless practices. You'll explore sleep science, nutrition, brain health, and mindfulness alongside movement and traditional medicine. Enjoy a mix of talks, hands-on workshops, and guided practices designed to give you sustainable skills.

Whether your goal is less stress, more energy, or to feel more balanced day to day, you'll leave with strategies you can put into practice immediately.

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)

IN₂ DESIGN



THURSDAY, OCTOBER 30 -
SATURDAY, NOVEMBER 1

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

LUCINE ALMAS



MONDAY, NOVEMBER 3 -
WEDNESDAY, NOVEMBER 5

Join us for a 3-day trunk show with Lucine Almas, a jewelry designer passionate about philosophy and design. Each piece is created with intentionality and soul.

WEDNESDAY

October 29, 2025

See descriptions of classes and activities on pages 22-27.

(DD) DISCOVERY DAYS: BEYOND THE VEIL

6:15 AM

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

6:30 AM

HIKE: LEVEL 3 PHONELINE Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 30 min.

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

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

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

7:00 AM

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

7:30 AM

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

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

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

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

RHYTHM RIDE Limit: 12 Golf Performance Center
45 min.

ROCKIN' RETRO Limit: 30 Studio 1
45 min.

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

9:30 AM

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

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

10:00 AM

VORTEX EXPERIENCE Limit: 15 DD Eucalyptus Circle
30 min. Discover a sacred vortex on our property and learn to harness its powerful energies for personal transformation.

OPTIMIZE BRAIN HEALTH WITH NUTRITION CME Catalina Room
50 min. Learn how to choose foods and eating patterns that work to support optimizing brain health for today and tomorrow.

H2O POWER Limit: 24 T-Pool
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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

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

1:00 PM

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

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

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

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

1:00 PM

GLUTE TRANSFORMATION

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

GYROKINESIS Limit: 15 Yoga Studio
45 min.

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

2:00 PM

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.

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN CME Catalina Room
50 min. Delve into mindfulness practices, address common barriers, and gain tools for successful adoption.

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

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

PILATES REFORMER INT/ADV

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

3:00 PM

LEARNING SELF-REIKI—NEW Cactus Room
50 min. Explore the ancient art of self-reiki and learn self-healing practices to restore balance, relieve stress, and nurture physical, emotional, and spiritual well-being.

INTERMEDIATE YOGA Limit: 20 Yoga Studio
45 min.

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

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

4:00 PM

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

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

RESTORATIVE YOGA Limit: 20 DD Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

5:30 PM

LONGEVITY THROUGH THE MEDICAL LENS CME Catalina Room
50 min. Join Dr. Brewer to explore the scientific and lifestyle factors behind longevity as we delve into the secrets of living a longer, healthier life.

COMMUNITY TABLE Limit: 6 ▲ DD 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

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

6:15 PM

12-STEP EATING DISORDERS ANONYMOUS MEETING Mesquite Room
60 min. 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

AWARENESS APPROACH: 12 INSIGHTS FOR MINDFUL LIVING Cactus Room
50 min. Join Author and President of the Wellness Council of AZ, Dan Johnson for this informative and transformative presentation. Learn where to direct your focus to enjoy day to day feelings of balance and harmony.

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 30, 2025

See descriptions of classes and activities on pages 22-27.

(DD) DISCOVERY DAYS: BEYOND THE VEIL

6:15 AM

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

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 3
BALANCED ROCK Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

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

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

6:45 AM

HIKE: LEVEL 2
WILD HORSE 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

7:30 AM

BIKE RIDE: LEVEL 2
CAFE RIDE 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.

DYNAMIC STRETCH Limit: 20 Yoga Studio
20 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

9:00 AM

GUIDED LABYRINTH WALK Limit: 12 DD Sanctuary
50 min. Visit the labyrinth with a Spiritual Wellness provider. Learn about this sacred archetype, and walk its path with intention in a shared community of spiritual seekers.

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

DESERT DRUMMING Limit: 30 Studio 2
45 min.

9:30 AM

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

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

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

YOGA FOR DETOX Limit: 20 Yoga Studio
45 min.

NOON

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: SALMON TERIYAKI Demo Kitchen
60 min. Enjoy salmon teriyaki with cauliflower fried rice, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

CORE & MORE Limit: 16 Studio 2
20 min.

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

1:00 PM

ALTERNATIVE THERAPIES FOR MENOPAUSE CME Catalina Room
50 min. Explore tips for managing weight and reducing stress to help navigate this often challenging time for women.

PILATES FOR BALANCE Limit: 18 Studio 2
45 min.

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

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

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

1:30 PM

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

2:00 PM

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

AQUA ZUMBA Limit: 24 T-Pool
45 min.

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

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

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

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.

TAPPING INTO INNER WISDOM THROUGH TAROT Limit: 8 ▲ Cactus Room
1 hr. 40 min. \$175 A metaphysical practitioner leads this fun and informative workshop to unlock the benefits of Tarot.

3:00 PM

ENDURANCE, ZONE 2 AND YOU CME Catalina Room
50 min. Join us for an in-depth analysis of Zone 2 endurance training.

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

3:00 PM

WALLYBALL Racquet Court 1
45 min.

AN ART JOURNAL EXPERIENCE Limit: 15 DD Art Studio 1
1 hr. 30 min. Embark on a creative journey through multiple art forms as you craft an origami mini book and fill its pages with sensory treasures — think poetry, feathers, sketches, and more.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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.

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

5:15 PM

PICKLE & PLAY Limit: 24 Pickleball Court 1
50 min.

5:30 PM

COMMUNITY TABLE Limit: 6 Vaquero
60 min.

6:00 PM

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

6:30 PM

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

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

7:00 PM

CACAO CEREMONY Limit: 12 DD Sanctuary
1 hr. 30 min. Sip a warm, heart-opening blend of ceremonial cacao, dates, and oat milk as you journey inward through guided meditation, music, and reflection in this soulful ritual to support healing, clarity, and deep connection.

FRIDAY

October 31, 2025

See descriptions of classes and activities on pages 22-27.

(DD) DISCOVERY DAYS: BEYOND THE VEIL

6:15 AM

HIKE: LEVEL 4

GUTHRIE PEAK Limit: 12 ▲ Outdoor Sports Lobby

6 hr. 30 min.

6:30 AM

MORNING WALK Spa Lobby

30 min. / 45 min.

HIKE: LEVEL 3

ESPERERO OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby

4 hr. 15 min.

BIKE RIDE: LEVEL 3

ROCKING K Limit: 6 ▲ Outdoor Sports Lobby

4 hr.

6:45 AM

SABINO CANYON WALK Limit: 12 ▲ Outdoor Sports Lobby

2 hr.

7:00 AM

COWBOY COFFEE Eucalyptus Circle

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

PICKLEBALL CLINIC Limit: 8 ▲ Pickleball Court 1

50 min. \$80

7:30 AM

ARIZONA-SONORA DESERT MUSEUM Limit: 8 ▲ Outdoor Sports Lobby

5 hr. 30 min. \$195

ROCK CLIMBING

NATURALLY Limit: 6 ▲ Outdoor Sports Lobby

5 hr. \$400

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.

TRX FUSION Limit: 9 Studio 3

45 min.

9:00 AM

PICKLEBALL SKILL DEVELOPMENT CLINIC Limit: 8 ▲ Pickleball Court 1

1 hr. 50 min. \$200

PROPERTY TOUR Clubhouse Lobby

45 min.

9:30 AM

HIKE: LEVEL 2

HITCHCOCK OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby

4 hr. 30 min.

MOUNTAIN TRAIL

RUNNING—NEW Limit: 8 ▲ Outdoor Sports Lobby

3 hr. \$110

10:00 AM

CARDIO CIRCUIT Limit: 20 Cardio & Strength Gym

45 min.

H2O POWER Limit: 24 T-Pool

45 min.

SPOOKY STRETCH Limit: 30 HP Yoga Studio

45 min.

FOUNDATIONS OF STRENGTH CME Catalina Room

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

11:00 AM

AQUA FIT Limit: 15 Aquatic Center

45 min.

WICKED WHEEL

CYCLING Limit: 12 HP Golf Performance Center

60 min.

YOGA SCULPT Limit: 18 Yoga Studio

45 min.

PROPERTY TOUR Clubhouse Lobby

45 min.

ANGELS AMONG US DD Cactus Room

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

NOON

LUNCH & LEARN: TORTILLA CRUSTED CHICKEN Demo Kitchen

60 min. Enjoy tortilla-crusted chicken with creamy poblano sauce, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

1:00 PM

GLUTE TRANSFORMATION

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

PILATES REFORMER CLINIC:

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

GRIND, GRIT & GRACE CME Catalina Room
50 min. Contemplate the concepts of grind, grit, and grace, and learn practices to help design your well way of life.

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

2:00 PM

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

PELVIC FLOOR YOGA Limit: 30 Yoga Studio
45 min.

SPOOKY SPLASH WATER WORKOUT Limit: 24 HP T-Pool
45 min.

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

PLUTO, THE PLANET OF POWER & TRANSFORMATION

DD Cactus Room
50 min. Learn about the meaning of Pluto is in your chart, and how its energy affects us personally, nationally and globally.

3:00 PM

WATSU AQUATIC MASSAGE

DEMO Limit: 20 Watsu Pools
50 min.

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

YIN YOGA Limit: 20 Yoga Studio
45 min.

3:30 PM

SKY ISLAND SUNSET AND CITY LIGHTS

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

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

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

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

HALLOWEEN BITE NIGHT

HP Double U Café
2 hr. 30 min. Join us for a spooky Bite Night at the café, featuring Halloween-inspired dishes and festive flavors that are frightfully delicious!

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.

5:30 PM

FLOATING SOUND MEDITATION

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK

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

7:00 PM

RELEASE RITUAL WITH

TAROT LORI Limit: 20 DD Reserve Firepit
60 min. We begin the weekend with an energetic exhale. Let go of what's holding you back with a water release ritual. Write it, speak it, and watch it dissolve—as it disappears, so does its hold on you. The empowerment and unburdening of this ritual is immense and undeniable.

8:00 PM

SPIRIT OF AGAVE: A TEQUILA TASTING

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

8:30 PM

HALLOWEEN BINGO

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

DISCOVER OUR PROPERTY ON A TOUR

Did you know we offer complimentary tours every day?
Sign up in the app or check in at the Clubhouse front desk.

SATURDAY November 1, 2025

See descriptions of classes and activities on pages 22-27.

(DD) DISCOVERY DAYS: BEYOND THE VEIL

6:30 AM

MORNING WALK
30 min. / 45 min.

Spa Lobby

7:00 AM

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

BIKE RIDE: LEVEL 3

PANTANO RIVER PATH Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min.

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

7:15 AM

HIKE: LEVEL 3

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

7:30 AM

HIKE: LEVEL 2

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

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

8:00 AM

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 DD Sanctuary
25 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

SOLVING THE MYSTERY OF KNEE

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

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

GLIDE AND BURN Limit: 20 Studio 1
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

10:00 AM

PERSONALIZED NUTRITION CME Catalina Room
50 min. Join a nutritionist and begin to understand how your personal lifestyle dictates what foods and supplements will help you obtain optimal health.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

WRITING IN NATURE 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: 20 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

NOON

AI CHI Limit: 12 Aquatic Center
45 min.

BREATHING Limit: 30 Yoga Studio
20 min.

12:30 PM

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

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!

MENOPAUSAL HORMONE REPLACEMENT

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

PILATES MAT Limit: 30 Yoga Studio
45 min.

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

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

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.

1:30 PM

HIGH ROPES CHALLENGE

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

2:00 PM

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

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

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

WALLYBALL Racquet Court 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

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

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

RAINBOW CRYSTAL

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

PHONE ETIQUETTE ON PROPERTY

At Canyon Ranch, we strive to create an atmosphere of peace and presence for all guests. To help everyone enjoy a peaceful and restorative stay, please limit phone conversations to your private room or patio, or within the designated cell phone areas shown on the map.

Thank you for helping keep Canyon Ranch serene.

4:00 PM

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

CHAKRA BALANCING YOGA & SOUND

HEALING Limit: 20 DD Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

TAPPING INTO INNER WISDOM THROUGH

TAROT Limit: 10 ▲ DD Cactus Room
1 hr. 40 min. \$175 Tarot cards tap into your unconscious state, which can hold answers to your questions as they work with archetypes and powerful universal symbols. A metaphysical practitioner leads this fun and informative workshop to unlock the benefits of Tarot.

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!

CHEF'S SEASONAL SHOWCASE

DINNER—NEW Limit: 36 ▲ Demo Kitchen
2 hr. \$70 Gather for a chef-curated, four-course dinner served family-style. Optional wine pairings may be added; additional alcoholic beverages are charged separately. Reservations close at 3 p.m. the day before. Six-person minimum required.

6:30 PM

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

7:00 PM

RITUALS FOR EVERY OCCASION WITH

TAROT LORI Limit: 20 DD Catalina Room
60 min. Discover easy, effective rituals for every area of your life, whether you're navigating change or just need a fresh perspective. Lori shares the tools she's taught for decades—energetic cleansing, intuition shortcuts, and energy resets you can use anywhere, anytime.

SUNDAY

November 2, 2025

See descriptions of classes and activities on pages 22-27.

(DD) DISCOVERY DAYS: BEYOND THE VEIL

6:30 AM

MORNING WALK

30 min. / 45 min.

Spa Lobby

PHOTOGRAPHY HIKE

Limit: 6 ▲

Outdoor Sports Lobby

3 hr. \$110

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.

HIKE: LEVEL 4

PONTATOC TRAIL

Limit: 12 ▲

Outdoor Sports Lobby

5 hr.

PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

7:15 AM

HIKE: LEVEL 3

VENTANA MAIDEN POOLS

Limit: 12 ▲

Outdoor Sports Lobby

4 hr. 45 min.

7:30 AM

HIKE: LEVEL 2

PIMA CANYON

Limit: 12 ▲

Outdoor Sports Lobby

4 hr.

BIKE RIDE: LEVEL 2 - RIVER PATH/

MARKETPLACE

Limit: 12 ▲

Outdoor Sports Lobby

4 hr.

8:00 AM

CARDIO TENNIS CLINIC

Limit: 8 ▲

Tennis Court 1

50 min. \$80

PICKLEBALL DRILL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

8:15 AM

CENTERING MEDITATION

Limit: 30

DD Sanctuary

25 min.

9:00 AM

PROPERTY TOUR

Clubhouse Lobby

45 min.

BUTI MOVEMENT®

Limit: 30

Yoga Studio

45 min.

CORE CONDITIONING

Limit: 15

Studio 1

45 min.

CYCLING

Limit: 12

Golf Performance Center

45 min.

10:00 AM

THE SCIENCE OF WEIGHT LOSS

CME

Catalina Room

50 min. A performance scientist will take a scientific look at metabolism and weight loss. Bring your questions and watch some weight-loss myths get blown out of the water.

CARDIO CIRCUIT

Limit: 20

Cardio & Strength Gym

45 min.

H2O POWER

Limit: 24

T-Pool

45 min.

STRETCH

Limit: 30

Yoga Studio

45 min.

QI GONG IN THE

DESERT—NEW

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

BALANCE YOUR BRAIN THROUGH

HANDWRITING

DD

Cactus Room

50 min. A Canyon Ranch expert shows you how to communicate with both sides of your brain, increase self-awareness, unblock creativity and reach your potential.

11:00 AM

VEDIC PALMISTRY: IT'S ALL IN OUR

HANDS

DD

Cactus Room

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

PROPERTY TOUR

Clubhouse Lobby

45 min.

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.

NOON

AERIAL SWING YOGA CLINIC

Limit: 5 ▲

Studio 3

50 min. \$80

CME ACCREDITATION

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

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

1:00 PM

NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS

50 min. Learn how astrology offers guidance about your life path and how to use crystal and gemstone alignment to activate and actualize your life purpose.

PILATES REFORMER CLINIC:

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

QI GONG Limit: 30 Yoga Studio
45 min.

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

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

TUCSON BOTANICAL GARDEN

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

2:00 PM

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

ACUPUNCTURE FOR STRESS RELIEF & EMOTIONAL BALANCE

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

JUST "DOT" IT! Limit: 20 Art Studio 2
60 min. Relax and let your creative side take over and dot your new diamond masterpiece. Make a gift for a loved one or take home a fun reminder of your visit. Please bring glasses or readers if you need them for close, detailed work.

DESERT DRUMMING Limit: 30 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: 20 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 DD Yoga Studio
45 min.

5:00 PM

MANIFESTING THAT WORKS

WITH TAROT LORI Limit: 20 DD Catalina Room
60 min. It's time to call in something new. This session blends soul and strategy as Lori guides you through a manifesting ritual based on the homework (aka spellwork) of her witchy tarot mentor. Set aligned intentions, identify necessary shifts, and pull a tarot card to guide next steps.

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.

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

6:00 PM

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

7:00 PM

CRYSTAL SINGING BOWL

MEDITATION Limit: 30 DD Sanctuary
50 min. First Come, First Served. Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.

8:30 PM

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

MONDAY

November 3, 2025

See descriptions of classes and activities on pages 22-27.

(DD) DISCOVERY DAYS: MASTERING YOUR SWING

4:00 AM
METEOR SHOWER
VIEWING Limit: 12 ▲ Outdoor Sports Lobby
3 hr. \$110

6:30 AM
MORNING WALK Spa Lobby
30 min. / 45 min.

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

7:00 AM
HIKE: LEVEL 4
SKY ISLAND RIDGE Limit: 12 ▲ Outdoor Sports Lobby
7 hr. 30 min.
PICKLEBALL CLINIC Limit: 4 ▲ Pickleball Court 1
50 min. \$80

7:15 AM
HIKE: LEVEL 3
FINGER ROCK Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

7:30 AM
BIKE RIDE: LEVEL 3
COLOSSAL CAVE LOOP Limit: 10 ▲ Outdoor Sports Lobby
3 hr.
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
YOGA IN THE WILD Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140
CARDIO TENNIS CLINIC Limit: 8 ▲ Tennis Court 1
50 min. \$80

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

9:00 AM
PROPERTY TOUR Clubhouse Lobby
45 min.
CORE CONDITIONING Limit: 15 Studio 1
45 min.

9:00 AM
BURNOUT & RESILIENCE CME Catalina Room
50 min. Discuss burnout in high-functioning people, common symptoms, and how it affects our lives. Learn how you can cultivate resiliency skills.

DESERT DRUMMING Limit: 30 Studio 2
45 min.
TRX STRONG Limit: 9 Studio 3
45 min.

9:30 AM
HIKE: LEVEL 2
PALISADES TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

10:00 AM
FINDING CALM: EASTERN WISDOM FOR MODERN LIFE—NEW Sanctuary
50 min. Enter a sacred space where ancient Eastern wisdom meets modern-day life. Guided by expert practitioners, you'll explore timeless teachings to calm the mind, soothe the heart, and reconnect with your inner knowing.

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

11:00 AM
BALANCE YOUR BRAIN THROUGH HANDWRITING Cactus Room
50 min. A Canyon Ranch expert shows you how to communicate with both sides of your brain, increase self-awareness, unblock creativity and reach your potential.

PROPERTY TOUR Clubhouse Lobby
45 min.
PEDAL, LIFT, FLOW Limit: 12 Golf Performance Center
60 min.
YOGA SCULPT Limit: 18 Yoga Studio
45 min.
ZUMBA® Limit: 30 Studio 1
45 min.

NOON
LUNCH & LEARN: TURMERIC BLACK PEPPER SALMON Demo Kitchen
60 min. Enjoy turmeric black pepper salmon with ginger vinaigrette, soup of the day, salad bar, and dessert while learning how to prepare the entrée.
AERIAL SWING YOGA CLINIC Limit: 5 ▲ Studio 3
50 min. \$80

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

1:00 PM

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

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.

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

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

1:30 PM

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

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

2:00 PM

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

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

WALK YOUR WORKOUT Limit: 15 Spa Lobby
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

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

THE ART AND SCIENCE OF MEDICAL AESTHETICS Catalina Room
50 min. Learn how to enhance your natural beauty with medical aesthetics from our distinguished Aesthetic RN. Using innovative techniques and personalized care, every treatment delivers precise, graceful results.

FREEFORM FUSION Limit: 14 Studio 2
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

MEMORY WIRE BRACELET Limit: 12 Art Studio 1
1 hr. 30 min. Sometimes it just takes a simple creative project to remind us how we can sparkle. Make a memory wire bracelet using a variety of gemstones, charms, and glass beads.

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 DD 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.

5:00 PM

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

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

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

6:00 PM

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

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

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

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

6:30 PM

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

7:00 PM

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

TUESDAY

November 4, 2025

See descriptions of classes and activities on pages 22-27. (DD) DISCOVERY DAYS: MASTERING YOUR SWING

6:15 AM
DAWN QI GONG IN THE CANYON—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

6:30 AM
MORNING WALK Spa Lobby
30 min. / 45 min

7:00 AM
HIKE: LEVEL 4 WEST SPRING TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.
PHOTOGRAPHY HIKE Limit: 6 ▲ Outdoor Sports Lobby
3 hr. \$110
DESERT TRAIL RUNNING Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
BIKE RIDE: LEVEL 4 HOHOKAM Limit: 6 ▲ Outdoor Sports Lobby
5 hr.
PICKLEBALL CLINIC Limit: 4 ▲ Pickleball Court 1
50 min. \$80

7:30 AM
HIKE: LEVEL 2 GARWOOD DAM LOOP Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

8:00 AM
PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE—NEW Limit: 4 ▲ DD Racquet Court 1
50 min. \$110
HIKE: LEVEL 3 CRYSTAL SPRINGS Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

8:15 AM
CORE & MORE Limit: 16 Studio 2
20 min.

COMPLIMENTARY HIKING & BIKING

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

9:00 AM
PICKLEBALL DRILL CLINIC Limit: 4 ▲ Pickleball Court 1
50 min. \$80
ABOVE & BELOW THE BELT Limit: 20 Studio 3
45 min.
CYCLING Limit: 12 Golf Performance Center
45 min.
STRIDE & STRENGTH Limit: 14 Cardio & Strength Gym
45 min.
ARTHRITIS AND REGENERATIVE MEDICINE CME DD Catalina Room
50 min. With a Sports Medicine Provider, discuss Osteoarthritis and learn what the newest research says is the cause! What can be done to halt it and the newest information on regenerative therapies to treat it.
PROPERTY TOUR Clubhouse Lobby
45 min.

10:00 AM
INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
KARTCHNER CAVERNS LIVING CAVE TOUR Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$220
H2O POWER Limit: 24 T-Pool
45 min.
MUSCLE MAX Limit: 12 Studio 3
45 min.
STRETCH Limit: 30 Yoga Studio
45 min.
MEDICALLY UNEXPLAINED SYNDROMES CME Cactus Room
50 min. Dr. Brewer, Medical Director for Canyon Ranch, offers an innovative look at understanding complex syndromes such as Long COVID and fibromyalgia.

11:00 AM
POWER FLOW Limit: 30 Yoga Studio
45 min.
TRX FUSION Limit: 9 Studio 3
45 min.
VIPR SLAM Limit: 20 Studio 1
45 min.
PROPERTY TOUR Clubhouse Lobby
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

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

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

BREATHING Limit: 30 Yoga Studio
20 min.

LUNCH & LEARN: ORANGE GLAZED CHICKEN Demo Kitchen
60 min. Enjoy orange-glazed chicken with screamin' ginger salsa, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

1:00 PM

HIKE: LEVEL 1 SABINO LOOP Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min.

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

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

REPLENISHING THE WELL CME 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.

1:30 PM

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

2:00 PM

WATER WORKOUT Limit: 24 T-Pool
45 min.

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.

3:00 PM

YIN YOGA Limit: 20 Yoga Studio
45 min.

BUFF BOOTY Limit: 20 Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

3:30 PM

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

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

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

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

BEYOND ADORNMENT: JEWELRY DESIGNER

LUCINE ALMAS Catalina Room
50 min. Discover the historic powers of gemstones and their relevance today with jewelry designer, Lucine Almas, and learn about the inherent powers of colored gemstones and their relationship to our 7 Chakras, wellness, and balance.

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

TENNIS MIXER Limit: 8 DD Tennis Court 1
1 hr. 30 min. A lively event where you will meet and mingle with other tennis players while you engage in spirited play.

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

6:30 PM

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

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

7:00 PM

ISLANDS IN THE SKY & THE SOUTHWEST MONSOON

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

CLASSES & ACTIVITIES

CARDIO & STRENGTH GYM:

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

CULINARY

Community Table

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

FITNESS

Above & Below The Belt

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

Aqua Fit

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

Aqua Zumba

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

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

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®

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

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

Aerobic circuit workout using cardio machines and strength equipment. Th 10:00am, Fr 10:00am, Su 10:00am, Mo 10:00am

Core & More

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

Core Conditioning

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

Experience a cardiovascular-, endurance-, or interval-focused class on a stationary bike. Th 9:00am, Sa 9:00am, Su 9:00am, Tu 9:00am

DJ Dance Party

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

Desert Drumming

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

Drumming Circle

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

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

Fitness For Your Feet

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

Glide and Burn

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

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

A challenging aerobic conditioning class in shallow water. Daily 10:00am

Kettlebell Workout

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

A different dance form each week emphasizing fun, rhythmic movement. We 1:00pm, Sa 2:00pm

Long & Lean Barre Workout

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

Morning Walk 30m

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

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

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

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

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

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

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

Property Tour

A Canyon Ranch staff member will show you our dining, spa, fitness, outdoor sports, health and wellness facilities, and more. Daily 9:00am, 11:00am

Rhythm Ride

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

Rockin' Retro

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

Treadmill work followed by strength and muscular endurance. We 9:00am, Tu 9:00am

TRX Fusion

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

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

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

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

Wallyball

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

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

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

Zumba®

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

MIND-BODY

Aerial Swing Yoga Clinic

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

Ai Chi

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

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

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

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

Chakra Balancing Yoga & Sound Healing

In this gentle Yin chakra balancing practice, experience the vibrational healing of crystal bowls moving through & around you. Sa 4:00pm

Floating Sound Meditation Clinic 50m

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

Freeform Fusion

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

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

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

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

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

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

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

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

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

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

This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind. Su 1:00pm

Qi Gong and Yoga

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 Yoga

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. We 4:00pm, Mo 4:00pm

Sacral Chakra Hip Opening

Practice a hip opening sequence while diving deeper into the sacral chakra. Th 2:00pm, Su 11:00am

Stretch

Limit 30. Improve total body flexibility. Daily 10:00am

Stretch & Relaxation

Promotes flexibility and breathing and relaxes tense muscles. Daily 4:00pm

Sunrise Yoga

Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice. Th 7:00am

Watsu Aquatic Massage Demo

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

Yin Yoga

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, Tu 3:00pm

Yoga Foundations

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

End your day in this passive practice while you enjoy deep and restorative relaxation. Su 4:00pm, Mo 7:00pm

Yoga for Detox

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 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 2 - Cafe Ride

Desert Ride. 15 mi. A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. Th 7:30am

Bike Ride: Level 2 - River Path/Marketplace

Desert Ride. 12 mi. Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 7:30am

Bike Ride: Level 3 - Pantano River Path

Desert Ride. 21 mi. Take an extended cruise on a paved, car-free recreational path along an arroyo and out into a large area of undeveloped desert. Mostly a gentle gradient, mixed with a few more noticeable hills. Sa 7:00am

Bike Ride: Level 3 - Rocking K

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

Bike Ride: Level 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 7:30am

Bike Ride: Level 4 - Hohokam

Mountain Biking. 14 mi. Ride through a rolling high desert of ocotillos, prickly pears, and chollas. Intermediate mountain biking skills recommended. Tu 7:00am

Bird Walk

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 7:30am, Sa 7:30am

Cardio Tennis Clinic

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

Cosmic Journey with the Telescope

As twilight fades, join our Astronomer for an easy one-mile walk to set up an 8" telescope. Then, explore planets, stars, and galaxies sparkling brilliantly in the night sky. 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 6:15am

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. Tu 7:00am

Gravel Biking in Patagonia

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

High Ropes Challenge Course

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. Th 9:30am, Sa 1:30pm, Mo 6:00pm, Tu 1:30pm

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 9:30am, Mo 1:00pm

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. Tu 1:00pm

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. Tu 7:30am

Hike: Level 2 - Hitchcock Overlook

Mountain Hike. 3 mi. 700 ft. elev. This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. Fr 9:30am

Hike: Level 2 - Lemmon Park

Mountain Hike. 3.2 mi. 415 ft. elev. A mountain trail that weaves through lush alpine forest to a spectacular fire lookout. Suited for novice hikers who want a bit of a challenge. We 8:00am

Hike: Level 2 - Milagrosa Overlook

Desert Hike. 4 mi. 635 ft. elev. Hike through a beautiful canyon to a ridgetop overlook. Expect intervals of steep uphill and downhill over rocky terrain with scenic canyon views. Sa 7:30am

Hike: Level 2 - Palisades Trail

Mountain Hike. 3.5 mi. 600 ft. elev. Starting high up in the Catalinas, descend down through forested canopies to wide open views, before a challenging climb back up. Mo 9:30am

Hike: Level 2 - Pima Canyon

Desert Hike. 3 mi. 485 ft. elev. A lush desert and riparian canyon hike with moderate uphill and very rocky terrain. Designed for the strong, beginner hiker. Su 7:30am

Hike: Level 2 - Wild Horse Canyon

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

Hike: Level 3 - Balanced Rock

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

Hike: Level 3 - Bridal Wreath Trail

Saguaro National Park. 5.6 mi. 1090 ft. elev. Intervals of steep climbing on loose, rocky terrain leads to beautiful vistas before ending at a hidden grotto with a seasonal waterfall. Sa 7:15am

Hike: Level 3 - Crystal Springs

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

Hike: Level 3 - Esperero Overlook

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

Hike: Level 3 - Finger Rock

Desert Hike. 4 mi. 1620 ft. elev. This trail is well known for its challenging ascent into a beautiful canyon with breathtaking views below. Expect big rock steps and a steep incline. Mo 7:15am

Hike: Level 3 - Phoneline

Sabino Canyon. 8.75 mi. 1200 ft. elev. A beautiful hike traces the canyon from above, offering breathtaking vistas without strenuous climbs. Miles of winding trails lead to a spectacular overlook. We 6:30am

Hike: Level 3 - Ventana Maiden Pools

Desert Hike. 6 mi. 1320 ft. elev. Embark on a captivating hike through a canyon of towering red walls while crossing a creek multiple times. You'll reach the summit to discover serene, seasonal pools. Su 7:15am

Hike: Level 4 - Fort Lowell Trail

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

Hike: Level 4 - Guthrie Peak

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

Hike: Level 4 - Pontatoc Trail

Desert Hike. 5.4 mi. 1725 ft. elev. Hike through Pontatoc Canyon with towering cliffs above. The ascent is rocky and steep in sections. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley and surrounding canyons. Su 7:00am

Hike: Level 4 - Sky Island Ridge

Mountain Hike. 7.5 mi. 1570 ft. elev. This beautiful hike in the Catalina Mountains starts with a short downhill to a wooded and shady gulch. Then gear up for a steep climb surrounded by aspens and pine trees, leading to a beautiful rocky overlook. Mo 7:00am

Hike: Level 4 - Soldier Trail

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

Hike: Level 4 - West Spring Trail

Desert Hike. 5.9 mi. 1590 ft. elev. Experience a beautiful, strenuous hike in the scrub oak terrain with sweeping views of the Rincon Mountains. Expect a strong climb on the return. Tu 7:00am

Intuitive Archery

Mastering archery involves more than just technical skill—it's about awareness, focus and letting go. Learn the basics of archery on a recurve bow while we help you align both body and mind to connect to your target. We 1:00pm, Th 1:00pm, Sa 12:30pm, Su 1:00pm, Mo 3:00pm, Tu 10:00am

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 1:00pm, Sa 1:00pm, 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. Th 6:30am, 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! Mo 4:00am

Mountain Trail Running

Enjoy an invigorating one-hour trail run through the pine forests of Mt. Lemmon. Trails vary and feature hilly, uneven terrain above 7,000 feet. Expect a mix of moderate jogging and hiking, covering up to 4 miles. Fr 9:30am

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 5:30pm, 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 6:30pm, Mo 6:30pm, Tu 6:30pm

Night Vision Goggles-Saguaro National Park Edition

Experience the nocturnal magic of Saguaro National Park with military-grade night vision goggles. Set out on a guided walk along a flat trail as you take in the wonders of the night sky and search for the park's elusive desert wildlife. Fr 6:30pm, Sa 6:30pm

Phone-tography

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

Photography Hike

Join us on a scenic walk in nature, where you'll learn to use the provided camera to transform fleeting moments into great images. We cover composition, basic technical considerations and editing. A storage card is provided to take your images home. Su 6:30am, Tu 7:00am

Pickleball Clinic

This super-fun, easy-to-learn sport is for all ages. The ball moves slower than in tennis. Tactics count more than speed! Racquet Sports experts show you how. We 7:00am, We 4:00pm, Th 7:00am, Fr 7:00am, Fr 4:00pm, Sa 7:00am, Sa 4:00pm, Su 4:00pm, Mo 7:00am, Mo 4:00pm, Tu 7:00am, Tu 4:00pm

Pickleball Drill Clinic

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

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 8:00am

Pickleball Skill Development Clinic

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

Primitive Fire-Making

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

QI GONG IN THE DESERT

Walk into the Sonoran Desert and practice Qi Gong with flowing movements and mindful breathing. Surrounded by mountains, you'll awaken your body and cultivate balance in this all-levels class. Su 10:00am, Mo 1:00pm

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 6:45am, Th 1:30pm, Fr 6:45am, Mo 6:45am

Experience a drive like going from Mexico to Canada—in just 3 hours and no passport needed! This Sky Island road takes you through 8 biomes, with dramatic elevation changes and stunning scenery packed into one unforgettable journey. We 9:30am

This Sky Island Tour returns from Mount Lemmon under the soft glow of twilight. Travel through 8 biomes while you enjoy a scenic natural history tour on the way up, and photo stops of the forever sunset views and city lights on the drive back. Picnic dinner provided. Fr 3:30pm

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

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. We 1:00pm, Su 1:00pm, Mo 1:30pm

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

Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty. We 1:00pm, Fr 1:00pm, Sa 8:00am, Su 1:00pm, Mo 8:00am

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles. Additionally, we provide daily road and mountain bike rides, with varying levels of difficulty throughout the week.

We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear. Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

More information about our specific activities can be found in the App or on the activity boards outside the Outdoor Sports Office, located in the Spa. We're also available in the office every day from 8am-3pm to answer questions and help you plan your next outdoor adventure!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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
Acutonics.....	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

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

MENU OF SERVICES | 2025

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

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

MENU OF SERVICES | 2025

SALON

HAIR CARE

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

MAKEUP

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

MANICURES

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

PEDICURES

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

SPA

BODY TREATMENTS

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

Services & fees subject to change without notice.

AYURVEDIC TREATMENTS

Abhyanga.....	50 min	\$440
Bindi-Shirodhara.....	100 min	410
Shirodhara.....	50 min	240
Udvardana 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

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.

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:

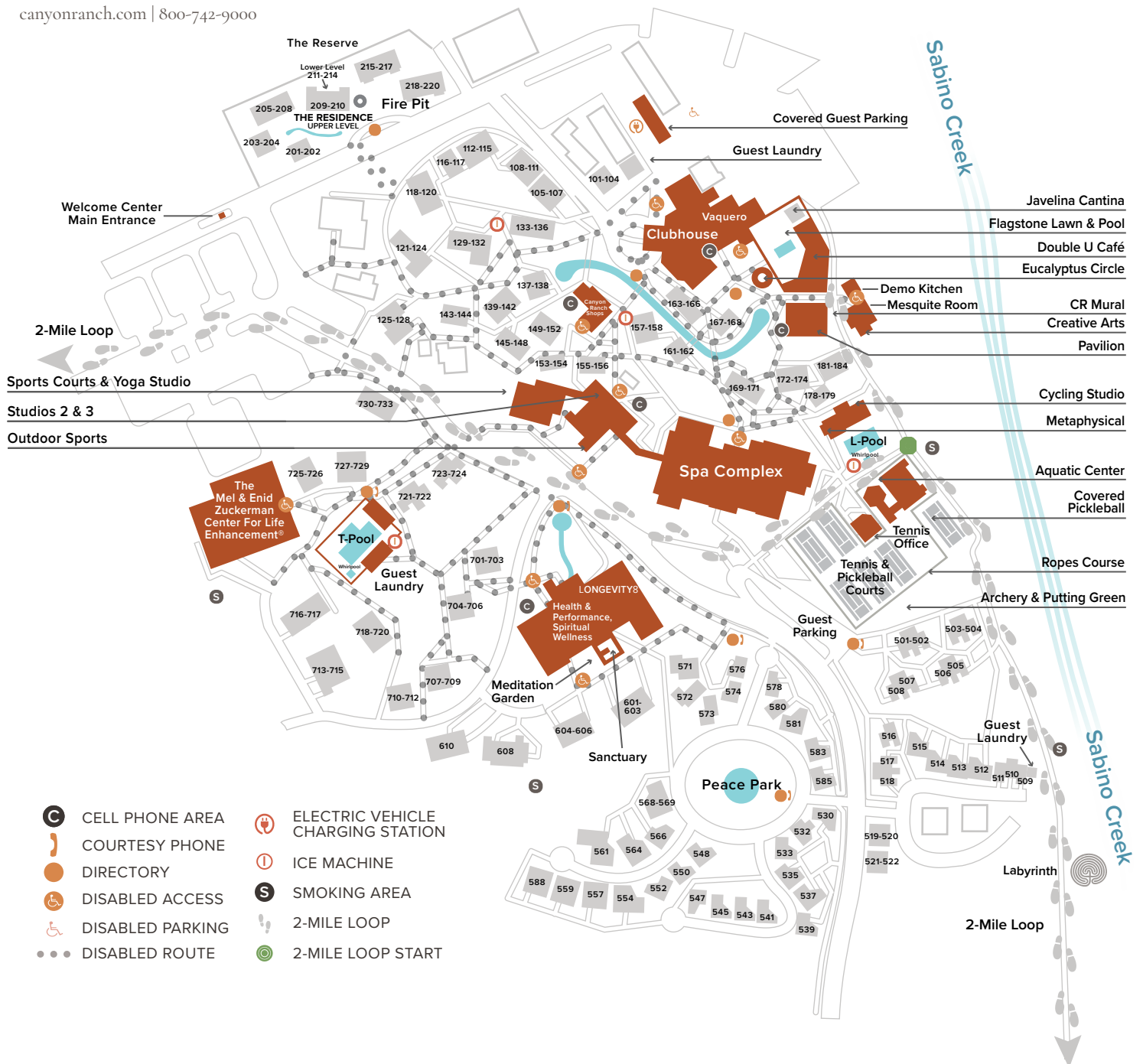
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.