

RANCH SCHEDULE
MARCH 2 - 8, 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: 5:00 pm – 8:00 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

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



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.

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



CULTIVATING WONDER AND WISDOM WITH GUEST EXPERT JEANNIE DUBOSE

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.

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



POSTCARDS FROM HEAVEN WITH GUEST EXPERT MAUREEN HANCOCK

MARCH 6 - 8

Join Maureen Hancock, a gifted spirit medium and holistic teacher, for small-group sessions. From spiritual readings with a loved one who has passed to shared stories from Maureen about assisting patients with terminal illnesses through hospice, this event invites you to dig deeper into the realm of otherworldly connections. For twenty years, the author of the bestselling book *The Medium Next Door: Adventures of a Real-Life Ghost Whisperer* has guided people through the loss of loved ones.

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



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)

NINE DAUGHTERS OF EARTH



MONDAY, MARCH 2

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

BURCAK TOLAN



**WEDNESDAY, MARCH 4 -
THURSDAY, MARCH 5**

Meet with Burcak Tolan as she showcases her European style jewelry that inspires elegance in everyday life. Designed in Tucson, AZ and handcrafted in Istanbul.

ART OF CEREMONY



**FRIDAY, MARCH 6 -
SATURDAY, MARCH 7**

The Art of Ceremony brings to life the art of ritual in jewelry design.

Each necklace, earring, and bracelet is made with intention. All delight the eye and spark the soul.

MONDAY March 2, 2026

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

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| <p>6:30 AM *HIKE: LEVEL 4 - PICACHO PEAK WILDFLOWERS!
DD 6 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>7:00 AM MORNING WALK
30 min • Spa Lobby</p> <p>MORNING WALK
45 min • Spa Lobby</p> <p>*BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 8</p> <p>COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle</p> <p>7:15 AM *HIKE: LEVEL 3 - FINGER ROCK
4 hr • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM *HIKE: LEVEL 2 - VENTANA TRAIL
4 hr • Outdoor Sports Lobby • Limit 12</p> <p>*ARIZONA-SONORA DESERT MUSEUM
5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195</p> <p>*BIKE RIDE: LEVEL 5 - PANTANO RIVER PATH
6 hr • Outdoor Sports Lobby • Limit 12</p> <p>*ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400</p> <p>8:00 AM *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 EXPLORING NARCISSISM
50 min • Cactus Room • CME</p> <p>*CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CORE CONDITIONING
45 min • Studio 1 • Limit 20</p> <p>DESERT DRUMMING
45 min • Studio 2 • Limit 30</p> <p>TRX STRONG
45 min • Studio 3 • Limit 15</p> <p>9:15 AM *ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*DESERT TRAIL RUNNING
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> | <p>9:30 AM *YOGA IN THE WILD
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>10:00 AM ACUPUNCTURE FOR PAIN
50 min • Catalina Room • Limit 37 • CME</p> <p>*PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</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>11:00 AM PEDAL, LIFT, FLOW
1 hr • Golf Performance Center • Limit 12</p> <p>YOGA SCULPT
45 min • Yoga Studio • Limit 18</p> <p>ZUMBA®
45 min • Studio 1 • Limit 30</p> <p>INSIGHT & HEALING WITH GEMS & MINERALS
50 min • Cactus Room</p> |
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DISCOVER OUR PROPERTY

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

Whether you're looking for quiet meditation spots, the fastest route to your services, or the perfect photo backdrop, we'll customize the tour to fit your needs. Sign up in the app or check in at the Guest Services desk in the Clubhouse.

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

NOON	<p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH & LEARN: TUSCAN CHICKEN 1 hr • Demo Kitchen • Limit 36</p>	4:00 PM	<p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN 50 min • Spa Lobby • Limit 25</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p>
1:00 PM	<p>REPLENISHING THE WELL 50 min • Catalina Room • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>*WILDFLOWER HIKE & PAINT DD 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	5:00 PM	<p>INTRODUCTION TO VEDIC ASTROLOGY 50 min • Catalina Room</p> <p>MEDITERRANEAN NIGHT 2 hr 30 min • Double U Café</p> <p>*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110</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>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 50 min • Catalina Room</p>
1:30 PM	<p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>	5:30 PM	
2:00 PM	<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>*WILDFLOWER MEDITATION HIKE DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	6:00 PM	
3:00 PM	<p>LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20</p> <p>MUSCLE MAX 45 min • Studio 3 • Limit 12</p> <p>POSTURE & BALANCE 45 min • Studio 1 • Limit 20</p>	6:30 PM	
		7:00 PM	



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 March 3, 2026

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

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| <p>6:15 AM *WILDFLOWER DAWN QI GONG IN THE CANYON
DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>6:30 AM *GRAVEL BIKING IN PATAGONIA
7 hr • Outdoor Sports Lobby • Limit 6 • \$400</p> <p>7:00 AM MORNING WALK
30 min • Spa Lobby</p> <p>MORNING WALK
45 min • Spa Lobby</p> <p>*HIKE: LEVEL 4 - WINDY POINT VISTA
6 hr • Outdoor Sports Lobby • Limit 12</p> <p>COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle</p> <p>7:15 AM *HIKE: LEVEL 3 - MILAGROSA CANYON
WILDFLOWER HIKE
DD 4 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM *HIKE: LEVEL 2 - PIMA CANYON
4 hr • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM *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 *PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE
50 min • Racquet Court 1 • Limit 4 • \$110</p> <p>ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20</p> <p>CYCLING
45 min • Golf Performance Center • Limit 12</p> <p>STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14</p> <p>*WILDFLOWER PHOTOGRAPHY WALK
DD 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*ART & ECHOES: BIKING THROUGH THE
OLD PUEBLO
NEW! 3 hr 30 min • Outdoor Sports Lobby •
Limit 4 • \$110</p> | <p>10:00 AM UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME</p> <p>*PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>H2O POWER
45 min • T-Pool • Limit 24</p> <p>MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p>STRETCH
45 min • Yoga Studio • Limit 30</p> <p>*WILDFLOWER SAGUARO NATIONAL PARK
DISCOVERY TOUR
DD 2 hr 30 min • Outdoor Sports Lobby •
Limit 6 • \$110</p> <p>11:00 AM POWER FLOW
45 min • Yoga Studio • Limit 30</p> <p>TRX FUSION
45 min • Studio 3 • Limit 15</p> <p>VIPR SLAM
45 min • Studio 1 • Limit 20</p> <p>*ALCHEMY SINGING BOWL IMMERSION
NEW! 50 min • Sanctuary • Limit 15 • \$80</p> |
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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** **BREATHING**
20 min • Yoga Studio • Limit 30
- *INTUITIVE ARCHERY**
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- LUNCH & LEARN: GRILLED LIME SHRIMP**
1 hr • Demo Kitchen • Limit 36
- 1:00 PM** **THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH**
NEW! 50 min • Catalina Room • CME
- CR STRENGTH**
45 min • Golf Performance Center • Limit 10
- *PILATES REFORMER CLINIC: BEGINNING**
50 min • Pilates Studio • Limit 5 • \$80
- *KARTCHNER CAVERNS LIVING CAVE TOUR**
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- 1:30 PM** ***HIGH ROPES CHALLENGE COURSE**
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- *HIKE: LEVEL 2 - SECRET TRAIL LOOP**
3 hr • Outdoor Sports Lobby • Limit 12
- 2:00 PM** **BOXER'S WORKOUT**
45 min • Studio 3 • Limit 8
- PELVIC FLOOR YOGA**
45 min • Yoga Studio • Limit 30
- WATER WORKOUT**
45 min • T-Pool • Limit 24
- *PHONE-TOGRAPHY**
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 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
- 4:00 PM** ***CEREMONIAL CACAO EXPERIENCE**
NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140
- *PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR**
45 min • Eucalyptus Circle
- STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- YOGA NIDRA**
45 min • Yoga Studio • Limit 20
- 4:30 PM** ***PRIMITIVE FIRE-MAKING**
2 hr • Outdoor Sports Lobby • Limit 8
- 5:00 PM** **AUTHENTIC TAQUERIA**
1 hr 30 min • Double U Café
- 5:30 PM** ***RESTORATIVE SOUND BATH**
50 min • Yoga Studio • Limit 25 • \$80
- 7:00 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
- TOTALLY TRIVIA!**
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.

WEDNESDAY

March 4, 2026

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

6:15 AM	*SUNRISE YOGA IN THE WILD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	9:15 AM	*SONORAN SPRING WILDFLOWER COLLECTION HIKE DD 3 hr • Outdoor Sports Lobby • Limit 12 • \$140
6:30 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
7:00 AM	MORNING WALK 30 min • Spa Lobby		PROPERTY TOUR 45 min • Eucalyptus Circle
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	*HIKE: LEVEL 4 - UPPER BEAR CANYON 7 hr 30 min • Outdoor Sports Lobby • Limit 12		MUSCLE MAX 45 min • Studio 3 • Limit 12
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		STRETCH 45 min • Yoga Studio • Limit 30
	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
7:15 AM	*HIKE: LEVEL 3 - MCDOUGAL RIDGE 4 hr 45 min • Outdoor Sports Lobby • Limit 12		CHAIR YOGA 45 min • Yoga Studio • Limit 20
7:30 AM	*HIKE: LEVEL 2 - DOUGLAS SPRINGS 4 hr 15 min • Outdoor Sports Lobby • Limit 12		TRX STRONG 45 min • Studio 3 • Limit 15
	*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12		ZUMBA® 45 min • Studio 1 • Limit 30
8:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		
	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		
8:15 AM	CENTERING MEDITATION 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	LUNCH & LEARN: BALSAMIC GLAZED SALMON 1 hr • Demo Kitchen • Limit 36	4:00 PM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
12:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		PROPERTY TOUR 45 min • Eucalyptus Circle
1:00 PM	ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS 50 min • Sanctuary • CME		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	GYROKINESIS 45 min • Yoga Studio • Limit 15		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	LET'S DANCE 45 min • Studio 1 • Limit 30	5:00 PM	BBQ NIGHT BY THE FLAGSTONE POOL 2 hr 30 min • Double U Café
	*BIKE RIDE: LEVEL 3 - ROCKING K 4 hr • Outdoor Sports Lobby • Limit 6	5:30 PM	A MEDICAL PERSPECTIVE ON LONGEVITY 50 min • Catalina Room • CME
1:30 PM	*TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	*HANDS-ON COOKING: COCOA & CRAFT 1 hr • Demo Kitchen • Limit 10 • \$125	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12		CREATE YOUR OWN BAG CHARM NEW! 1 hr 30 min • Art Studio 1 • Limit 12
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	7:00 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	WATER WORKOUT 45 min • T-Pool • Limit 24		AN EVENING OF SOUND: MUSICAL PRAYERFORMANCE NEW! 50 min • Sanctuary
	*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80	8:00 PM	*BARREL TO GLASS: A CURATED BOURBON JOURNEY 1 hr • Javelina Cantina • Limit 7 • \$125
3:00 PM	MINDSET FOR OPTIMUM PERFORMANCE 50 min • Catalina Room • CME		
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		
	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30		
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		
	*WILDFLOWER PHONE-TOGRAPHY DD 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		
	LEARNING SELF-REIKI NEW! 50 min • Cactus 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.

THURSDAY March 5, 2026

(GE) GUEST EXPERT: CULTIVATING WONDER AND WISDOM WITH JEANNIE DUBOSE

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

- 6:30 AM *HIKE: LEVEL 4 -WILDFLOWER KING CANYON LOOP
DD 6 hr 45 min • Outdoor Sports Lobby • Limit 12
- 7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- SUNRISE YOGA
1 hr • Yoga Studio • Limit 30
- MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- *WILDFLOWER MEDITATION HIKE
DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 7:15 AM *HIKE: LEVEL 3 - PHONELINE
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM *HIKE: LEVEL 2 - ESPERERO TRAIL
3 hr 45 min • Outdoor Sports Lobby • Limit 12
- *KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- *BIKE RIDE: LEVEL 3 - SAGUARO SPIN
3 hr • Outdoor Sports Lobby • Limit 10
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- *DESERT BOTANICALS BEAUTY WALK
DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20
- 9:00 AM FINDING CALM: EASTERN WISDOM FOR MODERN LIFE
NEW! 50 min • Sanctuary
- *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
45 min • Studio 2 • Limit 30
- LANDSCAPE & ECOLOGY WALK
50 min • Clubhouse Lobby • Limit 30
- 10:00 AM *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- PROPERTY TOUR
45 min • Eucalyptus Circle
- CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- ANGELS AMONG US
50 min • Cactus Room
- 11:00 AM BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Catalina Room • CME
- DJ DANCE PARTY
45 min • Studio 1 • Limit 30
- PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20
- YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

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	<p>CAPTAIN'S TABLE: MEMBERSHIPS 1 hr • Vaquero • Limit 6</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH & LEARN: CRAB CAKES 1 hr • Demo Kitchen • Limit 36</p>	4:00 PM	<p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>ROLE TO SOUL WITH JEANNIE DUBOSE GE 50 min • Catalina Room</p> <p>*QI GONG HEALING SOUNDS PRACTICE NEW! 50 min • Yoga Studio • Limit 6 • \$80</p>
1:00 PM	<p>REST EASY—TIPS FOR A GOOD NIGHT'S SLEEP NEW! 50 min • Cactus Room</p> <p>PILATES FOR BALANCE 45 min • Studio 1 • Limit 18</p>	4:30 PM	<p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
1:30 PM	<p>*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</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>
2:00 PM	<p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>CR STRENGTH 45 min • Golf Performance Center • Limit 10</p>	5:15 PM	<p>PICKLE & PLAY 50 min • Pickleball Court 1</p>
3:00 PM	<p>*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>BUFF BOOTY 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> <p>AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15</p>	5:30 PM	<p>RECOVERY TO PERFORMANCE: SPORTS MEDICINE MYTHS NEW! 50 min • Cactus Room</p>
		6:00 PM	<p>HEALING THE HEART THROUGH SONG NEW! 1 hr • Eucalyptus Circle</p>
		7:00 PM	<p>*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>PUBLIC SPEAKING: BE EMPOWERED! 50 min • Catalina Room</p>



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FRIDAY March 6, 2026

(GE) GUEST EXPERT: CULTIVATING WONDER AND WISDOM WITH JEANNIE DUBOSE

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

6:15 AM	*DAWN QI GONG IN THE CANYON 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	*PICKLEBALL SKILL DEVELOPMENT CLINIC 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
6:30 AM	*PHOTOGRAPHY WALK 3 hr • Outdoor Sports Lobby • Limit 6 • \$110		PROPERTY TOUR 45 min • Eucalyptus Circle
	*BIKE RIDE: LEVEL 3 - SABINO CANYON 3 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
7:00 AM	COWBOY COFFEE 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		*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12
	*HIKE: LEVEL 4 - BLACKETT'S RIDGE 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
7:15 AM	*HIKE: LEVEL 3 - WEST SPRING 4 hr 15 min • Outdoor Sports Lobby • Limit 12		WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15
7:30 AM	*HIKE: LEVEL 2 -WILDFLOWER SUTHERLAND TRAIL DD 5 hr • Outdoor Sports Lobby • Limit 12		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	*ARIZONA-SONORA DESERT MUSEUM WILDFLOWERS! DD 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195		ASK A PSYCHIC 50 min • Cactus Room
	*ROCK CLIMBING NATURALLY 5 hr • Outdoor Sports Lobby • Limit 6 • \$400		
8:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	WHEN SHOULDERS SPEAK: PAIN DECODED & TREATED 50 min • Catalina Room • CME		
	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80		
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		
	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30		
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		

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	CHAIR YOGA 45 min • Yoga Studio • Limit 20	3:00 PM	*HANDS-ON COOKING: FAST & NOURISHED 1 hr • Demo Kitchen • Limit 10 • \$125
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		POSTURE & BALANCE 45 min • Studio 1 • Limit 20
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		WALLYBALL 45 min • Racquet Court 1
	LUNCH & LEARN: ORANGE DIJON GLAZED MAHI 1 hr • Demo Kitchen • Limit 36		YIN YOGA 45 min • Yoga Studio • Limit 20
1:00 PM	THE POWER OF MOVEMENT FOR LONGEVITY NEW! 50 min • Catalina Room • CME	4:00 PM	BEYOND THE PHYSICAL: METAPHYSICAL 101 NEW! 50 min • Spa Lobby
	*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		MEDITATION 25 min • Sanctuary • Limit 30
	*TUCSON BOTANICAL GARDEN TOUR NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD 4 hr • Outdoor Sports Lobby • Limit 12		*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK SP 1 hr 30 min • Catalina Room • Limit 15 • \$200
	THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Cactus Room	4:45 PM	*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR NEW! 2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110
2:00 PM	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30	5:00 PM	*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 15 • \$125
	WATER WORKOUT 45 min • T-Pool • Limit 24		AUTHENTIC TAQUERIA 1 hr 30 min • Double U Café
	ASTROLOGY: BEYOND THE BASICS 50 min • Cactus Room	5:30 PM	*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110
	*YOGA IN THE WILDFLOWERS DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	7:00 PM	PORTALS TO WONDER & AWE WITH JEANNIE DUBOSE GE 50 min • Catalina Room
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14	8:30 PM	MUSIC BINGO! 50 min • Pavilion
	MINDFUL MANDALA DOT PAINTING 1 hr 30 min • Art Studio 1 • Limit 12		



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SATURDAY March 7, 2026

(GE) GUEST EXPERT: CULTIVATING WONDER AND WISDOM WITH JEANNIE DUBOSE

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

- 7:00 AM **COWBOY COFFEE**
1 hr 30 min • Eucalyptus Circle
- MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- *HIKE: LEVEL 4 - FORT LOWELL TRAIL**
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- *BIRD WALK**
2 hr • Outdoor Sports Lobby • Limit 8
- 7:15 AM ***HIKE: LEVEL 3 - PONTATOC RIDGE**
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM ***HIKE: LEVEL 2 - TANQUE VERDE SADDLE**
4 hr • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - AGUA CALIENTE**
3 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM ***PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- *WILDFLOWER HIKE & PAINT**
DD 4 hr • Spa Lobby • Limit 8 • \$110
- 8:15 AM **CENTERING MEDITATION**
25 min • Sanctuary • Limit 30
- 9:00 AM **CYCLING**
45 min • Golf Performance Center • Limit 12
- GLIDE AND BURN**
45 min • Studio 1 • Limit 20
- WALK YOUR WORKOUT**
45 min • Spa Lobby • Limit 15
- *BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH WITH SELI STRENGTH**
50 min • Studio 3 • Limit 20 • \$80
- 10:00 AM **NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE**
50 min • Catalina Room
- *PICKLEBALL DRILL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- PROPERTY TOUR**
45 min • Eucalyptus Circle
- *PILATES-AERIAL CLINIC**
50 min • Studio 3 • Limit 5 • \$80
- CORE CONDITIONING**
45 min • Studio 1 • Limit 20
- H2O POWER**
45 min • T-Pool • Limit 24
- STRETCH**
45 min • Yoga Studio • Limit 30
- *QI GONG IN THE DESERT WILDFLOWERS**
DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 11:00 AM **AQUA FIT**
45 min • Aquatic Center • Limit 15
- INTERMEDIATE YOGA**
45 min • Yoga Studio • Limit 30
- TRX STRONG**
45 min • Studio 3 • Limit 15

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	3:30 PM	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	AI CHI 45 min • Aquatic Center • Limit 12	4:00 PM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20		PROPERTY TOUR 45 min • Eucalyptus Circle
	NEW SCIENTIFIC STUDIES IN MEDICINE NEW! 50 min • Cactus Room • CME		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	PILATES MAT 45 min • Yoga Studio • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:30 PM	*HIKE: LEVEL 1 - LIME KILN CANYON 4 hr 15 min • Outdoor Sports Lobby • Limit 12		*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8		*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK SP 1 hr 30 min • Catalina Room • Limit 15 • \$200
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	5:00 PM	BBQ NIGHT BY THE FLAGSTONE POOL 2 hr 30 min • Double U Café
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	6:00 PM	MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8
2:00 PM	GRIND, GRIT & GRACE 50 min • Catalina Room • CME		*CHEF'S SEASONAL SHOWCASE DINNER 2 hr • Demo Kitchen • Limit 36 • \$70
	WATER WORKOUT 45 min • T-Pool • Limit 24	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30	7:00 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	LET'S DANCE 45 min • Studio 1 • Limit 30		WHEN HARD THINGS HAPPEN WITH JEANNIE DUBOSE GE 50 min • Catalina Room
3:00 PM	WALLYBALL 45 min • Racquet Court 1	7:30 PM	SONGS UNDER THE STARS WITH ERIN KINSEY 1 hr • Flagstone Lawn
	VIPR SLAM 45 min • Studio 1 • Limit 20		
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30		
	RAINBOW CRYSTAL SUNCATCHERS 1 hr 30 min • Art Studio 1 • Limit 12		



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SUNDAY March 8, 2026

(GE) GUEST EXPERT: CULTIVATING WONDER AND WISDOM WITH JEANNIE DUBOSE

(DD) DISCOVERY DAYS: TUCSON WILDFLOWER WEEK

6:15 AM *DAWN QI GONG IN THE CANYON
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

*HIKE: LEVEL 4 - THIMBLE VIEW
6 hr 30 min • Outdoor Sports Lobby • Limit 12

7:15 AM *HIKE: LEVEL 3 - SWEETWATER SADDLE
6 hr 15 min • Outdoor Sports Lobby • Limit 12

7:30 AM *HIKE: LEVEL 2 - MISSION VIEW
4 hr 30 min • Outdoor Sports Lobby • Limit 12

*BIKE RIDE: LEVEL 2 - RIVER
PATH/MARKETPLACE
4 hr • Outdoor Sports Lobby • Limit 12

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

*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

*YOGA IN THE WILD
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

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

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

10:00 AM EXERCISE & MENOPAUSE
50 min • Cactus Room • CME

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

PROPERTY TOUR
45 min • Eucalyptus Circle

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

VINYASA FLOW
45 min • Yoga Studio • Limit 30

ZUMBA®
45 min • Studio 1 • Limit 30

*READING THE LINES OF LIFE
NEW! 1 hr 30 min • Catalina Room •
Limit 10 • \$110

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

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

Thank you for helping keep Canyon Ranch serene.

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>1:00 PM *PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>QI GONG
45 min • Yoga Studio • Limit 30</p> <p>FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY
50 min • Cactus Room</p> <p>*WILDFLOWER PHONE-TOGRAPHY
DD 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p>*SONORAN SPRING WILDFLOWER COLLECTION HIKE
DD 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> <p>1:30 PM *TUCSON BOTANICAL GARDEN TOUR
NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> <p>2:00 PM KOREAN HAND THERAPY: HOLD ON TO BETTER HEALTH
NEW! 50 min • Catalina Room</p> <p>DESERT DRUMMING
45 min • Studio 2 • Limit 30</p> <p>POWER STEP & TONE
NEW! 45 min • Golf Performance Center • Limit 12</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>3:00 PM DRUMMING CIRCLE
45 min • Studio 1 • Limit 20</p> <p>TRX FUSION
45 min • Studio 3 • Limit 15</p> <p>YIN YOGA
45 min • Yoga Studio • Limit 20</p> | <p>4:00 PM LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS
50 min • Cactus Room • CME</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p>*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK
SP 1 hr 30 min • Catalina Room • Limit 15 • \$200</p> <p>5:00 PM CHEF INSPIRED STREET CART
2 hr • Double U Café</p> <p>5:30 PM *RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:30 PM *NIGHT SKY WALK
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>7:00 PM *NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>THE INNER LANDSCAPE OF BEAUTY WITH JEANNIE DUBOSE
GE 50 min • Catalina Room</p> <p>8:30 PM BINGO
50 min • Pavilion</p> |
|--|--|



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MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

A CanyonRanch Membership is the ultimate healthy habit, allowing you to explore all our life-enhancing possibilities at your own pace. Your Membership helps you maintain your commitment to healthy living with regular stays at our Sonoran Desert resort over the next five years. It's an invaluable path to health and vitality – all at an incredible value.



AN IDEAL PLAN IF YOU WANT TO:

- Return regularly to our world-class Tucson wellness resort.
- Share the experience with anyone of your choosing.
- Sustain your commitment to healthy, joyful living.
- Keep up with health and fitness trends and maintain your relationships with Canyon Ranch professionals.
- Enjoy a fabulous, rejuvenating getaway at least once a year.
- Invest in yourself and enjoy great savings.



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

- Five free Member Nights to use for overnight stays in Tucson.(Service allowance not included.)
- 45 Member Nights with a 50% discount on the nightly rate; discount applied to current “Stay Your Way” rate. (Service allowance not included.)
- Member pricing on all services, activities, and select retail in connection with your stays.
- Exclusive Member offers; offers will vary but may include special pricing, promotions, sneak previews of new services or programming, etc.

ADDITIONAL BENEFITS:

- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to
purchase a Membership:

CONTACT

Memberships
TucsonMemberships@canyonranch.com
520-239-3293 or visit our Membership
Sales Team in Tucson.

LIFE CHANGES AT CANYON RANCH

WHERE EVER YOU ARE ON YOUR LIFE LONG JOURNEY,
FIND PERSONALIZED GUIDANCE AND PROVEN EXPERTISE
TO INSPIRE YOUR WELL WAY OF LIFE.



CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



CANYON RANCH FORT WORTH, TEXAS

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit canyonranch.com to learn more about all of our locations.



Health & Performance, & Spiritual Wellness

- Life Management
- Longevity8™
- Medical
- Meditation Garden
- Nutrition
- Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

- Acacia Room
- Mohave Gym
- Ocotillo Room
- Saguaro Room

Spa Complex

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

Clubhouse

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

KEY

- Cell Phone Area
- Courtesy Phone
- Directory
- Disabled Access
- Disabled Parking
- Disabled Route
- Electric Vehicle Charging Station
- 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.



Labyrinth