

RANCH SCHEDULE
DECEMBER 1 - 7, 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: Noon – 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 FOR MORE UPCOMING EVENTS



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.

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



POSTCARDS FROM HEAVEN

WITH GUEST EXPERT MAUREEN HANCOCK

DECEMBER 5 - 7

From spiritual readings with a loved one who has passed to shared stories from Maureen about assisting patients with terminal illnesses through hospice, this event invites you to dig deeper into the realm of otherworldly connections. For twenty years, the author of the bestselling book "The Medium Next Door: Adventures of a Real-Life Ghost Whisperer" has guided people through the loss of loved ones and helped the departed communicate through her.

ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH '**GE**'.



GOTTA DANCE AT THE RANCH™ RETREAT

DECEMBER 7 - 12

Unleash the dancer in you. Experience doesn't matter—this is all about expression, movement, and the magic of music. Gotta Dance is always one of the most popular events at Canyon Ranch Tucson. Guests return year after year to our Arizona wellness center for the pure joy of this uplifting retreat set in Arizona's Sonoran Desert, surrounded by the serenity of the Santa Catalina Mountains. Guest choreographers offer inspired classes for all levels. Jump into hip hop, ballet, jazz, and much more. If you have dance shoes – ballet, tap, or jazz, please bring those with you.

ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH '**RE**'.

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)

NINE DAUGHTERS OF EARTH



MONDAY, DECEMBER 1

Discover Nine Daughters of Earth for a trunk show filled with timeless, elegant, one-of-a-kind silver and gemstone pieces--handcrafted with intention for the wearer who feels their deeper resonance

SATYA



**FRIDAY, DECEMBER 5 -
SUNDAY, DECEMBER 7**

Satya Jewelry is named for satya, the Sanskrit word for "truth." Each piece is designed to resonate deeply with its wearer-to connect to one's own truth and empower a personal journey.

GOTTA DANCE AT THE RANCH™

UNLEASH THE DANCER IN YOU.

DECEMBER 7 – 12



TERA-LEE POLLIN



KYLE PLEASANT



TAMARA DYKE-COMPTON

	SUNDAY 12.7	MONDAY 12.8	TUESDAY 12.9	WEDNESDAY 12.10	THURSDAY 12.11	FRIDAY 12.12
8 AM	11:30 AM - 12:30 AM	CHOREOGRAPHY: BYE BYE BLACKBIRD	CHOREOGRAPHY: BYE BYE BLACKBIRD	CHOREOGRAPHY: BYE BYE BLACKBIRD	CHOREOGRAPHY: BYE BYE BLACKBIRD	
9 AM	BUTI MOVEMENT	BALLET	HAPPINESS THROUGH MOVEMENT	BALLET	HIP-HOP	LYRICAL
10 AM		HIP-HOP	JAZZ	FULL BODY JAZZ WORKOUT	FOSSE STYLE	
11 AM	DJ DANCE PARTY	ZUMBA	CAST A SPELL POP	MUSICAL THEATRE DANCE	DJ DANCE PARTY	
12 PM						
1 PM		CHOREOGRAPHY: SWING DANCE	CHOREOGRAPHY: SWING DANCE	CHOREOGRAPHY: SWING DANCE	CHOREOGRAPHY: SWING DANCE	
2 PM	ZUMBA	JACK COLE JAZZ	LATIN BALLROOM	DISCO	BROADWAY JAZZ	
3 PM		POPSTAR!	MODERN DANCE	LYRICAL JAZZ	RHYTHM TAP	
4 PM	HULA	CHOREOGRAPHY: ALL THAT JAZZ	CHOREOGRAPHY: ALL THAT JAZZ	CHOREOGRAPHY: ALL THAT JAZZ	CHOREOGRAPHY: ALL THAT JAZZ	
5 PM						
6 PM	CHOREOGRAPHER MEET & GREET DINNER					

ALL DANCE CLASSES ARE LOCATED IN STUDIO 1.
SIGN UP TO DINE WITH OUR GUEST CHOREOGRAPHERS AT VAQUERO.

Tag us on social media: #gottadanceattheranch #canyonranchtucson

MONDAY

December 1, 2025

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

7:00 AM	MORNING WALK 30 min • Spa Lobby	10:00 AM	HOW TO MAKE EVERY DAY SACRED DD 50 min • Sanctuary • CME
	MORNING WALK 45 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
7:15 AM	*HIKE: LEVEL 4 - KING CANYON LOOP 6 hr 45 min • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
7:30 AM	*HIKE: LEVEL 3 - BRIDAL WREATH TRAIL 4 hr 45 min • Outdoor Sports Lobby • Limit 12		*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	*ARIZONA-SONORA DESERT MUSEUM 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195		*ARCHAEOLOGY 1 HOHOKAM VILLAGE SITE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400		*DESERT TRAIL RUNNING 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 2 - PIMA CANYON 4 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Cactus Room
8:00 AM	*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
	*BIKE RIDE: LEVEL 3 - CANADA DEL ORO 5 hr • Outdoor Sports Lobby • Limit 12		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20
9:00 AM	BURNOUT & RESILIENCE DD 50 min • Catalina Room • CME		
	CORE CONDITIONING 45 min • Studio 1 • Limit 20		
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		
	TRX STRONG 45 min • Studio 3 • Limit 15		
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		
	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: TURMERIC BLACK PEPPER SALMON 1 hr • Demo Kitchen • Limit 34	4:00 PM	INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN 50 min • Spa Lobby • Limit 16
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		MEMORY WIRE BRACELET 1 hr 30 min • Art Studio 1 • Limit 15
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	NUTRITION, GUT HEALTH & IMMUNITY DD 50 min • Catalina Room • CME		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:30 PM	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220		FOOD AS MEDICINE 50 min • Cactus Room
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
2:00 PM	CHINESE MEDICINE FOR DIGESTION AND METABOLISM DD • NEW 50 min • Cactus Room • CME	5:15 PM	*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	CHAIR YOGA 45 min • Yoga Studio • Limit 20	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
	WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T-Pool • Limit 24	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 4 • \$80
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		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 GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	7:00 PM	AWARENESS APPROACH: 12 INSIGHTS FOR MINDFUL LIVING 50 min • Catalina Room
3:00 PM	THE ART AND SCIENCE OF MEDICAL AESTHETICS 50 min • Catalina Room		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	FREEFORM FUSION 45 min • Studio 2 • Limit 14		
	MUSCLE MAX 45 min • Studio 3 • Limit 12		
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		



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.

TUESDAY December 2, 2025

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

- 7:00 AM **MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- *PHOTOGRAPHY WALK**
4 hr • Outdoor Sports Lobby • Limit 6 • \$110
- *DESERT TRAIL RUNNING**
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 7:15 AM ***HIKE: LEVEL 4 - SOLDIER TRAIL**
5 hr • Outdoor Sports Lobby • Limit 12
- *SABINO CANYON WALK**
2 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM ***HIKE: LEVEL 3 - FINGER ROCK**
4 hr • Outdoor Sports Lobby • Limit 12
- 7:45 AM ***HIKE: LEVEL 2 - GARWOOD DAM LOOP**
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM ***PICKLEBALL DRILL CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80
- *BIKE RIDE: LEVEL 3 - HONEYBEE LOOP**
4 hr • Outdoor Sports Lobby • Limit 6
- 8:15 AM **CORE & MORE**
20 min • Studio 2 • Limit 16
- 9:00 AM **LOW BACK PAIN: MISCONCEPTIONS VS. RESEARCH**
DD 50 min • Cactus Room • CME
- ABOVE & BELOW THE BELT**
45 min • Studio 3 • Limit 20
- CYCLING**
45 min • Golf Performance Center • Limit 12
- STRIDE & STRENGTH**
45 min • Cardio & Strength Gym • Limit 14
- *PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR**
45 min • Clubhouse Lobby • Limit 20

- 10:00 AM **H2O POWER**
45 min • T-Pool • Limit 24
- MUSCLE MAX**
45 min • Studio 3 • Limit 12
- STRETCH**
45 min • Yoga Studio • Limit 30
- *HIGH ROPES CHALLENGE COURSE**
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- *PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE**
NEW 50 min • Racquet Court 1 • Limit 4 • \$110
- MEDICALLY UNEXPLAINED SYNDROMES**
DD 50 min • Catalina Room • CME
- 11:00 AM **ASK A PSYCHIC**
50 min • Cactus Room
- POWER FLOW**
45 min • Yoga Studio • Limit 30
- TRX FUSION**
45 min • Studio 3 • Limit 15
- VIPR SLAM**
NEW 45 min • Studio 1 • Limit 20
- 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	LUNCH & LEARN: ORANGE GLAZED CHICKEN 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		MEDITATION 25 min • Sanctuary • Limit 30
	BREATHING 20 min • Yoga Studio • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	*QI GONG IN THE DESERT NEW 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*RESTORATIVE SOUND BATH NEW 50 min • Yoga Studio • Limit 25 • \$80
	REPLENISHING THE WELL DD 50 min • Catalina Room • CME		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
1:30 PM	*TUCSON BOTANICAL GARDEN TOUR NEW 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
2:00 PM	ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS DD 50 min • Sanctuary • CME	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	BOXER'S WORKOUT 45 min • Studio 3 • Limit 8		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30	7:00 PM	THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 1 hr • Catalina Room
	WATER WORKOUT 45 min • T-Pool • Limit 24		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	*SAGUARO NATIONAL PARK DISCOVERY TOUR NEW 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110		
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20		
3:00 PM	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		



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WEDNESDAY

December 3, 2025

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

- 7:00 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *GRAVEL RIDE IN LAS CIENEGAS
NEW 5 hr • Outdoor Sports Lobby • Limit 6 • \$280
- 7:15 AM *HIKE: LEVEL 4 - THIMBLE VIEW
6 hr 30 min • Outdoor Sports Lobby • Limit 12
- *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM *HIKE: LEVEL 3 - MCDUGAL RIDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 7:45 AM *HIKE: LEVEL 2 - LOWER BEAR 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
- *BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 8
- *HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- KUNDALINI YOGA
45 min • Yoga Studio • Limit 20
- 9:00 AM LANDSCAPE TOUR
1 hr • Clubhouse
- RHYTHM RIDE
45 min • Golf Performance Center • Limit 12
- ROCKIN' RETRO
45 min • Studio 1 • Limit 20
- STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14
- *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 20
- 10:00 AM *MEDITATION HIKE
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- H2O POWER
45 min • T-Pool • Limit 24
- MUSCLE MAX
45 min • Studio 3 • Limit 12
- STRETCH
45 min • Yoga Studio • Limit 30
- OPTIMIZE BRAIN HEALTH WITH NUTRITION
DD 50 min • Catalina Room • CME
- 11:00 AM 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
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 (*). 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: TAHINI SHRIMP LETTUCE WRAPS 1 hr • Demo Kitchen • Limit 34	3:00 PM	LEARNING SELF-REIKI NEW 50 min • Catalina Room
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
1:00 PM	HOW UNCERTAINTY HELPS US GROW DD 50 min • Catalina Room • CME		GOOD VIBRATIONS 45 min • Studio 2 • Limit 14
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12	3:30 PM	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80	4:00 PM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	GYROKINESIS 45 min • Yoga Studio • Limit 15		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	LET'S DANCE 45 min • Studio 1 • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
2:00 PM	THE NEUROSCIENCE OF YOUR RELATIONSHIP WITH FOOD DD 50 min • Catalina Room • CME	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	*HANDS-ON COOKING: COCOA & CRAFT NEW 1 hr • Demo Kitchen • Limit 10 • \$125	5:15 PM	*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	*DESERT TRAIL RUNNING 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*RESTORATIVE SOUND BATH NEW 50 min • Yoga Studio • Limit 25 • \$80
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12		LONGEVITY THROUGH THE MEDICAL LENS DD 50 min • Catalina Room • CME
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T-Pool • Limit 24	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 4 • \$80
	*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80		CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20	6:15 PM	12-STEP EATING DISORDERS ANONYMOUS MEETING 1 hr • Mesquite Room
		6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
		8:00 PM	*BARREL TO GLASS: A CURATED BOURBON JOURNEY NEW 1 hr • Javelina Cantina • Limit 6 • \$125



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 December 4, 2025

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

- 7:00 AM **COWBOY COFFEE**
1 hr 30 min • Eucalyptus Circle
- *PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- *ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS**
NEW 4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- SUNRISE YOGA**
1 hr • Yoga Studio • Limit 30
- 7:15 AM ***HIKE: LEVEL 4 - BLACKETT'S RIDGE**
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM ***HIKE: LEVEL 3 - PHONELINE**
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:45 AM ***HIKE: LEVEL 2 - PONTATOC OVERLOOK**
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM ***PICKLEBALL DRILL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- *WRITING IN NATURE**
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *BIKE RIDE: LEVEL 4 - SAGUARO PLUS**
4 hr • Outdoor Sports Lobby • Limit 10
- *AWAKEN THE QI: TAPPING INTO ENERGY FLOW**
NEW 50 min • Yoga Studio • Limit 6 • \$80
- 8:15 AM **CENTERING MEDITATION**
25 min • Sanctuary • Limit 30
- 9:00 AM **THE BODY-SPIRIT CONNECTION**
DD 50 min • Sanctuary • CME
- BOXER'S WORKOUT**
45 min • Studio 3 • Limit 8
- CYCLING**
45 min • Golf Performance Center • Limit 12
- DESERT DRUMMING**
45 min • Studio 2 • Limit 30
- 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
- 11:00 AM **DJ DANCE PARTY**
45 min • Studio 1 • Limit 30
- PBF: POWER BLAST FITNESS**
45 min • Studio 3 • Limit 20
- YOGA FOR DETOX**
45 min • Yoga Studio • Limit 20
- NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN**
DD 50 min • Catalina Room • CME
- 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	CAPTAIN'S TABLE: MEMBERSHIPS 1 hr • Vaquero • Limit 6	4:00 PM	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	LUNCH & LEARN: GRILLED STEAK FAJITAS 1 hr • Demo Kitchen • Limit 34	5:00 PM	SIP AND SHOP NEW 2 hr • The Boutique at Canyon Ranch
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	CORE & MORE 20 min • Studio 2 • Limit 16	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1
1:00 PM	ALTERNATIVE THERAPIES FOR MENOPAUSE DD 50 min • Catalina Room • CME	5:30 PM	ACUPUNCTURE: MYTHS VS EVIDENCE NEW 50 min • Catalina Room
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	PILATES FOR BALANCE 45 min • Studio 2 • Limit 18	6:00 PM	*MOON WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
1:30 PM	*HIKE: LEVEL 1 - CONVERSE TRAIL 4 hr • Outdoor Sports Lobby • Limit 12		CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
2:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE NEW 1 hr • Demo Kitchen • Limit 10 • \$125	7:00 PM	100 YEARS OF THE TUCSON MUSEUM OF ART 50 min • Cactus Room
	AQUA ZUMBA 45 min • T-Pool • Limit 24	8:00 PM	*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE NEW 1 hr • Javelina Cantina • Limit 15 • \$125
	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		
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20		
3:00 PM	AN ART JOURNAL EXPERIENCE 1 hr 30 min • 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		
	ENDURANCE, ZONE 2 AND YOU DD 50 min • Catalina Room • CME		



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FRIDAY December 5, 2025

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

- 7:00 AM **COWBOY COFFEE**
1 hr 30 min • Eucalyptus Circle
- MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- 7:15 AM ***HIKE: LEVEL 4 - ESPERERO**
5 hr • Outdoor Sports Lobby • Limit 12
- *SABINO CANYON WALK**
2 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM ***ARIZONA-SONORA DESERT MUSEUM**
5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195
- *ROCK CLIMBING NATURALLY**
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 7:45 AM ***HIKE: LEVEL 2 - SUTHERLAND TRAIL**
5 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM ***TENNIS CLINIC**
50 min • Tennis Court 1 • Limit 4 • \$80
- *PICKLEBALL DRILL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- *BIKE RIDE: LEVEL 4 - ROCKING COBBLER**
4 hr • Outdoor Sports Lobby • Limit 6
- 9:00 AM **WEIGHT LOSS: NUTRITION FOR BREAKING BARRIERS**
DD 50 min • Cactus Room • CME
- *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
- PROPERTY TOUR**
45 min • Clubhouse Lobby • Limit 20
- 10:00 AM ***HIKE: LEVEL 3 - WEST SPRING**
4 hr 15 min • Outdoor Sports Lobby • Limit 12
- *QI GONG IN THE DESERT**
NEW 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 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**
DD 50 min • Catalina Room • CME
- *PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- 10:30 AM ***INTUITIVE ARCHERY**
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 11:00 AM **CHANGE YOUR AURA, CHANGE YOUR LIFE**
50 min • Cactus Room
- AQUA FIT**
45 min • Aquatic Center • Limit 15
- PEDAL, LIFT, FLOW**
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT**
45 min • Yoga Studio • Limit 18
- PROPERTY TOUR**
45 min • Clubhouse Lobby • Limit 20

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NOON	LUNCH & LEARN: SEARED SEA BASS 1 hr • Demo Kitchen • Limit 34	4:00 PM	*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK GE 1 hr 30 min • Catalina Room • Limit 15 • \$200
1:00 PM	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		MEDITATION 25 min • Sanctuary • Limit 30
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	CONTEMPLATION & HEALING DD 50 min • Catalina Room • CME		BEYOND THE PHYSICAL: METAPHYSICAL 101 NEW 50 min • Spa Lobby
1:30 PM	*TUCSON BOTANICAL GARDEN TOUR NEW 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
2:00 PM	ARTHRITIS AND REGENERATIVE MEDICINE DD 50 min • Cactus Room • CME	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
	TAROT: THE 78 KEYS OF WISDOM 50 min • Catalina Room		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	*MEDITATION HIKE 2hr • Outdoor Sports Lobby • Limit 8 • \$110	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION NEW 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30	7:00 PM	YOUR BODY, YOUR ALLY THROUGH GRIEF & CHALLENGE WITH GUEST EXPERT ROSIE DALTON 50 min • Catalina Room
	WATER WORKOUT 45 min • T-Pool • Limit 24	8:30 PM	BINGO 50 min • Pavilion
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20		
3:00 PM	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		
	MALA BRACELET MAKING WITH SATYA 1 hr • Pavilion • Limit 20		
3:45 PM	*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR NEW 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110		



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SATURDAY December 6, 2025

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	10:00 AM	CORE CONDITIONING 45 min • Studio 1 • Limit 20
	MORNING WALK 30 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 45 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
7:15 AM	*HIKE: LEVEL 4 - DOUGLAS SPRINGS 6 hr 30 min • Outdoor Sports Lobby • Limit 12		NUTRITION STRATEGIES FOR WOMEN'S HEALTH DD 50 min • Catalina Room • CME
7:30 AM	*HIKE: LEVEL 3 - FT. LOWELL HILLS 4 hr 45 min • Outdoor Sports Lobby • Limit 12	10:30 AM	*WRITING IN NATURE 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 2 - SWEETWATER TRAIL 4 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
8:00 AM	*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		TRX FUSION 45 min • Studio 3 • Limit 15
	*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20
	*BIKE RIDE: LEVEL 2 - STEAM PUMP MARKET 4 hr • Outdoor Sports Lobby • Limit 12		
8:15 AM	CENTERING MEDITATION 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		
	SHOULDER PAIN UNRAVELED DD 50 min • Cactus Room • CME		
	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 20		
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		

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	AI CHI 45 min • Aquatic Center • Limit 12	4:00 PM	*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK GE 1 hr 30 min • Catalina Room • Limit 15 • \$200
	BREATHING 20 min • Yoga Studio • Limit 30		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	PILATES MAT 45 min • Yoga Studio • Limit 30	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	A HEALING TEMPLATE FOR GRIEF & CHALLENGE WITH GUEST EXPERT ROSIE DALTON 50 min • Catalina Room	5:30 PM	*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
1:30 PM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12	6:00 PM	MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		*CHEF'S SEASONAL SHOWCASE DINNER NEW 2 hr • Demo Kitchen • Limit 36 • \$70
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
2:00 PM	EXERCISE AND FITNESS: MORE THAN JUST THE SCALE DD 50 min • Cactus Room • CME	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION NEW 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30	8:00 PM	MALA BRACELET MAKING WITH SATYA 1 hr • Pavilion • Limit 20
	LET'S DANCE 45 min • Studio 1 • Limit 30		
	WATER WORKOUT 45 min • T-Pool • Limit 24		
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20		
3:00 PM	THE ART OF ORIGAMI 1 hr 30 min • Art Studio 1 • Limit 10		
	*PILATES-AERIAL CLINIC 50 min • Studio 3 • Limit 5 • \$80		
	VIPR SLAM NEW 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30		
3:30 PM	*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8		



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.

SUNDAY December 7, 2025

(RE) RETREAT EVENT: GOTTA DANCE AT THE RANCH™

(DD) DISCOVERY DAYS: CME WEEK FOR PHYSICIANS

- 7:00 AM **COWBOY COFFEE**
1 hr 30 min • Eucalyptus Circle
- MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- *PHOTOGRAPHY WALK**
4 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 7:15 AM ***HIKE: LEVEL 4 - MILAGROSA LOOP**
5 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM ***HIKE: LEVEL 3 - VISTA DEL SOL**
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:45 AM ***HIKE: LEVEL 2 - VENTANA TRAIL**
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 3 - AGUA CALIENTE**
3 hr • Outdoor Sports Lobby • Limit 12
- *AWAKEN THE QI: TAPPING INTO ENERGY FLOW**
NEW 50 min • Private Fitness Studio 4 • Limit 6 • \$80
- 8:15 AM **CENTERING MEDITATION**
25 min • Sanctuary • Limit 30
- 9:00 AM **ECOLOGY WALK**
1 hr • Spa Lobby
- BUTI MOVEMENT®**
RE 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
- THE SCIENCE OF WEIGHT LOSS**
DD 50 min • Catalina Room • CME
- PROPERTY TOUR**
45 min • Clubhouse Lobby • Limit 20
- 10:00 AM **WALKING MEDITATION**
DD 50 min • Cactus Room • CME
- 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 **VEDIC PALMISTRY: IT'S ALL IN OUR HANDS**
50 min • Cactus Room
- AQUA FIT**
45 min • Aquatic Center • Limit 15
- SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio • Limit 20
- DJ DANCE PARTY**
RE 45 min • Studio 1 • Limit 30
- 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 | *AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80 | 4:00 PM | *SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK
GE 1 hr 30 min • Catalina Room • Limit 15 • \$200 |
| 1:00 PM | NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS
50 min • Cactus Room | | *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | *KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220 | | STRETCH & RELAXATION
25 min • Studio 2 • Limit 20 |
| | *QI GONG IN THE DESERT
NEW 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 | | YOGA NIDRA
45 min • Yoga Studio • Limit 20 |
| | *PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80 | 5:00 PM | OPEN 12-STEP RECOVERY MEETING
1 hr • Mesquite Room |
| | QI GONG
45 min • Yoga Studio • Limit 30 | 5:30 PM | *GOTTA DANCE™ CHOREOGRAPHER MEET & GREET DINNER
RE 1 hr 30 min • Vaquero Lariat • Limit 24 |
| 1:30 PM | *TUCSON BOTANICAL GARDEN TOUR
NEW 3 hr • Outdoor Sports Lobby • Limit 6 • \$140 | | *RESTORATIVE SOUND BATH
NEW 50 min • Yoga Studio • Limit 25 • \$80 |
| 2:00 PM | ACUPUNCTURE FOR PAIN
DD 50 min • Catalina Room • CME | | *COMMUNITY TABLE
1 hr • Vaquero • Limit 6 |
| | *HANDS-ON COOKING: FAST & NOURISHED
NEW 1 hr • Demo Kitchen • Limit 10 • \$125 | 6:00 PM | CR VITALITY TOUR
30 min • Center for Life Enhancement • Limit 20 |
| | JUST "DOT" IT!
1 hr • Art Studio 2 • Limit 10 | 7:00 PM | CREATING A SPIRITUAL TRIFECTA WITH GUEST EXPERT ROSIE DALTON
50 min • Catalina Room |
| | *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110 | | CRYSTAL SINGING BOWL MEDITATION
50 min • Sanctuary • Limit 30 |
| | DESERT DRUMMING
45 min • Studio 2 • Limit 30 | 8:30 PM | BINGO
50 min • Pavilion |
| | WATER WORKOUT
45 min • T-Pool • Limit 24 | | |
| | ZUMBA®
RE 45 min • Studio 1 • Limit 30 | | |
| | CR VITALITY TOUR
30 min • Center for Life Enhancement • Limit 20 | | |
| 3:00 PM | SOLVING THE MYSTERY OF KNEE PAIN
DD 50 min • Cactus Room • CME | | |
| | DRUMMING CIRCLE
45 min • Studio 1 • Limit 20 | | |
| | TRX FUSION
45 min • Studio 3 • Limit 15 | | |
| | YIN YOGA
45 min • Yoga Studio • Limit 20 | | |



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

MENU OF SERVICES | 2025

MENTAL HEALTH & WELLNESS

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

NUTRITION & FOOD

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

COOKING

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

SPIRITUAL WELLNESS

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

METAPHYSICAL & ENERGY HEALING

Angel Card Reading	50 min	\$240
Astrocartography	50 min	240
Astrology	50 min	240
Astro-Gemology.....	50 min	240
Astrology Synastry Chart Reading for Two— NEW	100 min	250/person
Clairvoyant Reading.....	50 min	240
Crystal Energy	50 min	240
Developing Your Sixth Sense	50 min	240
Handwriting Analysis	50 min	240
Intuitive Reiki— NEW	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

MENU OF SERVICES | 2025

HIGH ROPES ADVENTURES

High Ropes Challenge Course	
3 hours	\$220/person
Rock Climbing Naturally.....	5 hours 400

PRIVATE ADVENTURES

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

RACQUET SPORTS

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

MED SPA & BEAUTY

MEDICAL AESTHETICS

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

FACIAL TREATMENTS

AKAR Organic Facial— NEW	50 min	\$220
Biologique Recherche Custom Facial.....	50 min	240
	80 min	340
Biologique Recherche Lift & Sculpt Facial.....	80 min	420
Cellular Renewal Facial by Augustinus Bader	50 min	220
Collagen Lifting Facial— NEW	80 min	395
Environ Age-Defying Facial	80 min	395
Environ Vitamin Therapy Facial.....	50 min	220
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

Services & fees subject to change without notice.

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—NEW.....	80 min	340
Five Elements Ritual.....	100 min	410
Himalayan Salt Stone Treatment	100 min	410
Hungarian Scrub.....	50 min	240
Mud Cocoon.....	50 min	240
includes bath soak and massage	100 min	410
Muscle Rescue Ritual	100 min	410
Organic Seaweed Leaf Cocoon.....	100 min	410
Ultra-Moisturizing Cocoon.....	50 min	240
per couple – includes massage	100 min	820
Vitamin Infusion Body Treatment.....	50 min	240

MENU OF SERVICES | 2025

AYURVEDIC TREATMENTS

Abhyanga.....	50 min	\$440
Bindi-Shirodhara.....	100 min	410
Shirodhara.....	50 min	240
Udvertana Massage.....	80 min	320

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min	\$240
	80 min.....	340
	100 min	440
Muscle Melt for Road Warriors	50 min	240
	80 min.....	340
	100 min	410
Reiki.....	50 min	220
	80 min.....	320
	100 min	410
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
	100 min	410
Balanced Energy	50 min	220
	80 min.....	320
	100 min	410
Canyon Ranch Massage	50 min	220
	80 min.....	320
	100 min	410
Canyon Ranch Signature Treatment	100 min	410
Canyon Stone Massage.....	100 min	410
Chakra Balancing Massage	80 min	320
Craniosacral Therapy.....	50 min	240
	80 min.....	340
	100 min	410
Cupping – Sports Massage	50 min	240
	80 min.....	340
	100 min	440
Deep Tissue Massage.....	50 min	240
	80 min.....	340
	100 min	440
Hands, Feet & Scalp Massage.....	50 min	200
Head, Neck & Shoulders Massage.....	50 min	220
Hydrating Body Bar Massage.....	50 min	240
	80 min.....	340
	100 min	410

Services & fees subject to change without notice.

Lymphatic Treatment.....	50 min	\$240
	80 min	340
	100 min	410
Mama Moisturizing Massage.....	50 min	240
Neuromuscular Therapy	75 min	340
Prenatal Massage.....	50 min	220
	80 min.....	320
Sanctuary of Sound and Watsu—NEW	50 min	395
Skin Vitality Massage—NEW	50 min	220
Sole Rejuvenation.....	50 min	200
Therapeutic CBD Pain Relief Massage	50 min	250
	80 min.....	350
	100 min	450
Warm Coconut Oil Massage	50 min	240
	80 min.....	340

TEEN SERVICES (AGES 14-17)

Guests ages 14-17 may experience select services. The parent or guardian must book all teen services. We require all guest ages 14-17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance and suggestions on making the most of your experience.

MATERNITY

Are you expecting? A Wellness Guide can provide you with a list of suggested services and recommend those that would be the most valuable for you. Contact a Wellness Guide at Ext. 44338 any time during your stay. Please consult with your physician at home before booking services.

FOR GUESTS WITH CANCER

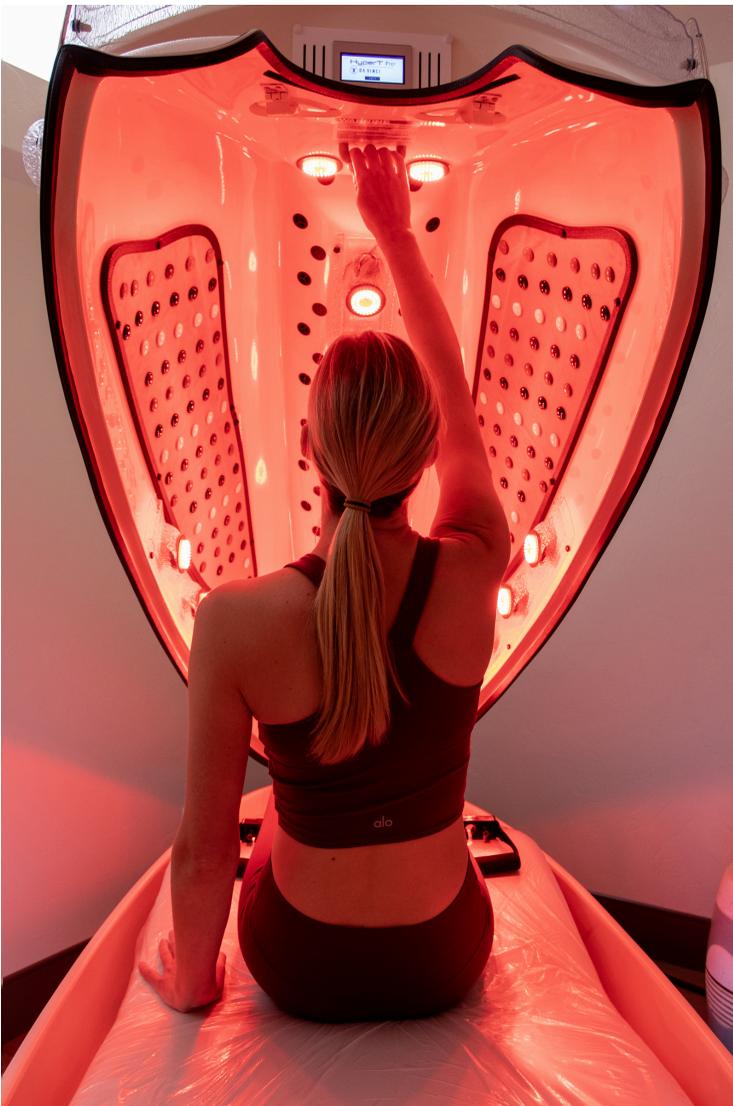
Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician prior to booking services. The entire Canyon Ranch family supports you on your healing journey.



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.**

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

A CanyonRanch 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.

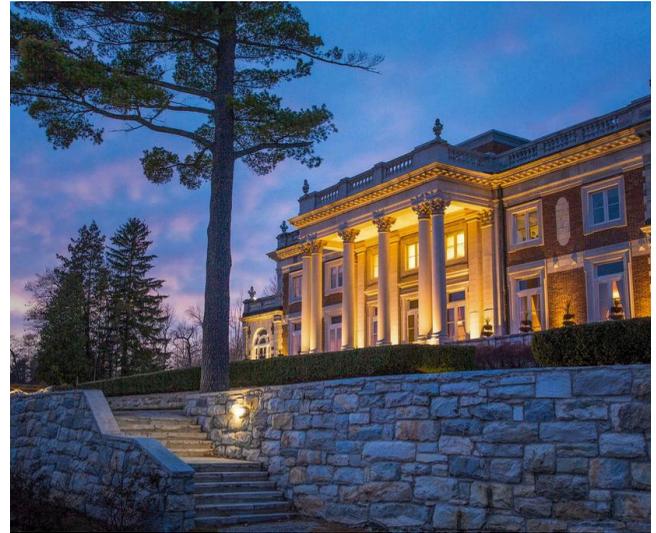
LIFE CHANGES AT CANYON RANCH

WHERE EVER YOU ARE ON YOUR LIFE LONG JOURNEY,
FIND PERSONALIZED GUIDANCE AND PROVEN EXPERTISE
TO INSPIRE YOUR WELL WAY OF LIFE.



CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



CANYON RANCH FORT WORTH, TEXAS

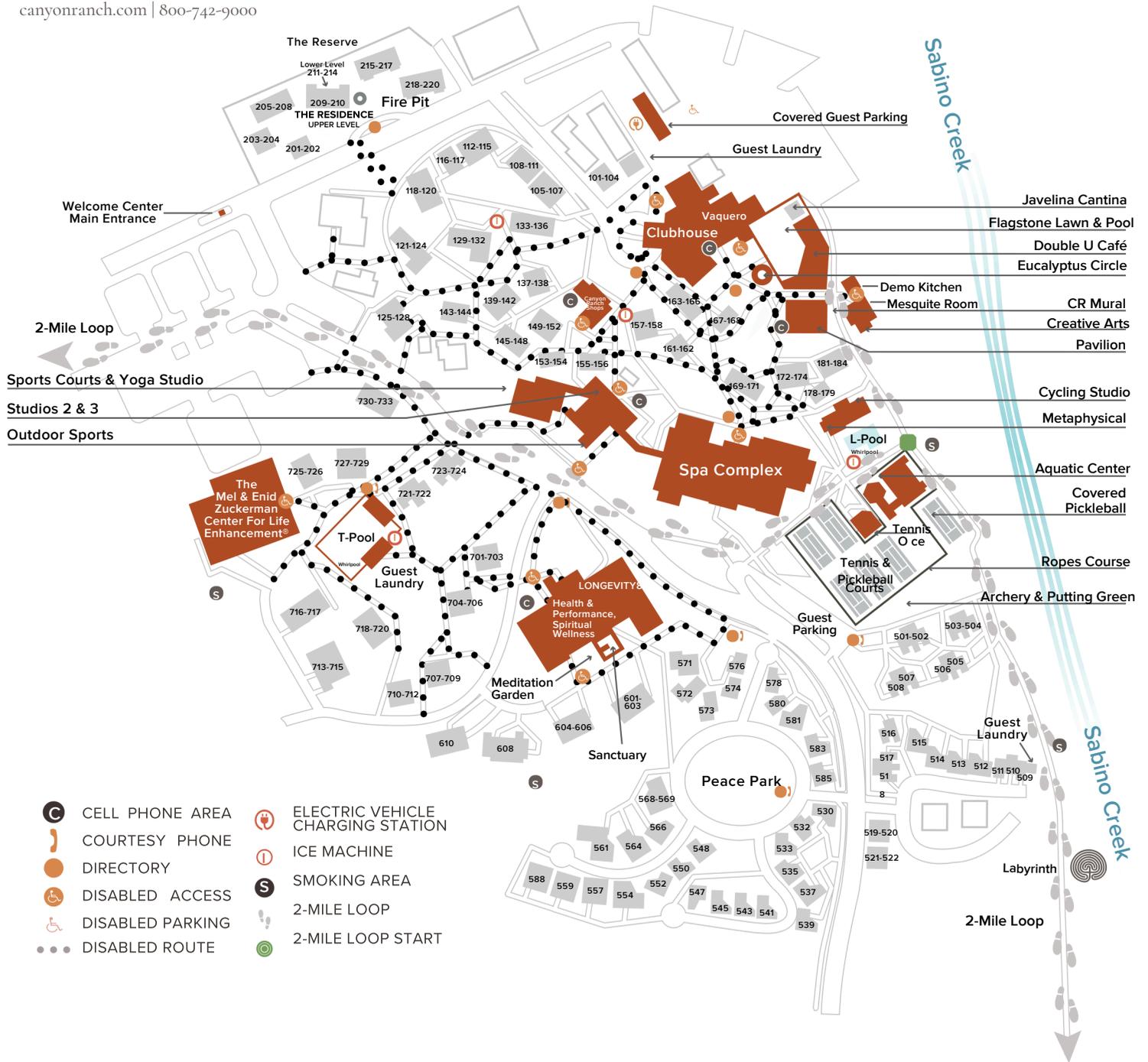
Located in the vibrant Cultural District, our club brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth Area.



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit canyonranch.com to learn more about all of our locations.



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.