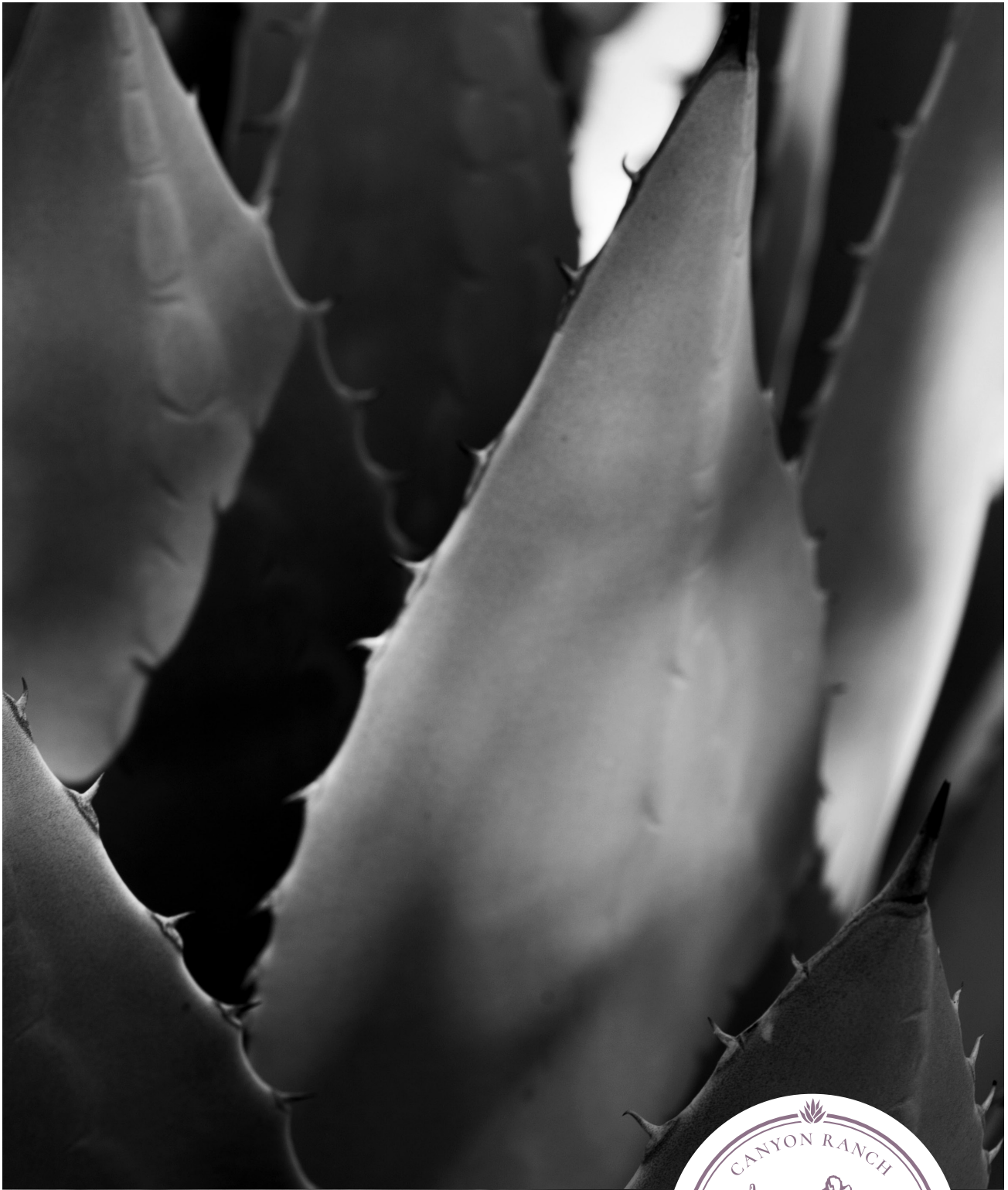


RANCH SCHEDULE

NOVEMBER 5 - 11, 2025



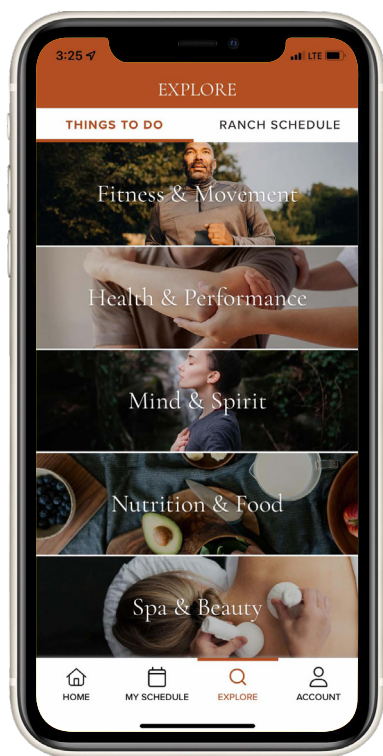
This schedule belongs to:



CANYON
RANCH®

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



f in  

@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



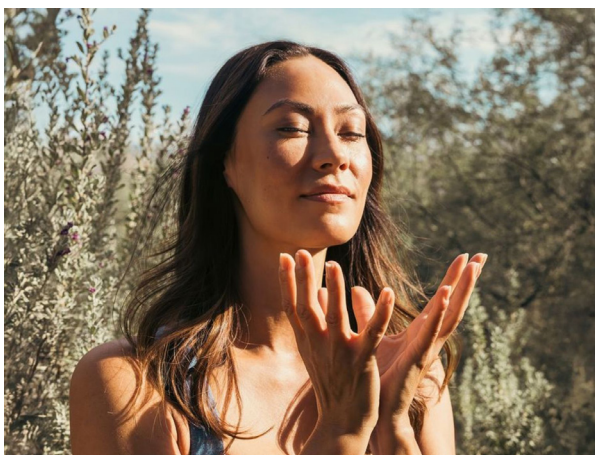
MASTERING YOUR SWING DISCOVERY DAYS FEATURING MARTIN BLACKMAN

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'.



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.

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



FEATURED GUEST EXPERTS

IRIS KRASNOW

NOVEMBER 7 - 9

Iris Krasnow is a bestselling author of seven books on relationships. She is frequently featured in national media, including appearances on *Oprah*, *The Today Show*, *Good Morning America*, and *All Things Considered*.

TODD AND TOM RAFALOVICH

NOVEMBER 8 - 9

Experience Double Vision: The Photography of Todd and Tom Rafalovich, is an inspiring exhibition that captures the kindred spirit of Mongolia and the American West through the eyes of identical twins.

ALL ACTIVITIES FOR THESE EVENTS ARE ANNOTATED WITH 'GE'.

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)

LUCINE ALMAS



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.

RACHEL KATZ



FRIDAY, NOVEMBER 7 -
SATURDAY, NOVEMBER 8

The Rachel Katz Jewelry collection appeals to women who desire classic pieces with a modern, architectural edge – all with a dose and the ease of California cool.

MYTH AND STONE



MONDAY, NOVEMBER 10 -
TUESDAY, NOVEMBER 11

Join us for a two day trunk show with local artist, Myth and Stone. Equal parts fairytale and antique treasure, Meryl's work reflects the many ways she finds beauty in the world.

WEDNESDAY

November 5, 2025

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

(DD) DISCOVERY DAYS: **MASTERING YOUR SWING WITH MARTIN BLACKMAN**

6:45 AM

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

7:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 4

DOUGLAS SPRINGS Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

BIKE RIDE: LEVEL 2

MOUNTAIN BIKE 101 Limit: 4 ▲ Outdoor Sports Lobby
4 hr.

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

7:15 AM

HIKE: LEVEL 3

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

8:00 AM

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

HIKE: LEVEL 2

LEMMON CREEK Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

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

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

LANDSCAPE TOUR Clubhouse
60 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

ROCKIN' RETRO Limit: 30 Studio 1
45 min.

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

TENNIS CLINIC: CORE MOVEMENT &

CONSISTENCY Limit: 12 ▲ DD Tennis Court 1
1 hr. 30 min. Master the building blocks of elite tennis with guest expert Martin Blackman. Use USTA Player Development methods to refine your movement, balance, and shot consistency through deliberate practice and point play.

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

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 Sanctuary
50 min. 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: TAHINI SHRIMP LETTUCE

WRAPS Demo Kitchen
60 min.

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

1:00 PM

SHOULDER PAIN UNRAVELED CME DD Cactus Room
50 min. Join a sports medicine provider and delve into common shoulder conditions that cause pain and restrictions.

TUCSON BOTANICAL GARDEN

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

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

BIKE RIDE: LEVEL 2

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

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

CRYSTAL ENERGY WORKSHOP Limit: 10 ▲ Sanctuary
1 hr. 40 min. \$175

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

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

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

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

3:00 PM

INTERMEDIATE YOGA Limit: 20 Yoga Studio
45 min.

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

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

LEARNING SELF-REIKI—NEW Catalina Room
50 min. Explore the ancient art of self-reiki and learn self-healing practices to restore well-being.

HIGH PERFORMANCE IN LIFE & SPORT DD Cactus Room
50 min. Join guest expert Martin Blackman to explore how high-performance training used in elite sports can elevate your everyday life. Learn to integrate mindset, movement, and discipline into your pursuit of excellence.

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

4:00 PM

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

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

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 factors behind longevity as we delve into the secrets of living a longer, healthier life.

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

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

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

SOUTHWEST RISING: ART & LEGACY OF ELAINE HORWITCH Cactus Room
50 min. Explore the spirited life of one of the most powerful and influential art dealers in Arizona and New Mexico art history.

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.

THURSDAY November 6, 2025

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

(DD) DISCOVERY DAYS: **MASTERING YOUR SWING WITH MARTIN BLACKMAN**

6:30 AM

ARCHAEOLOGY 2 - DISCOVERING HOHOKAM

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

7:00 AM

MORNING WALK

30 min. / 45 min. Spa Lobby

HIKE: LEVEL 4

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

BIKE RIDE: LEVEL 3

HONEYBEE LOOP Limit: 6 ▲ Outdoor Sports Lobby
4 hr.

COWBOY COFFEE

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

SUNRISE YOGA

Limit: 30 Yoga Studio

PICKLEBALL CLINIC

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

7:15 AM

HIKE: LEVEL 3

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

7:30 AM

HIKE: LEVEL 2

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

8:00 AM

PICKLEBALL DRILL CLINIC

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

MEDITATION HIKE

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

8:15 AM

CENTERING MEDITATION

Limit: 30 Sanctuary
25 min.

DYNAMIC STRETCH

Limit: 20 Yoga Studio
20 min.

9:00 AM

PROPERTY TOUR

45 min. Clubhouse Lobby

BOXER'S WORKOUT

Limit: 8 Studio 3
45 min.

9:00 AM

WALKING MEDITATION

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

CYCLING

Limit: 12 Golf Performance Center
45 min.

DESERT DRUMMING

Limit: 30 Studio 2
45 min.

TENNIS CLINIC: DOUBLES SKILLS &

TACTICS Limit: 12 ▲ DD Tennis Court 1

1 hr. 30 min. Sharpen your doubles game alongside guest expert Martin Blackman with drills for serve, return, volley, and overheads — followed by match play. Learn elite tactics used by Grand Slam champions and Team USA pros.

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

NOURISHING LONGEVITY: FOOD FOR A HEALTHY

LIFESPAN CME Catalina Room

50 min. Unlock the secrets to a longer, healthier lifespan through nutrition. Explore the vital connection between what we eat and longevity in this insightful presentation.

PROPERTY TOUR

Limit: 20 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

KARTCHNER CAVERNS LIVING CAVE

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

CAPTAIN'S TABLE: MEMBERSHIPS

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

LUNCH & LEARN: GRILLED STEAK FAJITAS

Demo Kitchen
60 min.

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.

12:30 PM

BIKE RIDE: LEVEL 1

RILLITO RIVER PATH Limit: 12 ▲ Outdoor Sports Lobby
2 hr. 30 min.

1:00 PM

HIKE: LEVEL 1

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

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

HIGH ROPES CHALLENGE

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

BREAST CANCER: REDUCE RISK & IMPROVE

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

PILATES FOR BALANCE Limit: 18 Studio 2
45 min.

2:00 PM

AQUA ZUMBA Limit: 24 T-Pool
45 min.

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.

CR VITALITY

TOUR Limit: 20 DD Center for Life Enhancement
30 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

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

WALLYBALL Racquet Court 1
45 min.

ENDURANCE, ZONE 2 AND YOU CME Catalina Room
50 min. Uncover how this method revolutionizes fitness, enhancing overall athletic achievements.

3:00 PM

AN ART JOURNAL EXPERIENCE Limit: 15 Art Studio 1
1 hr. 30 min. Embark on a creative journey through multiple art forms as you craft an origami mini book.

4:00 PM

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

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

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. 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.

AUTHENTIC TAQUERIA Double U Cafe
2 hr. 30 min.

5:15 PM

PICKLE & PLAY DD Pickleball Court 1
50 min.

5:30 PM

NUTRITION MYTHS VS FACTS—NEW Cactus Room
50 min. Join our nutrition expert for an interactive session on the latest myths vs. facts.

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

MOON WALK—NEW Limit: 12 ▲ Outdoor Sports Lobby
2 hr. \$80

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

6:30 PM

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

7:00 PM

THE MAGIC OF CULTIVATING POSITIVE EMOTIONS Catalina Room
60 min. Experience mind-blowing mentalism, inspiration, and actionable take away value for an unforgettable journey toward increasing positivity in your emotions and relationships.

FRIDAY

November 7, 2025

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

(DD) DISCOVERY DAYS: MASTERING YOUR SWING WITH MARTIN BLACKMAN

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.

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 4
TANQUE VERDE RIDGE Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

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

7:15 AM

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

7:30 AM

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

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

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

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

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

8:00 AM

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.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:00 AM

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

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

TENNIS CLINIC: WINNING DOUBLES MATCHPLAY Limit: 12 ▲ DD Tennis Court 1
1 hr. 30 min. Guided by guest expert Martin Blackman, play with different partners to build adaptability and on-court chemistry. Discover strategies used by tennis legends like McEnroe and Navratilova for maximizing your strengths and winning with anyone.

9:30 AM

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

10:00 AM

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

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

11:00 AM

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

PROPERTY TOUR Clubhouse Lobby
45 min.

ASK A PSYCHIC Cactus Room
50 min. Learn what it means to be psychic, or intuitive, and bring lots of questions for this open forum with Canyon Ranch psychic Pat Bruckmann.

NOON

LUNCH & LEARN: SEARED SEA BASS Demo Kitchen
60 min. Enjoy seared sea bass with pistachio kale pesto, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

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

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

1:00 PM

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

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

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

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

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

2:00 PM

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

PELVIC FLOOR YOGA Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

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

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

LESSONS FROM THE GREATS DD Cactus Room
50 min. Join guest expert Martin Blackman to uncover the habits of the world's top tennis champions — from deep focus and free play to the power of a growth mindset. Learn how to apply these insider secrets to your skillset.

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.

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

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

FIRESIDE CHAT

WITH IRIS KRASNOW GE Eucalyptus Circle
50 min. Join bestselling author Iris Krasnow for an engaging fireside chat on love, healthy relationships, and personal growth. Gather in community as Iris shares wisdom from her acclaimed books and invites open conversation on life's most meaningful connections.

SAGUARO NATIONAL PARK SUNSET DISCOVERY

TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
2 hr. 30 min. \$110

5:00 PM

PICKLEBALL MIXER Limit: 8 DD Pickleball Court 1
1 hr. 30 min.

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.

MEDITERRANEAN NIGHT Double U Cafe
2 hr. 30 min.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

8:00 PM

SPIRIT OF AGAVE: A TEQUILA TASTING

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

8:30 PM

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

SATURDAY November 8, 2025

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

(DD) DISCOVERY DAYS: MASTERING YOUR SWING

7:00 AM

MORNING WALK

30 min. / 45 min.

Spa Lobby

HIKE: LEVEL 4

MARIPOSA RIDGE

Limit: 12 ▲

Outdoor Sports Lobby

6 hr.

KARTCHNER CAVERNS LIVING CAVE

TOUR

Limit: 6 ▲

Outdoor Sports Lobby

5 hr. \$220

PICKLEBALL CLINIC

Limit: 8 ▲

Pickleball Court 1

50 min. \$80

COWBOY COFFEE

Eucalyptus Circle

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

7:15 AM

HIKE: LEVEL 3

PONTATOC RIDGE

Limit: 12 ▲

Outdoor Sports Lobby

4 hr. 30 min.

7:30 AM

HIKE: LEVEL 2

ESPERERO TRAIL

Limit: 12 ▲

Outdoor Sports Lobby

3 hr. 45 min.

8:00 AM

PICKLEBALL SKILL DEVELOPMENT

CLINIC

Limit: 8 ▲

DD

Pickleball Court 1

1 hr. 50 min. \$200

BIRD WALK

Limit: 8 ▲

Outdoor Sports Lobby

2 hr.

BIKE RIDE: LEVEL 2

STEAM PUMP MARKET

Limit: 12 ▲

Outdoor Sports Lobby

4 hr.

8:15 AM

CENTERING MEDITATION

Limit: 30

Sanctuary

25 min.

9:00 AM

PROPERTY TOUR

45 min.

Clubhouse Lobby

ABOVE & BELOW THE BELT

Limit: 20

Studio 3

45 min.

CYCLING

Limit: 12

Golf Performance Center

45 min.

GLIDE AND BURN

Limit: 20

Studio 1

45 min.

YOGA IN THE WILD

Limit: 8 ▲

Outdoor Sports Lobby

3 hr. \$140

10:00 AM

NUTRITION STRATEGIES FOR WOMEN'S

HEALTH

CME

Catalina Room

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

CORE CONDITIONING

Limit: 15

Studio 1

45 min.

H2O POWER

Limit: 24

T-Pool

45 min.

STRETCH

Limit: 30

DD

Yoga Studio

45 min.

10:30 AM

WRITING IN NATURE

Limit: 8 ▲

Outdoor Sports Lobby

4 hr. \$110

11:00 AM

PROPERTY TOUR

45 min.

Clubhouse Lobby

AQUA FIT

Limit: 15

Aquatic Center

45 min.

WALK YOUR WORKOUT

Limit: 15

Spa Lobby

45 min.

TRX FUSION

Limit: 9

Studio 3

45 min.

NOON

AI CHI

Limit: 12

Aquatic Center

45 min.

12:30 PM

INTUITIVE ARCHERY

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

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

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

Thank you for helping keep Canyon Ranch serene.

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

1:00 PM

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

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

PILATES MAT Limit: 30 Yoga Studio
45 min.

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

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.

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

WATER WORKOUT Limit: 24 T-Pool
45 min.

TUCSON AUTO MUSEUM

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

3:00 PM

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

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

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

WALLYBALL Racquet Court 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

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

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

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

THE POWER OF THE ORDINARY GE Catalina Room
50 min. Author Iris Krasnow explores how embracing who you are—right now—builds self-worth in a world that glorifies perfection, reminding us that the ordinary rhythm of our lives holds extraordinary strength.

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

MEET THE ARTISTS:

TODD AND TOM RAFALOVICH GE Spa Lobby
1 hr. 30 min. Join photographers Todd and Tom Rafalovich for an artist meet-and-greet and viewing of their stunning works. Enjoy light refreshments as you connect with the artists and discover the stories behind their photography.

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.

BBQ NIGHT BY THE FLAGSTONE POOL Double U Cafe
2 hr. 30 min.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

7:00 PM

TOTALLY TRIVIA! Pavilion
50 min. Compete against fellow guests in a fun night of trivia. Win Canyon Ranch prizes for what you already know!

SUNDAY November 9, 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

7:00 AM

MORNING WALK

30 min. / 45 min. Spa Lobby

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

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

PHOTOGRAPHY HIKE

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

BIKE RIDE: LEVEL 3

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

7:15 AM

HIKE: LEVEL 3

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

7:30 AM

HIKE: LEVEL 2

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

8:00 AM

CARDIO TENNIS CLINIC

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

PICKLEBALL DRILL CLINIC

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

8:15 AM

CENTERING MEDITATION

Limit: 30 Sanctuary
25 min.

DISCOVER OUR PROPERTY ON A TOUR

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

9:00 AM

BUTI MOVEMENT®

Limit: 30 Yoga Studio
45 min.

CORE CONDITIONING

Limit: 15 Studio 1
45 min.

CYCLING

Limit: 12 Golf Performance Center
45 min.

PROPERTY TOUR

45 min. Clubhouse Lobby

ECOLOGY WALK

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

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.

10:00 AM

CARDIO CIRCUIT

Limit: 20 Cardio & Strength Gym
45 min.

H2O POWER

Limit: 24 T-Pool
45 min.

STRETCH

Limit: 30 DD Yoga Studio
45 min.

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

11:00 AM

SOUL PRINTS: A WORKSHOP IN

PALMISTRY Cactus Room

50 min. Join this interactive workshop to explore the ancient art of palmistry. Learn to read the lines and shapes in your palms, revealing insights into your personality, life path, and spiritual journey.

AQUA FIT

Limit: 15 Aquatic Center
45 min.

SACRAL CHAKRA HIP OPENING

Limit: 20 Yoga Studio
45 min.

WALK YOUR WORKOUT

Limit: 15 Spa Lobby
45 min.

PROPERTY TOUR

45 min. Clubhouse Lobby

DESERT TRAIL RUNNING

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

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NOON

RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC Limit: 5 ▲ Studio 3
50 min. \$110

1:00 PM

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

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

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

1:30 PM

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

2:00 PM

DESERT DRUMMING Limit: 30 Studio 2
45 min.

STRIDE Limit: 14 Cardio & Strength Gym
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

ACUPUNCTURE 101: INSIDE THE TREATMENT ROOM Sanctuary
50 min. Interested in acupuncture, but unsure if it's for you? Join us for an inside look at a typical acupuncture session to learn what the therapy involves, explore potential benefits, and get your questions answered by our Chinese medicine practitioner.

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

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 DD Yoga Studio
45 min.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

SUSTAINING SELF-LOVE: THE KEY TO LASTING RELATIONSHIPS GE Catalina Room
50 min. Bestselling author Iris Krasnow shares insights on sustaining love, embracing self-acceptance, and finding passion and purpose within yourself at every stage of life.

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

5:00 PM

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

BEHIND THE LENS WITH TODD AND TOM RAFALOVICH GE Cactus Room
50 min. Photographers Todd and Tom share meaningful photographs and the stories behind each image. Discover the inspiration, emotion, and artistry that bring their captivating photography to life.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

7:00 PM

OIL DIP ART Limit: 8 Art Studio 1
60 min. Experience the therapeutic and meditative qualities of this art form as you immerse yourself in the process. It's the perfect opportunity to de-stress and unwind while creating beautiful artwork.

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 10, 2025

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

(DD) DISCOVERY DAYS: SCIENCE AND WISDOM FOR VITALITY

6:45 AM

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

7:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

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

ARCHAEOLOGY 1 - HOHOKAM VILLAGE

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

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

7:30 AM

**BIKE RIDE: LEVEL 3
COLOSSAL CAVE LOOP** Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

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

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

8:00 AM

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

CORE CONDITIONING Limit: 15 Studio 1
45 min.

SELF-COMPASSION IS YOUR SUPER

POWER CME DD Cactus Room
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:00 AM

DESERT DRUMMING Limit: 30 Studio 2
45 min.

TRX STRONG Limit: 9 Studio 3
45 min.

9:15 AM

**HIKE: LEVEL 3
BIGELOW PEAK** Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

10:00 AM

CHINESE MEDICINE FOR DIGESTION AND

METABOLISM—NEW CME DD Catalina Room
50 min. Delve into how Chinese Medicine intertwines physical, emotional, and energetic elements as we recognize digestion and metabolism as a holistic experience.

QI GONG IN THE

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

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

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

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

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

LUNCH & LEARN: PRETZEL CRUSTED

CHICKEN Demo Kitchen
60 min. Enjoy pretzel-crust chicken with Guinness vinaigrette and a chef's choice salad while learning how to prepare the entrée.

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

1:00 PM

PILATES REFORMER CLINIC:

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

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

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

BIKE RIDE: LEVEL 2
MOUNTAIN BIKE 101 Limit: 4 ▲ Outdoor Sports Lobby
4 hr.

1:30 PM

TUCSON BOTANICAL GARDEN

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

2:00 PM

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

WALK YOUR WORKOUT Limit: 15 Spa Lobby
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

3:00 PM

MUSCLE MAX Limit: 12 Studio 3
45 min.

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

FREEFORM FUSION Limit: 14 Studio 2
45 min.

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

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

THE ART OF WATERCOLOR: BASIC TECHNIQUE Limit: 15 Art Studio 1
1 hr. 30 min. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

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

4:00 PM

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.

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

5:00 PM

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

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 ▲ Aquatic Center
50 min. \$110

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

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

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

6:30 PM

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

7:00 PM

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

TAKE A BREATH BREAK DD Catalina Room
50 min. Reduce stress by using techniques from the Practice of Mindfulness. Join Dan Johnson, Executive Director of the Wellness Council of Arizona, for this sampling of approaches to relaxation.

TUESDAY November 11, 2025

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

(DD) DISCOVERY DAYS: SCIENCE AND WISDOM FOR VITALITY

6:15 AM

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

6:30 AM

GRAVEL RIDE IN LAS CIENEGAS—NEW Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$280

7:00 AM

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

7:15 AM

HIKE: LEVEL 3 ROMERO TRAIL Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

8:00 AM

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

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

8:15 AM

CORE & MORE Limit: 16 Studio 2
20 min.

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center
45 min.

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

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

PROPERTY TOUR Clubhouse Lobby
45 min.

10:00 AM

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

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

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

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

POWER FLOW Limit: 30 Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

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

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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.

NOON

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

BREATHING Limit: 30 DD Yoga Studio
20 min.

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

1:00 PM

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

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

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

1:30 PM

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

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.

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

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

PELVIC FLOOR YOGA Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

YIN YOGA Limit: 20 Yoga Studio
45 min.

3:30 PM

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

4:00 PM

MEDITATION Limit: 30 Yoga Studio
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

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

CLASSES & ACTIVITIES

CARDIO & STRENGTH GYM:

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

CULINARY

Community Table

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

FITNESS

Above & Below The Belt

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

Aqua Fit

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

Aqua Zumba

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

Boxer's Workout

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

Buff Booty

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

Buti Movement®

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

CR Strength

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

Cardio Circuit

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

Core & More

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

Core Conditioning

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

Cycling

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

DJ Dance Party

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

Desert Drumming

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

Desert Drumming

First Come, First Served. Limit 30. Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Th 9:00am, Su 2:00pm, Mo 9:00am

Drumming Circle

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

Dynamic Stretch

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

Fitness For Your Feet

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

Glide and Burn

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

Glute Transformation Clinic

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

Good Vibrations

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

H2O Power

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

Kettlebell Workout

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

Let's Dance

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

Long & Lean Barre Workout

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

Morning Walk 30m

First Come, First Served. This walk is on relatively flat terrain that will accommodate all paces up to 15 minutes per mile, equivalent to 4 mph on a treadmill. Please bring your water bottle. Daily 7:00am

Morning Walk 45m

First Come, First Served. This walk includes inclines on both trails and pavement that will accommodate all paces up to 13 minutes per mile, equivalent to 4-5 mph on a treadmill. Please bring your water bottle. Daily 7:00am

Muscle Max

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

Muscle Relief: Roll with It!

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

PBF: Power Blast Fitness

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

Pedal, Lift, Flow

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

Pickle & Play

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

Posture & Balance

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

Property Tour

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

Rockin' Retro

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

Stride

First Come, First Served. Limit 14. A motivating group treadmill workout incorporating interval training. Su 2:00pm

Stride & Strength

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

TRX Fusion

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

TRX Strong

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

Vipr Slam

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

Walk Your Workout

First Come, First Served. Limit 15. Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll. Resistance strength work will be integrated to teach you how you can take this workout on the road. Sa 11:00am, Su 11:00am, Mo 2:00pm

Wallyball

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

Water Workout

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

Yoga Sculpt

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

Zumba®

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

MIND-BODY

Aerial Swing Yoga Clinic

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

Ai Chi

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

Breathing

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

CR Vitality Tour

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

Centering Meditation

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

Chair Yoga

First Come, First Served. Limit 20. This class uses chairs and incorporates balancing and other standing poses, ideal if you don't want to sit on the floor, or would like to try chair yoga for breaks at work. We 11:00am, Fr 9:00am, Mo 2:00pm

Floating Sound Meditation Clinic 50m

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

Freeform Fusion

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

Gyrokinesis

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

Heart Chakra Yoga

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

Intermediate Yoga

First Come, First Served. Limit 30. This class will deepen your practice as we move into more challenging postures with focus on alignment and form. We 3:00pm, Fr 11:00am

Intermediate Yoga

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

Kundalini Yoga

First Come, First Served. Limit 20. Awaken your divine energy in this energetic style of yoga that emphasizes breathing and chanting exercises connected to poses. We 8:00am, Fr 1:00pm

Meditation

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

Pelvic Floor Yoga

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

Pilates Mat

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

Pilates Reformer Clinic: Beginning

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

Pilates Reformer Int/Adv Clinic

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

Pilates for Balance

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

Pilates-Aerial Clinic 50m

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

Power Flow

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

Qi Gong and Yoga

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

Restorative Aerial Yoga and Sound Healing Clinic

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

Restorative Yoga

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

Sacral Chakra Hip Opening

First Come, First Served. Limit 20. Practice a hip opening sequence while diving deeper into the sacral chakra. Th 2:00pm, Su 11:00am

Stretch

First Come, First Served. Limit 30. Improve total body flexibility. Daily 10:00am

Stretch & Relaxation

First Come, First Served. Limit 20. Promotes flexibility and breathing and relaxes tense muscles. Daily 4:00pm

Sunrise Yoga

First Come, First Served. Limit 30. Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice. Th 7:00am

Watsu Aquatic Massage Demo

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

Yin Yoga

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

Yoga Foundations

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

Yoga Nidra

First Come, First Served. Limit 20. End your day in this passive practice while you enjoy deep and restorative relaxation. Su 4:00pm, Mo 7:00pm

Yoga for Detox

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

OUTDOOR SPORTS

Archaeology 1 - Hohokam Village Site

Take a journey through the ancient remnants of a Hohokam village dating back a millennium. Discover the secrets of their vast canal system and explore the culture of an advanced society with a trade network extending all the way to Central America. Mo 7:00am

Archaeology 2 - Discovering Hohokam Petroglyphs

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

Arizona-Sonora Desert Museum

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

Bike Ride: Level 1 - Rillito River Path

Desert Ride. 7.5 mi. A short, relaxed cruise on a paved, car-free path. Th 12:30pm

Bike Ride: Level 2 - Cafe Ride

Desert Ride. 15 mi. A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. We 1:00pm

Bike Ride: Level 2 - Mountain Bike 101

Desert Ride. Learn the skills to get into the exciting sport of mountain biking. We start with building fundamental skills and then move on to instructed trail riding utilizing the RABS training system. We 7:00am, Mo 1:00pm

Bike Ride: Level 2 - Steam Pump Market

Desert Ride. 12 mi. Ride along the Canada del Oro bike path on the north side of the Santa Catalina Mountains. Enjoy dramatic views of the Pusch Ridge Wilderness Area before stopping at the Steam Pump Ranch Farmers Market. Purchases not included. Sa 8:00am

Bike Ride: Level 3 - Agua Caliente

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

Bike Ride: Level 3 - Colossal Cave Loop

Desert Ride. 14.4 mi. Rolling hills, real climbs, and designated bikes lanes set in the dramatic Rincon Valley. This is a road ride best suited for experienced riders wanting to climb, descend, and get a little further out of town. Mo 7:30am

Bike Ride: Level 3 - Honeybee Loop

Mountain Biking. 15.7 mi. Sweeping views of the Santa Catalina Mountains are the backdrop for this stunning desert single track mountain bike ride, with Native American rock art, gradual up hills and exhilarating downhill runs. Th 7:00am

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. Fr 7:30am

Bird Walk

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 8:00am, Sa 8:00am

Cardio Tennis Clinic

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

Cosmic Journey with the Telescope

As twilight fades, join our Astronomer for an easy one-mile walk to set up an 8" telescope. Then, explore planets, stars, and galaxies sparkling brilliantly in the night sky. Tu 6:30pm

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 Beauty - The Cosmetology of the Sonoran

Experience the beauty of Sabino Canyon while exploring desert botanicals that hydrate and nourish. Learn how to blend these natural ingredients into soothing, skin-loving cosmetics for a radiant, glowing you. Fr 7:30am

Desert Trail Running

Enjoy an invigorating one-hour trail run through the captivating beauty of the Sonoran Desert. Trail locations may vary and include hilly, uneven, and rocky terrain. This activity is suited for runners who can maintain a moderate pace over 4 miles. Fr 9:30am, Su 11:00am, Tu 7:00am

Gravel Ride in Las Ciengas

Ride through San Rafael Valley to historic Empire Ranch, featuring scenic rolling grasslands with gentle hills and mountain views. Plus, visit a visit to a black-tailed prairie dog village along the way! Ideal for a moderate biking adventure. Tu 6:30am

High Ropes Challenge Course

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. Th 1:00pm, 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, Fr 1:00pm, Mo 8:00am

Hike: Level 1 - Black Hole

Saguaro National Park. 3.5 mi. 260 ft. elev. A scenic, introductory hike with mild elevation gain and switchbacks in the middle. Ideal for beginners and slower hikers. Th 1:00pm

Hike: Level 2 - Esperero Trail

Sabino Canyon. 4 mi. 585 ft. elev. A great rugged, rocky desert hike with both gradual and steep terrain that leads to a scenic spot overlooking the Tucson Valley. Sa 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. Tu 8:00am

Hike: Level 2 - Lemmon Creek

Mountain Hike. 4.2 mi. 730 ft. elev. Experience the heart of Mount Lemmon as you hike through aspens, ferns, and ponderosa pines to a rocky outcrop. Soak in the scenic views before ascending back up the trail. We 8:00am

Hike: Level 2 - Lower Bear Canyon

Sabino Canyon. 4.5 mi. 400 ft. elev. Hike over rocky terrain into scenic Bear Canyon with its steep rock walls and soaring ridges on either side. With several seasonal stream crossings, it is a good preview of Tucson trails for beginners. Mo 7:30am

Hike: Level 2 - Phoneline Overlook

Sabino Canyon. 4 mi. 630 ft. elev. This beautiful hike offers a variety of ecosystems, from scenic desert to a riparian creek bed with deciduous trees like the white-barked Arizona sycamore and verdant cottonwoods. Th 7:30am

Hike: Level 2 - Sweetwater Trail

Saguaro National Park. 4 mi. 545 ft. elev. A scenic desert hike in the Tucson Mountains with beautiful saguaro cacti and excellent views of the city. Su 7:30am

Hike: Level 2 - Ventana Trail

Desert Hike. 4 mi. 550 ft. elev. Rugged, rocky terrain with multiple seasonal stream crossings makes this a great desert canyon hike for strong beginners. Fr 7:30am

Hike: Level 3 - Bear Canyon

Sabino Canyon. 7.5 mi. 935 ft. elev. Travel along the canyon floor with stunning views of cacti and cliffs until you reach the magnificent Seven Falls! This is mostly a gradual climb with one steeper section before reaching the seasonal falls. Th 7:15am

Hike: Level 3 - Bigelow Peak

Mountain Hike. 5 mi. 1450 ft. elev. This trail begins with a steep incline before winding through wonderful rock formations and stately pines. Breaks in the trees reveal sweeping vistas across the San Pedro River Valley. We'll enjoy a snack just below Bigelow Peak. Mo 9:15am

Hike: Level 3 - Butterfly

Mountain Hike. 4 mi. 1250 ft. elev. A steep and scenic descent to a beautiful alpine overlook with a challenging climb on the return. Fr 7:15am

Hike: Level 3 - Ft. Lowell Hills

Desert Hike. 5.2 mi. 1450 ft. elev. A classic desert hike with intervals of steep rocky climbs that lead you back into the welcoming solitude and splendor of the desert. Su 7:15am

Hike: Level 3 - McDougal Ridge

Desert Hike. 4.6 mi. 1170 ft. elev. A steady climb up the ridge that provides an interesting ramble through the saguaros with views of the Catalina and Rincon Mountains as well as the Tucson Valley. We 7:15am

Hike: Level 3 - Pontatoc Ridge

Desert Hike. 4 mi. 1320 ft. elev. This rocky, and very scenic, ridgeline trail climbs steeply to a beautiful canyon and city overlook. Sa 7:15am

Hike: Level 3 - Romero Trail

Catalina State Park. 5.6 mi. 1220 ft. elev. This difficult Level 3 hike has very steep inclines with large rocks to scramble. You're rewarded with beautiful vistas and wonderful pools during our rainy season. Tu 7:15am

Hike: Level 4 - Blackett's Ridge

Sabino Canyon. 6.2 mi. 1926 ft. elev. Scale rugged, steep terrain and enjoy stunning panoramic views at the summit on this popular and challenging fitness hike. Th 7:00am

Hike: Level 4 - Douglas Springs

Mountain Hike. 9 mi. 1960 ft. elev. This scenic Rincon Mountain foothill trail includes several sections of moderate to steep inclines and leads up to a panoramic ridge overlooking the Tucson Valley. We 7:00am

Hike: Level 4 - Mariposa Ridge

Desert Hike. 10 mi. 2340 ft. elev. This moderate-advanced trail above Milagrosa Canyon winds back into Redington Pass to West Spring. This fast-paced interval hike combines steep climbs with rolling terrain. Sa 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. Tu 7:00am

Hike: Level 4 - Tanque Verde Ridge

Saguaro National Park. 8.5 mi. 1986 ft. elev. Enjoy this beautiful and challenging hike with several sections of steep climbing and remarkable views of the desert landscape and Tucson Valley. Fr 7:00am

Hike: Level 4 - Thimble View

Desert Hike. 9 mi. 1530 ft. elev. Experience a beautiful hike that gives you a different view of Thimble Peak. Experience a varied terrain of desert, grasslands, and riparian areas with intervals of strong climbs and descents. Mo 7:00am

Hike: Level 4 - Windy Point Vista

Mountain Hike. 8.2 mi. 1570 ft. elev. This popular trail starts in the Catalina Foothills and leads into pine forests with multiple seasonal creek crossings before coming into views of Bear Canyon and Windy Point. Su 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 4:00pm, Fr 2:00pm, Sa 12:30pm, Su 1:30pm, 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. Fr 1:00pm, Tu 1:30pm

Kartchner Caverns Living Cave Tour

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Th 12:00pm, Sa 7:00am, Tu 10:00am

Meditation Hike

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. Th 8:00am, Fr 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! Su 4:00am

Moon Walk

Take a leisurely walk down a paved path into the nighttime ambiance of a riparian canyon. Enjoy the current phase of the moon as it bathes you in its light, or retreats to let the stars share their brilliance. We 6:00pm, Th 6:00pm

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. Su 6:00pm, 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, Th 1:00pm, Sa 3:00pm, Tu 3:30pm

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 7:00am, 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, 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, Su 8:00am, Mo 8:00am, Tu 8:00am

Pickleball Mixer

A lively event where you will meet and mingle with other pickleball players while you engage in spirited play. Fr 5:00pm

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, Sa 8:00am

Primitive Fire-Making

Connect with the primal thrill of creating fire. Tu 1:00pm

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 10:00am

Rock Climbing Naturally

Join our rock climbing experts for an unforgettable adventure in the Catalina Mountains, where you'll learn the art of climbing on natural granite. Experience climbing routes with amazing views! A great workout open to climbers of all skill levels. 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, Fr 6:45am, Sa 1:00pm, Mo 6:45am

Saguaro National Park Sunset Discovery Tour

Take a scenic drive through Saguaro National Park as the desert comes alive at sunset. Pause for sweeping views of the Tucson Valley and experience one of the most diverse desert landscapes on earth. Fr 4:00pm

Sky Island Discovery Tour

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

Tennis Clinic

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

Tucson Botanical Garden Tour

Tour and explore over 20 specialty gardens and a vibrant butterfly greenhouse at the award-winning Tucson Botanical Gardens — ranked #4 Botanical Garden in the nation by USA Today's Readers' Choice Awards for three years in a row. We 1:00pm, Mo 1:30pm

Writing in Nature

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. Sa 10:30am

Yoga in the Wild

Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty. We 8:00am, Sa 9:00am, Su 1:00pm, Mo 1:00pm

COMPLIMENTARY HIKING & BIKING

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles. 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!

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
VO ₂ 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
Glow Up HydraFacial— NEW	50 min	350
Lash & Brow Tint	25 min	70
Luxe Lift & Glow HydraFacial— NEW	80 min	540
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
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MANICURES

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

PEDICURES

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

SPA

BODY TREATMENTS

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

AYURVEDIC TREATMENTS

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

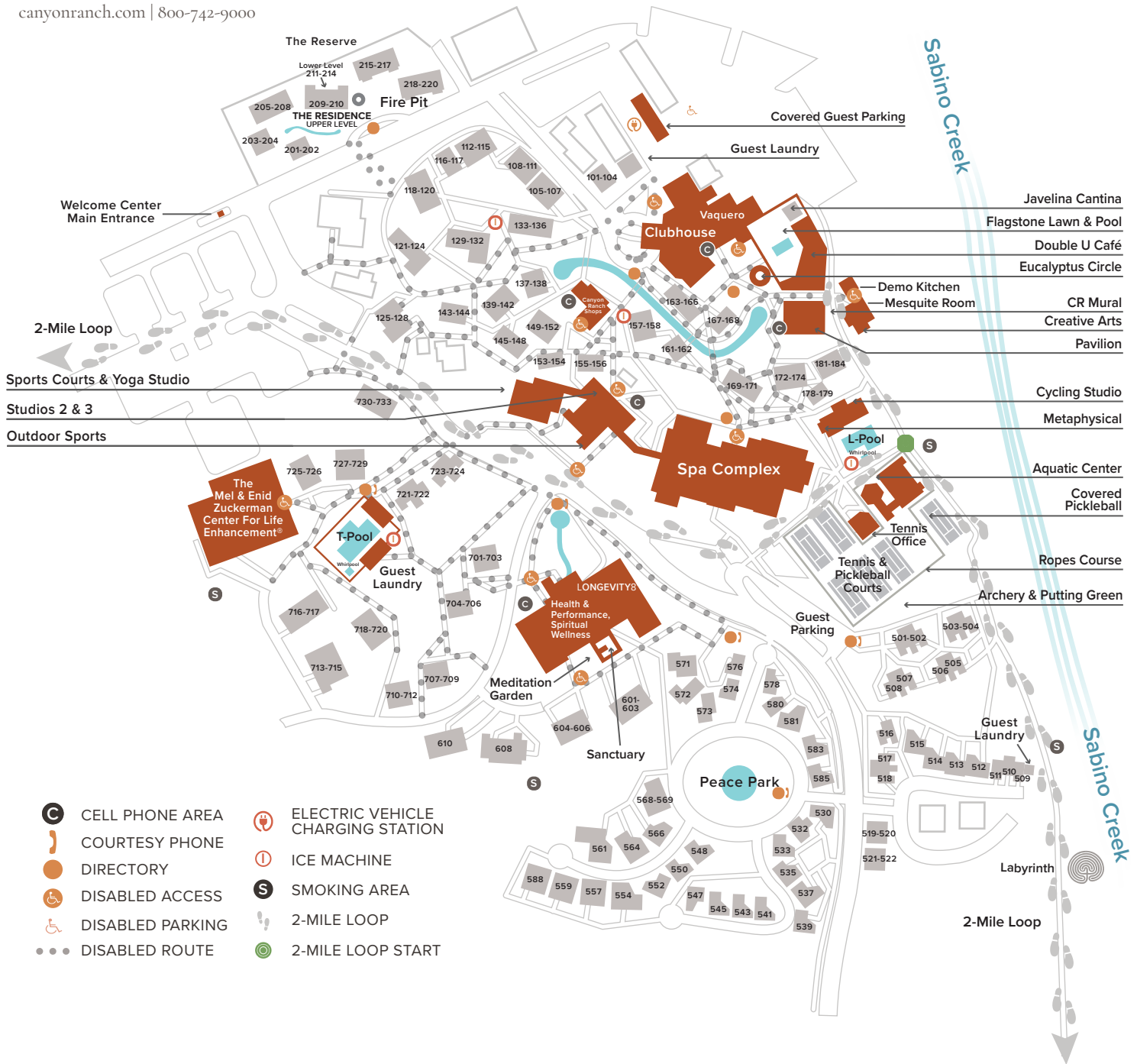
CONTACT

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.