

RANCH SCHEDULE
FEBRUARY 2 - 8, 2026

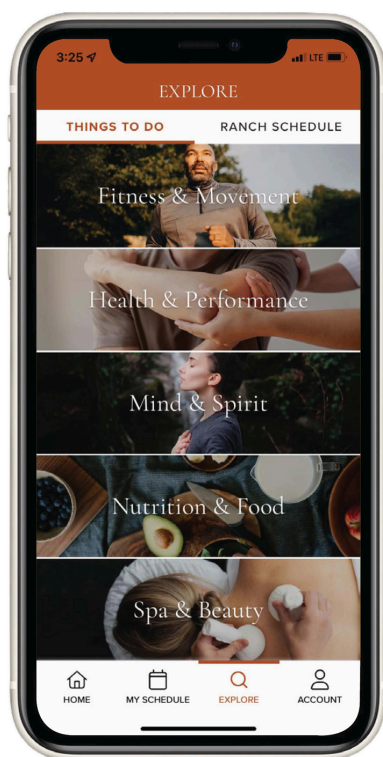


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



CANYON
RANCH.

USE THE APP TO:

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

Scan to download the
official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

Vaquero

Breakfast: Mon – Fri 7:00 am – 9:30 am

Lunch: Mon – Fri 11:30 am – 2:00 pm

Brunch: Sat & Sun 7:00 am – 2:00 pm

Dinner: 5:30 pm – 8:30 pm

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

You may also pick up a to-go meal at Vaquero or have your meals delivered to your room. For In-Room Dining, please call Ext. 44313, in which you can order from any of our Culinary Menus—available at the host stand, on the Canyon Ranch App, and via the QR code below.

Double U Café & Flagstone Pool

Double U Café: 5:30 am – 7:30 pm

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

Lunch: 11:00 am – 2:00 pm

Dinner: 5:00 pm – 7:30 pm

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

Javelina Cantina

Daily: 5:00 pm – 9:00 pm

In-Room Wine

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

Spa and Cardio & Strength Gym

6:00 am – 9:00 pm

Canyon Ranch® Foot Health Center

Located in the Spa

Daily: Noon – 5:00 pm

Program Advising

Located in the Spa

8:00 am – 7:00 pm

Ext. 44338: 8:00 am – 5:00 pm

CR® Aesthetics

Located in the Spa

Monday – Saturday: 10:00 am – 5:00 pm

Canyon Ranch® Boutique

Located in the Clubhouse

Daily: 9:00 am – 7:00 pm

CR® Shops

Daily: 8:00 am – 6:00 pm

Presentation Rooms

The Catalina, Cactus, and Media Rooms are located in the Clubhouse. The Acacia and Saguaro Rooms are located in The Mel and Enid Zuckerman Center for Life Enhancement®.

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://www.canyonranch.com) FOR MORE UPCOMING EVENTS



CREATIVE AWAKENING DISCOVERY DAYS

FEBRUARY 2 - 8

Reconnect with your playful, artistic self with a week of hands-on exploration at our Sonoran Desert resort. Dive into intuitive painting, meditative movement, nature-inspired crafts, and journaling sessions that silence the inner critic and spark new ideas. Whether you're an experienced artist or craving a creative reset, you'll find space to breathe, dream, and create without limits. Between sessions, indulge in nourishing meals, quiet walks, and restorative moments designed to feed both your body and soul. Join for one session or the entire week — the experience is yours to shape.

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



UPCOMING

FLOW IN MOTION DISCOVERY DAYS

FEBRUARY 9 - 15

This Valentine's week, immerse yourself in practices to restore presence, awaken compassion, and strengthen connections. Through mindful movement, yoga, and creative exploration, you'll uncover ways to infuse life with playfulness and gratitude. Ancient healing traditions and spiritual practices offer insight and inspiration. This retreat is designed to open your heart and renew your energy for the path ahead.



UPCOMING

FIND LOVE & BUILD RELATIONSHIPS WITH GUEST EXPERT RACHEL GREENWALD

FEBRUARY 11 - 14

Celebrity matchmaker Rachel Greenwald leads this immersive retreat that helps you build healthy, lasting relationships. Through workshops, interactive sessions, and a private fireside chat, Rachel shares strategies for connecting at any stage of life.

With all-inclusive classes in mindfulness, fitness, skincare, sleep, and intimacy, this retreat welcomes anyone ready to find love or companionship and create meaningful connections.



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



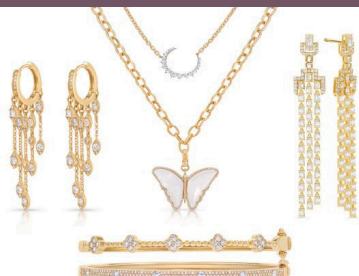
SKIN CARE & SALON

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

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

LORI BARROS



**MONDAY, FEBRUARY 2 -
TUESDAY, FEBRUARY 3**

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

IN₂ DESIGN



**THURSDAY, FEBRUARY 5 -
FRIDAY, FEBRUARY 6**

Meet with Swedish-American designer, Inga "Louise" Baldwin as she showcases her hand-crafted jewelry. Explore unique jewelry using freshwater pearls, precious metals, and semi-precious stones.

KARIN LUVAAAS



**SATURDAY, FEBRUARY 7 -
SUNDAY, FEBRUARY 8**

Inspired by the natural world's unexpected color and texture, Karin Luvaas creates one-of-a-kind jewelry using hand cut stones and refined lapidary techniques.

MONDAY

February 2, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

7:00 AM	MORNING WALK 30 min • Spa Lobby	10:00 AM	ACUPUNCTURE FOR PAIN 50 min • Catalina Room • CME
	MORNING WALK 45 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		H2O POWER 45 min • T-Pool • Limit 24
7:15 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		STRETCH DD 45 min • Yoga Studio • Limit 30
7:30 AM	*HIKE: LEVEL 4 - FINGER ROCK TRAIL 5 hr 15 min • Outdoor Sports Lobby • Limit 12		*HIKE: LEVEL 2 - HITCHCOCK OVERLOOK 4 hr 30 min • Outdoor Sports Lobby • Limit 12
	*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
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		PROPERTY TOUR 45 min • Eucalyptus Circle
7:45 AM	*HIKE: LEVEL 3 - TANQUE VERDE DOME 5 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
8:00 AM	*BIKE RIDE: LEVEL 3 - COLOSSAL CAVE LOOP 4 hr • Outdoor Sports Lobby • Limit 12		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	*TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		ZUMBA® 45 min • Studio 1 • Limit 30
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Catalina Room
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	SELF-COMPASSION IS YOUR SUPER POWER 50 min • Catalina 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		

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: COD WITH CHIMICHURRI 1 hr • Demo Kitchen • Limit 36 *AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80	4:00 PM	THE ART OF WATERCOLOR: BASIC TECHNIQUE DD 1 hr 30 min • Art Studio 1 • Limit 15 RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20 STRETCH & RELAXATION 25 min • Studio 2 • Limit 20 *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 INTRO TO AYURVEDA: WHAT'S YOUR DOSHA? 50 min • Catalina Room
1:00 PM	REPLENISHING THE WELL 50 min • Catalina Room • CME *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 *PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110 *INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 *HIKE & PAINT DD 4 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:00 PM	INTRODUCTION TO VEDIC ASTROLOGY 50 min • Catalina Room
1:30 PM	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220 *ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE 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
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	6:00 PM	*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 12 • \$80 *TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
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	6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
		7:00 PM	TUCSON: UNESCO CITY OF GASTRONOMY 50 min • Catalina Room



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

TUESDAY

February 3, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

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 DD 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 - HOLLIN BASIN 5 hr • Outdoor Sports Lobby • Limit 12		*MEDITATION HIKE DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - SYCAMORE DAM 4 hr 45 min • Outdoor Sports Lobby • Limit 12		*SAGUARO NATIONAL PARK DISCOVERY TOUR 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110
8:00 AM	*HIKE: LEVEL 1 - SABINO LOOP 3 hr 30 min • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*BIKE RIDE: LEVEL 3 - HONEYBEE LOOP 4 hr • Outdoor Sports Lobby • Limit 6		PROPERTY TOUR 45 min • Eucalyptus Circle
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80	11:00 AM	POWER FLOW 45 min • Yoga Studio • Limit 30
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		TRX FUSION 45 min • Studio 3 • Limit 15
9:00 AM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		VIPR SLAM 45 min • Studio 1 • Limit 20
	CYCLING 45 min • Golf Performance Center • Limit 12		
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		
	*ART & ECHOES: BIKING THROUGH THE OLD PUEBLO DD 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		

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: TUSCAN CHICKEN 1 hr • Demo Kitchen • Limit 36	4:00 PM	*CEREMONIAL CACAO EXPERIENCE NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140
	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		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	*HIKE: LEVEL 2 - PIMA CANYON 4 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
	*BIKE RIDE: LEVEL 2 - PANTANO RIVER PATH 3 hr • Outdoor Sports Lobby • Limit 12	5:00 PM	RESHAPING AGING: STRENGTH & LONGEVITY FOR WOMEN WITH DR. MICHELLE TOLLEFSON 50 min • Cactus Room
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
1:30 PM	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*PHONE-TOGRAPHY DD 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	7:00 PM	THE MAGIC OF CULTIVATING POSITIVE EMOTIONS DD 1 hr • Catalina Room
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10		
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30		
	WATER WORKOUT 45 min • T-Pool • Limit 24		
3:00 PM	STRENGTH LAB: AN INTERACTIVE SESSION NEW! 50 min • Cardio & Strength Gym • Limit 20		
	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		



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

WEDNESDAY

February 4, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

7:00 AM	MORNING WALK 30 min • Spa Lobby	10:00 AM	H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 45 min • Spa Lobby		MUSCLE MAX 45 min • Studio 3 • Limit 12
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		STRETCH 45 min • Yoga Studio • Limit 30
7:15 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		*HIKE: LEVEL 2 - PHONELINE 4 hr • Outdoor Sports Lobby • Limit 12
7:30 AM	*HIKE: LEVEL 4 - DOUGLAS SPRINGS 6 hr 30 min • Outdoor Sports Lobby • Limit 12		*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
7:45 AM	*HIKE: LEVEL 3 - ROMERO POOLS 5 hr 30 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
8:00 AM	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
	*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12		CHAIR YOGA 45 min • Yoga Studio • Limit 20
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		TRX STRONG 45 min • Studio 3 • Limit 15
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		ZUMBA® 45 min • Studio 1 • Limit 30
9:00 AM	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		

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	LUNCH & LEARN: TAHINI SHRIMP LETTUCE WRAPS 1 hr • Demo Kitchen • Limit 36	4:00 PM	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:00 PM	ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS 50 min • Sanctuary • CME		*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	GYROKINESIS 45 min • Yoga Studio • Limit 15		PROPERTY TOUR 45 min • Eucalyptus Circle
	LET'S DANCE 45 min • Studio 1 • Limit 30	5:30 PM	A MEDICAL PERSPECTIVE ON LONGEVITY 50 min • Cactus Room • CME
1:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	*HANDS-ON COOKING: COCOA & CRAFT DD NEW! 1 hr • Demo Kitchen • Limit 10 • \$125		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	6:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	WATER WORKOUT 45 min • T-Pool • Limit 24	7:00 PM	SONORAN SUDS DD 1 hr • Art Studio 1 • Limit 12
	*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80		BRAIN HEALTH FOR WOMEN: A MIDLIFE ROADMAP WITH DR. MICHELLE TOLLEFSON 50 min • Catalina Room
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	8:00 PM	*BARREL TO GLASS: A CURATED BOURBON JOURNEY DD NEW! 1 hr • Javelina Cantina • Limit 6 • \$125
3:00 PM	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		ISLANDS IN THE SKY & THE SOUTHWEST MONSOON 50 min • Cactus Room
	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.

THURSDAY February 5, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	10:00 AM	CHANGE YOUR AURA, CHANGE YOUR LIFE DD 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 DD 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 - FORT LOWELL TRAIL 5 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 - BLACKETTS RIDGE 3 hr 30 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
8:00 AM	*HIKE: LEVEL 2 - VENTANA TRAIL 4 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES 50 min • Catalina Room • CME
	*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		DJ DANCE PARTY 45 min • Studio 1 • Limit 30
	*BIKE RIDE: LEVEL 3 - ROCKING K 4 hr • Outdoor Sports Lobby • Limit 6		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		YOGA FOR DETOX 45 min • Yoga Studio • Limit 20
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	<div><h3>DISCOVER OUR PROPERTY</h3><p>Did you know we offer complimentary tours every day at 10 AM and 4 PM?</p><p>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.</p></div>	
	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		
9:00 AM	GUIDED LABYRINTH WALK DD 50 min • Sanctuary • Limit 12		
	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		

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 LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36 *AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80 CORE & MORE 20 min • Studio 2 • Limit 16 FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20 *INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	4:00 PM	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20 *PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110 *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80 PROPERTY TOUR 45 min • Eucalyptus Circle
1:00 PM	*HIKE: LEVEL 1 - LIME KILN CANYON 4 hr 15 min • Outdoor Sports Lobby • Limit 12 PILATES FOR BALANCE 45 min • Studio 1 • Limit 18 IS IT HOT IN HERE OR IS IT JUST ME? WITH DR. MICHELLE TOLLEFSON & DR. DIANE DOWNING 50 min • Catalina Room	5:00 PM	SIP AND SHOP 2 hr • The Boutique at Canyon Ranch CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30
1:30 PM	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220 *HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220 *DESERT BOTANICALS BEAUTY WALK DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1
2:00 PM	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20 WATER WORKOUT 45 min • T-Pool • Limit 24 CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:30 PM	MIND OVER MYTH: RETHINKING MENTAL HEALTH AND MINDS NEW! 50 min • Cactus Room *COMMUNITY TABLE 1 hr • Vaquero • Limit 6
3:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE NEW! 1 hr • Demo Kitchen • Limit 10 • \$125 BUFF BOOTY 45 min • Studio 1 • Limit 20 QI GONG AND YOGA 45 min • Yoga Studio • Limit 20 WALLYBALL 45 min • Racquet Court 1	6:00 PM	HEALING THE HEART THROUGH SONG NEW! 50 min • Eucalyptus Circle
		6:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140 *NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
		7:00 PM	SPARK & SIZZLE: SEX AND INTIMACY AFTER MENOPAUSE WITH DR. MICHELLE TOLLEFSON 50 min • Catalina Room
		8:00 PM	*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE DD NEW! 1 hr • Javelina Cantina • Limit 15 • \$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.

FRIDAY

February 6, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

4:30 AM	*SANDHILL CRANE ASCENSION 6 hr • Outdoor Sports Lobby • Limit 6 • \$280	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
7:00 AM	COWBOY COFFEE DD 1 hr 30 min • Eucalyptus Circle		H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 30 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	MORNING WALK 45 min • Spa Lobby		*QI GONG IN THE DESERT 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		*PICKLEBALL SKILL DEVELOPMENT CLINIC 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
7:30 AM	*HIKE: LEVEL 4 - PIMA CANYON 7 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
	*ARIZONA-SONORA DESERT MUSEUM 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195	11:00 AM	THE SIXTH SENSE: HARNESSING YOUR INTUITION DD 50 min • Cactus Room
	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400		AQUA FIT 45 min • Aquatic Center • Limit 15
7:45 AM	*HIKE: LEVEL 3 - MILAGROSA CANYON 4 hr 45 min • Outdoor Sports Lobby • Limit 12		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
8:00 AM	*HIKE: LEVEL 2 - LOWER BEAR CANYON 4 hr • Outdoor Sports Lobby • Limit 12		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	*BIKE RIDE: LEVEL 3 - CANADA DEL ORO 5 hr • Outdoor Sports Lobby • Limit 12		
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		
9:00 AM	WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME		
	CHAIR YOGA 45 min • Yoga Studio • Limit 20		
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		
	TRX FUSION 45 min • Studio 3 • Limit 15		
	*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: KOREAN BBQ FLANK STEAK 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	THE POWER OF MOVEMENT FOR LONGEVITY NEW! 50 min • Catalina Room • CME		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		PROPERTY TOUR 45 min • Eucalyptus Circle
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80	4:30 PM	*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR NEW! 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110
	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		
1:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
2:00 PM	MINDFUL MANDALA DOT PAINTING DD 1 hr 30 min • Art Studio 1 • Limit 12		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30	8:30 PM	BINGO DD 50 min • Pavilion
	WATER WORKOUT 45 min • T-Pool • Limit 24		
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		
	TAROT: THE 78 KEYS OF WISDOM DD 50 min • Cactus Room		
3:00 PM	*HANDS-ON COOKING: FAST & NOURISHED NEW! 1 hr • Demo Kitchen • Limit 10 • \$125		
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		



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

SATURDAY

February 7, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	10:00 AM	PERSONALIZED NUTRITION 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 - WEST SPRING TRAIL 5 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		*WRITING IN NATURE DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - PONTATOC RIDGE 4 hr 30 min • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
8:00 AM	*HIKE: LEVEL 2 - ESPERERO TRAIL 3 hr 45 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
	*HIKE & PAINT DD 4 hr • Outdoor Sports Lobby • Limit 8 • \$110	11:00 AM	AQUA FIT DD 45 min • Aquatic Center • Limit 15
	*BIKE RIDE: LEVEL 3 - AGUA CALIENTE 3 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	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		
	CYCLING 45 min • Golf Performance Center • Limit 12		
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		
	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		

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.

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 BREATHING 20 min • Yoga Studio • Limit 30	4:00 PM	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20 STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20 PILATES MAT 45 min • Yoga Studio • Limit 30 NEW! NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Cactus Room • CME *KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 *PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80 PROPERTY TOUR 45 min • Eucalyptus Circle
1:30 PM	*MEDITATION HIKE DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 *PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8 *PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110 *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 *COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:00 PM	GRIND, GRIT & GRACE 50 min • Catalina Room • CME HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30 WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15 WATER WORKOUT 45 min • T-Pool • Limit 24	6:00 PM	MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8 CREATE YOUR OWN BAG CHARM DD 1 hr 30 min • Art Studio 1 • Limit 15 *CHEF'S SEASONAL SHOWCASE DINNER 2 hr • Demo Kitchen • Limit 36 • \$70
3:00 PM	*PILATES-AERIAL CLINIC 50 min • Studio 3 • Limit 5 • \$80 VIPR SLAM 45 min • Studio 1 • Limit 20 WALLYBALL 45 min • Racquet Court 1 YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30 AN ART JOURNAL EXPERIENCE DD 1 hr 30 min • Art Studio 1 • Limit 15	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140 *COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
		7:00 PM	LIVING & CREATING WITH REVERENCE 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.

SUNDAY February 8, 2026

(DD) DISCOVERY DAYS: CREATIVE AWAKENING DISCOVERY WEEK

- | | |
|---|--|
| <p>7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle</p> <p>MORNING WALK
30 min • Spa Lobby</p> <p>MORNING WALK
45 min • Spa Lobby</p> <p>*PHOTOGRAPHY WALK
DD 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>7:30 AM *HIKE: LEVEL 4 - SOLDIER TRAIL
5 hr • Outdoor Sports Lobby • Limit 12</p> <p>7:45 AM *HIKE: LEVEL 3 - BROWN MOUNTAIN
5 hr • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM *AWAKEN THE QI: TAPPING INTO ENERGY FLOW
NEW! 50 min • Private Fitness Studio 4 • Limit 6 • \$80</p> <p>*BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE
4 hr • Outdoor Sports Lobby • Limit 12</p> <p>*HIKE: LEVEL 2 - SWEETWATER TRAIL
4 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30</p> <p>9:00 AM ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20</p> <p>BUTI MOVEMENT®
45 min • Yoga Studio • Limit 30</p> <p>CYCLING
45 min • Golf Performance Center • Limit 12</p> <p>*CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> | <p>10:00 AM EXERCISE & MENOPAUSE
50 min • Catalina Room • CME</p> <p>CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20</p> <p>H2O POWER
45 min • T-Pool • Limit 24</p> <p>STRETCH
45 min • Yoga Studio • Limit 30</p> <p>*QI GONG IN THE DESERT
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>11:00 AM *READING THE LINES OF LIFE
DD NEW! 1 hr 30 min • Cactus Room • Limit 10 • \$110</p> <p>AQUA FIT
45 min • Aquatic Center • Limit 15</p> <p>SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio • Limit 20</p> <p>ZUMBA®
45 min • Studio 1 • Limit 30</p> |
|---|--|

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.

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	INJURY-PROOF YOUR PROGRESS: KEY TO LASTING FITNESS NEW! 50 min • Catalina Room • CME
1:00 PM	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		DJ COUNTRY LINE DANCE DD 45 min • Studio 1 • Limit 30
	QI GONG DD 45 min • Yoga Studio • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	*YOGA IN THE WILD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY 50 min • Catalina Room		PROPERTY TOUR 45 min • Eucalyptus Circle
1:30 PM	*HIKE: LEVEL 1 - LOWER SABINO 2 hr 30 min • Outdoor Sports Lobby • Limit 12		GAME DAY AT CANYON RANCH 4 hr • Pavilion
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	*RESTORATIVE SOUND BATH DD 50 min • Yoga Studio • Limit 25 • \$80
	*TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		*COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:00 PM	KOREAN HAND THERAPY: HOLD ON TO BETTER HEALTH NEW! 50 min • Cactus Room	8:30 PM	BINGO 50 min • Pavilion
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		
	POWER STEP & TONE NEW! 45 min • Golf Performance Center • Limit 12		
	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		



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 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
- ... Disabled Route
- ⚡ Electric Vehicle Charging Station
- 📞 Courtesy Phone
- 📍 Directory
- ♿ Disabled Access
- ❄️ Ice Machine
- 🚬 Smoking Area
- 🚶 2-Mile Loop
- 🚶 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.