

RANCH SCHEDULE

NOVEMBER 12 - 18, 2025



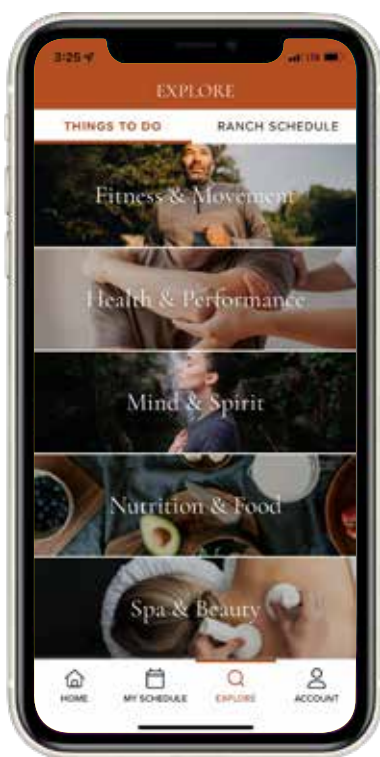
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:30 pm – 8:30 pm

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

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

Double U Café & Flagstone Pool

Double U Café: 5:30 am – 7:30 pm

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

Lunch: 11:00 am – 2:00 pm

Dinner: 5:00 pm – 7:30 pm

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

Javelina Cantina

Daily: 5:00 pm – 9:00 pm

In-Room Wine Delivery

Ext. 44312: Nightly 4:00 pm – 9:00 pm

Spa and Strength & Cardio Gym

6:00 am – 9:00 pm

Canyon Ranch® Foot Health Center

Located in the Spa

Daily: 12:00 pm – 5:00 pm

Program Advising

Located in the Spa

8:00 am – 7:00 pm

Ext. 44338: 8:00 am – 5:00 pm

CR® Aesthetics

Located in the Spa

Monday – Saturday: 10:00 am – 5:00 pm

Canyon Ranch® Boutique

Located in the Clubhouse

Daily: 9:00 am – 7:00 pm

CR® Shops

Daily: 8:00 am – 6:00 pm

Presentation Rooms

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



WELCOME

Welcome to Canyon Ranch, Tucson!

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

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

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

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

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

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

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

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

David Craig
Managing Director

DECISIONS, DECISIONS ...

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

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

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



BLOOD LACTATE THRESHOLD

Performance Science | Two-part service | 100 min.

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

INTRODUCTION TO AYURVEDA

Fitness Service | 50 min.

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

KARTCHNER CAVERNS LIVING CAVE TOUR

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

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

NIGHT SKY WALK

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

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

THE COMPLETE FIX FACIAL

Skin Care Service | 50 min.

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

DESERT RITUAL

Spa Service | 100 min.

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

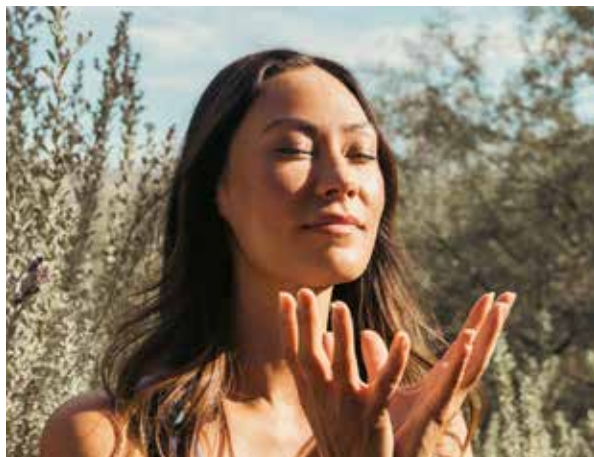
INTRO TO BRAINSPOTTING

Mental Health & Wellness | 50 min.

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

FEATURED EVENTS

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



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'.



AWAKEN | A YOGA & MOVEMENT FESTIVAL

NOVEMBER 13 - NOVEMBER 17

Join us for a feel-good weekend of movement and recovery at our Tucson resort, featuring top instructors from across the country. Choose from a dynamic mix of fitness classes — from yoga and sculpt to spin, dance, and sound healing — then unwind with world-class spa treatments or cutting-edge recovery tech like red light therapy and Shiftwave®.

Everyone who registered before arrival for AWAKEN will get a lululemon bag filled with goodies to support your movement filled weekend. Don't miss this opportunity to move, recover, and recharge in an inspiring wellness setting.

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



SUSTAINABLE WEIGHT LOSS WEEK

NOVEMBER 18 - NOVEMBER 21

Take a nostalgic journey at our Sonoran Desert resort. Relive the magic of the 80's and 90's as we bring back the music and movies that defined those unforgettable decades.

Get your pulse racing in our energetic cardio classes, where you can dance and cycle to classic hits while breaking a sweat. Then, unwind in comfort with a beloved film and popcorn, in our clubhouse theater.

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

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) Join us at the Boutique (located in the Clubhouse) Join us in the Snug (located in the Clubhouse). Please book your reading with the Boutique.

SHAUNA BURKE



WEDNESDAY, NOVEMBER 12 -
THURSDAY, NOVEMBER 13

Come explore the one of a kind contemporary jewelry line inspired by the urban landscape. All work is handmade in Shauna's Brooklyn, NY studio in 18K gold and oxidized silver.

ART OF CEREMONY



FRIDAY, NOVEMBER 14 -
SATURDAY, NOVEMBER 15

The Art of Ceremony brings to life the art of ritual in jewelry design. Each necklace, earring, and bracelet is made with intention. All delight the eye and spark the soul.

AURATHERAPY



FRIDAY, NOVEMBER 14 -
SATURDAY, NOVEMBER 15

Auratherapy brings together technology and intuition to provide you with an expert Aura reading. After your reading, join us in learning how aromatherapy can help balance your chakras.

Call ext. 44318 to book.

WEDNESDAY

November 12, 2025

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

6:15 AM

DAWN QI GONG IN THE CANYON—NEW Limit: 8 ▲ Outdoor Sports Lobby

2 hr. \$110

6:45 AM

SABINO CANYON WALK Limit: 12 ▲ DD Outdoor Sports Lobby

2 hr.

7:00 AM

HIKE: LEVEL 4 ESPERERO Limit: 12 ▲ Outdoor Sports Lobby

5 hr.

BIKE RIDE: LEVEL 3 ROCKING K Limit: 6 ▲ Outdoor Sports Lobby

4 hr.

MORNING WALK Spa Lobby

30 min. / 45 min.

PICKLEBALL CLINIC Limit: 4 ▲ Pickleball Court 1

50 min. \$80

7:15 AM

HIKE: LEVEL 3 BLACKETTS RIDGE Limit: 12 ▲ Outdoor Sports Lobby

4 hr.

8:00 AM

CARDIO TENNIS CLINIC Limit: 8 ▲ Tennis Court 1

50 min. \$80

PICKLEBALL DRILL CLINIC Limit: 4 ▲ Pickleball Court 1

50 min. \$80

BIRD WALK Limit: 8 ▲ Outdoor Sports Lobby

2 hr.

KUNDALINI YOGA Limit: 20 Yoga Studio

45 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby

45 min.

LANDSCAPE TOUR Clubhouse

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

CYCLING Limit: 12 Golf Performance Center

45 min.

ROCKIN' RETRO Limit: 20 Studio 1

45 min.

STRIDE & STRENGTH Limit: 14 Cardio & Strength Gym

45 min.

9:15 AM

HIKE: LEVEL 2 WILD HORSE CANYON Limit: 12 ▲ Outdoor Sports Lobby

4 hr.

9:30 AM

HIKE & PAINT Limit: 8 ▲ Outdoor Sports Lobby

4 hr. \$110

10:00 AM

OPTIMIZE BRAIN HEALTH WITH NUTRITION CME DD Catalina Room

50 min. Learn how to choose foods and eating patterns that work to support optimizing brain health for today and tomorrow.

SAGUARO NATIONAL PARK DISCOVERY TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby

3 hr. \$110

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

CHAIR YOGA Limit: 20 Yoga Studio

45 min.

TRX STRONG Limit: 9 Studio 3

45 min.

ZUMBA® Limit: 30 Studio 1

45 min.

COMPASSION CIRCLE FOR GRIEF & GRATITUDE DD Sanctuary

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

PROPERTY TOUR Clubhouse Lobby

45 min.

NOON

AERIAL SWING YOGA CLINIC Limit: 5 ▲ Studio 3

50 min. \$80

LUNCH & LEARN: POACHED SHRIMP Demo Kitchen

60 min. Enjoy poached shrimp with chickpea salad, soup of the day, salad bar, and dessert while learning how to prepare the entrée.

1:00 PM

GYROKINESIS Limit: 15 Yoga Studio

45 min.

LET'S DANCE Limit: 30 Studio 1

45 min.

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

1:00 PM

GLUTE TRANSFORMATION

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

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

TUCSON BOTANICAL GARDEN

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

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

2:00 PM

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.

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

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

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.

PILATES REFORMER-INT/ADV

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

3:00 PM

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

GOOD VIBRATIONS Limit: 14 DD Studio 2
45 min.

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

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

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

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

4:00 PM

RESTORATIVE YOGA Limit: 20 Yoga Studio
45 min.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

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

6:15 PM

12-STEP EATING DISORDERS ANONYMOUS MEETING

Mesquite Room
60 min. 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

SONORAN SUDS—NEW Limit: 12 Art Studio 1
60 min. Craft your own luxurious handmade soap using natural ingredients and soothing scents. Mix, mold, and create a custom bar to take home—perfect for a little self-care or a unique gift!

7:30 PM

SUPERAGE UNPLUGGED: LIVING YOUNGER, LONGER

Pavilion
60 min. Your opportunity to meet the minds behind SuperAge and dive into fresh insights on longevity, vitality, and healthy aging.

8:00 PM

BARREL TO GLASS: A CURATED BOURBON

JOURNEY—NEW Limit: 4 ▲ Javelina Cantina
60 min. \$125 Seasoned sippers and curious first-timers alike can enjoy this guided tasting experience featuring high-end bourbon pours and a standout local favorite. Savor expertly paired bites,

THURSDAY

November 13, 2025

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

(FF) FITNESS FESTIVAL: AWAKEN | YOGA & MOVEMENT FESTIVAL

6:30 AM

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

7:00 AM

HIKE: LEVEL 4
PONTATOC TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.
MORNING WALK Spa Lobby
30 min. / 45 min.
COWBOY COFFEE Eucalyptus Circle
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.
SUNRISE YOGA Limit: 30 Yoga Studio
60 min.
PICKLEBALL CLINIC Limit: 8 ▲ Pickleball Court 1
50 min. \$80

7:15 AM

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

7:30 AM

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

8:00 AM

PICKLEBALL DRILL CLINIC Limit: 8 ▲ Pickleball Court 1
50 min. \$80
MEDITATION HIKE Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110
AWAKEN THE QI: TAPPING INTO ENERGY
FLOW—NEW Limit: 6 ▲ Private Fitness Studio 4
50 min. \$80

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.
WALKING MEDITATION CME DD Sanctuary
50 min. Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step.
BOXER'S WORKOUT Limit: 8 Studio 3
45 min.
CYCLING Limit: 12 Golf Performance Center
45 min.
DESERT DRUMMING Limit: 30 Studio 2
45 min.

10:00 AM

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

11:00 AM

PBF: POWER BLAST FITNESS Limit: 20 Studio 3
45 min.
YOGA FOR DETOX Limit: 20 DD Yoga Studio
45 min.
WALK YOUR WORKOUT Limit: 15 Spa Lobby
45 min.
KARTCHNER CAVERNS LIVING CAVE
TOUR Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$220

WEIGHT LOSS: NUTRITION FOR BREAKING
BARRIERS CME Catalina Room
50 min. Straighten out the facts on nutrition for weight loss with a seasoned nutritionist and learn to avoid common mistakes.

PROPERTY TOUR Clubhouse Lobby
45 min.

NOON

AERIAL SWING YOGA CLINIC Limit: 5 ▲ Studio 3
50 min. \$80
CORE & MORE Limit: 16 Studio 2
20 min.
LUNCH & LEARN: GRILLED FLANK STEAK Demo Kitchen
60 min. Enjoy grilled flank steak with Spanish pesto 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 FOR BALANCE Limit: 18 Studio 2
45 min.

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

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

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

1:30 PM

HIKE: LEVEL 1 LOWER SABINO Limit: 12 ▲ Outdoor Sports Lobby
3 hr.

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

AWAKEN CEREMONY: CRYSTAL, SOUND & LIGHT Limit: 20 FF Sanctuary
45 min. Start your Awaken journey with ceremony, a 30-minute meditation woven with crystal, sound, and spoken word. Leave with a keepsake crystal to anchor your intention throughout the festival.

AQUA ZUMBA Limit: 24 T-Pool
45 min.

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

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

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

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

HANDS-ON COOKING: THE LONGEVITY TABLE—NEW Limit: 10 ▲ DD 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.

3:00 PM

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

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

WALLYBALL Racquet Court 1
45 min.

4:00 PM

MUDRAS & MANTRAS Limit: 20 FF Sanctuary
50 min. Explore the power of mudras and mantras. Discover hand gestures and sacred sounds to deepen your meditation practice.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

BECOMING MINDFUL SOUND BATH MEDITATION Limit: 30 FF Mohave Gym
60 min. Join Kyle Lam for a sound meditation to strengthen the connection between your heart and mind.

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 pricing.

5:15 PM

PICKLE & PLAY Pickleball Court 1
50 min.

5:30 PM

BEYOND THE MYTHS: A FRESH LOOK AT SPIRITUALITY—NEW Ecualyptus Circle
50 min. Join our spiritual expert for an interactive session to discuss common misconceptions around spirituality.

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

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

7:00 PM

YIN YOGA DEEP RELEASE WITH KRISTIN MCGEE Limit: 30 FF Yoga Studio
60 min.

TUCSON: UNESCO CITY OF GASTRONOMY Catalina Room
50 min. Join chef Barry Infuso and learn why Tucson earned the UNESCO designation of City of Gastronomy.

FRIDAY

November 14, 2025

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

(FF) FITNESS FESTIVAL: AWAKEN | YOGA & MOVEMENT FESTIVAL

6:45 AM

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

7:00 AM

HIKE: LEVEL 4

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

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

BIKE RIDE: LEVEL 3

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

MORNING WALK Spa Lobby
30 min. / 45 min.

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

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

7:30 AM

ARIZONA-SONORA DESERT

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

DESERT BEAUTY - THE COSMETOLOGY OF THE

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

ROCK CLIMBING

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

8:00 AM

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

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

8:15 AM

CENTERING MEDITATION Limit: 30 FF Sanctuary
25 min.

9:00 AM

VIBE & GLOW:

SACRAL INTENTION Limit: 25 FF Yoga Studio
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

PICKLEBALL SKILL DEVELOPMENT

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

GLIDE AND BURN Limit: 20 Studio 1
45 min.

NEW APPROACHES TO WEIGHT

LOSS CME DD Cactus Room
50 min. By normalizing your metabolic response to food, you can improve your weight and decrease your risk for disease.

PROPERTY TOUR Clubhouse Lobby
45 min.

9:15 AM

HIKE: LEVEL 2

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

10:00 AM

RHYTHM CYCLING

WITH PRISCILLA PEREZ Limit: 12 FF Golf Performance Center
45 min.

BIKE RIDE: LEVEL 1

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

FOUNDATIONS OF STRENGTH CME DD Catalina Room
50 min. A performance scientist discusses the latest research on how to get stronger and gain or maintain muscle mass.

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

UNWIND YOUR HIPS, FREE YOUR FLOW

WITH ROBIN MARTIN Limit: 30 FF Yoga Studio
50 min.

ANGELS AMONG US

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

PROPERTY TOUR Clubhouse Lobby
45 min.

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

NOON

LUNCH & LEARN: HOT HONEY CHICKEN Demo Kitchen
60 min.

1:00 PM

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

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

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

1:30 PM

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

2:00 PM

RIDE WITH GROUNDWRK Limit: 12 FF Golf Performance Center
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.

MINDFUL MANDALAS—NEW Limit: 12 Art Studio 1
1 hr. 30 min. Unwind and get creative as you paint a personalized dot mandala. Bring readers or glasses if needed for detailed work.

SOUL PRINTS: A WORKSHOP IN PALMISTRY FF 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.

3:00 PM

YOGA PILATES SCULPT WITH KRISTIN MCGEE Limit: 20 FF Yoga Studio
45 min.

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

WALLYBALL Racquet Court 1
45 min.

3:30 PM

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

4:00 PM

AWAKEN YOUR SENSES FF Flagstone Lawn
1 hr. 15 min. Join Awaken guest experts for a powerful community experience of breathwork, strength, movement, and sound.

MEDITATION Limit: 30 Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
2 hr. 30 min. \$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

FLOATING SOUND MEDITATION CLINIC Limit: 20 ▲ T-Pool
50 min. \$110

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

6:30 PM

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

7:00 PM

HEALING THE HEART GONG IMMERSION WITH KYLE LAM Limit: 30 FF Mohave Gym
60 min. Experience the gong's vibrations restoring harmony on a cellular level. Using planetary gongs and astrology, we'll set intentions and close with a guided meditation.

8:00 PM

SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE—NEW Limit: 6 ▲ Javelina Cantina
60 min. \$125 In this 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 15, 2025

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

(FF) FITNESS FESTIVAL: AWAKEN | YOGA & MOVEMENT FESTIVAL

7:00 AM

HIKE: LEVEL 4

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

COWBOY COFFEE

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

MORNING WALK

30 min. / 45 min. Spa Lobby

PICKLEBALL CLINIC

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

7:15 AM

HIKE: LEVEL 3

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

7:30 AM

HIKE: LEVEL 2

TANQUE VERDE SADDLE Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

BIKE RIDE: LEVEL 3

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

8:00 AM

DESERT ENERGY: RISE & ENERGIZE

WITH KRISTIN MCGEE Limit: 30 FF Yoga Studio
45 min.

PICKLEBALL DRILL CLINIC

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

BIRD WALK

Limit: 8 ▲ Outdoor Sports Lobby
2 hr.

HIKE & PAINT

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

8:15 AM

CENTERING MEDITATION

Limit: 30 DD Sanctuary
25 min.

9:00 AM

STRIDE & STRENGTH

Limit: 14 Cardio & Strength Gym
45 min.

PROPERTY TOUR

45 min. Clubhouse Lobby

ABOVE & BELOW THE BELT

Limit: 20 Studio 3
45 min.

GLIDE AND BURN

Limit: 20 Studio 1
45 min.

10:00 AM

RHYTHM CYCLING

WITH PRISCILLA PEREZ Limit: 12 FF Golf Performance Center
45 min.

PERSONALIZED NUTRITION

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

H2O POWER

Limit: 24 T-Pool
45 min.

STRETCH

Limit: 30 Yoga Studio
45 min.

10:30 AM

WRITING IN NATURE

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

11:00 AM

AQUA FIT

Limit: 15 Aquatic Center
45 min.

TRX FUSION

Limit: 9 Studio 3
45 min.

BACKBEND SMART: STRONG & FREE

WITH ROBIN MARTIN Limit: 30 FF Yoga Studio
50 min.

PROPERTY TOUR

45 min. Clubhouse Lobby

NOON

AI CHI

Limit: 12 Aquatic Center
45 min.

BEGINNING YOGIC BREATHING

Limit: 30 FF Yoga Studio
25 min.

12:30 PM

INTUITIVE ARCHERY

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

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

1:00 PM

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

**VIBE & GLOW:
CROWN INTENTION** Limit: 25 FF Yoga Studio
45 min.

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

MEMBERSHIPS: CASUAL Q&A Clubhouse Living Room
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!

1:30 PM

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

2:00 PM

RIDE WITH GROUNDWRK Limit: 12 FF Golf Performance Center
45 min.

HEART CHAKRA YOGA Limit: 30 Yoga Studio
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

3:00 PM

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

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

WALLYBALL Racquet Court 1
45 min.

YOGA FOUNDATIONS Limit: 30 DD Yoga Studio
45 min.

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

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

4:00 PM

RESTORATIVE YOGA Limit: 20 FF Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

5:00 PM

AWAKEN CHAKRA DINNER Double U Café
2 hr. 30 min. Enjoy a chakra-inspired dinner menu where balance and color meet exceptional flavor.

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

MAHJONG GAME NIGHT Limit: 8 Clubhouse Living Room
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

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

**GROUNDING IN EARTH: REIKI SOUND BATH
WITH KYLE LAM** Limit: 30 FF Mohave Gym
1 hr. 30 min. Immerse in Earth's grounding energy with Reiki, crystal singing bowls, and elemental gongs. Restore balance, reconnect with stability, and feel supported by the strength of the earth beneath you.

SUNDAY

November 16, 2025

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

(FF) FITNESS FESTIVAL: AWAKEN | YOGA & MOVEMENT FESTIVAL

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.

SUNRISE YOGA Limit: 30 FF Yoga Studio
60 min.

HIKE: LEVEL 4
KING CANYON LOOP Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 45 min.

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

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

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

7:15 AM

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

7:30 AM

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

8:00 AM

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

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

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

AWAKEN THE QI: TAPPING INTO ENERGY FLOW—NEW Limit: 6 ▲ Private Fitness Studio 4
50 min. \$80

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

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

PROPERTY TOUR Clubhouse Lobby
45 min.

BUTI MOVEMENT® Limit: 30 FF Yoga Studio
45 min.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

10:00 AM

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

STRENGTH WRK Limit: 20 FF Studio 3
55 min.

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

AQUA FIT Limit: 15 DD Aquatic Center
45 min.

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

ZUMBA® Limit: 30 Studio 1
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

NOON

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

1:00 PM

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

FLYING FUN: ARM BALANCE BASICS WITH ROBIN MARTIN Limit: 30 FF Yoga Studio
50 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

PILATES REFORMER CLINIC:

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

FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY

Cactus Room
50 min. Access the feminine wisdom and power of the moon and Venus through your astrological birth chart. A Canyon Ranch expert talks about invoking their energy by working with gemstones and crystals.

1:30 PM

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

QI GONG IN THE

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

2:00 PM

WATER WORKOUT Limit: 24 T-Pool
45 min.

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

ACUPUNCTURE 101: INSIDE THE TREATMENT ROOM

DD 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.

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.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

PILATES FOR BALANCE Limit: 18 FF Studio 2
45 min.

JUST "DOT" IT! Limit: 10 Art Studio 2
60 min. Relax and let your creative side flow as you place your "dots" on your diamond art masterpiece. Give it as a gift or take home a fun memento of your stay. Please bring glasses or readers if you need them for close-up, detailed work.

3:00 PM

RESTORATIVE FLOW & GUIDED MEDITATION WITH KRISTIN MCGEE Limit: 30 FF Yoga Studio
45 min.

DRUMMING CIRCLE Limit: 20 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

4:00 PM

AYURVEDIC DAILY ROUTINES FF Catalina Room
50 min. Dinacharya is an Ayurvedic daily routine that aligns with natural rhythms to promote balance, health, and spiritual growth. It helps prevent disease, slow aging, and enhance practices like tongue scraping and meditation for body, mind, and spirit.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

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

OVERCOMING FITNESS SETBACKS Cactus Room
50 min. Join a Sports Medicine Specialist to discover how to overcome obstacles, seek the care you need, and get back on track.

5:00 PM

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

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

7:00 PM

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

REIKI & CRYSTAL SOUND BATH WORKSHOP

WITH KYLE LAM Limit: 30 FF Mohave Gym
1 hr. 30 min. Explore crystals, Reiki, and sound to awaken your healing potential. Learn crystal techniques, then relax into a guided sound bath to harmonize energy and connect with the wisdom of the mineral kingdom.

8:00 PM

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

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 17, 2025

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

(FF) FITNESS FESTIVAL: AWAKEN | YOGA & MOVEMENT FESTIVAL

7:00 AM

HIKE: LEVEL 4

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

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

MORNING WALK Spa Lobby
30 min. / 45 min.

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

7:15 AM

HIKE: LEVEL 3

GARWOOD/WILDHORSE Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 15 min.

7:30 AM

HIKE: LEVEL 2

ESPERERO/SABINO LOOP Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

BIKE RIDE: LEVEL 4

SAGUARO PLUS Limit: 10 ▲ 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: 4 ▲ Pickleball Court 1
50 min. \$80

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

TUCSON BOTANICAL GARDEN

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

CORE CONDITIONING Limit: 15 Studio 1
45 min.

DESERT DRUMMING Limit: 30 Studio 2
45 min.

EXPLORING NARCISSISM CME Catalina Room
50 min. Discover the realities of what narcissism really means and its origin as you learn practical insights and strategies for recognizing, understanding, and navigating narcissistic behavior.

9:00 AM

TRX STRONG Limit: 9 Studio 3
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

10:00 AM

ARCHAEOLOGY 1 - HOHOKAM VILLAGE

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

INTUITIVE ARCHERY 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.

ACUPUNCTURE FOR PAIN CME Catalina Room
50 min. Learn about the Chinese medical theory on the cause and treatment of pain and who would benefit from acupuncture.

11:00 AM

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

INSIGHT & HEALING WITH GEMS & MINERALS Cactus Room
50 min. Hapi Hara, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

ZUMBA® Limit: 30 Studio 1
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

YES, AND: THE SACRED PLAY OF IMPROV—NEW Sanctuary
50 min. Explore improvisation as a spiritual, intuitive practice through guided exercises, reflection, and play. Embrace presence, surrender, and joy while saying “yes” to the unknown in a safe, supportive space for curiosity and creative risk-taking.

NOON

ADVANCED YOGIC BREATHING Limit: 30 FF Yoga Studio
25 min.

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

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

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 ▲ **FF** Pilates Studio
50 min. \$80

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

QI GONG IN THE

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

NUTRITION, GUT HEALTH &

IMMUNITY CME Catalina Room
50 min. Support optimal health with every day nutrition strategies that target both gut and immune function.

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.

CHAIR YOGA Limit: 20 **FF** Yoga Studio
45 min.

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

WALK YOUR WORKOUT Limit: 15 Spa Lobby
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

3:00 PM

FLOAT & FLOW:

SOUND MEDITATION Limit: 20 **FF** Aquatic Center
60 min. Kyle Lam's immersive soundscapes promote deep relaxation with calming sounds healing, and rejuvenation.

THE ART AND SCIENCE OF MEDICAL AESTHETICS

Catalina Room
50 min. Learn how to enhance your natural beauty with medical aesthetics from our distinguished Aesthetic RN.

BALANCE YOUR BRAIN THROUGH

HANDWRITING **FF** Cactus Room
50 min. Learn how to communicate with both sides of your brain, increase self-awareness, unblock creativity and reach your potential.

FREEFORM FUSION Limit: 14 Studio 2
45 min.

3:00 PM

MUSCLE MAX Limit: 12 Studio 3
45 min.

POSTURE & BALANCE Limit: 20 Studio 1
45 min.

4:00 PM

CHAKRA BALANCING YOGA & SOUND

HEALING Limit: 20 **FF** Yoga Studio
45 min.

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.

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

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

OPEN 12-STEP RECOVERY MEETING Mesquite Room
60 min. 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.

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

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

6:30 PM

NIGHT VISION GOGGLE

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

7:00 PM

MEMORY WIRE BRACELET Limit: 15 Art Studio 1
1 hr. 30 min. Sometimes it just takes a simple creative project to remind us how we can sparkle. In this class guests will make a memory wire bracelet using a variety of gemstones, charms, and glass beads. The possibilities are endless!

TUESDAY November 18, 2025

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

(SE) SIGNATURE EVENT: **SUSTAINABLE WEIGHT LOSS WEEK**

6:30 AM

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

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

7:00 AM

HIKE: LEVEL 4 DOUGLAS SPRINGS Limit: 12 ▲ Outdoor Sports Lobby
6 hr. 30 min.

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.

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

7:15 AM

HIKE: LEVEL 3 MCDOUGAL RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

7:30 AM

HIKE: LEVEL 2 SUTHERLAND TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

8:00 AM

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

8:15 AM

CORE & MORE Limit: 16 Studio 2
20 min.

9:00 AM

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

CYCLING Limit: 12 Golf Performance Center
45 min.

PROPERTY TOUR Clubhouse Lobby
45 min.

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

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

10:00 AM

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

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

H2O POWER Limit: 24 T-Pool
45 min.

MUSCLE MAX Limit: 12 Studio 3
45 min.

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

STRETCH Limit: 30 Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR Clubhouse Lobby
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

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

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

POWER FLOW Limit: 30 Yoga Studio
45 min.

THE SCIENCE OF WEIGHT LOSS CME SE Cactus 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.

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 Yoga Studio
20 min.

LUNCH & LEARN: MONGOLIAN BBQ SALMON Demo Kitchen
60 min. Enjoy Mongolian BBQ salmon and cauliflower 'fried rice' with a chef's choice salad while learning how to prepare the entrée.

1:00 PM

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

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

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

1:30 PM

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

2:00 PM

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.

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

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

3:30 PM

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

4:00 PM

MEDITATION Limit: 30 Sanctuary
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

7:00 PM

YOGA NIDRA Limit: 20 Yoga Studio
45 min.

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

CLASSES & ACTIVITIES

CARDIO & STRENGTH GYM:

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

CULINARY

Community Table

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

FITNESS

Above & Below The Belt

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, 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. 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, Su 9:00am, Tu 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, Mo 9:00am

Drumming Circle

First Come, First Served. Limit 20. 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

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

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

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, Tu 11:00am

RIDE with GROUNDWRK

A rhythm-driven ride blending intensity and presence. With heavy climbs, sharp sprints, and full-body choreography set to the beat, you'll drop in, tune out, and move with purpose—ending with a deep stretch to leave you grounded, clear, and breathless. Fr 2:00pm, Sa 2:00pm

Rhythm Cycling with Off Duty Rituals

Join Off Duty Rituals founder Priscilla Perez for Rhythm Cycling, an invigorating spin class blending choreographed routines, energizing beats, and the power of community for a ride that strengthens body and uplifts spirit. Fr 10:00am, Sa 10:00am

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

STRENGTH WRK

A rhythm-based strength class to build endurance, improve mobility, and fire up your core with bodyweight, bands, and light dumbbells. Expect pulsing holds, dynamic sequences, and a guided stretch and meditation to leave you strong and centered. Su 10:00am

Stride & Strength

First Come, First Served. Limit 14. Treadmill work followed by strength and muscular endurance. We 9:00am, Sa 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. Th 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, Su 11:00am, Mo 11:00am

MIND-BODY

Advanced Yogic Breathing

This advanced pranayama class is for seasoned practitioners ready to explore the dynamic interplay of cleansing kapalabhati (skull-shining breath), energizing bhasrika (bellows breath), and calming bhramari (bee breath) techniques. Mo 12:00pm

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

Awaken the Qi: Tapping into Energy

Awaken your energy and boost vitality through rhythmic tapping and qigong movement. Using bamboo hitters, fingertips, and soft fists, you'll stimulate meridian lines, support lymph flow, and release stagnant energy for a full-body refresh. Th 8:00am, Sun 8:00am

Backbend Smart: Strong & Free with Robin Martin

Explore backbends with strength and proper alignment to protect your spine and enhance mobility. Learn techniques to support your lower back, build functional strength, and enjoy the freedom of safe, sustainable backbending. Sa 11:00am

Beginning Yogic Breathing

This rejuvenating class explores the transformative power of breath. Through the ancient practices of ujjayi pranayama and nadi shodhana, we'll harmonize your nervous system, clear energetic pathways, and cultivate inner stillness. 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, Fr 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, Su 2:00pm, Mo 2:00pm

Chakra Balancing Yoga & Sound Healing

First Come, First Served. Limit 20. In this gentle Yin chakra balancing practice, experience the vibrational healing of crystal bowls moving through & around you. Mo 4:00pm

Desert Energy: Rise & Energize with Kristin McGee

Awaken your body and mind with invigorating sun salutations and a gentle morning flow. Set intentions, energize your spirit, and embrace the day with clarity, grace, and balance. Sa 8:00am

Floating Sound Meditation Clinic 50m

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

Flying Fun: Arm Balance Basics with Robin Martin

Build strength and confidence in arm balances. Learn safe, step-by-step techniques for crow, side crow, firefly, and hurdler's pose, with warm-ups for wrists, shoulders, hips, and core to support safe, sustainable practice. Su 1:00pm

Freeform Fusion

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

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

Kundalini Yoga

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

Meditation

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

Pelvic Floor Yoga

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

Pilates 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 Clinic-Int/Adv

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, Su 2:00pm

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 Flow & Guided Meditation with Kristin

A deeply relaxing class combining gentle movement, restorative poses, and meditation to help guests balance strength with surrender and soften into stillness. Su 3:00pm

Restorative Yoga

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

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, Su 7:00am

Unwind Your Hips, Free Your Flow with Robin Martin

Discover safe, sustainable hip opening that blends mobility and stability. Learn techniques to release tight hip flexors, glutes, and adductors while strengthening supportive muscles for lasting hip health and ease of movement. Fr 11:00am

Vibe & Glow: Crown Intention

Elevate crown energy with yoga and breath paired with Serene Spray (lavender, bergamot, chamomile). Soothing and clarifying, it quiets the mind and creates space for stillness and reflection. Sa 1:00pm

Vibe & Glow: Sacral Intention

Awaken sacral energy through yoga and breath supported by Blissful Spray (blood orange, bergamot, ylang ylang). This uplifting blend dissolves tension and invites creativity, connection, and delight. Fr 9:00am

Yin Yoga

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

Yin Yoga Deep Release with Kristin McGee

A slow, meditative practice using long-held floor poses to target fascia, release tension, and calm the nervous system. Ideal for winding down after an active day. Th 7:00pm

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. Mo 7:00pm, Tu 7:00pm

Yoga Pilates Sculpt with Kristin McGee

A dynamic power flow blending yoga, sculpting moves, and Pilates-inspired core work for a full-body workout. Build strength, improve flexibility, and elevate energy in a fun, challenging session that leaves you feeling strong and centered. Fr 3:00pm

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 10:00am

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. Fr 10:00am

Bike Ride: Level 2 - Cafe Ride

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

Bike Ride: Level 2 - River Path/Marketplace

Desert Ride. 12 mi. Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 8:00am

Bike Ride: Level 3 - Honey Bee Off-Road

Mountain Biking. 14 mi. An intermediate ride in the beautiful Sonoran Desert. Enjoy a smooth and flowing single track, with just a few obstacles to keep things interesting. Fr 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. Sa 7:30am

Bike Ride: Level 3 - Rocking K

Mountain Biking. 12.5 mi. Experience Arizona mountain biking at its finest on single track trails that twist and roll through the Sonoran Desert with fun descents and mountain views. Mountain biking skills required. We 7:00am

Bike Ride: Level 4 - Hohokam

Mountain Biking. 14 mi. Ride through a rolling high desert of ocotillos, prickly pears, and chollas. Intermediate mountain biking skills recommended. Tu 6:30am

Bike Ride: Level 4 - Saguaro Plus

Desert Ride. 16 mi. Wander over rolling hills on a one-lane blacktop through a forest of giant cacti growing in the foothills of the Rincon Mountains. We'll make two circuits of the 8-mile loop. Mo 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. We 8:00am, Su 8:00am

Cosmic Journey with the Telescope

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

Dawn Qi Gong in the Canyon

Awaken your body and align your energy with a morning walk in Sabino Canyon. Flow through gentle qi gong movements, breathe deeply, and cultivate inner harmony as the sun rises — perfect for all levels. We 6:15am, Tu 6:30am

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 7:00am, Su 7:00am, Tu 7:00am

High Ropes Challenge Course

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. Th 1:30pm, Sa 1:30pm, Mo 1:30pm, 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, Sa 8:00am, Mo 1:00pm

Hike: Level 1 - Lower Sabino

Sabino Canyon. 3.4 mi. 230 ft. elev. This hike offers beginners an introduction to the nearby recreation area, with seasonal creek crossings and a sample of the Sonoran Desert terrain. Th 1:30pm

Hike: Level 2 - Box Camp

Mountain Hike. 3.4 mi. 600 ft. elev. This hike begins with a short uphill followed by sections of downhill through a pine forest to a serene creek side picnic spot, with a steady, uphill climb on the return. Fr 9:15am

Hike: Level 2 - Esperero/Sabino Loop

Sabino Canyon. 5 mi. 625 ft. elev. A classic desert hike with a significant rocky, steep climb. On the way back, we take a short detour to Sabino Creek where you will discover the lush riparian area of Sabino Dam. Mo 7:30am

Hike: Level 2 - Pima Canyon

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

Hike: Level 2 - Pontatoc Overlook

Desert Hike. 3 mi. 640 ft. elev. A challenging beginner hike that climbs steeply at times over rocky, scenic canyon and ridge terrain. Enjoy great views over the Tucson Valley and beautiful, natural cacti gardens. Su 7:30am

Hike: Level 2 - Sutherland Trail

Catalina State Park. 5.2 mi. 720 ft. elev. Experience sweeping views of the Catalina Mountains on a longer hike that offers some gradual uphill and seasonal creek crossings. Tu 7:30am

Hike: Level 2 - Tanque Verde Saddle

Saguaro National Park. 3.5 mi. 970 ft. elev. A good challenge for strong beginners, this hike features several sections of steep uphills leading to the crest of a scenic ridge. Sa 7:30am

Hike: Level 2 - Wild Horse Canyon

Saguaro National Park. 4.25 mi. 480 ft. elev. Trek through a cacti forest with flat to moderate uphill sections and seasonal water. We 9:15am

Hike: Level 3 - Balanced Rock

Mountain Hike. 4.5 mi. 1145 ft. elev. This beautiful trail with rocky and sandy sections will reward you with great vistas of the high desert and the interesting rock formations known as "hoodoos." Su 7:15am

Hike: Level 3 - Blacketts Ridge

Sabino Canyon. 5 mi. 1115 ft. elev. A classic and challenging Level 3 hike through the varied and scenic ecosystems of the canyon with steep climbing over rocky terrain. We 7:15am

Hike: Level 3 - Garwood/Wildhorse

Saguaro National Park. 7 mi. 541 ft. elev. Marvel at the beauty of the Sonoran Desert on this long meandering hike with minimal incline. Stop for a rest while tucked back in a delightful canyon with a seasonal creek. Mo 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. Tu 7:15am

Hike: Level 3 - Phoneline

Sabino Canyon. 8.75 mi. 1200 ft. elev. A beautiful hike traces the canyon from above, offering breathtaking vistas without strenuous climbs. Miles of winding trails lead to a spectacular overlook. Th 7:15am

Hike: Level 3 - Ventana Maiden Pools

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

Hike: Level 3 - West Spring

Desert Hike. 4 mi. 1140 ft. elev. This scenic intermediate hike features rocky terrain in some areas. Travel up and down via switchbacks while enjoying diverse nature views, ranging from desert plants to meadow-like areas. Fr 7:15am

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. Tu 7:00am

Hike: Level 4 - Esperero

Sabino Canyon. 8 mi. 1930 ft. elev. This rugged desert trail includes several sections of steep climbs leading to an amazing ridge-top overlook. Expect a challenging downhill on the return route. We 7:00am

Hike: Level 4 - Fort Lowell Trail

Desert Hike. 7.2 mi. 2140 ft. elev. This rugged and rocky trail takes you through intervals of steep climbs surrounded by a classic desert landscape with stunning views at the turnaround spot. Sa 7:00am

Hike: Level 4 - King Canyon Loop

Saguaro National Park. 8 mi. 1895 ft. elev. Embark on an amazing loop hike to the highest peak in the Tucson Mountains. Enjoy the reward of 360-degree views after a strong, fast-paced, uphill ascent. Su 7:00am

Hike: Level 4 - Milagrosa Loop

Desert Hike. 6.4 mi. 1385 ft. elev. With beautiful mountain and canyon views, this scenic ridgeline loop trail climbs over moderate to steep intervals of rocky terrain. Fr 7:00am

Hike: Level 4 - Pontatoc Trail

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

Hike: Level 4 - Upper Bear Canyon

Sabino Canyon. 11 mi. 1450 ft. elev. Rack up the miles on this adventurous hike through a canyon, traversing the creek bed numerous times. Pause for a snack at a serene, seasonal creek, nestled amidst lush sycamore and cottonwood trees. Mo 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 8:00am, Fr 1:30pm, Sa 12:30pm, Su 1:30pm, Mo 10:00am, Tu 10:00am

Jeep Adventure

Ride in comfort and style in our air-conditioned Jeep while experiencing the adrenaline of an off-road adventure. Travel over twists, turns, and bumps to an amphitheater of oak-dotted hills. Enjoy a leisurely, one-mile hike before heading back. Th 1:30pm, Mo 1:30pm

Kartchner Caverns Living Cave Tour

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Th 11:00am, Su 10:00am, 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 3:30pm

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 8:00pm

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. We 6:00pm, 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, Fr 4:00pm, Sa 7:00am, Sa 4:00pm, Su 7:00am, Su 4:00pm, Mo 7:00am, Mo 4:00pm, Tu 7:00am, Tu 4:00pm

Pickleball Drill Clinic

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players. Daily 8:00am

Pickleball Skill Clinic - The Kitchen Edge

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

Pickleball Skill Development Clinic

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

Primitive Fire-Making

Connect with the primal thrill of creating fire. Mo 2:00pm

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 1:30pm, Mo 1:00pm

Rock Climbing Naturally

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

Sabino Canyon Walk

Discover the picturesque beauty of Sabino Canyon. Our experts will take you to a premier recreation spot with canyon, mountain, and desert vistas. We 6:45am, Fr 6:45am, Mo 7:00am

Saguaro National Park Discovery Tour

Enjoy a guided drive through the majestic Saguaro National Park. Discover the most lush, diverse desert ecosystem on earth, with stops at stunning vistas and the visitor's center, where you can get passport stamps and souvenirs. We 10:00am

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

Tennis Clinic

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

Tucson Botanical Garden Tour

Tour and explore over 20 specialty gardens and a vibrant butterfly greenhouse at the award-winning Tucson Botanical Gardens — ranked #4 Botanical Garden in the nation by USA Today's Readers' Choice Awards for three years in a row. We 1:00pm, Su 1:00pm, Mo 9:00am

Writing in Nature

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. Th 1:00pm, 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 1:00pm, Sa 1:00pm, Mo 8:00am

SERVICES



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

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

HEALTH, PERFORMANCE, MIND & SPIRIT

MEDICAL

PERSONALIZED, PRECISE, PREVENTIVE

DEXA Body Composition &

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

SLEEP MEDICINE

Sleep Disorder Consultation.....	25 min	\$230
	50 min	410
Sleep Screening (with follow-up)	Overnight	750

ALTERNATIVE MEDICINE

Acuphoria.....	50 min	\$250
Acupuncture.....	50 min	250
Acupuncture for Healthy Weight.....	100 min	440
Acutonics.....	50 min	250
Chinese Herbal Consultation.....	50 min	250
Chinese Vitality Consultation.....	110 min	440
Holistic Energy Optimization.....	50 min	250

SPORTS MEDICINE

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

PERFORMANCE SCIENCE

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

MENTAL HEALTH & WELLNESS

Addressing Cravings & Emotional Eating – two-part service.....	50 min each	\$470
Establishing Healthy Habits	50 min	250
Hypnotherapy	50 min	250
Intro to Brainspotting —NEW	50 min	250
Longevity Mindset	50 min	250
Meditation, Mindfulness & Mental Health.....	50 min	250
Mental Health & Wellness Consultation.....	single 50 min	250
	duet 50 min	195/person
Performance Mindset	50 min	250
Stress Management	50 min	250
Tech for Mental Health & Wellness	25 min	140

NUTRITION & FOOD

Addressing Cravings & Emotional Eating – two-part service.....	50 min each	\$470
Building Muscle.....	50 min	220
Continuous Glucose Monitor Follow-Up & Education.....	50 min	220
Diet Score – two-part service	50 min each	525
Digestive Wellness	50 min	220
Fastest Meals Imaginable.....	50 min	250
Fueling for Longevity	50 min	220
Hydration Testing – two-part service	50 min each	460
Personalized Nutrition Consultation.....	50 min	220
Strategies for Raising Nutritious Eaters	50 min	220

COOKING

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

SPIRITUAL WELLNESS

Ancient Technology—NEW	25 min	\$140
Creative Expression.....	50 min	250
Creative Sound Expression.....	50 min	250
Crystal Sound Activation	50 min	250
Cultivate a Life of Purpose	50 min	250
Embodied Presence	50 min	250
Loving Kindness—NEW.....	25 min	140
Navigating Loss, Grief & Remembrance.....	single 50 min	250
	duet 50 min	195/person
	small group (3+ people)	185/person
Re-Sounding Body.....	50 min	250
Rest & Restore—NEW.....	25 min	140
	50 min	250
Rite of Passage	single 50 min	250
	duet 50 min	195/person
	small group (3+ people)	185/person
Soul Journey.....	50 min	250
Spiritual Guidance	single 50 min	250
	duet 50 min	195/person
	small group (3+ people).....	185/person
Spirituality & Longevity	50 min	250
Your Soul Song—NEW	50 min	250

MENU OF SERVICES | 2025

METAPHYSICAL & ENERGY HEALING

Angel Card Reading	50 min	\$240
Astrocartography	50 min	240
Astrology	50 min	240
Astro-Gemology	50 min	240
Astrology Synastry Chart Reading for Two— NEW	100 min	250/person
Clairvoyant Reading	50 min	240
Crystal Energy	50 min	240
Developing Your Sixth Sense	50 min	240
Handwriting Analysis	50 min	240
Tarot Card Reading	50 min	240
Vedic Astrology	50 min	240
Vedic Palmistry	50 min	240
	80 min	295
Vortex Experience Guided Walk	50 min	240

FITNESS 360

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

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

OUTDOOR SPORTS

GROUP ADVENTURES

Desert Trail Running	2 hours	\$110
Hike & Paint	4 hours	110
Intuitive Archery	2 hours	110
Jeep Adventures	4 hours	220
Kartchner Caverns Living Cave Tour	5 hours	220
Night Sky Walk	2 hours	80
Night Vision Goggles Experience	2 hours	110
Phone-tography	2 hours	110
Photography Hike	3-4 hours	110
Tucson Botanical Garden Tour	3 hours	140
Writing in Nature	4 hours	110
Yoga in the Wild	3 hours	140

Services & fees subject to change without notice.

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
--------------------------	--------------	-------

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:

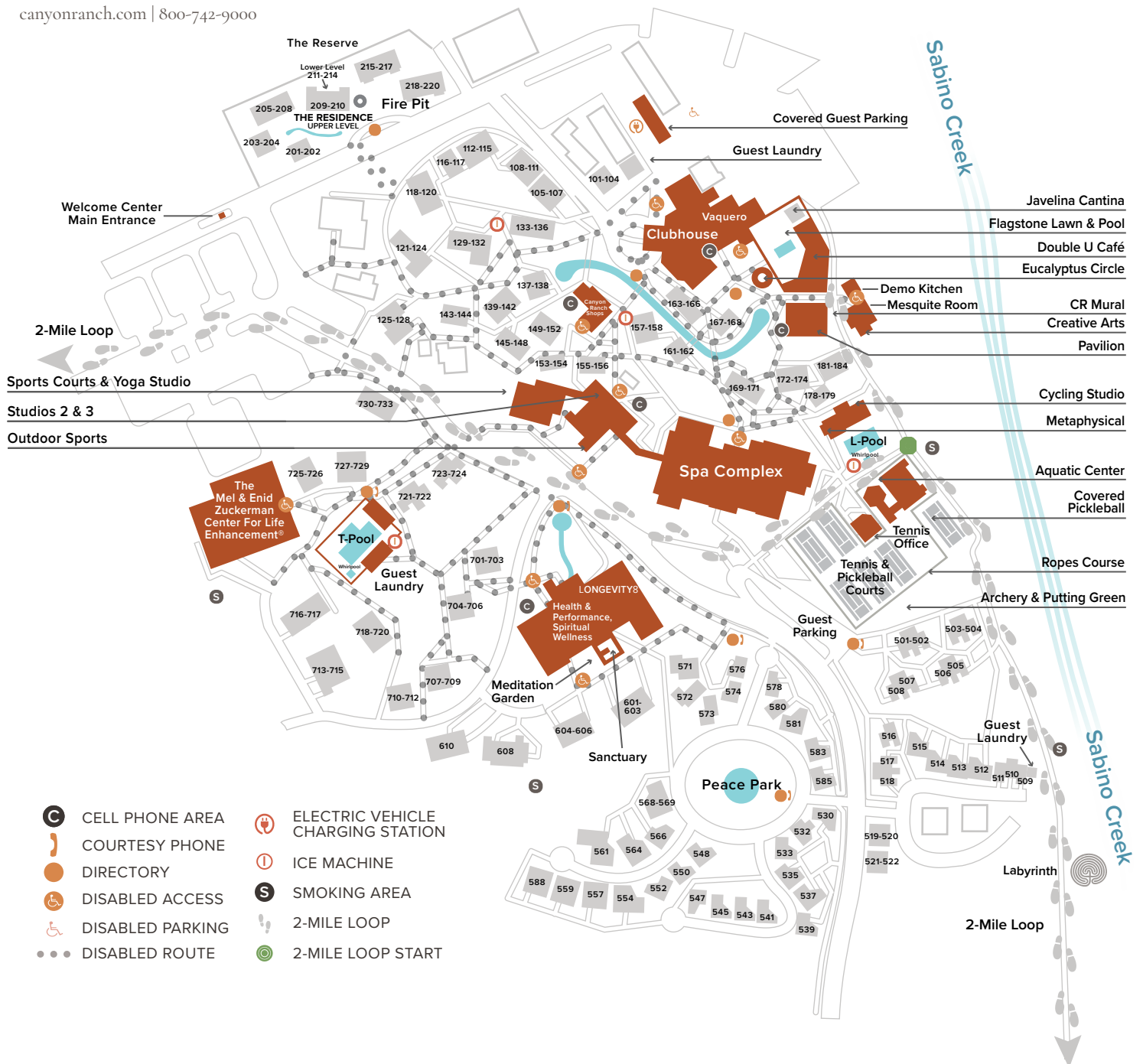
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.