

RANCH SCHEDULE  
MARCH 9 - 15, 2026



This schedule belongs to:

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# 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



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## 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



## SPRING INTO CORE STRENGTH FEATURING GUEST EXPERT KRISTIN MCGEE

**MARCH 9 - 15**

Dedicate a week to building resilience, stamina, and alignment through expertly guided Pilates classes. Each session strengthens your core, improves posture, and enhances overall energy by blending classical technique with modern practice. You'll refine your breathing for focus, improve flexibility, and learn movements that carry into daily life. Perfect for those deepening their Pilates practice, boosting fitness, or enhancing performance in a supportive luxury setting.

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



## GRAVEL & GRIT: CYCLING ADVENTURES FEATURING GUEST EXPERT REBECCA RUSCH

**MARCH 12 - 15**

Join Rebecca Rusch and a community of like-minded adventurers for an unforgettable week of movement, reflection, and desert magic. Over four days, you'll explore the Sonoran Desert on guided gravel and mountain bike rides. Enjoy a special presentation and fireside chat with Rebecca, along with discussions on active nutrition and mindset with Canyon Ranch experts. You're also invited to attend a special screening of the award-winning documentary, *Blood Road*.

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



## THREE DESERT NIGHTS FEATURING TYLER DIAL

**MARCH 13 - 15**

Celebrate music and community under the desert sky with Tyler Dial during an exclusive three-night retreat at our Tucson resort. Enjoy an intimate acoustic performance, restorative wellness offerings, and seasonal Southwestern cuisine in the heart of the Sonoran Desert. Connect with nature through guided hikes, movement, and reflection during this immersive experience designed to renew body, heart, and spirit.

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)*

## ART OF CEREMONY



MONDAY, MARCH 9 -  
TUESDAY, MARCH 10

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.

## SATYA



FRIDAY, MARCH 13 -  
SUNDAY, MARCH 15

Satya Jewelry is named for satya, the Sanskrit word for "truth." Each piece is designed to resonate deeply with its wearer-to connect to one's own truth and empower a personal journey.

# MONDAY March 9, 2026

(DD) DISCOVERY DAYS: **SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE**

- |   |   |
|---|---|
| <p>6:30 AM *SABINO CANYON WALK<br/>2 hr • Outdoor Sports Lobby • Limit 12</p> <p>7:00 AM MORNING WALK<br/>30 min • Spa Lobby</p> <p>MORNING WALK<br/>45 min • Spa Lobby</p> <p>COWBOY COFFEE<br/>1 hr 30 min • Eucalyptus Circle</p> <p>*HIKE: LEVEL 4 - PONTATOC TRAIL<br/>5 hr • Outdoor Sports Lobby • Limit 12</p> <p>7:15 AM *HIKE: LEVEL 3 - PIMA CANYON<br/>5 hr • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM *ROCK CLIMBING NATURALLY<br/>5 hr • Outdoor Sports Lobby • Limit 6 • \$400</p> <p>*YOGA IN THE WILD<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*ARIZONA-SONORA DESERT MUSEUM<br/>5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195</p> <p>*HIKE: LEVEL 2 - GARWOOD DAM LOOP<br/>4 hr • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM *PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>*BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101<br/>4 hr • Outdoor Sports Lobby • Limit 4</p> <p>8:15 AM CENTERING MEDITATION<br/>25 min • Sanctuary • Limit 30</p> <p>9:00 AM BURNOUT &amp; RESILIENCE<br/>50 min • Cactus Room • CME</p> <p>*CARDIO TENNIS CLINIC<br/>50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CORE CONDITIONING<br/><b>DD</b> 45 min • Studio 1 • Limit 20</p> <p>DESERT DRUMMING<br/>45 min • Studio 2 • Limit 30</p> <p>TRX STRONG<br/>45 min • Studio 3 • Limit 15</p> <p>*ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*INTUITIVE ARCHERY<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> | <p>10:00 AM ACUPUNCTURE FOR STRESS RELIEF &amp; EMOTIONAL BALANCE<br/>50 min • Catalina Room • CME</p> <p>*PICKLEBALL DRILL CLINIC<br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR<br/>45 min • Eucalyptus Circle</p> <p>CARDIO CIRCUIT<br/>45 min • Cardio &amp; Strength Gym • Limit 20</p> <p>H2O POWER<br/>45 min • T-Pool • Limit 24</p> <p>STRETCH<br/>45 min • Yoga Studio • Limit 30</p> <p>11:00 AM PEDAL, LIFT, FLOW<br/>1 hr • Golf Performance Center • Limit 12</p> <p>YOGA SCULPT<br/>45 min • Yoga Studio • Limit 18</p> <p>ZUMBA®<br/>45 min • Studio 1 • Limit 30</p> <p>BALANCE YOUR BRAIN THROUGH HANDWRITING<br/>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	<b>*AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80	3:30 PM	<b>*MEDITATION HIKE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	<b>LUNCH &amp; LEARN: LOBSTER WITH SWEET CHILI GLAZE</b> 1 hr • Demo Kitchen • Limit 36	4:00 PM	<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
1:00 PM	<b>YES, AND: THE SACRED PLAY OF IMPROV</b> 50 min • Sanctuary • CME		<b>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN</b> 50 min • Spa Lobby • Limit 25
	<b>*PILATES REFORMER CLINIC: BEGINNING DD</b> 50 min • Pilates Studio • Limit 5 • \$80		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
	<b>*BIKE RIDE: LEVEL 3 - CANADA DEL ORO</b> 4 hr • Outdoor Sports Lobby • Limit 12		<b>RESTORATIVE YOGA</b> 45 min • Yoga Studio • Limit 20
	<b>*HIKE &amp; PAINT</b> 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
1:30 PM	<b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		<b>INTRO TO AYURVEDA: WHAT'S YOUR DOSHA?</b> 50 min • Catalina Room
	<b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	5:00 PM	<b>UNDER THE VEDIC SUN</b> 50 min • Cactus Room
2:00 PM	<b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 20		<b>MEDITERRANEAN NIGHT</b> 2 hr 30 min • Double U Café
	<b>WALK YOUR WORKOUT</b> 45 min • Spa Lobby • Limit 15	5:30 PM	<b>*FLOATING SOUND MEDITATION CLINIC</b> 50 min • Aquatic Center • Limit 20 • \$110
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24	6:00 PM	<b>*TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80
	<b>*JEEP ADVENTURE</b> 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	6:30 PM	<b>*NIGHT SKY WALK</b> 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
3:00 PM	<b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Studio 2 • Limit 20	7:00 PM	<b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	<b>MUSCLE MAX</b> 45 min • Studio 3 • Limit 12		<b>INTIMACY: LOVE'S JOURNEY WITH JEANNIE DUBOSE</b> <b>GE</b> 50 min • Catalina Room
	<b>POSTURE &amp; BALANCE</b> 45 min • Studio 1 • Limit 20		



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

# TUESDAY March 10, 2026

(DD) DISCOVERY DAYS: SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE

- 6:15 AM \*DAWN QI GONG IN THE CANYON  
**NEW!** 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- \*HIKE: LEVEL 3 - ROMERO POOLS  
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 6:30 AM \*PHOTOGRAPHY WALK  
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 7:00 AM MORNING WALK  
30 min • Spa Lobby
- MORNING WALK  
45 min • Spa Lobby
- COWBOY COFFEE  
1 hr 30 min • Eucalyptus Circle
- \*HIKE: LEVEL 4 - SOLDIER TRAIL  
5 hr • Outdoor Sports Lobby • Limit 12
- \*BIKE RIDE: LEVEL 3 - ROCKING K  
4 hr • Outdoor Sports Lobby • Limit 6
- 7:30 AM \*HIKE: LEVEL 2 - SECRET TRAIL LOOP  
3 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION  
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  
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
- \*DESERT TRAIL RUNNING  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- \*HIKE: LEVEL 1 - LOWER SABINO  
3 hr • Outdoor Sports Lobby • Limit 12
- 10:00 AM UNDERSTANDING COMPLEX SYNDROMES  
50 min • Catalina Room • CME
- \*PICKLEBALL DRILL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR  
45 min • Eucalyptus Circle
- H2O POWER  
45 min • T-Pool • Limit 24
- MUSCLE MAX  
45 min • Studio 3 • Limit 12
- STRETCH  
45 min • Yoga Studio • Limit 30
- 11:00 AM POWER FLOW  
45 min • Yoga Studio • Limit 30
- TRX FUSION  
45 min • Studio 3 • Limit 15
- VIPR SLAM  
45 min • Studio 1 • Limit 20
- \*ALCHEMY SINGING BOWL IMMERSION  
**NEW!** 50 min • Sanctuary • Limit 15 • \$80

## THE MORE, THE MERRIER

Interested in bringing a group of 8 guests or more to the Ranch? An all inclusive group experience is ideal for milestone events such as birthday celebrations, family reunions, friend getaways, social clubs, and corporate retreats.

For more information, please contact [GroupLeadsTucson@canyonranch.com](mailto:GroupLeadsTucson@canyonranch.com).

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

NOON	<p><b>BREATHING</b> 20 min • Yoga Studio • Limit 30</p> <p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>LUNCH &amp; LEARN: POACHED SHRIMP</b> 1 hr • Demo Kitchen • Limit 36</p>	4:00 PM	<p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20</p>
1:00 PM	<p><b>THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH</b> <b>NEW!</b> 50 min • Catalina Room • CME</p> <p><b>*PILATES REFORMER CLINIC: BEGINNING</b> <b>DD</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>*TUCSON BOTANICAL GARDEN TOUR</b> <b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> <p><b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p>		<p><b>YOGA NIDRA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>*CEREMONIAL CACAO EXPERIENCE</b> <b>NEW!</b> 1 hr 30 min • Sanctuary • Limit 12 • \$140</p>
1:30 PM	<p><b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>	4:30 PM	<p><b>*PRIMITIVE FIRE-MAKING</b> 2 hr • Outdoor Sports Lobby • Limit 8</p>
2:00 PM	<p><b>PELVIC FLOOR YOGA</b> <b>DD</b> 45 min • Yoga Studio • Limit 30</p> <p><b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24</p> <p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>CR STRENGTH</b> 45 min • Golf Performance Center • Limit 10</p>	5:00 PM	<p><b>AUTHENTIC TAQUERIA</b> 1 hr 30 min • Double U Café</p>
3:00 PM	<p><b>FOUNDATIONS OF STRENGTH</b> 50 min • Catalina Room • CME</p> <p><b>BUFF BOOTY</b> 45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b> 45 min • Racquet Court 1</p> <p><b>YIN YOGA</b> 45 min • Yoga Studio • Limit 20</p>	5:30 PM	<p><b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80</p>
		7:00 PM	<p><b>*COSMIC JOURNEY WITH THE TELESCOPE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p><b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>



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# WEDNESDAY

March 11, 2026

(DD) DISCOVERY DAYS: SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE

- |         |  |          |   |
|---------|--|----------|---|
| 6:00 AM | <b>*SUNRISE YOGA IN THE WILD</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110                    | 10:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80 |
| 6:30 AM | <b>*SABINO CANYON WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 12                                 |          | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle                        |
| 7:00 AM | <b>MORNING WALK</b><br>30 min • Spa Lobby  |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24                            |
|         | <b>MORNING WALK</b><br>45 min • Spa Lobby  |          | <b>MUSCLE MAX</b><br>45 min • Studio 3 • Limit 12                         |
|         | <b>COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle  |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30                         |
|         | <b>*HIKE: LEVEL 4 - ESPERERO</b><br>5 hr • Outdoor Sports Lobby • Limit 12                           | 11:00 AM | <b>COMPASSION CIRCLE FOR GRIEF &amp; GRATITUDE</b><br>50 min • Sanctuary  |
|         | <b>*BIKE RIDE: LEVEL 2 - CAFE RIDE</b><br>4 hr • Outdoor Sports Lobby • Limit 12                     |          | <b>CHAIR YOGA</b><br>45 min • Yoga Studio • Limit 20                      |
|         | <b>*BIRD WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 8   |          | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15                         |
| 7:15 AM | <b>*HIKE: LEVEL 3 - BALANCED ROCK</b><br>4 hr 30 min • Outdoor Sports Lobby • Limit 12               |          | <b>ZUMBA®</b><br>45 min • Studio 1 • Limit 30                             |
| 8:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                            |          |   |
|         | <b>KUNDALINI YOGA</b><br>45 min • Yoga Studio • Limit 20   |          |   |
| 8:15 AM | <b>CENTERING MEDITATION</b><br>25 min • Sanctuary • Limit 30   |          |   |
| 9:00 AM | <b>*CARDIO TENNIS CLINIC</b><br>50 min • Tennis Court 1 • Limit 8 • \$80                             |          |   |
|         | <b>RHYTHM RIDE</b><br>45 min • Golf Performance Center • Limit 12                                    |          |   |
|         | <b>ROCKIN' RETRO</b><br>45 min • Studio 1 • Limit 30   |          |   |
|         | <b>STRIDE &amp; STRENGTH</b><br>45 min • Cardio & Strength Gym • Limit 14                            |          |   |
| 9:15 AM | <b>*HIKE: LEVEL 2 - HITCHCOCK OVERLOOK</b><br>4 hr 30 min • Outdoor Sports Lobby • Limit 12          |          |   |
| 9:30 AM | <b>*SAGUARO NATIONAL PARK DISCOVERY TOUR</b><br>2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110 |          |   |

## 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.

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| <p><b>NOON</b></p> <p><b>*AERIAL SWING YOGA CLINIC</b><br/>50 min • Studio 3 • Limit 5 • \$80</p> <p><b>LUNCH &amp; LEARN: TAHINI CHICKEN LETTUCE WRAPS</b><br/>1 hr • Demo Kitchen • Limit 36</p> <p><b>1:00 PM</b></p> <p><b>CHINESE MEDICINE FOR SEASONAL WELLNESS</b><br/>50 min • Sanctuary</p> <p><b>*GLUTE TRANSFORMATION-CLINIC</b><br/>50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p><b>GYROKINESIS</b><br/>45 min • Yoga Studio • Limit 15</p> <p><b>LET'S DANCE</b><br/>45 min • Studio 1 • Limit 30</p> <p><b>*SONORAN SPRING WILDFLOWER COLLECTION HIKE</b><br/>3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> <p><b>1:30 PM</b></p> <p><b>*INTUITIVE ARCHERY</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>2:00 PM</b></p> <p><b>*HANDS-ON COOKING: COCOA &amp; CRAFT</b><br/>1 hr • Demo Kitchen • Limit 10 • \$125</p> <p><b>KETTLEBELL WORKOUT</b><br/>45 min • Studio 3 • Limit 12</p> <p><b>LONG &amp; LEAN BARRE WORKOUT</b><br/>45 min • Studio 2 • Limit 20</p> <p><b>WATER WORKOUT</b><br/>45 min • T-Pool • Limit 24</p> <p><b>*PILATES REFORMER-INT/ADV CLINIC</b><br/><b>DD</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>3:00 PM</b></p> <p><b>HABITS FOR SUCCESS: LIFE BY DESIGN</b><br/><b>NEW!</b> 50 min • Catalina Room • CME</p> <p><b>GOOD VIBRATIONS</b><br/>45 min • Studio 2 • Limit 14</p> <p><b>INTERMEDIATE YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>PBF: POWER BLAST FITNESS</b><br/>45 min • Studio 3 • Limit 20</p> <p><b>LEARNING SELF-REIKI</b><br/><b>NEW!</b> 50 min • Cactus Room</p> | <p><b>4:00 PM</b></p> <p><b>*PICKLEBALL CLINIC</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>PROPERTY TOUR</b><br/>45 min • Eucalyptus Circle</p> <p><b>RESTORATIVE YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>STRETCH &amp; RELAXATION</b><br/>25 min • Studio 2 • Limit 20</p> <p><b>*PHONE-TOGRAPHY</b><br/>2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>5:00 PM</b></p> <p><b>BBQ NIGHT BY THE FLAGSTONE POOL</b><br/>2 hr 30 min • Double U Café</p> <p><b>SPA SIP + SKIN</b><br/><b>NEW!</b> 1 hr • Spa Lobby • Limit 20</p> <p><b>5:30 PM</b></p> <p><b>A MEDICAL PERSPECTIVE ON LONGEVITY</b><br/>50 min • Catalina Room • CME</p> <p><b>*RESTORATIVE SOUND BATH</b><br/>50 min • Yoga Studio • Limit 25 • \$80</p> <p><b>6:00 PM</b></p> <p><b>*TENNIS CLINIC</b><br/>50 min • Tennis Court 1 • Limit 8 • \$80</p> <p><b>CREATE YOUR OWN BAG CHARM</b><br/><b>NEW!</b> 1 hr 30 min • Art Studio 1 • Limit 12</p> <p><b>8:00 PM</b></p> <p><b>*BARREL TO GLASS: A CURATED BOURBON JOURNEY</b><br/>1 hr • Javelina Cantina • Limit 6 • \$125</p> |
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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 12, 2026

(DD) DISCOVERY DAYS: SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE

- 6:00 AM \*BIKE RIDE: LEVEL 4 - HOHOKAM  
5 hr • Outdoor Sports Lobby • Limit 6
- 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
- \*HIKE: LEVEL 4 - FINGER ROCK TRAIL  
5 hr 15 min • Outdoor Sports Lobby • Limit 12
- \*ARCHAEOLOGY 2 - DISCOVERING  
HOHOKAM PETROGLYPHS  
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 7:15 AM \*HIKE: LEVEL 3 - BRIDAL WREATH TRAIL  
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM \*HIKE: LEVEL 2 - LOWER BEAR CANYON  
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 8 • \$80
- \*HIKE & PAINT  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 8:15 AM CENTERING MEDITATION  
25 min • Sanctuary • Limit 30
- DYNAMIC STRETCH  
20 min • Yoga Studio • Limit 20
- 9:00 AM WALKING MEDITATION  
50 min • Sanctuary • CME
- \*CARDIO TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80
- STRONG SPINE, SOFT BODY  
WITH KRISTIN MCGEE  
DD 45 min • Yoga Studio • Limit 30
- BOXER'S WORKOUT  
45 min • Studio 3 • Limit 8
- CYCLING  
45 min • Golf Performance Center • Limit 12
- \*HIKE: LEVEL 1 - SABINO LOOP  
3 hr 30 min • Outdoor Sports Lobby • Limit 12
- \*MEDITATION HIKE  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 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
- THE SIXTH SENSE: HARNESSING YOUR  
INTUITION  
50 min • Cactus Room
- CARDIO CIRCUIT  
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER  
45 min • T-Pool • Limit 24
- STRETCH  
45 min • Yoga Studio • Limit 30
- 11:00 AM FUELING LONGEVITY: FOOD FOR A  
HEALTHY LIFESPAN  
50 min • Catalina Room • CME
- DJ DANCE PARTY  
45 min • Studio 1 • Limit 30
- PBF: POWER BLAST FITNESS  
45 min • Studio 3 • Limit 20
- YOGA FOR DETOX  
45 min • Yoga Studio • Limit 20

## CME ACCREDITATION

Did you know Canyon Ranch offers 2 AMA PRA Category 1 Credits™ every day?

If you are interested in taking advantage of this offering, please speak with a Guest Services Representative, Wellness Guide, or Health & Performance Patient Access Coordinator.

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

NOON	<b>CORE &amp; MORE</b> <b>DD</b> 20 min • Studio 2 • Limit 16	4:00 PM	<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80
	<b>FITNESS FOR YOUR FEET</b> 20 min • Studio 1 • Limit 20		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
	<b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b> 5 hr • Outdoor Sports Lobby • Limit 2 • \$220		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
	<b>*AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80		<b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	<b>LUNCH &amp; LEARN: MONGOLIAN BBQ SALMON</b> 1 hr • Demo Kitchen • Limit 36		<b>*QI GONG HEALING SOUNDS PRACTICE</b> <b>NEW!</b> 50 min • Yoga Studio • Limit 6 • \$80
1:00 PM	<b>ALTERNATIVE THERAPIES FOR MENOPAUSE</b> 50 min • Catalina Room • CME		<b>SCREENING OF "BLOOD ROAD" FEATURING REBECCA RUSCH</b> <b>GE</b> 2 hr • Clubhouse Media Room • Limit 11
	<b>PILATES FOR BALANCE</b> <b>DD</b> 45 min • Studio 1 • Limit 18	5:00 PM	<b>SIP AND SHOP</b> 2 hr • The Boutique at Canyon Ranch
1:30 PM	<b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		<b>CANDLELIGHT YOGA</b> 45 min • Yoga Studio • Limit 20
	<b>*DESERT BOTANICALS BEAUTY WALK</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		<b>MEDITERRANEAN NIGHT</b> 2 hr 30 min • Double U Café
2:00 PM	<b>*PILATES REFORMER CLINIC: BEGINNING</b> <b>DD</b> 50 min • Pilates Studio • Limit 5 • \$80	5:15 PM	<b>PICKLE &amp; PLAY</b> 50 min • Pickleball Court 1
	<b>SACRAL CHAKRA HIP OPENING</b> 45 min • Yoga Studio • Limit 20	5:30 PM	<b>ACUPUNCTURE: MYTHS VS EVIDENCE</b> <b>NEW!</b> 50 min • Cactus Room
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24	7:00 PM	<b>*COSMIC JOURNEY WITH THE TELESCOPE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	<b>CR STRENGTH</b> 45 min • Golf Performance Center • Limit 10		<b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
3:00 PM	<b>*HANDS-ON COOKING: THE LONGEVITY TABLE</b> 1 hr • Demo Kitchen • Limit 10 • \$125		
	<b>BUFF BOOTY</b> 45 min • Studio 1 • Limit 20		
	<b>QI GONG AND YOGA</b> 45 min • Yoga Studio • Limit 20		
	<b>WALLYBALL</b> 45 min • Racquet Court 1		
	<b>AN ART JOURNAL EXPERIENCE</b> 1 hr 30 min • Art Studio 1 • Limit 15		



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# FRIDAY March 13, 2026

(DD) DISCOVERY DAYS: SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE

- 6:00 AM \*GRAVEL BIKING IN PATAGONIA WITH REBECCA RUSCH  
**GE** 7 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 6:30 AM \*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12
- \*PHOTOGRAPHY WALK  
3 hr • Outdoor Sports Lobby • Limit 6 • \$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 - MARIPOSA RIDGE  
6 hr • Outdoor Sports Lobby • Limit 12
- \*JEEP ADVENTURE  
4 hr • Outdoor Sports Lobby • Limit 3 • \$220
- \*PICKLEBALL HARMONY  
**NEW!** 50 min • Pickleball Court 1 • Limit 8 • \$110
- 7:15 AM \*HIKE: LEVEL 3 - FT. LOWELL HILLS  
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM \*HIKE: LEVEL 2 - PHONELINE OVERLOOK  
4 hr • Outdoor Sports Lobby • Limit 12
- \*ROCK CLIMBING NATURALLY  
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- \*ARIZONA-SONORA DESERT MUSEUM  
5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 8 • \$80
- 9:00 AM MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE  
**NEW!** 50 min • Catalina Room • CME
- \*TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80
- TRX FUSION  
45 min • Studio 3 • Limit 15
- INTERMEDIATE YOGA  
45 min • Yoga Studio • Limit 30
- GLIDE AND BURN  
45 min • Studio 2 • Limit 20
- 9:30 AM \*BIKE RIDE: LEVEL 3 - RILLITO RIVER PATH  
4 hr • Outdoor Sports Lobby • Limit 12
- 10:00 AM \*PICKLEBALL SKILL DEVELOPMENT CLINIC  
1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
- 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 SCULPT & RESTORE WITH KRISTIN MCGEE  
**DD** 45 min • Yoga Studio • Limit 20
- EXPLORATION IN SOUL CONSCIOUSNESS  
50 min • Cactus Room
- AQUA FIT  
45 min • Aquatic Center • Limit 15
- WALK YOUR WORKOUT  
45 min • Spa Lobby • Limit 15

## 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	<b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 20	3:30 PM	<b>*QI GONG IN THE DESERT</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	<b>FITNESS FOR YOUR FEET</b> 20 min • Studio 1 • Limit 20	4:00 PM	<b>BEYOND THE PHYSICAL: METAPHYSICAL 101</b> <b>NEW!</b> 50 min • Spa Lobby
	<b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80
	<b>LUNCH &amp; LEARN: TORTILLA CRUSTED CHICKEN</b> 1 hr • Demo Kitchen • Limit 36		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
1:00 PM	<b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio & Strength Gym • Limit 5 • \$80		<b>MEDITATION</b> 25 min • Sanctuary • Limit 30
	<b>KUNDALINI YOGA</b> 45 min • Yoga Studio • Limit 20		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
	<b>*PILATES REFORMER CLINIC: BEGINNING</b> <b>DD</b> 50 min • Pilates Studio • Limit 5 • \$80		<b>*MALA BRACELET MAKING WITH SATYA</b> 1 hr • Pavilion • Limit 25
1:30 PM	<b>*TUCSON BOTANICAL GARDEN TOUR</b> <b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		<b>ATHLETE'S OPERATING SYSTEM WITH REBECCA RUSCH</b> <b>GE</b> 50 min • Catalina Room
2:00 PM	<b>VENUS, THE PLANET OF LOVE &amp; MONEY</b> 50 min • Cactus Room	5:00 PM	<b>*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR</b> <b>NEW!</b> 2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110
	<b>KETTLEBELL WORKOUT</b> 45 min • Studio 3 • Limit 12		<b>AUTHENTIC TAQUERIA</b> 1 hr 30 min • Double U Café
	<b>PELVIC FLOOR YOGA</b> 45 min • Yoga Studio • Limit 30	5:30 PM	<b>*FLOATING SOUND MEDITATION CLINIC</b> 50 min • Aquatic Center • Limit 20 • \$110
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24	6:30 PM	<b>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION</b> 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	<b>NUTRITION TO FUEL PERFORMANCE</b> <b>GE</b> 50 min • Catalina Room	7:00 PM	<b>TREAT YOURSELF FIRESIDE CHAT WITH KRISTIN MCGEE</b> <b>DD</b> 50 min • Eucalyptus Circle • Limit 20
3:00 PM	<b>*HANDS-ON COOKING: FAST &amp; NOURISHED</b> 1 hr • Demo Kitchen • Limit 10 • \$125	8:00 PM	<b>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE</b> 1 hr • Javelina Cantina • Limit 15 • \$125
	<b>POSTURE &amp; BALANCE</b> <b>DD</b> 45 min • Studio 1 • Limit 20	8:30 PM	<b>BINGO</b> 50 min • Pavilion
	<b>WALLYBALL</b> 45 min • Racquet Court 1		
	<b>YIN YOGA</b> 45 min • Yoga Studio • Limit 20		



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# SATURDAY March 14, 2026

(DD) DISCOVERY DAYS: SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE

7:00 AM	<b>COWBOY COFFEE</b> 1 hr 30 min • Eucalyptus Circle	10:00 AM	<b>*PICKLEBALL DRILL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80
	<b>MORNING WALK</b> 30 min • Spa Lobby		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
	<b>MORNING WALK</b> 45 min • Spa Lobby		<b>CORE CONDITIONING</b> <b>DD</b> 45 min • Studio 1 • Limit 20
	<b>*HIKE: LEVEL 4 - BLACKETT RIDGE WITH REBECCA RUSCH</b> <b>GE</b> 4 hr 30 min • Outdoor Sports Lobby • Limit 12		<b>H2O POWER</b> 45 min • T-Pool • Limit 24
	<b>*BIRD WALK</b> 2 hr • Outdoor Sports Lobby • Limit 8		<b>STRETCH</b> 45 min • Yoga Studio • Limit 30
7:15 AM	<b>*HIKE: LEVEL 3 - BROWN MOUNTAIN</b> 5 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	<b>AQUA FIT</b> 45 min • Aquatic Center • Limit 15
7:30 AM	<b>*HIKE: LEVEL 2 - VENTANA TRAIL</b> 4 hr • Outdoor Sports Lobby • Limit 12		<b>INTERMEDIATE YOGA</b> 45 min • Yoga Studio • Limit 30
8:00 AM	<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80		<b>TRX STRONG</b> 45 min • Studio 3 • Limit 15
	<b>STABLE &amp; POWERFUL WITH KRISTIN MCGEE</b> <b>DD</b> 45 min • Yoga Studio • Limit 20		
	<b>*BIKE RIDE: LEVEL 2 - STEAM PUMP MARKET</b> 4 hr • Outdoor Sports Lobby • Limit 12		
	<b>*HIKE &amp; PAINT</b> 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		
8:15 AM	<b>CENTERING MEDITATION</b> 25 min • Sanctuary • Limit 30		
9:00 AM	<b>ABOVE &amp; BELOW THE BELT</b> 45 min • Studio 3 • Limit 20		
	<b>CYCLING</b> 45 min • Golf Performance Center • Limit 12		
	<b>GLIDE AND BURN</b> 45 min • Studio 1 • Limit 20		
9:30 AM	<b>*QI GONG IN THE DESERT</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		

## 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	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80	3:30 PM	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	AI CHI 45 min • Aquatic Center • Limit 12		*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	BREATHING 20 min • Yoga Studio • Limit 30	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
	PILATES MAT 45 min • Yoga Studio • Limit 30		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	*PRIMITIVE FIRE-MAKING 2 hr • Outdoor Sports Lobby • Limit 8		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220		RESET AND RECHARGE WITH SANDY ABRAMS <b>SP</b> 45 min • Sanctuary • Limit 20
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:00 PM	BBQ NIGHT BY THE FLAGSTONE POOL 2 hr 30 min • Double U Café
1:30 PM	*HIKE: LEVEL 1 - BLACK HOLE 3 hr 30 min • Outdoor Sports Lobby • Limit 12		FIRESIDE CHAT WITH REBECCA RUSCH <b>GE</b> 1 hr • Reserve Firepit • Limit 20
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	5:30 PM	*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	STOP FORCING YOUR LIFE & LET IT FLOW <b>NEW!</b> 50 min • Catalina Room • Limit 37 • CME	6:00 PM	MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30		*CHEF'S SEASONAL SHOWCASE DINNER <b>NEW!</b> 2 hr • Demo Kitchen • Limit 36 • \$70
	LET'S DANCE 45 min • Studio 1 • Limit 30	6:30 PM	*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	WATER WORKOUT 45 min • T-Pool • Limit 24	7:00 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	MINDSET FOR OPTIMUM PERFORMANCE <b>GE</b> 50 min • Cactus Room • CME	7:30 PM	SONGS UNDER THE STARS WITH TYLER DIAL <b>SP</b> 1 hr • Flagstone Lawn
3:00 PM	CORE TO CALM WITH KRISTIN MCGEE <b>DD</b> 45 min • Yoga Studio • Limit 30		
	VIPR SLAM 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	THE ART OF ORIGAMI 1 hr 30 min • Art Studio 1 • Limit 12		
	BUILT THIS WAY: WHY CHANGE IS HARD AND WHAT WORKS 50 min • Catalina Room		



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

# SUNDAY March 15, 2026

(DD) DISCOVERY DAYS: SPRING INTO CORE STRENGTH WITH KRISTIN MCGEE

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| <p>6:30 AM <b>BIKE: LEVEL 3 - SABINO CANYON WITH REBECCA RUSCH</b><br/> <b>GE</b> 3 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*PHOTOGRAPHY WALK</b><br/>         3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>7:00 AM <b>COWBOY COFFEE</b><br/>         1 hr 30 min • Eucalyptus Circle</p> <p><b>MORNING WALK</b><br/>         30 min • Spa Lobby</p> <p><b>MORNING WALK</b><br/>         45 min • Spa Lobby</p> <p><b>*HIKE: LEVEL 4 - KING CANYON LOOP</b><br/>         6 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>7:15 AM <b>*HIKE: LEVEL 3 - WEST SPRING</b><br/>         4 hr 15 min • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM <b>*HIKE: LEVEL 2 - SANTA CRUZ TRAIL</b><br/>         5 hr • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM <b>YOGA PILATES SCULPT WITH KRISTIN MCGEE</b><br/> <b>DD</b> 45 min • Yoga Studio • Limit 30</p> <p><b>*AWAKEN THE QI: TAPPING INTO ENERGY FLOW</b><br/> <b>NEW!</b> 50 min • Private Fitness Studio 4 • Limit 6 • \$80</p> <p><b>*YOGA IN THE WILD</b><br/>         2 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p><b>*PICKLEBALL CLINIC</b><br/>         50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>8:15 AM <b>CENTERING MEDITATION</b><br/>         25 min • Sanctuary • Limit 30</p> <p>9:00 AM <b>ABOVE &amp; BELOW THE BELT</b><br/>         45 min • Studio 3 • Limit 20</p> <p><b>CYCLING</b><br/>         45 min • Golf Performance Center • Limit 12</p> <p><b>BUTI MOVEMENT®</b><br/>         45 min • Yoga Studio • Limit 30</p> <p><b>*CARDIO TENNIS CLINIC</b><br/>         50 min • Tennis Court 1 • Limit 8 • \$80</p> | <p>10:00 AM <b>THE SCIENCE OF WEIGHT LOSS</b><br/>         50 min • Catalina Room • CME</p> <p><b>*PICKLEBALL DRILL CLINIC</b><br/>         50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>PROPERTY TOUR</b><br/>         45 min • Eucalyptus Circle</p> <p><b>CARDIO CIRCUIT</b><br/>         45 min • Cardio &amp; Strength Gym • Limit 20</p> <p><b>H2O POWER</b><br/>         45 min • T-Pool • Limit 24</p> <p><b>STRETCH</b><br/>         45 min • Yoga Studio • Limit 30</p> <p>10:30 AM <b>BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH</b><br/>         3 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>11:00 AM <b>VEDIC PALMISTRY: IT'S ALL IN OUR HANDS</b><br/>         50 min • Cactus Room</p> <p><b>AQUA FIT</b><br/>         45 min • Aquatic Center • Limit 15</p> <p><b>VINYASA FLOW</b><br/>         45 min • Yoga Studio • Limit 30</p> <p><b>ZUMBA®</b><br/>         45 min • Studio 1 • Limit 30</p> <p><b>*MALA BRACELET MAKING WITH SATYA</b><br/>         1 hr • Pavilion • Limit 25</p> |
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## 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.

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| <p>1:00 PM    *PILATES REFORMER CLINIC: BEGINNING<br/><b>DD</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p>              QI GONG<br/>45 min • Yoga Studio • Limit 30</p> <p>              NAVIGATE YOUR LIFE PATH USING<br/>ASTROLOGY &amp; CRYSTALS<br/>50 min • Cactus Room</p> <p>1:30 PM    *TUCSON BOTANICAL GARDEN TOUR<br/><b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> <p>2:00 PM    ACUPUNCTURE 101: INSIDE THE<br/>TREATMENT ROOM<br/>50 min • Sanctuary • Limit 8</p> <p>              DESERT DRUMMING<br/>45 min • Studio 2 • Limit 30</p> <p>              POWER STEP &amp; TONE<br/><b>NEW!</b> 45 min • Golf Performance Center • Limit 12</p> <p>              WATER WORKOUT<br/>45 min • T-Pool • Limit 24</p> <p>              *INTUITIVE ARCHERY<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>              *PHONE-TOGRAPHY<br/>2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>3:00 PM    DRUMMING CIRCLE<br/>45 min • Studio 1 • Limit 20</p> <p>              TRX FUSION<br/>45 min • Studio 3 • Limit 15</p> <p>              YIN YOGA<br/>45 min • Yoga Studio • Limit 20</p> | <p>4:00 PM    YOUR PATH TO PAIN-FREE KNEES<br/>50 min • Catalina Room • CME</p> <p>              *PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>              PROPERTY TOUR<br/>45 min • Eucalyptus Circle</p> <p>              STRETCH &amp; RELAXATION<br/><b>DD</b> 25 min • Studio 2 • Limit 20</p> <p>              YOGA NIDRA<br/>45 min • Yoga Studio • Limit 20</p> <p>5:00 PM    CHEF INSPIRED STREET CART<br/>2 hr • Double U Café</p> <p>              IN-TUNE: WORK AND WELL-BEING WITH<br/>TYLER DIAL AND ALICIA MATHEWS<br/><b>SP</b> 50 min • Eucalyptus Circle • Limit 20</p> <p>5:30 PM    *RESTORATIVE SOUND BATH<br/>50 min • Yoga Studio • Limit 25 • \$80</p> <p>7:00 PM    *NIGHT VISION GOGGLE EXPERIENCE<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>              OIL DIP ART<br/>1 hr • Art Studio 1 • Limit 8</p> <p>8:30 PM    BINGO<br/>50 min • Pavilion</p> |
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For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

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



### AN IDEAL PLAN IF YOU WANT TO:

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



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

### ADDITIONAL BENEFITS:

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

For more information or to purchase a Membership:

#### CONTACT

Memberships

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

# LIFE CHANGES AT CANYON RANCH

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



## CANYON RANCH TUCSON, ARIZONA

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



## CANYON RANCH LENOX, MASSACHUSETTS

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



## CANYON RANCH FORT WORTH, TEXAS

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



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

Visit [canyonranch.com](http://canyonranch.com) to learn more about all of our locations.



**Health & Performance, & Spiritual Wellness**

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

**The Mel & Enid Zuckerman Center for Life Enhancement**

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

**Spa Complex**

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

**Clubhouse**

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

**KEY**

- C** Cell Phone Area
- ☎** 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.