

RANCH SCHEDULE
JANUARY 26 - FEBRUARY 1, 2026

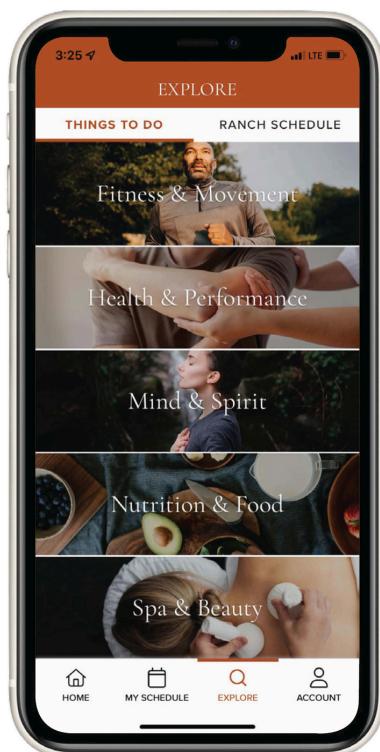


This schedule belongs to:



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: 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 Caf  & Flagstone Pool

Double U Caf : 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®.

Open 12-Step Recovery Meeting

Mesquite Room
Daily: 5:00 pm – 6:00 pm

WELCOME

Welcome to Canyon Ranch, Tucson!

As Managing Director, it's my pleasure to welcome you to our inspiring oasis of wellness and renewal. Canyon Ranch is an ever-evolving destination, dedicated to supporting your health and well-being. Think of it as your sanctuary—a place for transformation, discovery, and joy.

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

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

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

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

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

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



David Craig
Managing Director



DECISIONS, DECISIONS ...

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

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

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



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 FOR MORE UPCOMING EVENTS



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**'.



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.

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



THREE DESERT NIGHTS WITH KYLIE MORGAN

JANUARY 30 - FEBRUARY 1

Spend three nights with Kylie Morgan for acoustic sets, guided hikes, movement, and seasonal Southwestern meals. You get calm evenings with music and daytime sessions focused on presence and reflection. The mix of activity, sound, and quiet space helps you reset, reconnect, and return home with habits that support more balanced energy.

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



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.

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.

LIGHT THERAPY

Harness the whole-body benefits of red and infrared light therapy. Reduce pain, reverse signs of aging, ease training fatigue, 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.

NEW: AMMORTAL CHAMBER



A FASTER WAY TO RENEW. A DEEPER WAY TO FEEL WELL.

Located in our Spa building, this state-of-the-art wellness chamber combines several restorative modalities — red light, PEMF, guided breath work, and more — all in one session, leaving you revitalized and energized.

Book in the Canyon Ranch App or contact your Wellness Guide. (\$)

IN-ROOM: HYPERICE



RECOVER IN YOUR ROOM

Enjoy the following Hyperice Recovery Tools:

- 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)



YOUNG IN THE MOUNTAINS

FRIDAY, JANUARY 30 -
SATURDAY, JANUARY 31

Join jewelry designer, Mariele Ivy with Young in The Mountains for a two-day trunk show. Collected and respected, worldwide. Experience a line that has integrity in sourcing, and unmatched creativity.

MONDAY January 26, 2026

(GE) GUEST EXPERT: THE SCIENCE OF COMPASSION & CONNECTION WITH REV. KIM CRAWFORD HARVIE

4:30 AM	*SANDHILL CRANE ASCENSION 6 hr • Outdoor Sports Lobby • Limit 6 • \$280	10:00 AM	EASTERN PRACTICES FOR MENOPAUSE 50 min • Catalina Room • CME
6:30 AM	*HIKE: LEVEL 4 - PICACHO PEAK 6 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
7:00 AM	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
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		*ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:15 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:30 AM	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400		*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		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
7:45 AM	*HIKE: LEVEL 3 - WEST SPRING 4 hr 15 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
8:00 AM	*HIKE: LEVEL 2 - SUTHERLAND TRAIL 5 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Cactus Room
	*BIKE RIDE: LEVEL 3 - CANADA DEL ORO 4 hr • Outdoor Sports Lobby • Limit 12		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
	*HIKE & PAINT 4 hr • Spa Lobby • Limit 8 • \$110		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	*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		
9:00 AM	BURNOUT & RESILIENCE 50 min • Cactus Room • CME		
	CORE CONDITIONING 45 min • Studio 1 • Limit 15		
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		
	TRX STRONG 45 min • Studio 3 • Limit 15		
	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		
	*VICTORIA BECKHAM X AUGUSTINUS BAKER BEAUTY RITUAL 9 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.

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	LUNCH & LEARN: CURRY CHICKEN LETTUCE WRAPS 1 hr • Demo Kitchen • Limit 36 *AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80	4:00 PM	FOOD AS MEDICINE IN AYURVEDA 50 min • Catalina Room RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80 *BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101 4 hr • Outdoor Sports Lobby • Limit 4 *JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220 *TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140 FOLLOW YOUR HEARTBREAK WITH REV. KIM CRAWFORD HARVIE GE 50 min • Catalina Room		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20 MEMORY WIRE BRACELET 1 hr 30 min • Art Studio 1 • Limit 15 *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80 INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN 50 min • Spa Lobby • Limit 25 PROPERTY TOUR 45 min • Eucalyptus Circle
1:30 PM	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:00 PM	UNDER THE VEDIC SUN 50 min • Cactus Room
2:00 PM	CHAIR YOGA 45 min • Yoga Studio • Limit 20 WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15 WATER WORKOUT 45 min • T-Pool • Limit 24 *MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110 *COMMUNITY TABLE 1 hr • Vaquero • Limit 6
3:00 PM	FREEFORM FUSION 45 min • Studio 2 • Limit 14 MUSCLE MAX 45 min • Studio 3 • Limit 12 POSTURE & BALANCE 45 min • Studio 1 • Limit 20	6:00 PM	*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80 *TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
		6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
		7:00 PM	ITS ABOUT TIME NEW! 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 27, 2026

(GE) GUEST EXPERT: THE SCIENCE OF COMPASSION & CONNECTION WITH REV. KIM CRAWFORD HARVIE

7:00 AM	MORNING WALK 30 min • Spa Lobby	10:00 AM	UNDERSTANDING COMPLEX SYNDROMES 50 min • Catalina Room • CME
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		MUSCLE MAX 45 min • Studio 3 • Limit 12
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		STRETCH 45 min • Yoga Studio • Limit 30
7:30 AM	*HIKE: LEVEL 4 - TANQUE VERDE RIDGE 6 hr • Outdoor Sports Lobby • Limit 12		*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - MCDOUGAL RIDGE 4 hr 45 min • Outdoor Sports Lobby • Limit 12		*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
8:00 AM	*HIKE: LEVEL 1 - CACTUS GARDEN LOOP 4 hr • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	*HIKE: LEVEL 2 - PONTATOC OVERLOOK 4 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
	*BIKE RIDE: LEVEL 4 - ROCKING COBBLER 4 hr • Outdoor Sports Lobby • Limit 12	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		POETRY SAUNTER WITH REV. KIM CRAWFORD HARVIE GE 50 min • Clubhouse Living Room
	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		
	*VICTORIA BECKHAM X AUGUSTINUS BAKER BEAUTY RITUAL 4 hr • Spa Lobby		

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!

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NOON	LUNCH & LEARN: GRILLED STEAK FAJITAS 1 hr • Demo Kitchen • Limit 36	4:00 PM	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	BREATHING 20 min • Yoga Studio • Limit 30		*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8
1:00 PM	THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH NEW! 50 min • Cactus Room • CME		*CEREMONIAL CACAO EXPERIENCE NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		YOGA NIDRA 45 min • Yoga Studio • Limit 20
1:30 PM	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:30 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T-Pool • Limit 24	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	CR STRENGTH 45 min • Golf Performance Center • Limit 10		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
3:00 PM	FOUNDATIONS OF STRENGTH 50 min • Catalina Room • CME	7:00 PM	PUBLIC SPEAKING: BE EMPOWERED! 50 min • Catalina Room
	BUFF BOOTY 45 min • Studio 1 • Limit 20	8:00 PM	TAKE A BREATH BREAK 50 min • Cactus Room
	WALLYBALL 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		
	MAKEUP TIPS AND TRICKS NEW! 50 min • Spa Lobby		



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WEDNESDAY January 28, 2026

6:30 AM	*GRAVEL RIDE IN LAS CIENEGAS NEW! 5 hr • Outdoor Sports Lobby • Limit 6 • \$280	10:00 AM	H2O POWER 45 min • T-Pool • Limit 24
7:00 AM	MORNING WALK 30 min • Spa Lobby		MUSCLE MAX 45 min • Studio 3 • Limit 12
	MORNING WALK 45 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12
7:15 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		*SAGUARO NATIONAL PARK DISCOVERY TOUR 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110
7:30 AM	*HIKE: LEVEL 4 - BLACKETT'S RIDGE 4 hr 30 min • Outdoor Sports Lobby • Limit 12		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		PROPERTY TOUR 45 min • Eucalyptus Circle
7:45 AM	*HIKE: LEVEL 3 - BEAR CANYON 5 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
8:00 AM	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		CHAIR YOGA 45 min • Yoga Studio • Limit 20
	*HIKE: LEVEL 2 - PIMA CANYON 4 hr • Outdoor Sports Lobby • Limit 12		TRX STRONG 45 min • Studio 3 • Limit 15
	*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		
9:00 AM	LANDSCAPE TOUR 1 hr • Clubhouse		
	RHYTHM RIDE 45 min • Golf Performance Center • Limit 12		
	ROCKIN' RETRO 45 min • Studio 1 • Limit 30		
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		
	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		

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.

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	LUNCH & LEARN: TAHINI SHRIMP LETTUCE WRAPS 1 hr • Demo Kitchen • Limit 36 *AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80	4:00 PM	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20 STRETCH & RELAXATION 25 min • Studio 2 • Limit 20 *PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
1:00 PM	CHINESE MEDICINE FOR SEASONAL WELLNESS NEW! 50 min • Sanctuary *GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80 GYROKINESIS 45 min • Yoga Studio • Limit 15 LET'S DANCE 45 min • Studio 1 • Limit 30 *INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80 PROPERTY TOUR 45 min • Eucalyptus Circle A MEDICAL PERSPECTIVE ON LONGEVITY 50 min • Cactus Room • CME *RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80 *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	CREATE YOUR OWN BAG CHARM NEW! 1 hr 30 min • Art Studio 1 • Limit 15 *TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
2:00 PM	*HANDS-ON COOKING: COCOA & CRAFT NEW! 1 hr • Demo Kitchen • Limit 10 • \$125 KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12 LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20 WATER WORKOUT 45 min • T-Pool • Limit 24 *PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80	6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 7:00 PM
3:00 PM	LEARNING SELF-REIKI NEW! 50 min • Cactus Room MINDSET FOR OPTIMUM PERFORMANCE 50 min • Catalina Room • CME INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30 GOOD VIBRATIONS 45 min • Studio 2 • Limit 14 PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20	8:00 PM	LIVING & CREATING WITH REVERENCE 50 min • Catalina Room *BARREL TO GLASS: A CURATED BOURBON JOURNEY NEW! 1 hr • Javelina Cantina • Limit 6 • \$125



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THURSDAY January 29, 2026

(GE) GUEST EXPERTS: CREATE RESILIENT RELATIONSHIPS WITH STAN TATKIN AND TRACEY BOLDEMANN-TATKIN

7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	10:00 AM	ANGELS AMONG US 50 min • Cactus Room
	MORNING WALK 30 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	SUNRISE YOGA 1 hr • Yoga Studio • Limit 30		STRETCH 45 min • Yoga Studio • Limit 30
	*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS 4 hr • Outdoor Sports Lobby • Limit 8 • \$140		*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:30 AM	*HIKE: LEVEL 4 - THIMBLE VIEW 6 hr 30 min • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
7:45 AM	*HIKE: LEVEL 3 - BALANCED ROCK 4 hr 30 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
8:00 AM	*HIKE: LEVEL 2 - LIME KILN TRAIL 4 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	FUELING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN 50 min • Catalina Room • CME
	*HIKE: LEVEL 1 - BLACK HOLE 3 hr 30 min • Outdoor Sports Lobby • Limit 12		DJ DANCE PARTY 45 min • Studio 1 • Limit 30
	*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	*BIKE RIDE: LEVEL 3 - SAGUARO SPIN 3 hr • Outdoor Sports Lobby • Limit 10		YOGA FOR DETOX 45 min • Yoga Studio • Limit 20
	*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	WALKING MEDITATION 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		
	*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.

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	CAPTAIN'S TABLE: MEMBERSHIPS 1 hr • Vaquero • Limit 6	3:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE NEW! 1 hr • Demo Kitchen • Limit 10 • \$125
	LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36		BUFF BOOTY 45 min • Studio 1 • Limit 20
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		QI GONG AND YOGA 45 min • Yoga Studio • Limit 20
	CORE & MORE 20 min • Studio 2 • Limit 16		WALLYBALL 45 min • Racquet Court 1
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15
1:00 PM	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	4:00 PM	ESTABLISHING A COUPLE BUBBLE GE 50 min • Catalina Room
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD 4 hr • Outdoor Sports Lobby • Limit 6		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	REST EASY: TIPS FOR A GOOD NIGHT'S SLEEP NEW! 50 min • Catalina Room		PROPERTY TOUR 45 min • Eucalyptus Circle
	PILATES FOR BALANCE 45 min • Studio 1 • Limit 18	5:00 PM	SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
1:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30
	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:30 PM	ACUPUNCTURE: MYTHS VS EVIDENCE 50 min • Cactus Room
	*DESERT BOTANICALS BEAUTY WALK 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:00 PM	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	WATER WORKOUT 45 min • T-Pool • Limit 24		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		
	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 30, 2026

(GE) GUEST EXPERTS: CREATE RESILIENT RELATIONSHIPS WITH STAN TATKIN AND TRACEY BOLDEMANN-TATKIN

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		*HIKE: LEVEL 2 - VENTANA TRAIL 4 hr • Outdoor Sports Lobby • Limit 12
7:15 AM	*SABINO CANYON WALK SE 2 hr • Outdoor Sports Lobby • Limit 12		*QI GONG IN THE DESERT 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:30 AM	*HIKE: LEVEL 4 - ESPERERO 5 hr • Outdoor Sports Lobby • Limit 12		*PICKLEBALL SKILL DEVELOPMENT CLINIC 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
	*ARIZONA-SONORA DESERT MUSEUM 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195		PROPERTY TOUR 45 min • Eucalyptus Circle
	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400	11:00 AM	EXPLORATION IN SOUL CONSCIOUSNESS SE 50 min • Cactus Room
7:45 AM	*HIKE: LEVEL 3 - PHONELINE 5 hr 30 min • Outdoor Sports Lobby • Limit 12		AQUA FIT 45 min • Aquatic Center • Limit 15
8:00 AM	*BIKE RIDE: LEVEL 2 - PANTANO RIVER PATH 3 hr • Outdoor Sports Lobby • Limit 12		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		YOGA SCULPT 45 min • Yoga Studio • Limit 18
9:00 AM	MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE NEW! 50 min • Catalina Room • CME		
	CHAIR YOGA 45 min • Yoga Studio • Limit 20		
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		
	WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15		
	*TENNIS CLINIC 50 min • Tennis 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.

(SE) SIGNATURE EVENT: THREE DESERT NIGHTS WITH KYLIE MORGAN

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

NOON	LUNCH & LEARN: CRAB CAKES 1 hr • Demo Kitchen • Limit 36	4:00 PM	BEYOND THE PHYSICAL: METAPHYSICAL 101 NEW! 50 min • Spa Lobby
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		MEDITATION 25 min • Sanctuary • Limit 30
1:00 PM	ZONE 2 AND YOU 50 min • Catalina Room • CME		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
	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80		PROPERTY TOUR 45 min • Eucalyptus Circle
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80	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	*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE SE 1 hr • Javelina Cantina • Limit 15 • \$125
2:00 PM	ASTROLOGY: BEYOND THE BASICS 50 min • Cactus Room		FIGHTING WELL & GETTING TO RELIEF GE 50 min • Catalina Room
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T-Pool • Limit 24	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	8:30 PM	BINGO 50 min • Pavilion
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		
	*DYE YOUR OWN SILK SCARF 2 hr 30 min • Art Studio 1 • Limit 6 • \$75		
3:00 PM	*HANDS-ON COOKING: FAST & NOURISHED NEW! 1 hr • Demo Kitchen • Limit 10 • \$125		
	YIN YOGA 45 min • Yoga Studio • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	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.

SATURDAY January 31, 2026

(GE) GUEST EXPERT: CREATE RESILIENT RELATIONSHIPS WITH STAN TATKIN AND TRACEY BOLDEMANN-TATKIN

7:00 AM	COWBOY COFFEE SE 1 hr 30 min • Eucalyptus Circle	10:00 AM	NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE NEW! 50 min • Catalina Room • CME
	MORNING WALK 30 min • Spa Lobby		CORE CONDITIONING 45 min • Studio 1 • Limit 15
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
7:30 AM	*HIKE: LEVEL 4 - MILAGROSA LOOP 5 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
7:45 AM	*HIKE: LEVEL 3 - SWEETWATER SADDLE 6 hr 15 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
8:00 AM	*HIKE: LEVEL 2 - GARWOOD DAM LOOP 4 hr • Outdoor Sports Lobby • Limit 12	10:30 AM	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
	*BIKE RIDE: LEVEL 2 - STEAM PUMP MARKET 4 hr • Outdoor Sports Lobby • Limit 12		INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		TRX STRONG 45 min • Studio 3 • Limit 15
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	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		
	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20		

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.

(SE) SIGNATURE EVENT: THREE DESERT NIGHTS WITH KYLIE MORGAN

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. 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	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20		*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	PILATES MAT 45 min • Yoga Studio • Limit 30		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8		PROPERTY TOUR 45 min • Eucalyptus Circle
	NEW SCIENTIFIC STUDIES IN MEDICINE NEW! 50 min • Catalina Room • CME	5:00 PM	FROM CONFLICT TO QUICK REPAIR GE 50 min • Catalina Room
1:30 PM	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		BBQ NIGHT BY THE FLAGSTONE POOL SE 2 hr 30 min • Double U Café
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:30 PM	*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15	6:00 PM	MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8
	WATER WORKOUT 45 min • T-Pool • Limit 24		*CHEF'S SEASONAL SHOWCASE DINNER 2 hr • Demo Kitchen • Limit 36 • \$70
3:00 PM	VIPR SLAM 45 min • Studio 1 • Limit 20	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	WALLYBALL 45 min • Racquet Court 1		*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30	7:30 PM	SONGS UNDER THE STARS WITH KYLIE MORGAN SE 1 hr • Flagstone Lawn
	*PILATES-AERIAL CLINIC 50 min • Studio 3 • Limit 5 • \$80		
	THE ART OF ORIGAMI 1 hr 30 min • Art Studio 1 • 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.

SUNDAY February 1, 2026

(GE) GUEST EXPERT: CREATE RESILIENT RELATIONSHIPS WITH STAN TATKIN AND TRACEY BOLDEMANN-TATKIN

7:00 AM	COWBOY COFFEE SE 1 hr 30 min • Eucalyptus Circle	10:00 AM	THE SCIENCE OF WEIGHT LOSS 50 min • Cactus Room • CME
	MORNING WALK 30 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		STRETCH 45 min • Yoga Studio • Limit 30
7:30 AM	*HIKE: LEVEL 4 - KING CANYON LOOP 6 hr 45 min • Outdoor Sports Lobby • Limit 12		*QI GONG IN THE DESERT 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - FT. LOWELL HILLS 4 hr 45 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 - MISSION VIEW 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	CLEAR AGREEMENTS & RITUALS IN RELATIONSHIPS GE 50 min • Catalina Room
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		AQUA FIT 45 min • Aquatic Center • Limit 15
9:00 AM	ECOLOGY WALK 1 hr • Spa Lobby		SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20
	BUTI MOVEMENTS® 45 min • Yoga Studio • Limit 30		ZUMBA® 45 min • Studio 1 • Limit 30
	CORE CONDITIONING 45 min • Studio 1 • Limit 15		VEDIC PALMISTRY: IT'S ALL IN OUR HANDS SE 50 min • Cactus Room
	CYCLING 45 min • Golf Performance Center • Limit 12		
	*HIKE: LEVEL 1 - LOWER SABINO 3 hr • Outdoor Sports Lobby • Limit 12		
	*BIKE RIDE: LEVEL 3 - AGUA CALIENTE 3 hr • Outdoor Sports Lobby • Limit 12		

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.

(SE) SIGNATURE EVENT: THREE DESERT NIGHTS WITH KYLIE MORGAN

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. 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	YOUR PATH TO PAIN-FREE KNEES NEW! 50 min • Catalina Room • CME
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		DJ COUNTRY LINE DANCE 45 min • Studio 1 • Limit 30
	QI GONG 45 min • Yoga Studio • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		PROPERTY TOUR 45 min • Eucalyptus Circle
1:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
	*TUCSON BOTANICAL GARDEN TOUR SE NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:00 PM	ACUPUNCTURE 101: INSIDE THE TREATMENT ROOM 50 min • Sanctuary • Limit 8	6:00 PM	*MOON WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	DESERT DRUMMING 45 min • Studio 2 • Limit 30	7:00 PM	CRYSTAL SINGING BOWL MEDITATION SE 50 min • Sanctuary
	POWER STEP & TONE NEW! 45 min • Golf Performance Center • Limit 12	8:30 PM	BINGO 50 min • Pavilion
	WATER WORKOUT 45 min • T-Pool • Limit 24		
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.



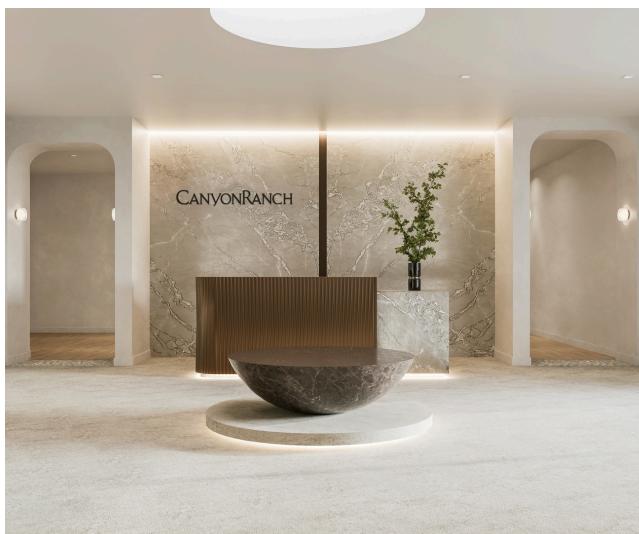
CANYON RANCH TUCSON, ARIZONA

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

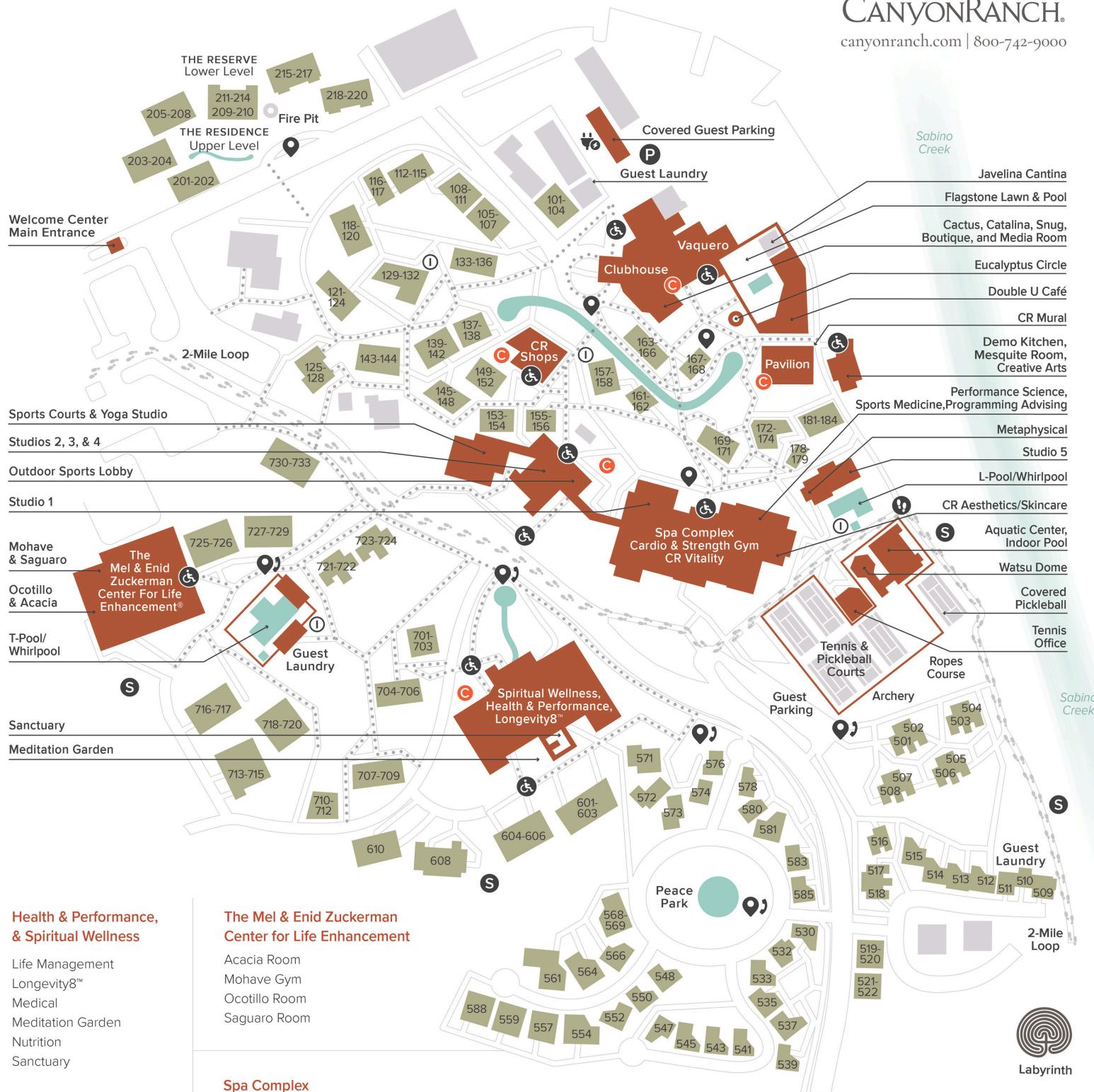
Located in the vibrant Cultural District, our club brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth Area.



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.



Health & Performance, & Spiritual Wellness

Life Management
Longevity⁸
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
Mohave Gym
Ocotillo Room
Saguaro Room

Spa Complex

Beauty Salon
Cardio & Strength Gym
Canyon Ranch® Aesthetics/Skincare
CR Vitality
Fitness
Foot Health Center
Locker Rooms
Massage
Outdoor Sports & Lobby
Performance Science
Pilates & Movement Therapy
Program Advising / Wellness Guides
Sports Courts
Sports Medicine
Studios 1-4
Yoga Studio

Clubhouse

Cactus Room
Canyon Ranch Boutique™
Catalina Room
Guest Computer Stations
Guest Services
Library
Living Room
Media Room
Registration
The Snug
Vaquero
Wicker Lounge

KEY

- C Cell Phone Area
- J Courtesy Phone
- D Directory
- H Disabled Access
- P Disabled Parking
- EV Electric Vehicle Charing Station
- I Ice Machine
- S Smoking Area
- L 2-Mile Loop
- LS 2-Mile Loop Start
- ... Disabled Route

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.



Labyrinth