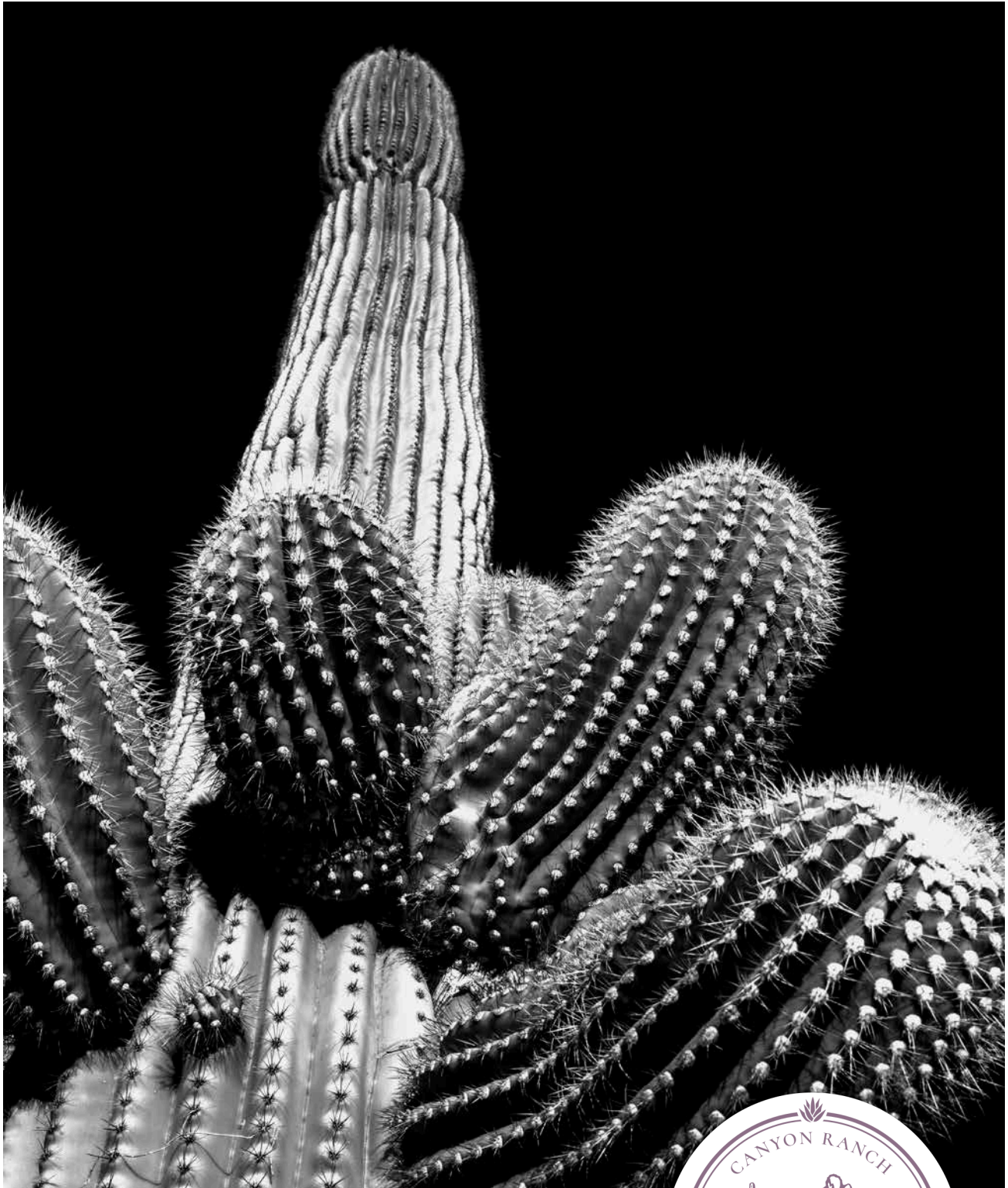


RANCH SCHEDULE
NOVEMBER 26 - 30, 2025

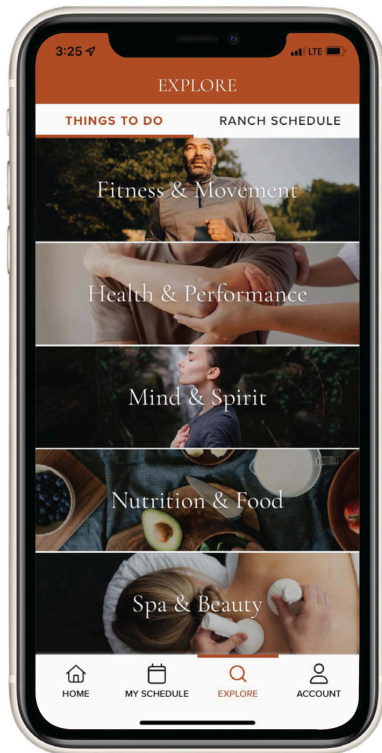


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:00 pm – 8:00 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 In-Room Dining, please call Ext. 44313, in which you can order from any of our Culinary Menus—available at the host stand, on the Canyon Ranch App, and via the QR code below.

Double U Café & Flagstone Pool

Double U Café: 5:30 am – 5:00 pm

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

Lunch: 11:00 am – 2:00 pm

Dinner: 5:00 pm – 7:30 pm (Thurs-Sun)

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

Javelina Cantina

Daily: 5:00 pm – 8:00 pm

In-Room Wine

Delivery Ext. 44312: 4:00 pm – 9:00 pm

Spa and Cardio & Strength 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 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 | 50min.

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 | 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 | 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



THE POWER OF BELONGING

NOVEMBER 24 - 30

Anyone looking to share a heartfelt experience during the season of giving – from solo travelers to friends and couples – are invited to join us in Tucson for a week of connection and renewal. From shared meals that nourish both body and soul to mindful practices to ground and restore you, every moment is designed to help you slow down and reconnect with what matters most. Through joyful play and meaningful conversations, you'll discover new friendships, lasting gratitude, and a deeper sense of self.

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



THANKSGIVING IN THE DESERT

NOVEMBER 26-29

Spend Thanksgiving surrounded by the quiet beauty of the Sonoran Desert at our Tucson resort. This week offers a peaceful pause — time to reflect, reset, and reconnect. Enjoy meaningful movement, nourishing meals, and guided experiences that support both rest and renewal. Whether you're sharing time with others or savoring solitude, you'll leave grounded, refreshed, and filled with gratitude.

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



UPCOMING

CME WEEK FOR PHYSICIANS

DECEMBER 1 -7

Recharge at our Tucson resort while expanding your knowledge with expert-led courses. This event is ideal for physicians seeking professional growth or anyone interested in holistic health. During this week, you'll have the opportunity to earn a minimum of 20 American Medical Association Physician's Recognition Award (AMA PRA) Category 1 Continuing Medical Education (CME) credits. Return to your practice refreshed, inspired, and equipped with new skills to enhance your patients' care.

WEDNESDAY

November 26, 2025

(DD) DISCOVERY DAYS: THE POWER OF BELONGING

7:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80

MORNING WALK
45 min • Spa Lobby

MORNING WALK
DD • 30 min • Spa Lobby

*SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12

7:15 AM *HIKE: LEVEL 3 - BEAR CANYON
5 hr 30 min • Outdoor Sports Lobby • Limit 12

7:30 AM *HIKE: LEVEL 2 - DOUGLAS SPRINGS
4 hr 15 min • Outdoor Sports Lobby • Limit 12

8:00 AM *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80

*PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80

*BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 8

*HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

*BIKE RIDE: LEVEL 3 - SAGUARO SPIN
3 hr • Outdoor Sports Lobby • Limit 10

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

9:00 AM LANDSCAPE TOUR
1 hr • Clubhouse

CYCLING
45 min • Golf Performance Center • Limit 12

ROCKIN' RETRO
45 min • Studio 1 • Limit 20

STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 20

10:00 AM *MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

H2O POWER
45 min • T-Pool • Limit 24

MUSCLE MAX
45 min • Studio 3 • Limit 12

STRETCH
45 min • Yoga Studio • Limit 30

11:00 AM OPTIMIZE BRAIN HEALTH WITH NUTRITION
50 min • Catalina Room • Limit 37 • CME

CHAIR YOGA
45 min • Yoga Studio • Limit 20

TRX STRONG
45 min • Studio 3 • Limit 15

ZUMBA®
45 min • Studio 1 • Limit 30

COMPASSION CIRCLE FOR GRIEF &
GRATITUDE
HP • 50 min • Sanctuary

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 20

COMPLIMENTARY HIKING & BIKING

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

We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear.

Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (*). Please arrive early to secure your spot as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	LUNCH & LEARN: SHRIMP CATALAN 1 hr • Demo Kitchen • Limit 34	4:00 PM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
1:00 PM	YES, AND: THE SACRED PLAY OF IMPROV DD • 50 min • Sanctuary		LOVING KINDNESS MEDITATION HP • 25 min • Sanctuary • Limit 30
	*DESERT TRAIL RUNNING 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*GLUTE TRANSFORMATION CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	GYROKINESIS 45 min • Yoga Studio • Limit 15	5:30 PM	LONGEVITY THROUGH THE MEDICAL LENS 50 min • Catalina Room • CME
1:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		*COMMUNITY TABLE DD • 1 hr • Vaquero • Limit 6
2:00 PM	*HANDS-ON COOKING: COCOA & CRAFT 1 hr • Demo Kitchen • Limit 10 • \$125		*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
	COMMUNICATING WITH YOUR PET DD • 50 min • Catalina Room	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 4 • \$80
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12		*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	WATER WORKOUT 45 min • T-Pool • Limit 24		CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80	6:15 PM	12-STEP EATING DISORDERS ANONYMOUS MEETING DD • 1 hr • Mesquite Room
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20	6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	VINYASA FALL FLOW YOGA HP • 45 min • Yoga Studio • Limit 30	7:00 PM	TUCSON: UNESCO CITY OF GASTRONOMY 50 min • Cactus Room
3:00 PM	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30		
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		
	LEARNING SELF-REIKI 50 min • Cactus Room		



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

THURSDAY

November 27, 2025

(DD) DISCOVERY DAYS: THE POWER OF BELONGING

- 7:00 AM **COWBOY COFFEE**
DD • 1 hr • Eucalyptus Circle
- *PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- TURKEY TROT**
HP • 1 hr • Spa Lobby • Limit 50
- *HIKE: LEVEL 4 - FORT LOWELL TRAIL**
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- *ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS**
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- SUNRISE YOGA**
1 hr • Yoga Studio • Limit 30
- 7:15 AM ***HIKE: LEVEL 3 - VENTANA MAIDEN POOLS**
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 8:00 AM ***PICKLEBALL DRILL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- *BIKE RIDE: LEVEL 2 - CAFE RIDE**
4 hr • Outdoor Sports Lobby • Limit 12
- *AWAKEN THE QI: TAPPING INTO ENERGY FLOW**
50 min • Yoga Studio • Limit 6 • \$80
- 8:15 AM **CENTERING MEDITATION**
25 min • Sanctuary • Limit 30
- 9:00 AM ***HIKE: LEVEL 2 - ESPERERO TRAIL**
3 hr 45 min • Outdoor Sports Lobby • Limit 12
- BOXER'S WORKOUT**
45 min • Studio 3 • Limit 8
- DESERT DRUMMING**
DD • 45 min • Studio 2 • Limit 30
- PROPERTY TOUR**
45 min • Clubhouse Lobby • Limit 20
- GRATITUDE RIDE**
45 min • Golf Performance Center • Limit 12
- 10:00 AM **CARDIO CIRCUIT**
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER**
45 min • T-Pool • Limit 24
- STRETCH**
45 min • Yoga Studio • Limit 30

- 11:00 AM **AQUA FIT**
45 min • Aquatic Center • Limit 15
- PBF: POWER BLAST FITNESS**
45 min • Studio 3 • Limit 20
- YOGA FOR DETOX**
45 min • Yoga Studio • Limit 20
- PROPERTY TOUR**
45 min • Clubhouse Lobby • Limit 20

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

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

Thank you for helping keep Canyon Ranch serene.

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (*). Please arrive early to secure your spot as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	LUNCH & LEARN: SALMON TERIYAKI 1 hr • Demo Kitchen • Limit 34	5:00 PM	OPEN 12-STEP RECOVERY MEETING DD • 1 hr • Mesquite Room
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80	5:15 PM	PICKLE & PLAY DD • 50 min • Pickleball Court 1 • Limit 24
	CORE & MORE 20 min • Studio 2 • Limit 16	5:30 PM	*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	CAPTAIN'S TABLE: MEMBERSHIPS 1 hr • Vaquero • Limit 6	6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
1:00 PM	PILATES FOR BALANCE 45 min • Studio 2 • Limit 18		*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
1:30 PM	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220		
2:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125		
	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		
	AQUA ZUMBA 45 min • T-Pool • Limit 24		
	CR STRENGTH 45 min • Golf Performance Center • Limit 10		
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20		
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		
3:00 PM	AN ART JOURNAL EXPERIENCE 1 hr • Art Studio 1 • Limit 15		
	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	QI GONG AND YOGA 45 min • Yoga Studio • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
4:00 PM	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		

CME ACCREDITATION

Did you know Canyon Ranch Tucson & Lenox offer 2 AMA PRA Category 1 Credits™ every day?

If you are interested in taking advantage of this offering, please speak with a Guest Services Representative, Wellness Guide, or Health & Performance Patient Access Coordinator.



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

FRIDAY

November 28, 2025

(DD) DISCOVERY DAYS: THE POWER OF BELONGING

- 7:00 AM **COWBOY COFFEE**
DD • 1 hr • Eucalyptus Circle
- *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 4 - PONTATOC TRAIL
5 hr • Outdoor Sports Lobby • Limit 12
- *KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- *BIKE RIDE: LEVEL 4 - HOHOKAM
5 hr • Outdoor Sports Lobby • Limit 6
- 7:15 AM *HIKE: LEVEL 3 - BLACKETTS RIDGE
4 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM *HIKE: LEVEL 2 - MILAGROSA OVERLOOK
4 hr • Outdoor Sports Lobby • Limit 12
- *ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 8:00 AM *TENNIS CLINIC 50M
50 min • Tennis Court 1 • Limit 4 • \$80
- *TUCSON BOTANICAL GARDEN TOUR
DD • 3 hr • Outdoor Sports Lobby • Limit 6 • \$140
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- 9:00 AM *PICKLEBALL SKILL DEVELOPMENT CLINIC
1 hr • Pickleball Court 1 • Limit 8 • \$200
- CHAIR YOGA
45 min • Yoga Studio • Limit 20
- GLIDE AND BURN
45 min • Studio 1 • Limit 20
- TRX FUSION
45 min • Studio 3 • Limit 15
- NEW APPROACHES TO WEIGHT LOSS
50 min • Catalina Room • Limit 37 • CME
- PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 20

- 10:00 AM **CARDIO CIRCUIT**
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- FOUNDATIONS OF STRENGTH
50 min • Catalina Room • Limit 37 • CME
- 10:30 AM *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 11:00 AM SOUL PRINTS: A WORKSHOP IN PALMISTRY
50 min • Cactus Room
- AQUA FIT
45 min • Aquatic Center • Limit 15
- PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20
- YOGA SCULPT
45 min • Yoga Studio • Limit 18
- PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 20

DISCOVER OUR PROPERTY

Did you know we offer complimentary tours every day at 9 and 11 AM?

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

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (*). Please arrive early to secure your spot as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	LUNCH & LEARN: TORTILLA CRUSTED CHICKEN 1 hr • Demo Kitchen • Limit 34	3:00 PM	POSTURE & BALANCE 45 min • Studio 1 • Limit 20
	BREATHING HP • 20 min • Yoga Studio • Limit 30		WALLYBALL 45 min • Racquet Court 1
1:00 PM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		YIN YOGA 45 min • Yoga Studio • Limit 20
	*BIKE RIDE: LEVEL 1 - RILLITO RIVER PATH DD • 2 hr 30 min • Outdoor Sports Lobby • Limit 12	3:45 PM	*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110
	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20	4:00 PM	*PICKLEBALL CLINIC 50M 50 min • Pickleball Court 1 • Limit 8 • \$80
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		MEDITATION 25 min • Sanctuary • Limit 30
	GRIND, GRIT & GRACE 50 min • Catalina Room • CME		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
2:00 PM	MINDFUL MANDALAS DD • 1 hr • Art Studio 1 • Limit 12		BEYOND THE PHYSICAL: METAPHYSICAL 101 50 min • Spa Lobby
	*MEDITATION HIKE 4 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12		CANDLELIGHT YOGA HP • 45 min • Yoga Studio • Limit 20
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
	WATER WORKOUT 45 min • T-Pool • Limit 24		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	EXPLORATION IN SOUL CONSCIOUSNESS 50 min • Cactus Room	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
		8:30 PM	MUSIC BINGO! DD • 1 hr • Pavilion



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

SATURDAY

November 29, 2025

(DD) DISCOVERY DAYS: THE POWER OF BELONGING

7:00 AM	COWBOY COFFEE DD • 1 hr • Eucalyptus Circle *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80 MORNING WALK 30 min • Spa Lobby MORNING WALK DD • 45 min • Spa Lobby *HIKE: LEVEL 4 - KING CANYON LOOP 6 hr 45 min • Outdoor Sports Lobby • Limit 12	10:00 AM	CORE CONDITIONING 45 min • Studio 1 • Limit 15 H2O POWER 45 min • T-Pool • Limit 24 STRETCH 45 min • Yoga Studio • Limit 30 PERSONALIZED NUTRITION 50 min • Catalina Room • CME
7:15 AM	*HIKE: LEVEL 3 - BALANCED ROCK 4 hr 30 min • Outdoor Sports Lobby • Limit 12	10:30 AM	*WRITING IN NATURE 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:30 AM	*HIKE: LEVEL 2 - LIME KILN TRAIL 4 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15 INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
8:00 AM	*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80 *BIRD WALK HP • 2 hr • Outdoor Sports Lobby • Limit 8 *HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110 *BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH 3 hr 30 min • Outdoor Sports Lobby • Limit 12		TRX FUSION 45 min • Studio 3 • Limit 15 PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20
8:15 AM	CENTERING MEDITATION HP • 25 min • Sanctuary • Limit 30		
9:00 AM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20 CYCLING 45 min • Golf Performance Center • Limit 12 GLIDE AND BURN 45 min • Studio 1 • Limit 20 SOLVING THE MYSTERY OF KNEE PAIN 50 min • Cactus Room • CME PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20		

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

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

Thank you for helping keep Canyon Ranch serene.

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (*). Please arrive early to secure your spot as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

- 12:00 PM

AI CHI
45 min • Aquatic Center • Limit 12

BREATHING
20 min • Yoga Studio • Limit 30
- 12:30 PM

*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 1:00 PM

MEMBERSHIPS: CASUAL Q&A
DD • 30 min • The Snug • Limit 20

PILATES MAT
45 min • Yoga Studio • Limit 30

NEW MEDICAL ADVANCEMENTS
50 min • Catalina Room • CME
- 1:30 PM

*YOGA IN THE WILD
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

*HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- 2:00 PM

HEART CHAKRA YOGA
HP • 45 min • Yoga Studio • Limit 30

WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15

WATER WORKOUT
45 min • T-Pool • Limit 24

CR VITALITY TOUR
30 min • Center for Life Enhancement • Limit 20
- 3:00 PM

RAINBOW CRYSTAL SUNCATCHERS
DD • 1 hr • Art Studio 1 • Limit 10

*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

VIPR SLAM
45 min • Studio 1 • Limit 20

WALLYBALL
45 min • Racquet Court 1

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30

*PILATES-AERIAL CLINIC
50 min • Studio 3 • Limit 5 • \$80

- 4:00 PM

*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

GROUNDING IN THANKS RESTORATIVE YOGA
HP • 45 min • Yoga Studio • Limit 20
- 5:00 PM

OPEN 12-STEP RECOVERY MEETING
DD • 1 hr • Mesquite Room
- 5:30 PM

*COMMUNITY TABLE
1 hr • Vaquero • Limit 6

*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80
- 6:00 PM

MAHJONG GAME NIGHT
DD • 2 hr • The Snug • Limit 8

*CHEF'S SEASONAL SHOWCASE DINNER
2 hr • Demo Kitchen • Limit 36 • \$70

CR VITALITY TOUR
30 min • Center for Life Enhancement • Limit 20
- 6:30 PM

*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

COMPLIMENTARY HIKING & BIKING

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

We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear.

Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!



CANYON RANCH

For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

7:00 AM	COWBOY COFFEE DD • 1 hr • Eucalyptus Circle MORNING WALK 30 min • Spa Lobby MORNING WALK 45 min • Spa Lobby *HIKE: LEVEL 4 - TANQUE VERDE RIDGE 6 hr • Outdoor Sports Lobby • Limit 12 *PHOTOGRAPHY WALK 4 hr • Outdoor Sports Lobby • Limit 6 • \$110	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20 H2O POWER 45 min • T-Pool • Limit 24 STRETCH 45 min • Yoga Studio • Limit 30 EXERCISE & MENOPAUSE 50 min • Catalina Room • CME
7:15 AM	*HIKE: LEVEL 3 - BROWN MOUNTAIN 5 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	VEDIC PALMISTRY: IT'S ALL IN OUR HANDS 50 min • Cactus Room AQUA FIT 45 min • Aquatic Center • Limit 15 DJ DANCE PARTY 45 min • Studio 1 • Limit 30 SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20 PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20
7:30 AM	*HIKE: LEVEL 2 - VENTANA CANYON 4 hr • Outdoor Sports Lobby • Limit 12		
8:00 AM	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80 *PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80 *BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE DD • 4 hr • Outdoor Sports Lobby • Limit 12 *QI GONG IN THE DESERT 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 *AWAKEN THE QI: TAPPING INTO ENERGY FLOW 50 min • Private Fitness Studio 4 • Limit 6 • \$80		
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30 CORE CONDITIONING 45 min • Studio 1 • Limit 15 CYCLING 45 min • Golf Performance Center • Limit 12 *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80 PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20		

CME ACCREDITATION

Did you know Canyon Ranch Tucson & Lenox offer 2 AMA PRA Category 1 Credits™ every day?

If you are interested in taking advantage of this offering, please speak with a Guest Services Representative, Wellness Guide, or Health & Performance Patient Access Coordinator.

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (*). Please arrive early to secure your spot as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON *AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80

1:00 PM ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH
50 min • Cactus Room

*TUCSON BOTANICAL GARDEN TOUR
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80

QI GONG
45 min • Yoga Studio • Limit 30

2:00 PM *HANDS-ON COOKING: FAST & NOURISHED
1 hr • Demo Kitchen • Limit 10 • \$125

DESERT DRUMMING
45 min • Studio 2 • Limit 30

POWER STEP & TONE
45 min • Golf Performance Center • Limit 12

WATER WORKOUT
45 min • T-Pool • Limit 24

ACUPUNCTURE FOR STRESS RELIEF & EMOTIONAL BALANCE
50 min • Catalina Room • CME

CR VITALITY TOUR
30 min • Center for Life Enhancement • Limit 20

3:00 PM DRUMMING CIRCLE
DD • 45 min • Studio 1 • Limit 20

TRX FUSION
45 min • Studio 3 • Limit 15

YIN YOGA
45 min • Yoga Studio • Limit 20

4:00 PM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA NIDRA
45 min • Yoga Studio • Limit 20

5:00 PM OPEN 12-STEP RECOVERY MEETING
1 hr • Mesquite Room

5:30 PM *COMMUNITY TABLE
DD • 1 hr • Vaquero • Limit 6

*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80

6:00 PM *NIGHT SKY WALK
DD • 2 hr • Outdoor Sports Lobby • Limit 12 • \$80

CR VITALITY TOUR
30 min • Center for Life Enhancement • Limit 20

7:00 PM CACAO CEREMONY
DD • 1 hr. 30 min • Sanctuary • Limit 12

8:30 PM BINGO
1 hr • Pavilion

DISCOVER OUR PROPERTY

Did you know we offer complimentary tours every day at 9 and 11 AM?

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



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

SERVICES

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

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



HEALTH, PERFORMANCE, MIND & SPIRIT

MEDICAL

PERSONALIZED, PRECISE, PREVENTIVE

DEXA Body Composition &

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

SLEEP MEDICINE

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

ALTERNATIVE MEDICINE

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

SPORTS MEDICINE

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

PERFORMANCE SCIENCE

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

MENTAL HEALTH & WELLNESS

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

NUTRITION & FOOD

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

COOKING

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

SPIRITUAL WELLNESS

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

MENU OF SERVICES | 2025

METAPHYSICAL & ENERGY HEALING

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

FITNESS 360

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

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

OUTDOOR SPORTS

GROUP ADVENTURES

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

HIGH ROPES ADVENTURES

High Ropes Challenge Course

3 hours	\$220/person
Rock Climbing Naturally.....	5 hours 400

PRIVATE ADVENTURES

Bike & Hike

First hour, up to three guests.....	\$140
Each additional hour, up to three guests.....	80

RACQUET SPORTS

Cardio Tennis Clinic	50 min	\$80
Pickleball Drill Clinic	50 min	80
Pickleball Lesson		
Individual training session	50 min	150
Semiprivate training session (2 guests)	50 min	110/person
Pickleball Skill Development Clinic	110 min	200
Tennis Clinic	50 min	80
Tennis Lesson		
Individual training session	50 min	150
Semiprivate training session (2 guests)	50 min	110/person

MED SPA & BEAUTY

MEDICAL AESTHETICS

Aquagold®	45 min	\$650
Chemical Peel.....	50 min	light – 150
	50 min	medium – 220
Clear + Brilliant®		
Face		375
Face, Neck & Décolleté		550
Consultation.....	50 min	110
Dermaplaning	45 min	175
Diamond Glow Facial.....	50 min	350
Microneedling.....	50 min	400
with PRP (Platelet-Rich Plasma)	50 min	700
Platinum Diamond HydraFacial	50 min	350

FACIAL TREATMENTS

AKAR Organic Facial— NEW	50 min	\$220
Biologique Recherche Custom Facial.....	50 min	240
	80 min	340
Biologique Recherche Lift & Sculpt Facial.....	80 min	420
Cellular Renewal Facial by Augustinus Bader	50 min	220
Collagen Lifting Facial— NEW	80 min	395
Environ Age-Defying Facial	80 min	395
Environ Vitamin Therapy Facial.....	50 min	220
Glow Up HydraFacial— NEW	50 min	350
Lash & Brow Tint	25 min	70
Luxe Lift & Glow HydraFacial— NEW	80 min	540
The Complete Fix Facial.....	50 min	295
Venn Advanced Collagen Facial	50 min	220

MENU OF SERVICES | 2025

SALON

HAIR CARE

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

MAKEUP

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

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

PEDICURES

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

SPA

BODY TREATMENTS

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

Services & fees subject to change without notice.

AYURVEDIC TREATMENTS

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



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

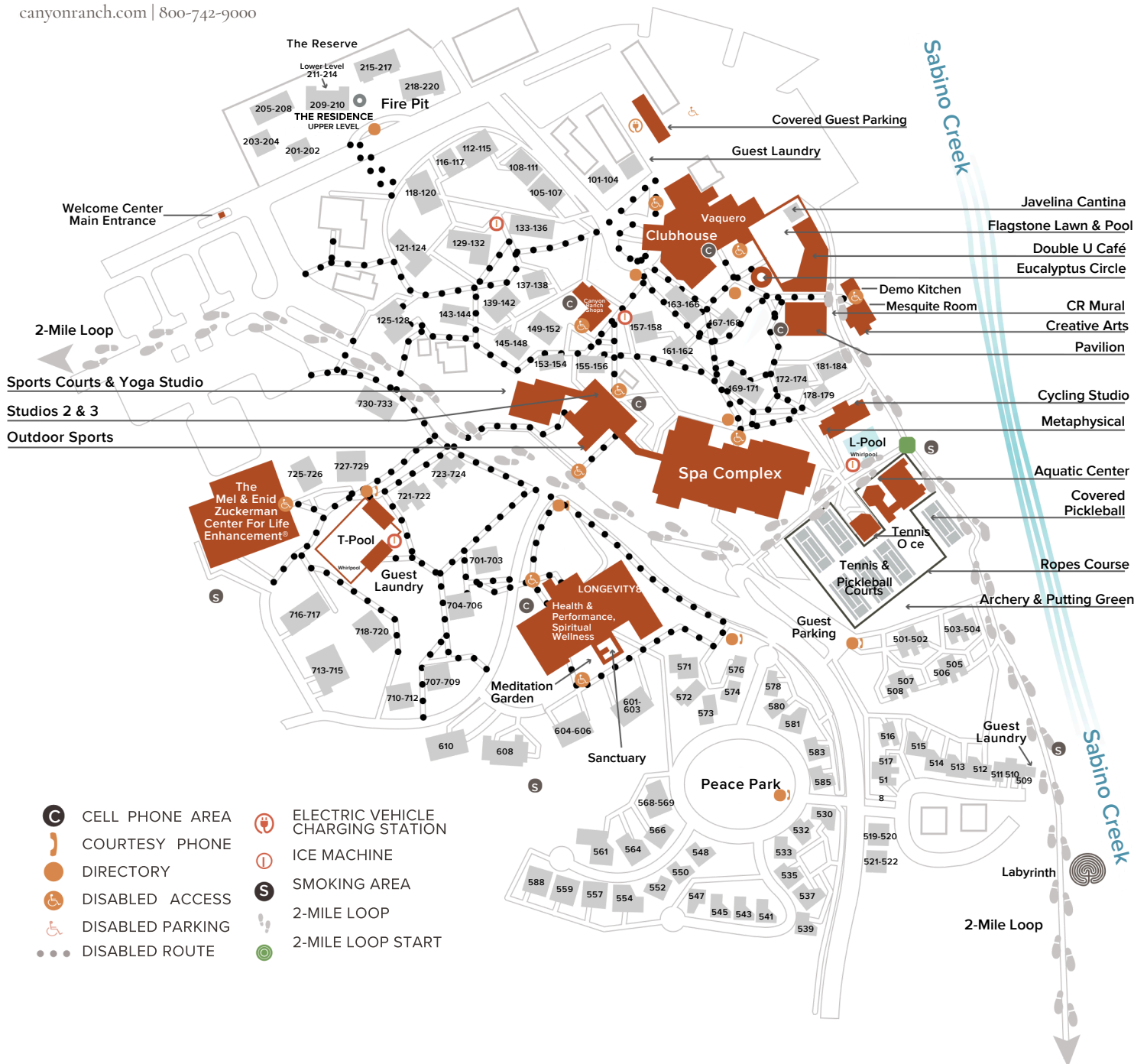
Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

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.**



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.