

RANCH SCHEDULE

JANUARY 26 - FEBRUARY 1, 2026

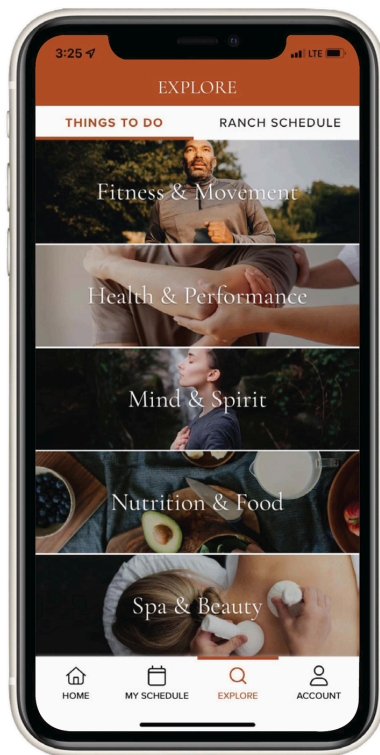


This schedule belongs to: \_\_\_\_\_



# 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 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®.

### Open 12-Step Recovery Meeting

Mesquite Room

Daily: 5:00 pm – 6:00 pm

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://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

6:30 AM \*HIKE: LEVEL 4 - PICACHO PEAK  
6 hr • Outdoor Sports Lobby • Limit 12

7:00 AM MORNING WALK  
30 min • Spa Lobby

MORNING WALK  
45 min • Spa Lobby

COWBOY COFFEE  
1 hr 30 min • Eucalyptus Circle

7:15 AM \*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12

7:30 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

7:45 AM \*HIKE: LEVEL 3 - WEST SPRING  
4 hr 15 min • Outdoor Sports Lobby • Limit 12

8:00 AM \*HIKE: LEVEL 2 - SUTHERLAND TRAIL  
5 hr • Outdoor Sports Lobby • Limit 12

\*BIKE RIDE: LEVEL 3 - CANADA DEL ORO  
4 hr • Outdoor Sports Lobby • Limit 12

\*HIKE & PAINT  
4 hr • Spa 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 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

10:00 AM EASTERN PRACTICES FOR MENOPAUSE  
50 min • Catalina Room • CME

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

H2O POWER  
45 min • T-Pool • Limit 24

STRETCH  
45 min • Yoga Studio • Limit 30

\*ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

\*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

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

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



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: 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 <b>NEW!</b> 50 min • Cactus Room • CME		*CEREMONIAL CACAO EXPERIENCE <b>NEW!</b> 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		PROPERTY TOUR 45 min • Eucalyptus Circle
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	5:30 PM	*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 <b>NEW!</b> 50 min • Spa Lobby		



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 28, 2026

6:30 AM \*GRAVEL RIDE IN LAS CIENEGAS  
**NEW!** 5 hr • Outdoor Sports Lobby • Limit 6 • \$280

7:00 AM MORNING WALK  
30 min • Spa Lobby

MORNING WALK  
45 min • Spa Lobby

COWBOY COFFEE  
1 hr 30 min • Eucalyptus Circle

7:15 AM \*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12

7:30 AM \*HIKE: LEVEL 4 - BLACKETT'S RIDGE  
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

7:45 AM \*HIKE: LEVEL 3 - BEAR CANYON  
5 hr 30 min • Outdoor Sports Lobby • Limit 12

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

\*HIKE: LEVEL 2 - PIMA CANYON  
4 hr • Outdoor Sports Lobby • Limit 12

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

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

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

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

\*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

11:00 AM COMPASSION CIRCLE FOR GRIEF &  
GRATITUDE  
50 min • Sanctuary

CHAIR YOGA  
45 min • Yoga Studio • Limit 20

TRX STRONG  
45 min • Studio 3 • Limit 15

ZUMBA®  
45 min • Studio 1 • Limit 30

### 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	<b>LUNCH &amp; LEARN: TAHINI SHRIMP LETTUCE WRAPS</b> 1 hr • Demo Kitchen • Limit 36  <b>*AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80	4:00 PM	<b>RESTORATIVE YOGA</b> 45 min • Yoga Studio • Limit 20  <b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20  <b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110  <b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80  <b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
1:00 PM	<b>CHINESE MEDICINE FOR SEASONAL WELLNESS</b> <b>NEW!</b> 50 min • Sanctuary  <b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio & Strength Gym • Limit 5 • \$80  <b>GYROKINESIS</b> 45 min • Yoga Studio • Limit 15  <b>LET'S DANCE</b> 45 min • Studio 1 • Limit 30  <b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	<b>A MEDICAL PERSPECTIVE ON LONGEVITY</b> 50 min • Cactus Room • CME  <b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80  <b>*COMMUNITY TABLE</b> 1 hr • Vaquero • Limit 6
1:30 PM	<b>*TUCSON BOTANICAL GARDEN TOUR</b> <b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	6:00 PM	<b>CREATE YOUR OWN BAG CHARM</b> <b>NEW!</b> 1 hr 30 min • Art Studio 1 • Limit 15  <b>*TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80
2:00 PM	<b>*HANDS-ON COOKING: COCOA &amp; CRAFT</b> <b>NEW!</b> 1 hr • Demo Kitchen • Limit 10 • \$125  <b>KETTLEBELL WORKOUT</b> 45 min • Studio 3 • Limit 12  <b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Studio 2 • Limit 20  <b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24  <b>*PILATES REFORMER-INT/ADV CLINIC</b> 50 min • Pilates Studio • Limit 5 • \$80	6:30 PM	<b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
3:00 PM	<b>LEARNING SELF-REIKI</b> <b>NEW!</b> 50 min • Cactus Room  <b>MINDSET FOR OPTIMUM PERFORMANCE</b> 50 min • Catalina Room • CME  <b>INTERMEDIATE YOGA</b> 45 min • Yoga Studio • Limit 30  <b>GOOD VIBRATIONS</b> 45 min • Studio 2 • Limit 14  <b>PBF: POWER BLAST FITNESS</b> 45 min • Studio 3 • Limit 20	7:00 PM	<b>LIVING &amp; CREATING WITH REVERENCE</b> 50 min • Catalina Room
		8:00 PM	<b>*BARREL TO GLASS: A CURATED BOURBON JOURNEY</b> <b>NEW!</b> 1 hr • Javelina Cantina • Limit 6 • \$125



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



# THURSDAY January 29, 2026

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

- 7:00 AM **COWBOY COFFEE**  
1 hr 30 min • Eucalyptus Circle
- MORNING WALK**  
30 min • Spa Lobby
- MORNING WALK**  
45 min • Spa Lobby
- SUNRISE YOGA**  
1 hr • Yoga Studio • Limit 30
- \*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS**  
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 7:30 AM **\*HIKE: LEVEL 4 - THIMBLE VIEW**  
6 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:45 AM **\*HIKE: LEVEL 3 - BALANCED ROCK**  
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- 8:00 AM **\*HIKE: LEVEL 2 - LIME KILN TRAIL**  
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- \*HIKE: LEVEL 1 - BLACK HOLE**  
3 hr 30 min • Outdoor Sports Lobby • Limit 12
- \*HIKE & PAINT**  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- \*BIKE RIDE: LEVEL 3 - SAGUARO SPIN**  
3 hr • Outdoor Sports Lobby • Limit 10
- \*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

- 10:00 AM **ANGELS AMONG US**  
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
- \*MEDITATION HIKE**  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- \*PICKLEBALL DRILL CLINIC**  
50 min • Pickleball Court 1 • Limit 8 • \$80
- PROPERTY TOUR**  
45 min • Eucalyptus Circle
- 11:00 AM **FUELING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN**  
50 min • Catalina Room • CME
- 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

## 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 <b>NEW!</b> 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
1:00 PM	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20	4:00 PM	AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		ESTABLISHING A COUPLE BUBBLE <b>GE</b> 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
1:30 PM	REST EASY: TIPS FOR A GOOD NIGHT'S SLEEP <b>NEW!</b> 50 min • Catalina Room	5:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
	PILATES FOR BALANCE 45 min • Studio 1 • Limit 18		SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
	*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
2:00 PM	*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
	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	<b>COWBOY COFFEE</b> 1 hr 30 min • Eucalyptus Circle	10:00 AM	<b>CARDIO CIRCUIT</b> 45 min • Cardio & Strength Gym • Limit 20
	<b>MORNING WALK</b> 30 min • Spa Lobby		<b>H2O POWER</b> 45 min • T-Pool • Limit 24
	<b>MORNING WALK</b> 45 min • Spa Lobby		<b>STRETCH</b> 45 min • Yoga Studio • Limit 30
	<b>*PHOTOGRAPHY WALK</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		<b>*HIKE: LEVEL 2 - VENTANA TRAIL</b> 4 hr • Outdoor Sports Lobby • Limit 12
7:15 AM	<b>*SABINO CANYON WALK</b> <b>SE</b> 2 hr • Outdoor Sports Lobby • Limit 12		<b>*QI GONG IN THE DESERT</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:30 AM	<b>*HIKE: LEVEL 4 - ESPERERO</b> 5 hr • Outdoor Sports Lobby • Limit 12		<b>*PICKLEBALL SKILL DEVELOPMENT CLINIC</b> 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
	<b>*ARIZONA-SONORA DESERT MUSEUM</b> 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
	<b>*ROCK CLIMBING NATURALLY</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$400	11:00 AM	<b>EXPLORATION IN SOUL CONSCIOUSNESS</b> <b>SE</b> 50 min • Cactus Room
7:45 AM	<b>*HIKE: LEVEL 3 - PHONELINE</b> 5 hr 30 min • Outdoor Sports Lobby • Limit 12		<b>AQUA FIT</b> 45 min • Aquatic Center • Limit 15
8:00 AM	<b>*BIKE RIDE: LEVEL 2 - PANTANO RIVER PATH</b> 3 hr • Outdoor Sports Lobby • Limit 12		<b>PEDAL, LIFT, FLOW</b> 1 hr • Golf Performance Center • Limit 12
	<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80		<b>YOGA SCULPT</b> 45 min • Yoga Studio • Limit 18
9:00 AM	<b>MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE</b> <b>NEW!</b> 50 min • Catalina Room • CME	<div><p>As a courtesy to all guests, talking on phones is permitted only in these designated areas:</p><ul style="list-style-type: none"><li>• Your private room and patio</li><li>• Phone booths in the Clubhouse and Spa</li><li>• Patio outside of Studios 2/3</li><li>• Bench outside of the Clubhouse Media Room</li><li>• Bench between the Pavilion and fountain</li><li>• Two benches behind CR™ Shops</li><li>• Northwest side of the Health &amp; Performance building</li></ul><p>Thank you for helping keep Canyon Ranch serene.</p></div>	
	<b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 20		
	<b>GLIDE AND BURN</b> 45 min • Studio 1 • Limit 20		
	<b>WALK YOUR WORKOUT</b> 45 min • Spa Lobby • Limit 15		
	<b>*TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80		



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

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

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	<b>AI CHI</b> 45 min • Aquatic Center • Limit 12	4:00 PM	<b>RESTORATIVE YOGA</b> 45 min • Yoga Studio • Limit 20
	<b>BREATHING</b> 20 min • Yoga Studio • Limit 30		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
1:00 PM	<b>MEMBERSHIPS: CASUAL Q&amp;A</b> 30 min • The Snug • Limit 20		<b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	<b>PILATES MAT</b> 45 min • Yoga Studio • Limit 30		<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80
	<b>*PRIMITIVE FIRE-MAKING</b> 2 hr • Outdoor Sports Lobby • Limit 8		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
	<b>NEW SCIENTIFIC STUDIES IN MEDICINE</b> <b>NEW!</b> 50 min • Catalina Room • CME	5:00 PM	<b>FROM CONFLICT TO QUICK REPAIR</b> <b>GE</b> 50 min • Catalina Room
1:30 PM	<b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		<b>BBQ NIGHT BY THE FLAGSTONE POOL</b> <b>SE</b> 2 hr 30 min • Double U Café
	<b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:30 PM	<b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	<b>HEART CHAKRA YOGA</b> 45 min • Yoga Studio • Limit 30		<b>*COMMUNITY TABLE</b> 1 hr • Vaquero • Limit 6
	<b>WALK YOUR WORKOUT</b> 45 min • Spa Lobby • Limit 15	6:00 PM	<b>MAHJONG GAME NIGHT</b> 2 hr • The Snug • Limit 8
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24		<b>*CHEF'S SEASONAL SHOWCASE DINNER</b> 2 hr • Demo Kitchen • Limit 36 • \$70
3:00 PM	<b>VIPR SLAM</b> 45 min • Studio 1 • Limit 20	6:30 PM	<b>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	<b>WALLYBALL</b> 45 min • Racquet Court 1		<b>*COSMIC JOURNEY WITH THE TELESCOPE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	<b>YOGA FOUNDATIONS</b> 45 min • Yoga Studio • Limit 30	7:30 PM	<b>SONGS UNDER THE STARS WITH KYLIE MORGAN</b> <b>SE</b> 1 hr • Flagstone Lawn
	<b>*PILATES-AERIAL CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80		
	<b>THE ART OF ORIGAMI</b> 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 BOLDEMAN-TATKIN

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

MORNING WALK  
30 min • Spa Lobby

MORNING WALK  
45 min • Spa Lobby

\*PHOTOGRAPHY WALK  
3 hr • Outdoor Sports Lobby • Limit 6 • \$110

7:30 AM \*HIKE: LEVEL 4 - KING CANYON LOOP  
6 hr 45 min • Outdoor Sports Lobby • Limit 12

7:45 AM \*HIKE: LEVEL 3 - FT. LOWELL HILLS  
4 hr 45 min • Outdoor Sports Lobby • Limit 12

8:00 AM \*AWAKEN THE QI: TAPPING INTO ENERGY FLOW  
**NEW!** 50 min • Private Fitness Studio 4 •  
Limit 6 • \$80

\*HIKE: LEVEL 2 - MISSION VIEW  
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

9:00 AM ECOLOGY WALK  
1 hr • Spa Lobby

BUTI MOVEMENT®  
45 min • Yoga Studio • Limit 30

CORE CONDITIONING  
45 min • Studio 1 • Limit 15

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

10:00 AM THE SCIENCE OF WEIGHT LOSS  
50 min • Cactus Room • CME

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

H2O POWER  
45 min • T-Pool • Limit 24

STRETCH  
45 min • Yoga Studio • Limit 30

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

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

PROPERTY TOUR  
45 min • Eucalyptus Circle

11:00 AM CLEAR AGREEMENTS & RITUALS IN  
RELATIONSHIPS  
**GE** 50 min • Catalina Room

AQUA FIT  
45 min • Aquatic Center • Limit 15

SACRAL CHAKRA HIP OPENING  
45 min • Yoga Studio • Limit 20

ZUMBA®  
45 min • Studio 1 • Limit 30

VEDIC PALMISTRY: IT'S ALL IN OUR HANDS  
**SE** 50 min • Cactus Room

## 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.

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	<b>*AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80	4:00 PM	<b>YOUR PATH TO PAIN-FREE KNEES</b> <b>NEW!</b> 50 min • Catalina Room • CME
1:00 PM	<b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80		<b>DJ COUNTRY LINE DANCE</b> 45 min • Studio 1 • Limit 30
	<b>QI GONG</b> 45 min • Yoga Studio • Limit 30		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
	<b>*YOGA IN THE WILD</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		<b>YOGA NIDRA</b> 45 min • Yoga Studio • Limit 20
	<b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
1:30 PM	<b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	<b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80
	<b>*TUCSON BOTANICAL GARDEN TOUR</b> <b>SE NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		<b>*COMMUNITY TABLE</b> 1 hr • Vaquero • Limit 6
2:00 PM	<b>ACUPUNCTURE 101: INSIDE THE TREATMENT ROOM</b> 50 min • Sanctuary • Limit 8	6:00 PM	<b>*MOON WALK</b> 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	<b>DESERT DRUMMING</b> 45 min • Studio 2 • Limit 30	7:00 PM	<b>CRYSTAL SINGING BOWL MEDITATION</b> <b>SE</b> 50 min • Sanctuary
	<b>POWER STEP &amp; TONE</b> <b>NEW!</b> 45 min • Golf Performance Center • Limit 12	8:30 PM	<b>BINGO</b> 50 min • Pavilion
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24		
3:00 PM	<b>DRUMMING CIRCLE</b> 45 min • Studio 1 • Limit 20		
	<b>TRX FUSION</b> 45 min • Studio 3 • Limit 15		
	<b>YIN YOGA</b> 45 min • Yoga Studio • Limit 20		



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



# 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](http://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
- P Disabled Parking
- D Disabled Route
- E Electric Vehicle Charging Station
- I Ice Machine
- S Smoking Area
- L 2-Mile Loop
- L 2-Mile Loop Start

## 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