

RANCH SCHEDULE
JANUARY 19 - 25, 2026

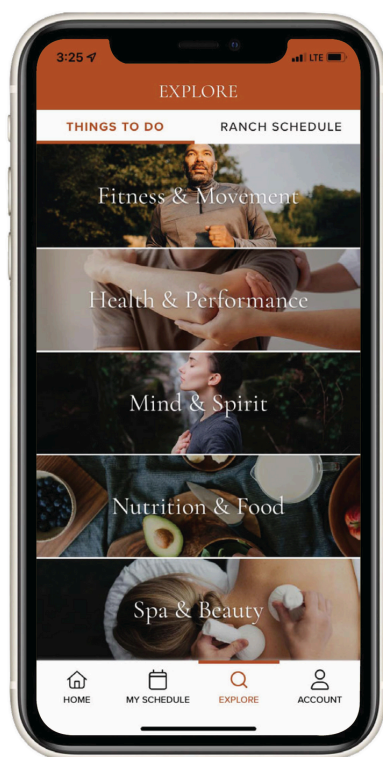


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



CANYON
RANCH

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: Mon – Fri 7:00 am – 9:30 am

Lunch: Mon – Fri 11:30 am – 2:00 pm

Brunch: Sat & Sun 7:00 am – 2:00 pm

Dinner: 5:30 pm – 8:30 pm

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

You may also pick up a to-go meal at Vaquero or have your meals delivered to your room. For 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 – 7:30 pm

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

Lunch: 11:00 am – 2:00 pm

Dinner: 5:00 pm – 7:30 pm

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

Javelina Cantina

Daily: 5:00 pm – 9:00 pm

In-Room Wine

Delivery Ext. 44312: 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.

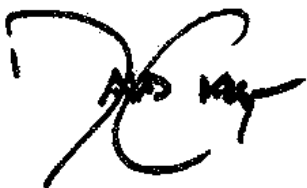
I encourage you to explore Longevity 8, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

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



PERSONALIZED NUTRITION CONSULTATION

Nutrition Service | 50 min.

Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and wellbeing. This entry-level consultation is customized to suit your needs and interests.

INTRODUCTION TO AYURVEDA

Personal Training | 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.

SAGUARO NATIONAL PARK DISCOVERY TOUR

Outdoor Sports Activity | 2 hr. 30 min.

Enjoy a guided drive through majestic Saguaro National Park! Discover the lushest and most diverse desert ecosystem on earth, with stops for stunning views and a stopover at the visitor center for passport stamps and souvenirs.

GYROTONIC TRAINING

Personal Training | 50min.

This unique exercise system uses specialized equipment to support your fitness, flexibility, and more. Through a series of flowing, circular movements and breathwork, Gyrotonic® improves body alignment and function, offering a revitalizing workout that promotes overall wellness and balance.

LUXE LIFT & GLOW HYDRAFACIAL

Skin Care Service | 50 min.

This advanced HydraFacial deeply cleanses, exfoliates, and hydrates the skin with patented Vortex-Fusion technology. A personalized booster targets your unique skin needs, while LED light therapy refines tone, stimulates collagen, and reduces inflammation. Ideal for all skin types, this treatment leaves your complexion refreshed, revitalized, and radiant.

SKIN VITALITY MASSAGE

Spa Service | 50 min.

Experience a restorative massage that smooths, nourishes, and revives depleted skin. A concentrated vitamin D serum boosts immunity and protects against environmental stressors, while a gentle sugar cane-based exfoliant restores radiance. Then, a blend of anti-inflammatory oils hydrates and strengthens your moisture barrier, as bergamot, cardamom, and jasmine provide a calming aromatherapy experience.

RESTORATIVE SOUND BATH

Fitness Activity | 50 min.

Immerse yourself in a deeply restorative experience where sound meets stillness. Crystal singing bowls, gongs, and healing tones help guide you into deep relaxation, clearing blockages and bringing your whole being back into balance.

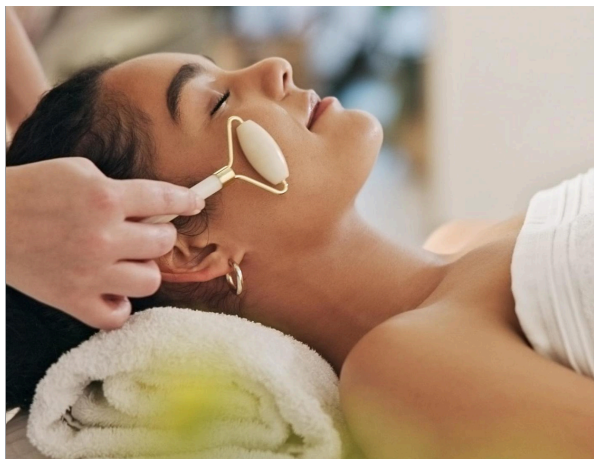
FIVE ELEMENTS RITUAL

Spa Service | 80 min.

This restorative treatment brings balance to the body and mind by aligning nature's five elements: Air, Fire, Water, Earth, and Space. Through targeted techniques and mindful touch, you'll experience a deep sense of harmony, grounding, and overall well-being.

FEATURED EVENTS

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



SPA SANCTUARY DISCOVERY DAYS

JANUARY 19 - 25

Escape to the Sonoran Desert for a transformative wellness experience designed to restore your mind, body, and spirit. Step into a serene sanctuary where you'll enjoy exclusive spa experiences – from deeply relaxing treatments to soothing rituals that melt tension. Throughout your stay, take part in expert-led wellness talks that offer valuable insights and guidance, helping you reconnect with your inner calm. Every detail of this curated experience is crafted to nurture your well-being, leaving you refreshed, renewed, and inspired.

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



THE SCIENCE OF COMPASSION & CONNECTION WITH GUEST EXPERT REVEREND KIM CRAWFORD HARVIE

JANUARY 22 - 28

Join us at our Tucson resort for a thoughtful exploration of how compassion and connection support both emotional and physical health. Special guest expert Reverend Kim Crawford Harvie will integrate neuroscience, psychology, poetry, and lived experience to explore belonging as a basic human need. Learn how compassion affects stress and aging, and gain perspective on grief and heartbreak. This event supports reflection, emotional clarity, and practical ways to build resilience in personal and professional life.

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



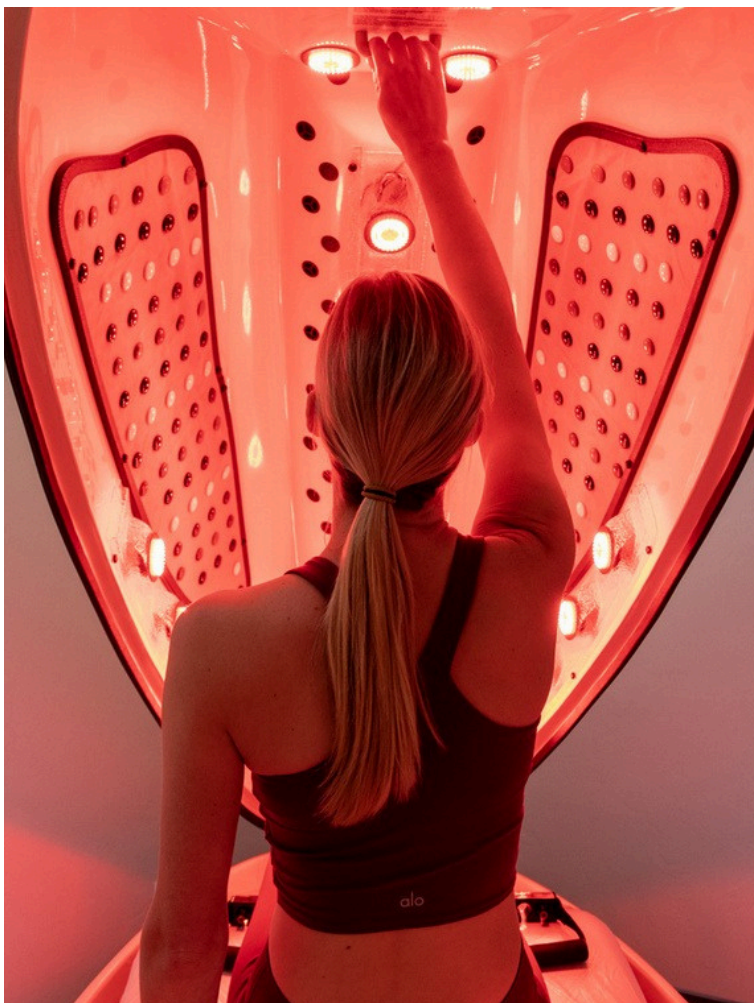
UPCOMING CREATE RESILIENT RELATIONSHIPS WITH GUEST EXPERTS STAN TATKIN & TRACEY BOLDEMANN-TATKIN

JANUARY 29 - FEBRUARY 1

Strengthen your partnership with Stan Tatkin and Tracey Boldemann-Tatkin during this week at our Sonoran Desert resort. Using their “Couple Bubble” system and PACT principles, you'll explore tools to deepen trust, increase intimacy, improve communication, and manage conflict with fairness and sensitivity. This program is designed for couples who need a reset as well as those looking to enrich an already strong relationship and build a lasting connection grounded in respect and security.



Take your wellness routine to the next level with our collection of dedicated recovery spaces. Featuring equipment chosen by 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 Shiftwave 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.

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 CR VITALITY | \$100

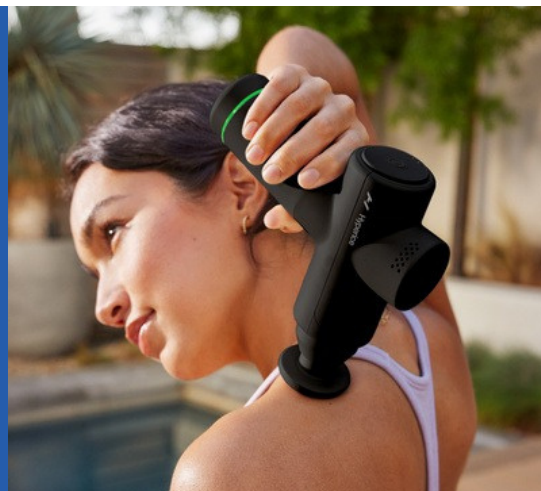
To book, please contact your Wellness Guide or visit us at CR Vitality located in the Spa Building. **Open Daily.**

RECOVER IN YOUR ROOM

Enjoy the following Hyperice Recovery Tools in your room:

- Hypervolt Go 2 Massage Device
- Normatec Elite Legs Compression Boots
- Venom 2 Back Heat and Massage Wrap

Book in the Canyon Ranch App or contact your Wellness Guide to have these tools delivered to your room.



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



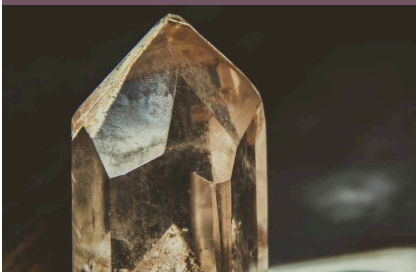
SKIN CARE & SALON

- Kerastase Hair Care Products
- Biologique Recherche
- Environ
- VENN

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

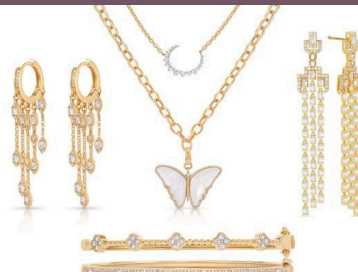
HAPI HARA



SUNDAY, JANUARY 18 -
WEDNESDAY, JANUARY 21

Join metaphysical, crystal, and gemstone expert, Hapi Hara and discover how to harness the healing energies of rocks and crystals.

LORI BARROS



SATURDAY, JANUARY 24 -
SUNDAY, JANUARY 25

Join jewelry designer, Lori Barros for a two day trunk show. Do not miss the opportunity to see the diamonds and gemstone custom fine jewelry designed with a fusion of elegance and edge.

MONDAY January 19, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

7:00 AM	MORNING WALK 30 min • Spa Lobby MORNING WALK 45 min • Spa Lobby *BIKE RIDE: LEVEL 4 - HOHOKAM 5 hr • Outdoor Sports Lobby • Limit 6 COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	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 CHINESE MEDICINE FOR DIGESTION AND METABOLISM 50 min • Catalina Room • CME *YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140 *PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80 PROPERTY TOUR 45 min • Eucalyptus Circle *DAZZLE DRY NAIL BAR DD 4 hr • Spa Lobby
7:30 AM	*HIKE: LEVEL 4 - SOLDIER TRAIL 5 hr • Outdoor Sports Lobby • Limit 12 *SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12	10:30 AM	*HIKE: LEVEL 2 - GARWOOD TRAIL 4 hr 30 min • Outdoor Sports Lobby • Limit 12
7:45 AM	*HIKE: LEVEL 3 - PONTATOC RIDGE 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Cactus Room PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12 YOGA SCULPT 45 min • Yoga Studio • Limit 18 ZUMBA® 45 min • Studio 1 • Limit 30 *SKIN AUTHORITY PEEL BAR MINI TREATMENTS DD 5 hr • Spa Lobby
8:00 AM	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400 *ARIZONA-SONORA DESERT MUSEUM 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195 *TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140 *HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110 *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	CORE CONDITIONING 45 min • Studio 1 • Limit 15 DESERT DRUMMING 45 min • Studio 2 • Limit 30 TRX STRONG 45 min • Studio 3 • Limit 15 EXPLORING NARCISSISM 50 min • Cactus Room • CME *CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		

DISCOVER OUR PROPERTY

Did you know we offer complimentary tours every day at 10 AM and 4 PM?

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	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80	4:00 PM	AGING GRACEFULLY WITH AYURVEDA 50 min • Catalina Room
	LUNCH & LEARN: TORTILLA CRUSTED CHICKEN 1 hr • Demo Kitchen • Limit 36		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	REPLENISHING THE WELL DD 50 min • Catalina Room • CME		THE ART OF WATERCOLOR: BASIC TECHNIQUE DD 1 hr 30 min • Art Studio 1 • Limit 15
1:30 PM	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN DD 50 min • Spa Lobby • Limit 25
	*ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		PROPERTY TOUR 45 min • Eucalyptus Circle
2:00 PM	CHAIR YOGA 45 min • Yoga Studio • Limit 20	5:00 PM	INTRODUCTION TO VEDIC ASTROLOGY 50 min • Cactus Room
	WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15		OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	WATER WORKOUT 45 min • T-Pool • Limit 24	5:15 PM	*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
3:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
	FREEFORM FUSION 45 min • Studio 2 • Limit 14		CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	MUSCLE MAX 45 min • Studio 3 • Limit 12	6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20	7:00 PM	TUCSON: UNESCO CITY OF GASTRONOMY 50 min • Catalina 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.

TUESDAY January 20, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

7:00 AM	MORNING WALK 30 min • Spa Lobby	10:00 AM	H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 45 min • Spa Lobby		MUSCLE MAX 45 min • Studio 3 • Limit 12
	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		STRETCH 45 min • Yoga Studio • Limit 30
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		UNDERSTANDING COMPLEX SYNDROMES 50 min • Catalina Room • CME
7:30 AM	*HIKE: LEVEL 4 - DOUGLAS SPRINGS 6 hr 30 min • Outdoor Sports Lobby • Limit 12		*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - FINGER ROCK 4 hr • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
8:00 AM	*HIKE: LEVEL 2 - PHONELINE 4 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
	*BIKE RIDE: LEVEL 3 - COLOSSAL CAVE LOOP 4 hr • Outdoor Sports Lobby • Limit 12		*DAZZLE DRY NAIL BAR DD 4 hr • Spa Lobby
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	11:00 AM	POWER FLOW 45 min • Yoga Studio • Limit 30
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		TRX FUSION 45 min • Studio 3 • Limit 15
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		VIPR SLAM 45 min • Studio 1 • Limit 20
9:00 AM	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		
	*ART & ECHOES: BIKING THROUGH THE OLD PUEBLO NEW! 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110		
	*PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE NEW! 50 min • Racquet Court 1 • Limit 4 • \$110		

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

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

Thank you for helping keep Canyon Ranch serene.

All activities are FIRST COME, FIRST SERVED unless marked with 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	BREATHING 20 min • Yoga Studio • Limit 30 LUNCH & LEARN: SESAME ORANGE SALMON 1 hr • Demo Kitchen • Limit 36	4:00 PM	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20 *PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110 *CEREMONIAL CACAO EXPERIENCE NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140 *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80 YOGA NIDRA 45 min • Yoga Studio • Limit 20 PROPERTY TOUR 45 min • Eucalyptus Circle
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80 THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH NEW! 50 min • Catalina Room • CME *BIKE RIDE: LEVEL 2 - PANTANO RIVER PATH 3 hr • Outdoor Sports Lobby • Limit 12 *KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room 5:30 PM *COMMUNITY TABLE 1 hr • Vaquero • Limit 6 *RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
1:30 PM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12 *HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220 *PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8 *JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20 6:30 PM *COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140 *NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10 PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30 WATER WORKOUT 45 min • T-Pool • Limit 24 CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20	7:00 PM	ISLANDS IN THE SKY & THE SOUTHWEST MONSOON 50 min • Cactus Room MEMORY WIRE BRACELET 1 hr 30 min • Art Studio 1 • Limit 15
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 STRENGTH LAB: AN INTERACTIVE SESSION NEW! 50 min • Cardio & Strength Gym • 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.

WEDNESDAY January 21, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

7:00 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle

7:30 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12

*HIKE: LEVEL 4 - PONTATOC TRAIL
5 hr • Outdoor Sports Lobby • Limit 12

7:45 AM *HIKE: LEVEL 3 - DOUGLAS/ROCK SPRINGS
4 hr 30 min • Outdoor Sports Lobby • Limit 12

8:00 AM KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

*BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101
4 hr • Outdoor Sports Lobby • Limit 4

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

*DESERT TRAIL RUNNING
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

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

9:00 AM RHYTHM RIDE
DD 45 min • Golf Performance Center • Limit 12

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

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

LANDSCAPE TOUR
1 hr • Clubhouse

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

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

*SAGUARO NATIONAL PARK DISCOVERY TOUR
2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110

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

PROPERTY TOUR
45 min • Eucalyptus Circle

10:30 AM *HIKE: LEVEL 2 - ESPERERO/SABINO LOOP
4 hr • Outdoor Sports Lobby • Limit 12

11:00 AM *CRYSTAL ENERGY WORKSHOP
1 hr 40 min • Sanctuary • Limit 10 • \$175

CHAIR YOGA
45 min • Yoga Studio • Limit 20

ZUMBA®
45 min • Studio 1 • Limit 30

COMPASSION CIRCLE FOR GRIEF & GRATITUDE
50 min • Sanctuary

*BIKE RIDE: LEVEL 2 - CAFE RIDE
4 hr • Outdoor Sports Lobby • Limit 12

*BIOLOGIQUE RECHERCHE CONSULTATIONS
DD 5 hr • Spa Lobby

WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15

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	<p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH & LEARN: TAHINI SHRIMP LETTUCE WRAPS 1 hr • Demo Kitchen • Limit 36</p>	4:00 PM	<p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p>
1:00 PM	<p>*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>GYROKINESIS 45 min • Yoga Studio • Limit 15</p> <p>LET'S DANCE 45 min • Studio 1 • Limit 30</p> <p>ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS 50 min • Sanctuary • CME</p> <p>*TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p>		<p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p>
1:30 PM	<p>*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>	5:00 PM	<p>OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room</p>
2:00 PM	<p>KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12</p> <p>LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80</p> <p>*HANDS-ON COOKING: COCOA & CRAFT NEW! 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20</p>	5:15 PM	<p>*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p>
		5:30 PM	<p>*COMMUNITY TABLE 1 hr • Vaquero • Limit 6</p> <p>*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80</p>
		6:00 PM	<p>CREATE YOUR OWN BAG CHARM DD NEW! 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20</p>
		6:30 PM	<p>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
		7:00 PM	<p>THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 1 hr • Catalina Room</p>
3:00 PM	<p>LEARNING SELF-REIKI NEW! 50 min • Cactus Room</p> <p>INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30</p> <p>GOOD VIBRATIONS 45 min • Studio 2 • Limit 14</p> <p>PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20</p> <p>MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN 50 min • Catalina Room • CME</p>	8:00 PM	<p>*BARREL TO GLASS: A CURATED BOURBON JOURNEY NEW! 1 hr • Javelina Cantina • Limit 6 • \$125</p>



For activity descriptions, please scan the QR



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 January 22, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

7:00 AM **SUNRISE YOGA**
1 hr • Yoga Studio • Limit 30

COWBOY COFFEE
DD 1 hr 30 min • Eucalyptus Circle

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

***ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS**
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

7:30 AM ***HIKE: LEVEL 4 - PIMA CANYON**
7 hr • Outdoor Sports Lobby • Limit 12

7:45 AM ***HIKE: LEVEL 3 - ROMERO POOLS**
5 hr 30 min • Outdoor Sports Lobby • Limit 12

8:00 AM ***HIKE: LEVEL 1 - SABINO LOOP**
3 hr 30 min • Outdoor Sports Lobby • Limit 12

***HIKE: LEVEL 2 - LOWER BEAR CANYON**
4 hr • Outdoor Sports Lobby • Limit 12

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

***BIKE RIDE: LEVEL 3 - HONEYBEE LOOP**
4 hr • Outdoor Sports Lobby • Limit 6

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

8:15 AM **CENTERING MEDITATION**
25 min • Sanctuary • Limit 30

DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20

9:00 AM **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

FINDING CALM: EASTERN WISDOM FOR MODERN LIFE
NEW! 50 min • Sanctuary

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

10:00 AM **THE SIXTH SENSE: HARNESSING YOUR INTUITION**
50 min • Cactus Room

CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

PROPERTY TOUR
45 min • Eucalyptus Circle

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

BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Catalina Room • CME

***ALASTIN SKIN HEALTH CONSULTATIONS**
DD 3 hr • Spa Lobby

***BIOLOGIQUE RECHERCHE CONSULTATIONS**
DD 5 hr • Spa Lobby

FITNESS CLASS REMINDERS

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes past the start of class.
- Pace yourself. Choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.

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	3:00 PM	BUFF BOOTY 45 min • Studio 1 • Limit 20
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		GENTLE VINYASA 45 min • Yoga Studio • Limit 30
	CAPTAIN'S TABLE: MEMBERSHIPS 1 hr • Vaquero • Limit 6		WALLYBALL 45 min • Racquet Court 1
	LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36		*HANDS-ON COOKING: THE LONGEVITY TABLE NEW! 1 hr • Demo Kitchen • Limit 10 • \$125
12:30 PM	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		AN ART JOURNAL EXPERIENCE DD 1 hr 30 min • Art Studio 1 • Limit 15
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	4:00 PM	THE HEALING ART OF AYURVEDIC THERAPIES DD 50 min • Catalina Room
1:00 PM	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	ALTERNATIVE THERAPIES FOR MENOPAUSE 50 min • Cactus Room • CME		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	PILATES FOR BALANCE 45 min • Studio 1 • Limit 18		PROPERTY TOUR 45 min • Eucalyptus Circle
	*DESERT BOTANICALS BEAUTY WALK DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
1:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		SIP AND SHOP DD 2 hr • The Boutique at Canyon Ranch
	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1 • Limit 24
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:30 PM	RECOVERY TO PERFORMANCE: SPORTS MEDICINE MYTHS NEW! 50 min • Cactus Room
2:00 PM	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T-Pool • Limit 24	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	CR STRENGTH 45 min • Golf Performance Center • Limit 10		



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 January 23, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

4:30 AM *SANDHILL CRANE ASCENSION
6 hr • Outdoor Sports Lobby • Limit 6 • \$280

7:00 AM COWBOY COFFEE
DD 1 hr 30 min • Eucalyptus Circle

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

7:30 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12

*HIKE: LEVEL 4 - HOLLIN BASIN
5 hr • Outdoor Sports Lobby • Limit 12

*ARIZONA-SONORA DESERT MUSEUM
5 hr 30 min • Outdoor Sports Lobby •
Limit 8 • \$195

7:45 AM *HIKE: LEVEL 3 - BLACKETTS RIDGE
4 hr • Outdoor Sports Lobby • Limit 12

8:00 AM *BIKE RIDE: LEVEL 3 - SAGUARO SPIN
3 hr • Outdoor Sports Lobby • Limit 10

*ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400

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

9:00 AM 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

WHEN SHOULDERS SPEAK: PAIN
DECODED & TREATED
NEW! 50 min • Catalina Room • CME

*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80

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

*QI GONG IN THE DESERT
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

*PICKLEBALL SKILL DEVELOPMENT CLINIC
1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200

PROPERTY TOUR
45 min • Eucalyptus Circle

10:15 AM *HIKE: LEVEL 2 - MILAGROSA OVERLOOK
4 hr • Outdoor Sports Lobby • Limit 12

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

*ALASTIN SKIN HEALTH CONSULTATIONS
DD 3 hr • Spa Lobby

CME ACCREDITATION

Did you know Canyon Ranch offers 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	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20	4:00 PM	BEYOND THE PHYSICAL: METAPHYSICAL 101 NEW! 50 min • Spa Lobby
	LUNCH & LEARN: CHICKEN TIKKA MASALA 1 hr • Demo Kitchen • Limit 36		MEDITATION 25 min • Sanctuary • Limit 30
1:00 PM	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		PROPERTY TOUR 45 min • Eucalyptus Circle
	THE POWER OF MOVEMENT FOR LONGEVITY NEW! 50 min • Catalina Room • CME	4:15 PM	*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR NEW! 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110
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	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12		*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE NEW! 1 hr • Javelina Cantina • Limit 15 • \$125
	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
	THE ROAD TO AUTHENTICITY THROUGH ASTROLOGY 50 min • Cactus Room	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	*BIKE RIDE: LEVEL 1 - RILLITO RIVER PATH 2 hr 30 min • Outdoor Sports Lobby • Limit 12	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	7:00 PM	MAGNANIMITY WITH REV. KIM CRAWFORD HARVIE GE 50 min • Catalina Room
	MINDFUL MANDALA DOT PAINTING 1 hr 30 min • Art Studio 1 • Limit 12	8:30 PM	BEAUTY BINGO DD 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		
	*HANDS-ON COOKING: FAST & NOURISHED NEW! 1 hr • Demo Kitchen • Limit 10 • \$125		



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SATURDAY January 24, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

7:00 AM COWBOY COFFEE
DD 1 hr 30 min • Eucalyptus Circle

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

7:30 AM *HIKE: LEVEL 4 - FORT LOWELL TRAIL
5 hr 30 min • Outdoor Sports Lobby • Limit 12

7:45 AM *HIKE: LEVEL 3 - VENTANA MAIDEN POOLS
4 hr 45 min • Outdoor Sports Lobby • Limit 12

8:00 AM *HIKE: LEVEL 1 - LOWER SABINO
default • Outdoor Sports Lobby • Limit 12

*HIKE: LEVEL 2 - SANTA CRUZ TRAIL
5 hr • Outdoor Sports Lobby • Limit 12

*BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH
3 hr 30 min • Outdoor Sports Lobby • Limit 12

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

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

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

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

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

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

NUTRITION STRATEGIES FOR PERI- AND
POST-MENOPAUSE
NEW! 50 min • Catalina Room

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

PROPERTY TOUR
45 min • Eucalyptus Circle

11:00 AM AQUA FIT
45 min • Aquatic Center • Limit 15

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

TRX STRONG
45 min • Studio 3 • Limit 15

*KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220

THE MORE, THE MERRIER

Interested in bringing a group of 8 guests or more to the Ranch? An all inclusive group experience is ideal for milestone events such as birthday celebrations, family reunions, friend getaways, social clubs, and corporate retreats.

For more information, please contact
GroupLeadsTucson@canyonranch.com.

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	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	BREATHING 20 min • Yoga Studio • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:00 PM	PILATES MAT 45 min • Yoga Studio • Limit 30		*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	MENOPAUSAL HORMONE REPLACEMENT THERAPY 50 min • Cactus Room • CME		PROPERTY TOUR 45 min • Eucalyptus Circle
1:30 PM	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		*RESTORATIVE SOUND BATH 50 min • Mohave Gym • Limit 25 • \$80
2:00 PM	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30	6:00 PM	MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8
	LET'S DANCE 45 min • Studio 1 • Limit 30		CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	WATER WORKOUT 45 min • T-Pool • Limit 24		*CHEF'S SEASONAL SHOWCASE DINNER NEW! 2 hr • Demo Kitchen • Limit 36 • \$70
	GRIND, GRIT & GRACE 50 min • Catalina Room • CME	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20		*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
3:00 PM	*PILATES-AERIAL CLINIC 50 min • Studio 3 • Limit 5 • \$80	7:00 PM	BELONGING WITH REV. KIM CRAWFORD HARVIE GE 50 min • Catalina Room
	VIPR SLAM 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30		
	RAINBOW CRYSTAL SUNCATCHERS DD 1 hr 30 min • Art Studio 1 • Limit 10		



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SUNDAY

January 25, 2026

(DD) DISCOVERY DAYS: SPA SANCTUARY

7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • 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
	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		EXERCISE & MENOPAUSE 50 min • Cactus Room • CME
7:30 AM	*HIKE: LEVEL 4 - QUILTER TRAIL 6 hr • Outdoor Sports Lobby • Limit 12		*QI GONG IN THE DESERT 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - VISTA DEL SOL 5 hr 30 min • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
8:00 AM	*AWAKEN THE QI: TAPPING INTO ENERGY FLOW NEW! 50 min • Private Fitness Studio 4 • Limit 6 • \$80		PROPERTY TOUR 45 min • Eucalyptus Circle
	*HIKE: LEVEL 2 - WILD HORSE CANYON 4 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
	*BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE 4 hr • Outdoor Sports Lobby • Limit 12		SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		*READING THE LINES OF LIFE NEW! 1 hr 30 min • Catalina Room • Limit 10 • \$110
9:00 AM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20	<div>HELD, HEARD, SUPPORTED During times of grief or life transition, you don't have to navigate it alone. Our Spiritual Wellness services offer a safe space to be heard, supported, and guided with care.</div>	
	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30		
	CYCLING 45 min • Golf Performance Center • Limit 12		
	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		

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	4:00 PM	DJ COUNTRY LINE DANCE 45 min • Studio 1 • Limit 30
1:00 PM	ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH 50 min • Cactus Room		STRETCH & RELAXATION DD 25 min • Studio 2 • Limit 20
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	QI GONG 45 min • Yoga Studio • Limit 30		LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS 50 min • Catalina Room • CME
	*HIKE: LEVEL 1 - CACTUS GARDEN LOOP 4 hr • Outdoor Sports Lobby • Limit 12		SONORAN SUDS 1 hr • Art Studio 1 • Limit 12
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
1:30 PM	*TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		PROPERTY TOUR 45 min • Eucalyptus Circle
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:00 PM	OPEN 12-STEP RECOVERY MEETING 1 hr • Mesquite Room
2:00 PM	DESERT DRUMMING 45 min • Studio 2 • Limit 30	5:30 PM	*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	POWER STEP & TONE NEW! 45 min • Golf Performance Center • Limit 12		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T-Pool • Limit 24		*RESTORATIVE SOUND BATH 50 min • Mohave Gym • Limit 25 • \$80
	KOREAN HAND THERAPY: HOLD ON TO BETTER HEALTH NEW! 50 min • Catalina Room	6:00 PM	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	7:00 PM	DEEP GRIEF, GREAT LOVE WITH KIM CRAWFORD HARVIE GE 50 min • Catalina Room
	CR VITALITY TOUR 30 min • Center for Life Enhancement • Limit 20	8:30 PM	BINGO 50 min • Pavilion
3:00 PM	DRUMMING CIRCLE 45 min • Studio 1 • Limit 20		
	TRX FUSION 45 min • Studio 3 • Limit 15		
	YIN YOGA 45 min • Yoga Studio • Limit 20		



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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

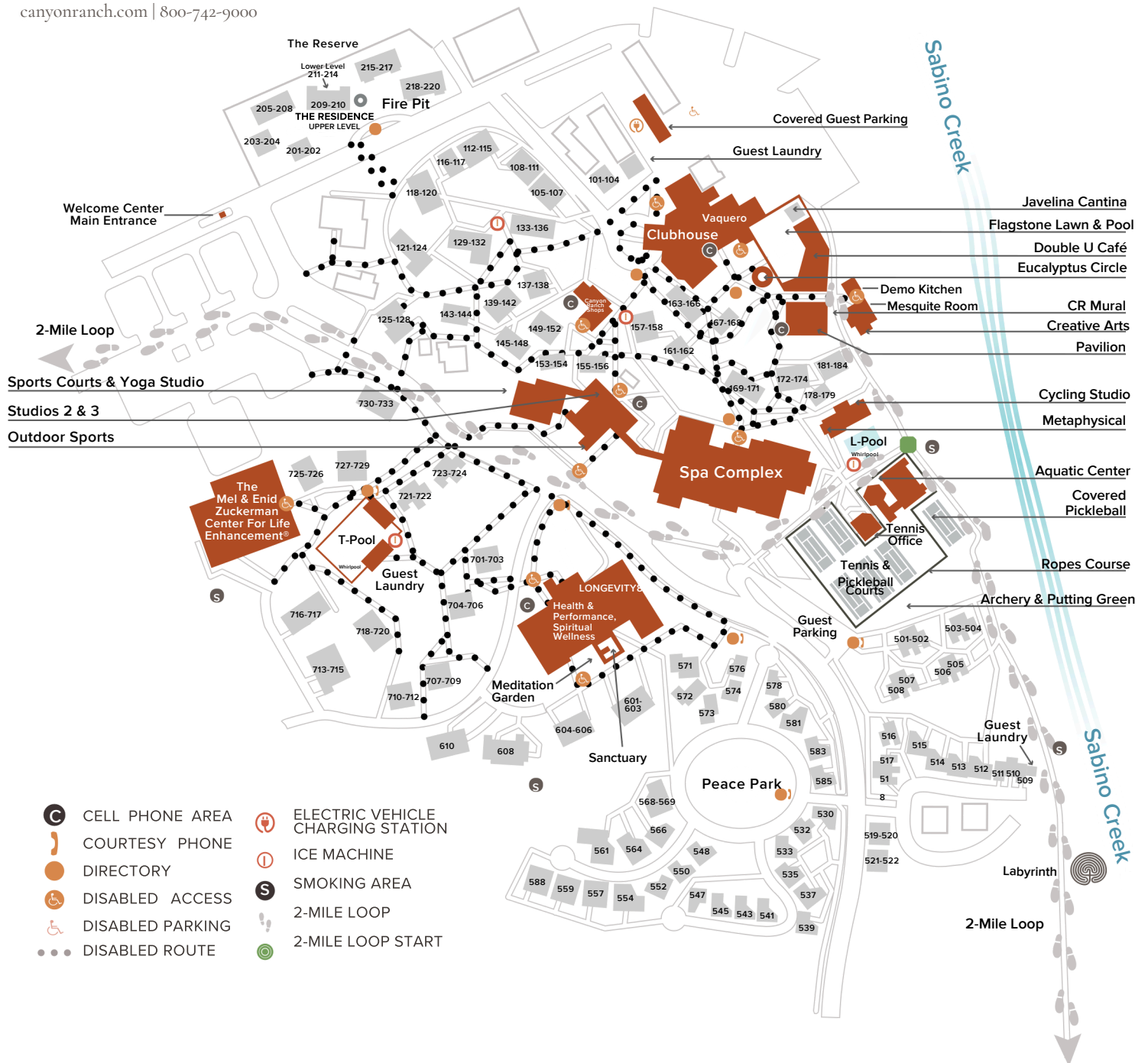
Located in the vibrant Cultural District, our club brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth Area.



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.