

RANCH SCHEDULE
FEBRUARY 23 - March 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 our in-room dining menu—available at the host stand or on the Canyon Ranch App.

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: February 23-28

Cactus Room: March 1

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 FOR MORE UPCOMING EVENTS



STRENGTH + MOTION DISCOVERY DAYS

FEBRUARY 23 - MARCH 1

Immerse yourself in the natural beauty of our Sonoran Desert resort. From sunrise hikes and mindful movement to restorative treatments and stargazing, this event offers a seamless mix of activity and renewal. Perfect for anyone seeking to disconnect, recharge, and leave with fresh energy and clarity for daily life.

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

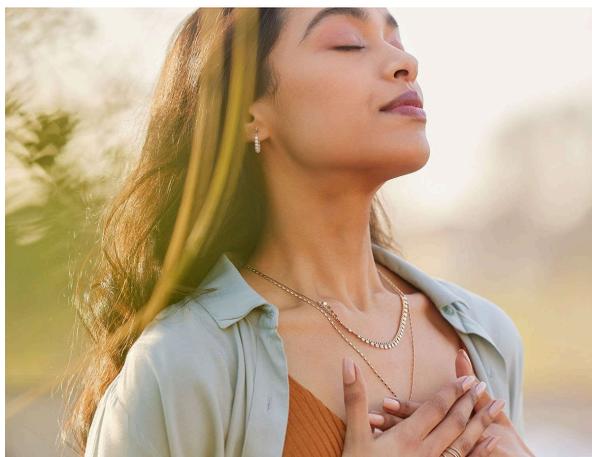


UPCOMING

TUCSON WILDFLOWER WEEK DISCOVERY DAYS

MARCH 2 - 8

Discover the Sonoran Desert's gifts through guided hikes, botanical exploration, and mindful movement. Learn to identify seasonal wildflowers, understand their role in the ecosystem, and create a healing salve from native plants. Enjoy sunrise qi gong for energy and vitality, and connect with creativity as you paint in nature. Designed for wellness seekers and curious learners, this week offers a meaningful connection to the desert's wisdom in a supportive setting.



UPCOMING

CULTIVATING WONDER AND WISDOM WITH JEANNIE DUBOSE DISCOVERY DAYS

MARCH 5 - 9

Jeannie DuBose invites you to slow down and reconnect with your truth. Blending personal stories, reflection, music, and shared dialogue, this event explores beauty, awe, and compassion as tools for resilience. Gain insight into navigating challenges with balance while strengthening your sense of self and emotional connection.



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)

HAPI HARA



SUNDAY, FEBRUARY 22 -
WEDNESDAY, FEBRUARY 25

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

VAN DANG FRAGRANCES



FRIDAY, FEBRUARY 27 -
SATURDAY, FEBRUARY 28

Enjoy this collection of oils, diffusers, room sprays and candles. Kim Van Dang fragrances include six signature scents to lift your spirit.

NINE DAUGHTERS OF EARTH



SUNDAY, MARCH 1 -
MONDAY, MARCH 2

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

MONDAY February 23, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

- 4:30 AM *SANDHILL CRANE ASCENSION
6 hr • Outdoor Sports Lobby • Limit 6 • \$280
- 6:30 AM *HIKE: LEVEL 4 - PICACHO PEAK
6 hr 30 min • 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 *BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 8
- *ARIZONA-SONORA DESERT MUSEUM
5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195
- *ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 7:45 AM *HIKE: LEVEL 3 - BRIDAL WREATH TRAIL
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- *HIKE: LEVEL 2 - MILAGROSA OVERLOOK
4 hr • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - CANADA DEL ORO
4 hr • Outdoor Sports Lobby • Limit 12
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- 9:00 AM SELF-COMPASSION IS YOUR SUPER POWER
50 min • Cactus Room • CME
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- CORE CONDITIONING
45 min • Studio 1 • Limit 20
- DESERT DRUMMING
45 min • Studio 2 • Limit 30
- TRX STRONG
DD 45 min • Studio 3 • Limit 15
- 10:00 AM EASTERN PRACTICES FOR MENOPAUSE
NEW! 50 min • Catalina Room • CME
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- CARDIO CIRCUIT
DD 45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- PROPERTY TOUR
45 min • Eucalyptus Circle
- *YOGA IN THE WILD
3 hr • Outdoor Sports Lobby • Limit 8 • \$140
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *DESERT TRAIL RUNNING
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 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

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.

- | | |
|---|---|
| <p>NOON</p> <p>LUNCH & LEARN: CURRY CHICKEN LETTUCE WRAPS
1 hr • Demo Kitchen • Limit 36</p> <p>*AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>1:00 PM</p> <p>YES, AND: THE SACRED PLAY OF IMPROV
50 min • Sanctuary • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING
DD 50 min • Pilates Studio • Limit 5 • \$80</p> <p>1:30 PM</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*HIKE & PAINT
4 hr • Spa Lobby • Limit 8 • \$110</p> <p>*JEEP ADVENTURE
4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p> <p>*HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>2:00 PM</p> <p>CHAIR YOGA
45 min • Yoga Studio • Limit 20</p> <p>WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>3:00 PM</p> <p>FREEFORM FUSION
45 min • Studio 2 • Limit 14</p> <p>MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p>POSTURE & BALANCE
DD 45 min • Studio 1 • Limit 20</p> | <p>4:00 PM</p> <p>MEMORY WIRE BRACELET
1 hr 30 min • Art Studio 1 • Limit 15</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
DD 25 min • Studio 2 • Limit 20</p> <p>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN
50 min • Spa Lobby • Limit 25</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>AGING GRACEFULLY WITH AYURVEDA
50 min • Catalina Room</p> <p>5:00 PM</p> <p>UNDER THE VEDIC SUN
50 min • Cactus Room</p> <p>5:30 PM</p> <p>*FLOATING SOUND MEDITATION CLINIC
50 min • Aquatic Center • Limit 20 • \$110</p> <p>*COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p>6:00 PM</p> <p>*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>*NIGHT SKY WALK
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>6:30 PM</p> <p>*NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>7:00 PM</p> <p>TAKE A BREATH BREAK
50 min • Catalina Room</p> |
|---|---|



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 24, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

- 7:00 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 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 - PONTATOC TRAIL
5 hr • Outdoor Sports Lobby • Limit 12
- 7:45 AM *HIKE: LEVEL 3 - MCDOUGAL RIDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
DD 25 min • Sanctuary • Limit 30
- 9:00 AM *PICKLEBALL SKILL CLINIC - THE KITCHEN
EDGE
NEW! 50 min • Racquet Court 1 • Limit 4 • \$110
- ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20
- CYCLING
45 min • Golf Performance Center • Limit 12
- STRIDE & STRENGTH
DD 45 min • Cardio & Strength Gym • Limit 14
- *ART & ECHOES: BIKING THROUGH THE
OLD PUEBLO
NEW! 3 hr 30 min • Outdoor Sports Lobby •
Limit 4 • \$110
- 10:00 AM UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- H2O POWER
45 min • T-Pool • Limit 24
- MUSCLE MAX
45 min • Studio 3 • Limit 12
- STRETCH
45 min • Yoga Studio • Limit 30
- PROPERTY TOUR
45 min • Eucalyptus Circle
- *HIKE: LEVEL 2 - HITCHCOCK OVERLOOK
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- *SAGUARO NATIONAL PARK SUNSET
DISCOVERY TOUR
NEW! 2 hr 30 min • Outdoor Sports Lobby •
Limit 6 • \$110
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 11:00 AM POWER FLOW
45 min • Yoga Studio • Limit 30
- TRX FUSION
DD 45 min • Studio 3 • Limit 15
- VIPR SLAM
45 min • Studio 1 • Limit 20

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 | <p>LUNCH & LEARN: GRILLED STEAK FAJITAS
1 hr • Demo Kitchen • Limit 36</p> <p>BREATHING
20 min • Yoga Studio • Limit 30</p> | 4:00 PM | <p>*CEREMONIAL CACAO EXPERIENCE
NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> |
| 1:00 PM | <p>CRYSTAL MEDITATION
30 min • Sanctuary • Limit 30</p> <p>*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>*TUCSON BOTANICAL GARDEN TOUR
NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> | 5:30 PM | <p>STRETCH & RELAXATION
DD 25 min • Studio 2 • Limit 20</p> <p>YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>*PRIMITIVE FIRE-MAKING
2 hr • Outdoor Sports Lobby • Limit 8</p> |
| 1:30 PM | <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*BIKE RIDE: LEVEL 1 - RILLITO RIVER PATH
2 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>*HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> | 6:30 PM | <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> <p>*COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p>*NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> |
| 2:00 PM | <p>WATER WORKOUT
DD 45 min • T-Pool • Limit 24</p> <p>CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p>GOOD VIBRATIONS
45 min • Studio 2 • Limit 14</p> | 7:00 PM | <p>*COSMIC JOURNEY WITH THE TELESCOPE
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> |
| 3:00 PM | <p>FOUNDATIONS OF STRENGTH
DD 50 min • Cactus Room • CME</p> <p>WALLYBALL
45 min • Racquet Court 1</p> <p>YIN YOGA
45 min • Yoga Studio • Limit 20</p> <p>WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15</p> | | |



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WEDNESDAY February 25, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

7:00 AM	MORNING WALK 30 min • Spa Lobby	10:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		MUSCLE MAX DD 45 min • Studio 3 • Limit 12
7:15 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
7:30 AM	*HIKE: LEVEL 4 - BLACKETT'S RIDGE 4 hr 30 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - VENTANA MAIDEN POOLS 4 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
8:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		CHAIR YOGA 45 min • Yoga Studio • Limit 20
	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		ZUMBA® 45 min • Studio 1 • Limit 30
	*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12		AQUA FIT 45 min • Aquatic Center • Limit 15
	*HIKE: LEVEL 2 - WILD HORSE CANYON 4 hr • Outdoor Sports Lobby • Limit 12		
8:15 AM	CENTERING MEDITATION DD 25 min • Sanctuary • Limit 30		
9:00 AM	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		
	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		

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 | <p>LUNCH & LEARN: TAHINI SHRIMP LETTUCE WRAPS
1 hr • Demo Kitchen • Limit 36</p> <p>*AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> | 4:00 PM | <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>RESTORATIVE YOGA
DD 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> |
| 1:00 PM | <p>CHINESE MEDICINE FOR SEASONAL WELLNESS
DD NEW! 50 min • Sanctuary</p> <p>*GLUTE TRANSFORMATION-CLINIC
50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>LET'S DANCE
45 min • Studio 1 • Limit 30</p> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101
4 hr • Outdoor Sports Lobby • Limit 4</p> <p>GYROKINESIS
45 min • Yoga Studio • Limit 15</p> | 5:30 PM | <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> <p>*COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> |
| 2:00 PM | <p>*HANDS-ON COOKING: COCOA & CRAFT
NEW! 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>LONG & LEAN BARRE WORKOUT
DD 45 min • Studio 2 • Limit 20</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>*PILATES REFORMER-INT/ADV CLINIC
50 min • Pilates Studio • Limit 5 • \$80</p> | 6:00 PM | <p>CREATE YOUR OWN BAG CHARM
NEW! 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> |
| 3:00 PM | <p>MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN
50 min • Catalina Room • CME</p> <p>INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30</p> <p>GOOD VIBRATIONS
DD 45 min • Studio 2 • Limit 14</p> <p>PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p>LEARNING SELF-REIKI
NEW! 50 min • Cactus Room</p> | 6:30 PM | <p>*NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> |
| | | 7:00 PM | <p>INCREDIBLE INDIGENOUS ARTISTS
50 min • Catalina Room</p> |
| | | 8:00 PM | <p>*BARREL TO GLASS: A CURATED BOURBON JOURNEY
NEW! 1 hr • Javelina Cantina • Limit 6 • \$125</p> |



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

THURSDAY February 26, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	10:00 AM	COMMUNICATING WITH YOUR PET 50 min • Catalina Room
	MORNING WALK 30 min • Spa Lobby		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	MORNING WALK 45 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	SUNRISE YOGA 1 hr • Yoga Studio • Limit 30		H2O POWER 45 min • T-Pool • Limit 24
	*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS 4 hr • Outdoor Sports Lobby • Limit 8 • \$140		STRETCH 45 min • Yoga Studio • Limit 30
7:30 AM	*HIKE: LEVEL 4 - FORT LOWELL TRAIL 5 hr 30 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
7:45 AM	*HIKE: LEVEL 3 - PHONELINE 5 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	DJ DANCE PARTY 45 min • Studio 1 • Limit 30
8:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		PBF: POWER BLAST FITNESS DD 45 min • Studio 3 • Limit 20
	*HIKE: LEVEL 2 - SUTHERLAND TRAIL 5 hr • Outdoor Sports Lobby • Limit 12		YOGA FOR DETOX 45 min • Yoga Studio • Limit 20
	*DESERT BOTANICALS BEAUTY WALK 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		
	*BIKE RIDE: LEVEL 3 - COLOSSAL CAVE LOOP 4 hr • Outdoor Sports Lobby • Limit 12		
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		
9:00 AM	GUIDED LABYRINTH WALK 50 min • Sanctuary • Limit 12		
	*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		
	BOXER'S WORKOUT 45 min • Studio 3 • Limit 8		
	CYCLING 45 min • Golf Performance Center • Limit 12		
	DESERT DRUMMING DD 45 min • Studio 2 • Limit 30		
	LANDSCAPE & ECOLOGY WALK 50 min • Clubhouse Lobby • 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	<p>CAPTAIN'S TABLE: MEMBERSHIPS 1 hr • Vaquero • Limit 6</p> <p>LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36</p> <p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>FITNESS FOR YOUR FEET DD 20 min • Studio 1 • Limit 20</p>	4:00 PM	<p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>STRETCH & RELAXATION DD 25 min • Studio 2 • Limit 20</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p>
1:00 PM	<p>ALTERNATIVE THERAPIES FOR MENOPAUSE 50 min • Catalina Room • CME</p> <p>*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p>PILATES FOR BALANCE 45 min • Studio 1 • Limit 18</p>	5:00 PM	<p>SIP AND SHOP 2 hr • The Boutique at Canyon Ranch</p> <p>CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30</p> <p>MEDITERRANEAN NIGHT 1 hr 30 min • Double U Café</p>
1:30 PM	<p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>	5:15 PM	<p>PICKLE & PLAY 50 min • Pickleball Court 1</p>
2:00 PM	<p>SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p> <p>CR STRENGTH 45 min • Golf Performance Center • Limit 10</p>	5:30 PM	<p>BEYOND THE MYTHS: A FRESH LOOK AT SPIRITUALITY NEW! 50 min • Eucalyptus Circle</p> <p>*COMMUNITY TABLE 1 hr • Vaquero • Limit 6</p>
3:00 PM	<p>*BIKE RIDE: LEVEL 3 - SAGUARO SUNGLOW 3 hr • Outdoor Sports Lobby • Limit 12</p> <p>*HANDS-ON COOKING: THE LONGEVITY TABLE NEW! 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>BUFF BOOTY DD 45 min • Studio 1 • Limit 20</p> <p>QI GONG AND YOGA 45 min • Yoga Studio • Limit 20</p> <p>WALLYBALL 45 min • Racquet Court 1</p>	6:00 PM	<p>AN EVENING OF SOUND: MUSICAL PRAYERPERFORMANCE NEW! 50 min • Sanctuary</p>
		6:30 PM	<p>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
		7:00 PM	<p>*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>TOTALLY TRIVIA! 50 min • Pavilion</p>



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 27, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

6:30 AM	*HIKE: LEVEL 5 - UP TO SYCAMORE 7 hr 30 min • Outdoor Sports Lobby • Limit 12	10:00 AM	*PICKLEBALL SKILL DEVELOPMENT CLINIC 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	MORNING WALK 30 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 45 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		PROPERTY TOUR 45 min • Eucalyptus Circle
7:15 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		*QI GONG IN THE DESERT 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:30 AM	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400	10:30 AM	*DESERT TRAIL RUNNING 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
7:45 AM	*HIKE: LEVEL 3 - ESPERERO SABINO LOOP 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	THE SIXTH SENSE: HARNESSING YOUR INTUITION 50 min • Cactus Room
8:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		AQUA FIT 45 min • Aquatic Center • Limit 15
	*HIKE: LEVEL 2 - LOWER BEAR CANYON 4 hr • Outdoor Sports Lobby • Limit 12		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
	*BIKE RIDE: LEVEL 4 - ROCKING COBBLER 4 hr • Outdoor Sports Lobby • Limit 6		YOGA SCULPT DD 45 min • Yoga Studio • Limit 18
9:00 AM	WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME		
	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		
	CHAIR YOGA 45 min • Yoga Studio • Limit 20		
	GLIDE AND BURN DD 45 min • Studio 1 • Limit 20		
	TRX FUSION 45 min • Studio 3 • Limit 15		

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



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SATURDAY February 28, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

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

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

7:30 AM *BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 8

*HIKE: LEVEL 4 - TANQUE VERDE RIDGE
6 hr • Outdoor Sports Lobby • Limit 12

7:45 AM *HIKE: LEVEL 4 - SOLDIER TRAIL
5 hr • Outdoor Sports Lobby • Limit 12

8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80

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

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

*BIKE RIDE: LEVEL 2 - STEAM PUMP
MARKET
4 hr • Outdoor Sports Lobby • Limit 12

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

9:00 AM *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80

ABOVE & BELOW THE BELT
DD 45 min • Studio 3 • Limit 20

CYCLING
45 min • Golf Performance Center • Limit 12

GLIDE AND BURN
45 min • Studio 1 • Limit 20

10:00 AM PERSONALIZED NUTRITION
50 min • Catalina Room • CME

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

CORE CONDITIONING
DD 45 min • Studio 1 • Limit 20

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

PROPERTY TOUR
45 min • Eucalyptus Circle

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

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

TRX STRONG
45 min • Studio 3 • Limit 15

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	<p>AI CHI 45 min • Aquatic Center • Limit 12</p> <p>BREATHING 20 min • Yoga Studio • Limit 30</p>	4:00 PM	<p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20</p>
1:00 PM	<p>MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20</p> <p>MENOPAUSAL HORMONE REPLACEMENT THERAPY 50 min • Catalina Room • CME</p> <p>PILATES MAT DD 45 min • Yoga Studio • Limit 30</p>		<p>STRETCH & RELAXATION DD 25 min • Studio 2 • Limit 20</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
1:30 PM	<p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8</p> <p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>	5:00 PM	<p>BBQ NIGHT BY THE FLAGSTONE POOL 2 hr 30 min • Double U Café</p>
2:00 PM	<p>HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30</p> <p>WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>*HIKE: LEVEL 1 - LOWER SABINO 3 hr • Outdoor Sports Lobby • Limit 12</p>	5:30 PM	<p>*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80</p> <p>*COMMUNITY TABLE 1 hr • Vaquero • Limit 6</p>
3:00 PM	<p>THE ART OF ORIGAMI 1 hr 30 min • Art Studio 1 • Limit 10</p> <p>*PILATES-AERIAL CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>VIPR SLAM DD 45 min • Studio 1 • Limit 20</p> <p>WALLYBALL 45 min • Racquet Court 1</p> <p>YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30</p> <p>*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	6:00 PM	<p>MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8</p> <p>*CHEF'S SEASONAL SHOWCASE DINNER NEW! 2 hr • Demo Kitchen • Limit 36 • \$70</p>
		6:30 PM	<p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>
		7:00 PM	<p>*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>



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SUNDAY March 1, 2026

(DD) DISCOVERY DAYS: STRENGTH + MOTION

- 7:00 AM **COWBOY COFFEE**
1 hr 30 min • Eucalyptus Circle
- MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- *PHOTOGRAPHY WALK**
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 7:30 AM ***HIKE: LEVEL 4 - MARIPOSA RIDGE**
6 hr • Outdoor Sports Lobby • Limit 12
- 7:45 AM ***HIKE: LEVEL 3 - VISTA DEL SOL**
5 hr 30 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 - PONTATOC OVERLOOK**
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 **ABOVE & BELOW THE BELT**
45 min • Studio 3 • Limit 20
- BUTI MOVEMENT®**
45 min • Yoga Studio • Limit 30
- CYCLING**
45 min • Golf Performance Center • Limit 12
- *BIKE RIDE: LEVEL 3 - AGUA CALIENTE**
3 hr • Outdoor Sports Lobby • Limit 12
- *CARDIO TENNIS CLINIC**
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM **THE SCIENCE OF WEIGHT LOSS**
50 min • Catalina Room • CME
- *PICKLEBALL DRILL CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80
- CARDIO CIRCUIT**
DD 45 min • Cardio & Strength Gym • Limit 20
- H2O POWER**
45 min • T-Pool • Limit 24
- STRETCH**
45 min • Yoga Studio • Limit 30
- PROPERTY TOUR**
45 min • Eucalyptus Circle
- *QI GONG IN THE DESERT**
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 11:00 AM **AQUA FIT**
45 min • Aquatic Center • Limit 15
- SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio • Limit 20
- ZUMBA®**
DD 45 min • Studio 1 • Limit 30
- VEDIC PALMISTRY: IT'S ALL IN OUR HANDS**
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.

- 1:00 PM *PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80
- QI GONG
45 min • Yoga Studio • Limit 30
- *PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- *YOGA IN THE WILD
3 hr • Outdoor Sports Lobby • Limit 8 • \$140
- *KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- EMPOWERING INTENTION: LUNAR
ASTROLOGY & CRYSTALS
50 min • Cactus Room
- 1:30 PM *TUCSON BOTANICAL GARDEN TOUR
NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *HIKE: LEVEL 1 - CACTUS GARDEN
4 hr • Outdoor Sports Lobby • Limit 12
- 2:00 PM ACUPUNCTURE 101: INSIDE THE
TREATMENT ROOM
50 min • Sanctuary • Limit 8
- DESERT DRUMMING
45 min • Studio 2 • Limit 30
- POWER STEP & TONE
DD 45 min • Golf Performance Center • Limit 12
- WATER WORKOUT
45 min • T-Pool • Limit 24
- 3:00 PM DRUMMING CIRCLE
DD 45 min • Studio 1 • Limit 20
- TRX FUSION
45 min • Studio 3 • Limit 15
- YIN YOGA
45 min • Yoga Studio • Limit 20
- 4:00 PM INJURY-PROOF YOUR PROGRESS: KEY TO
LASTING FITNESS
NEW! 50 min • Catalina Room • CME
- *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- STRETCH & RELAXATION
25 min • Studio 2 • Limit 20
- YOGA NIDRA
DD 45 min • Yoga Studio • Limit 20
- PROPERTY TOUR
45 min • Eucalyptus Circle
- 5:30 PM *RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80
- 6:00 PM *NIGHT SKY WALK
2 hr • Outdoor Sports Lobby • Limit 12 • \$80
- 6:30 PM *NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 7:00 PM CRYSTAL SINGING BOWL MEDITATION
50 min • Sanctuary
- 8:30 PM BINGO
50 min • Pavilion



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.

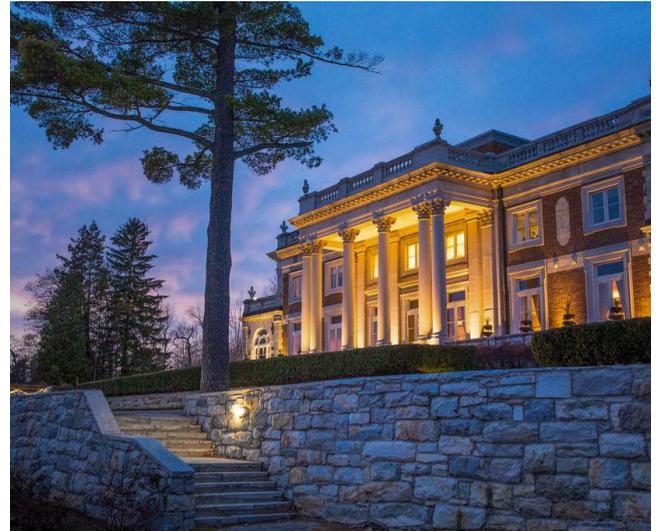
LIFE CHANGES AT CANYON RANCH

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
- ☎ Courtesy Phone
- 📍 Directory
- ♿ Disabled Access
- P Disabled Parking
- ⋯ Disabled Route
- 🔌 Electric Vehicle Charging Station
- ❄️ Ice Machine
- S 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.

