

RANCH SCHEDULE  
MARCH 16 - 22, 2026



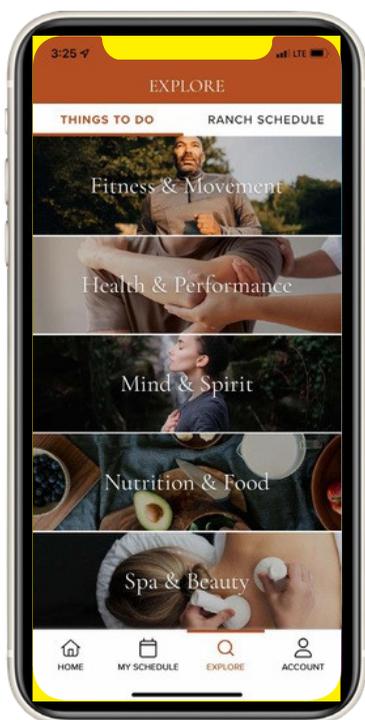
This schedule belongs to:

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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 – 9:30 a.m.

BRUNCH: Sat.–Sun 7 a.m. – 2 p.m.

LUNCH: Mon.–Fri. 11:30 a.m. – 2 p.m.

DINNER: 5 – 8 p.m.

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. For in-room dining, please call Ext. 44313 to order from our room service menu.

### DOUBLE U CAFE & FLAGSTONE POOL

DOUBLE U CAFÉ: 5:30 a.m. – 7:30 p.m.

HOT BREAKFAST: 6 – 9:30 a.m.

LUNCH: 11 a.m. – 2 p.m.

DINNER: 5 – 7:30 p.m.

COLD ITEMS, SNACKS & DRINKS: 5:30 a.m. – 5 p.m.

### JAVELINA CANTINA

DAILY 5 – 9 p.m.

### IN-ROOM WINE

Delivery Ext. 44312: 4 – 9 p.m.

### SPA, CARDIO & STRENGTH GYM

DAILY: 6 a.m. – 9 p.m.

### PROGRAM ADVISING

Located in the Spa

8 a.m. – 7 p.m.

Ext. 44338: 8 a.m. – 5 p.m.

### CR® AESTHETICS

Located in the Spa

Mon.–Sat.: 10 a.m.–5 p.m.

### CANYON RANCH BOUTIQUE

Located in the Clubhouse

DAILY: 9 a.m.–7 p.m.

### CR SHOPS™

DAILY: 8 a.m.–6 p.m.

### 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 – 6 p.m.

### CELL PHONE POLICY

To maintain a tranquil environment, we kindly ask guests to refrain from taking phone calls in public areas, especially dining spaces and locker rooms. Calls are welcome in your private room or patio, the Clubhouse and Spa phone booths, and other designated areas. Thank you for helping keep Canyon Ranch serene.

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](http://CANYONRANCH.COM) FOR MORE UPCOMING EVENTS



## RESONANCE SOUND HEALING FEATURING GUEST EXPERT KYLE LAM

**MARCH 16 - 20**

Harness the power of sound, mindfulness, and meditation to ground the body and calm the mind. Join Kyle Lam as he guides you through a powerful practice, using the vibrations of sound bowls, gongs, and guided meditation to promote deep relaxation. Complementing Kyle's sessions, we've curated a unique blend of classes and experiences designed to foster emotional healing, relaxation, and mindfulness. Ideal for those seeking stress relief and a sensory reset.

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



## SPRING EQUINOX YOGA: HARMONY IN MOTION DISCOVERY DAYS

**MARCH 16 - 22**

Honor the spring equinox with a transformative yoga retreat centered on balance, vitality, and renewal. Sessions combine flowing postures, restorative practices, and breath techniques that help center the mind and strengthen the body. Beginners and experienced practitioners alike will find grounding, harmony, and a renewed sense of self in a supportive desert setting.

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



## \*UPCOMING\* CME SERIES FOR PHYSICIANS DISCOVERY DAYS

**MARCH 23 - 26**

Recharge at our Tucson resort while expanding your knowledge with expert-led courses. This event is ideal for physicians seeking professional growth or anyone interested in holistic health. During your stay, you'll have the opportunity to earn 3 AMA PRA Category 1 Credit(s) per day.

Return to your practice refreshed, inspired, and equipped with new skills to enhance your patients' care.



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)*

## LUCINE ALMAS



**MONDAY, MARCH 16 -  
WEDNESDAY, MARCH 18**

Join us for a 3-day trunk show with Lucine Almas, a jewelry designer passionate about philosophy and design. Each piece is created with intentionality and soul.  
[www.lucinealmas.com](http://www.lucinealmas.com)

## DEE BERKLEY



**FRIDAY, MARCH 20 -  
SATURDAY, MARCH 21**

Experience this women- owned and operated jewelry brand handcrafted in Las Vegas, creating colorful, meaningful pieces that spark pure happiness.

# MONDAY March 16, 2026

(DD) DISCOVERY DAYS: **SPRING EQUINOX YOGA**

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|---|--|
| <p>6:30 AM *SABINO CANYON WALK<br/>2 hr • Outdoor Sports Lobby • Limit 12</p> <p>*HIKE: LEVEL 4 - PICACHO PEAK<br/>6 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>7:15 AM *HIKE: LEVEL 3 - MCDUGAL RIDGE<br/>4 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM *HIKE: LEVEL 2 - PONTATOC OVERLOOK<br/>4 hr • Outdoor Sports Lobby • Limit 12</p> <p>*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>8:00 AM *PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>8:15 AM CENTERING MEDITATION<br/><b>DD</b> 25 min • Sanctuary • Limit 30</p> <p>9:00 AM SELF-COMPASSION IS YOUR SUPER POWER<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/>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>9:15 AM *BIKE RIDE: LEVEL 2 - PANTANO RIVER PATH<br/>3 hr • Outdoor Sports Lobby • Limit 12</p> <p>10:00 AM CHINESE MEDICINE FOR DIGESTION AND METABOLISM<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 EMPOWERING INTENTION: LUNAR ASTROLOGY &amp; CRYSTALS<br/><b>DD</b> 50 min • Cactus Room</p> <p>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> |
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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><b>*AERIAL SWING YOGA CLINIC</b> <b>DD</b> 50 min • Studio 3 • Limit 5 • \$80</p> <p><b>LUNCH &amp; LEARN: TURMERIC BLACK PEPPER SALMON</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>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN</b> 50 min • Spa Lobby • Limit 25</p>
1:00 PM	<p><b>REPLENISHING THE WELL</b> <b>DD</b> 50 min • Catalina Room • CME</p> <p><b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>PILATES FOR BALANCE</b> 45 min • Studio 1 • Limit 18</p> <p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>*HIKE &amp; PAINT</b> 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	PROPERTY TOUR 45 min • Eucalyptus Circle	<p><b>INTRO TO AYURVEDA: WHAT'S YOUR DOSHA?</b> <b>DD</b> 50 min • Catalina Room</p> <p><b>RESTORATIVE YOGA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20</p>
1:30 PM	<p><b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	<p><b>*BIKE RIDE: LEVEL 3 - SAGUARO SUNGLOW</b> 3 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*MEDITATION HIKE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	<p><b>THE ART OF WATERCOLOR: BASIC TECHNIQUE</b> 1 hr 30 min • Art Studio 1 • Limit 15</p>
2:00 PM	<p><b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24</p> <p><b>STRIDE &amp; STRENGTH</b> 45 min • Cardio &amp; Strength Gym • Limit 14</p>	5:00 PM	<p><b>INTRODUCTION TO VEDIC ASTROLOGY</b> 50 min • Cactus Room</p> <p><b>MEDITERRANEAN NIGHT</b> 2 hr 30 min • Double U Café</p>
3:00 PM	<p><b>BECOMING MINDFUL SOUND BATH WITH KYLE LAM</b> <b>GE</b> 1 hr • Mohave Gym • Limit 40</p> <p><b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Studio 2 • Limit 20</p> <p><b>MUSCLE MAX</b> 45 min • Studio 3 • Limit 12</p> <p><b>POSTURE &amp; BALANCE</b> 45 min • Studio 1 • Limit 20</p>	5:30 PM	<p><b>*FLOATING SOUND MEDITATION CLINIC</b> 50 min • Aquatic Center • Limit 20 • \$110</p>
		6:00 PM	<p><b>*TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80</p>
		7:00 PM	<p><b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>TOTALLY TRIVIA!</b> 50 min • Pavilion</p>



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

# TUESDAY March 17, 2026

(DD) DISCOVERY DAYS: **SPRING EQUINOX YOGA**

<p>6:00 AM <b>*DAWN QI GONG IN THE CANYON</b> <b>NEW!</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>6:30 AM <b>*PHOTOGRAPHY WALK</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>7:00 AM <b>MORNING WALK</b> 30 min • Spa Lobby</p> <p><b>MORNING WALK</b> 45 min • Spa Lobby</p> <p><b>COWBOY COFFEE</b> 1 hr 30 min • Eucalyptus Circle</p> <p><b>*HIKE: LEVEL 4 - DOUGLAS SPRINGS</b> 6 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p><b>*BIKE RIDE: LEVEL 3 - HONEYBEE LOOP</b> 4 hr • Outdoor Sports Lobby • Limit 6</p> <p>7:15 AM <b>*HIKE: LEVEL 3 - SOLDIER TRAIL</b> 4 hr 15 min • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM <b>*HIKE: LEVEL 2 - ESPERERO TRAIL</b> 3 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM <b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>8:15 AM <b>CENTERING MEDITATION</b> 25 min • Sanctuary • Limit 30</p> <p>8:30 AM <b>*ART &amp; ECHOES: BIKING THROUGH THE OLD PUEBLO</b> <b>NEW!</b> 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110</p> <p>9:00 AM <b>*PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE</b> <b>NEW!</b> 50 min • Racquet Court 1 • Limit 4 • \$110</p> <p><b>ABOVE &amp; BELOW THE BELT</b> 45 min • Studio 3 • Limit 20</p> <p><b>CYCLING</b> 45 min • Golf Performance Center • Limit 12</p> <p><b>STRIDE &amp; STRENGTH</b> 45 min • Cardio &amp; Strength Gym • Limit 14</p> <p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	<p>10:00 AM <b>UNDERSTANDING COMPLEX SYNDROMES</b> 50 min • Catalina Room • CME</p> <p><b>*PICKLEBALL DRILL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>H2O POWER</b> 45 min • T-Pool • Limit 24</p> <p><b>MUSCLE MAX</b> 45 min • Studio 3 • Limit 12</p> <p><b>STRETCH</b> 45 min • Yoga Studio • Limit 30</p> <p>11:00 AM <b>POWER FLOW</b> 45 min • Yoga Studio • Limit 30</p> <p><b>TRX FUSION</b> 45 min • Studio 3 • Limit 15</p> <p><b>VIPR SLAM</b> 45 min • Studio 1 • Limit 20</p> <p><b>*ALCHEMY SINGING BOWL IMMERSION</b> <b>NEW!</b> 50 min • Sanctuary • Limit 15 • \$80</p>
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## FITNESS CLASS REMINDERS

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes past the start of class.
- Pace yourself. Choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.

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

NOON	<b>BREATHING</b> <b>DD</b> 20 min • Yoga Studio • Limit 30	4:00 PM	<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>LUNCH &amp; LEARN: BBQ CHICKEN TACOS</b> 1 hr • Demo Kitchen • Limit 36		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
1:00 PM	<b>THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH</b> <b>NEW!</b> 50 min • Catalina Room • CME		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
	<b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80		<b>YOGA NIDRA</b> 45 min • Yoga Studio • Limit 20
	<b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b> 5 hr • Outdoor Sports Lobby • Limit 1 • \$220		<b>*CEREMONIAL CACAO EXPERIENCE</b> <b>NEW!</b> 1 hr 30 min • Sanctuary • Limit 12 • \$140
1:30 PM	<b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	4:30 PM	<b>*PRIMITIVE FIRE-MAKING</b> 2 hr • Outdoor Sports Lobby • Limit 8
	<b>*TUCSON BOTANICAL GARDEN TOUR</b> <b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	5:00 PM	<b>AUTHENTIC TAQUERIA</b> 1 hr 30 min • Double U Café
2:00 PM	<b>CR STRENGTH</b> 45 min • Golf Performance Center • Limit 10	5:30 PM	<b>*RESTORATIVE SOUND BATH</b> <b>DD</b> 50 min • Yoga Studio • Limit 25 • \$80
	<b>BOXER'S WORKOUT</b> 45 min • Studio 3 • Limit 8	7:00 PM	<b>*COSMIC JOURNEY WITH THE TELESCOPE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24		<b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	<b>*JEEP ADVENTURE</b> 4 hr • Outdoor Sports Lobby • Limit 3 • \$220		<b>TAKE A BREATH BREAK</b> 50 min • Catalina Room
	<b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		
3:00 PM	<b>STRENGTH LAB: AN INTERACTIVE SESSION</b> <b>NEW!</b> 50 min • Cardio & Strength Gym • Limit 20		
	<b>HEALING THE HEART GONG IMMERSION WITH KYLE LAM</b> <b>GE</b> 1 hr • Mohave Gym • Limit 40		
	<b>BUFF BOOTY</b> 45 min • Studio 1 • Limit 20		
	<b>WALLYBALL</b> 45 min • Racquet Court 1		
	<b>YIN YOGA</b> <b>DD</b> 45 min • Yoga Studio • Limit 20		



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# WEDNESDAY

March 18, 2026

(DD) DISCOVERY DAYS: **SPRING EQUINOX YOGA**

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|---------|---|----------|--|
| 6:15 AM | <b>*SUNRISE YOGA IN THE WILD</b><br><b>DD</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 | 9:15 AM  | <b>*HIKE: LEVEL 2 - SECRET TRAIL LOOP</b><br>3 hr • Outdoor Sports Lobby • Limit 12                  |
| 6:30 AM | <b>*SABINO CANYON WALK</b><br>2 hr • 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 |
| 7:00 AM | <b>MORNING WALK</b><br>30 min • Spa Lobby   | 10:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                            |
|         | <b>MORNING WALK</b><br>45 min • Spa Lobby   |          | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle   |
|         | <b>COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle                                     |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24   |
|         | <b>*HIKE: LEVEL 4 - THIMBLE VIEW</b><br>6 hr 30 min • Outdoor Sports Lobby • Limit 12       |          | <b>MUSCLE MAX</b><br>45 min • Studio 3 • Limit 12  |
|         | <b>*BIRD WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 8                                  |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30  |
| 7:15 AM | <b>*HIKE: LEVEL 3 - FINGER ROCK</b><br>4 hr • Outdoor Sports Lobby • Limit 12               | 11:00 AM | <b>COMPASSION CIRCLE FOR GRIEF &amp; GRATITUDE</b><br>50 min • Sanctuary                             |
| 7:30 AM | <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   |
| 8:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                   |          | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15  |
|         | <b>KUNDALINI YOGA</b><br>45 min • Yoga Studio • Limit 20                                    |          | <b>ZUMBA®</b><br>45 min • Studio 1 • Limit 30  |
| 8:15 AM | <b>CENTERING MEDITATION</b><br><b>DD</b> 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                   |          |  |

## 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.

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| <p>NOON</p> <p>1:00 PM</p> <p>1:30 PM</p> <p>2:00 PM</p> <p>3:00 PM</p> | <p><b>*AERIAL SWING YOGA CLINIC</b><br/><b>DD</b> 50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH &amp; LEARN: RED CHILI &amp; LIME GRILLED SEA BASS<br/>1 hr • Demo Kitchen • Limit 36</p> <p><b>CHINESE MEDICINE FOR SEASONAL WELLNESS</b><br/><b>DD</b> 50 min • Sanctuary</p> <p><b>*GLUTE TRANSFORMATION-CLINIC</b><br/>50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p>GYROKINESIS<br/>45 min • Yoga Studio • Limit 15</p> <p><b>*SONORAN SPRING WILDFLOWER COLLECTION HIKE</b><br/><b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> <p>LET'S DANCE<br/>45 min • Studio 1 • Limit 30</p> <p><b>*INTUITIVE ARCHERY</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>KETTLEBELL WORKOUT</b><br/>45 min • Studio 3 • Limit 12</p> <p>LONG &amp; LEAN BARRE WORKOUT<br/>45 min • Studio 2 • Limit 20</p> <p>WATER WORKOUT<br/>45 min • T-Pool • Limit 24</p> <p><b>*PILATES REFORMER-INT/ADV CLINIC</b><br/>50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN</b><br/>50 min • Catalina Room • CME</p> <p>GOOD VIBRATIONS<br/>45 min • Studio 2 • Limit 14</p> <p>INTERMEDIATE YOGA<br/><b>DD</b> 45 min • Yoga Studio • Limit 30</p> <p>PBF: POWER BLAST FITNESS<br/>45 min • Studio 3 • Limit 20</p> <p>CRYSTALLINE SOUND HEALING: KYLE LAM &amp; GINNY MEYER<br/><b>GE</b> 1 hr 30 min • Mohave Gym • Limit 40</p> <p><b>*HANDS-ON COOKING: COCOA &amp; CRAFT</b><br/>1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>LEARNING SELF-REIKI<br/><b>NEW!</b> 50 min • Cactus Room</p> | <p>4:00 PM</p> <p>5:00 PM</p> <p>5:30 PM</p> <p>6:00 PM</p> <p>7:00 PM</p> <p>8:00 PM</p> | <p><b>*PICKLEBALL CLINIC</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>PROPERTY TOUR<br/>45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA<br/>45 min • Yoga Studio • Limit 20</p> <p>STRETCH &amp; RELAXATION<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>BBQ NIGHT BY THE FLAGSTONE POOL</b><br/>2 hr 30 min • Double U Café</p> <p><b>A MEDICAL PERSPECTIVE ON LONGEVITY</b><br/>50 min • Catalina Room • CME</p> <p><b>*RESTORATIVE SOUND BATH</b><br/><b>DD</b> 50 min • Yoga Studio • Limit 25 • \$80</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 15</p> <p><b>*NIGHT VISION GOGGLE EXPERIENCE</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</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 19, 2026

(DD) DISCOVERY DAYS: SPRING EQUINOX YOGA

- 6:30 AM \*BIKE RIDE: LEVEL 3 - SABINO CANYON  
3 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM COWBOY COFFEE  
1 hr 30 min • Eucalyptus Circle
- MORNING WALK  
30 min • Spa Lobby
- MORNING WALK  
45 min • Spa Lobby
- SUNRISE YOGA  
**DD** 1 hr • Yoga Studio • Limit 30
- \*HIKE: LEVEL 4 - GUTHRIE PEAK  
6 hr 30 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 - PHONELINE  
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM \*HIKE: LEVEL 2 - PIMA 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
- \*MEDITATION HIKE  
2 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 GUIDED LABYRINTH WALK  
50 min • Sanctuary • Limit 12
- \*CARDIO TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80
- BOXER'S WORKOUT  
45 min • Studio 3 • Limit 8
- CYCLING  
45 min • Golf Performance Center • Limit 12
- DESERT DRUMMING  
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
- CHANGE YOUR AURA, CHANGE YOUR LIFE  
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
- 10:30 AM \*HIKE: LEVEL 1 - BLACK HOLE  
3 hr 30 min • Outdoor Sports Lobby • Limit 12
- 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  
**DD** 45 min • Yoga Studio • Limit 20

## 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>CAPTAIN'S TABLE: MEMBERSHIPS</b> 1 hr • Vaquero • Limit 6	4:00 PM	<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80
	<b>CORE &amp; MORE</b> 20 min • Studio 2 • Limit 16		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
	<b>FITNESS FOR YOUR FEET</b> 20 min • Studio 1 • Limit 20		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
	<b>*AERIAL SWING YOGA CLINIC</b> <b>DD</b> 50 min • Studio 3 • Limit 5 • \$80		<b>*QI GONG VOCAL HEALING SOUNDS PRACTICE</b> <b>NEW!</b> 50 min • Private Fitness Studio 4 • Limit 6 • \$80
	<b>LUNCH &amp; LEARN: JERK CHICKEN</b> 1 hr • Demo Kitchen • Limit 36	5:00 PM	<b>SIP AND SHOP</b> 2 hr • The Boutique at Canyon Ranch
1:00 PM	<b>BREAST CANCER: REDUCE RISK &amp; IMPROVE SURVIVORSHIP</b> 50 min • Cactus Room • CME		<b>CANDLELIGHT YOGA</b> <b>DD</b> 45 min • Yoga Studio • Limit 30
	<b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		<b>*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR</b> <b>NEW!</b> 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110
1:30 PM	<b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		<b>MEDITERRANEAN NIGHT</b> 2 hr 30 min • Double U Café
	<b>*TUCSON BOTANICAL GARDEN TOUR</b> <b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	5:15 PM	<b>PICKLE &amp; PLAY</b> 50 min • Pickleball Court 1
2:00 PM	<b>CR STRENGTH</b> 45 min • Golf Performance Center • Limit 10	5:30 PM	<b>FIT OR FICTION: BUSTING EXERCISE MYTHS</b> <b>NEW!</b> 50 min • Catalina Room
	<b>SACRAL CHAKRA HIP OPENING</b> 45 min • Yoga Studio • Limit 20	7:00 PM	<b>*COSMIC JOURNEY WITH THE TELESCOPE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24		<b>*NIGHT VISION GOGGLE EXPERIENCE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	<b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80		
	<b>*JEEP ADVENTURE</b> 4 hr • Outdoor Sports Lobby • Limit 3 • \$220		
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		
	<b>COMMUNING WITH CRYSTALS: KYLE LAM &amp; GINNY MEYER</b> <b>GE</b> 2 hr • Mohave Gym • Limit 40		



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

# FRIDAY

March 20, 2026

(DD) DISCOVERY DAYS: **SPRING EQUINOX YOGA**

- 6:30 AM \*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12
- 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 - UPPER BEAR CANYON  
7 hr 30 min • Outdoor Sports Lobby • Limit 12
- \*BIKE RIDE: LEVEL 3 - ROCKING K  
4 hr • Outdoor Sports Lobby • Limit 6
- \*YOGA IN THE WILD  
2 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 7:15 AM \*HIKE: LEVEL 3 - TANQUE VERDE DOME  
5 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM \*HIKE: LEVEL 2 - SUTHERLAND TRAIL  
5 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 8 • \$80
- 8:15 AM **DD** SPRING EQUINOX MEDITATION  
30 min • Sanctuary • Limit 30
- 9:00 AM WEAR & TEAR TO REPAIR:  
UNDERSTANDING ARTHRITIS  
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  
**DD** 45 min • Yoga Studio • Limit 30
- TRX FUSION  
45 min • Studio 3 • Limit 15

- 9:30 AM \*BIKE RIDE: LEVEL 3 - CANADA DEL ORO  
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 ANGELS AMONG US  
50 min • Cactus Room
- AQUA FIT  
45 min • Aquatic Center • Limit 15
- WALK YOUR WORKOUT  
45 min • Spa Lobby • Limit 15
- SPRING EQUINOX YOGA  
**DD** 45 min • Yoga Studio • Limit 30

## THE MORE, THE MERRIER

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

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

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

NOON	<b>CHAIR YOGA</b> <b>DD</b> 45 min • Yoga Studio • Limit 20	3:00 PM	<b>*HANDS-ON COOKING: FAST &amp; NOURISHED</b> 1 hr • Demo Kitchen • Limit 10 • \$125
	<b>FITNESS FOR YOUR FEET</b> 20 min • Studio 1 • Limit 20		<b>FLOATING SOUND BATH WITH KYLE LAM</b> <b>GE</b> 1 hr • Aquatic Center • Limit 20
	<b>LUNCH &amp; LEARN: HERB GRILLED SHRIMP</b> 1 hr • Demo Kitchen • Limit 36		<b>POSTURE &amp; BALANCE</b> 45 min • Studio 1 • Limit 20
1:00 PM	<b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio & Strength Gym • Limit 5 • \$80		<b>WALLYBALL</b> 45 min • Racquet Court 1
	<b>KUNDALINI YOGA</b> 45 min • Yoga Studio • Limit 20		<b>YIN YOGA</b> <b>DD</b> 45 min • Yoga Studio • Limit 20
	<b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80	4:00 PM	<b>BEYOND THE PHYSICAL: METAPHYSICAL 101</b> <b>NEW!</b> 50 min • Spa Lobby
	<b>THE HEALING LANGUAGE OF CRYSTAL BOWLS</b> 50 min • Catalina		<b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80
	<b>FLOATING SOUND BATH WITH KYLE LAM</b> <b>GE</b> 1 hr • Aquatic Center • Limit 20		<b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle
1:30 PM	<b>*DESERT BOTANICALS BEAUTY WALK</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		<b>AYURVEDA FOR THE SPRING EQUINOX</b> <b>DD</b> 50 min • Catalina Room
2:00 PM	<b>PLUTO, THE PLANET OF POWER &amp; TRANSFORMATION</b> 50 min • Cactus Room		<b>MEDITATION</b> 25 min • Sanctuary • Limit 30
	<b>KETTLEBELL WORKOUT</b> 45 min • Studio 3 • Limit 12		<b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20
	<b>PELVIC FLOOR YOGA</b> 45 min • Yoga Studio • Limit 30	5:00 PM	<b>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE</b> 1 hr • Javelina Cantina • Limit 15 • \$125
	<b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24		<b>AUTHENTIC TAQUERIA</b> 1 hr 30 min • Double U Café
	<b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:30 PM	<b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80
	<b>MINDFUL MANDALA DOT PAINTING</b> 1 hr 30 min • Art Studio 1 • Limit 12	6:30 PM	<b>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION</b> 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
		8:30 PM	<b>BINGO</b> 50 min • Pavilion



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# SATURDAY March 21, 2026

(DD) DISCOVERY DAYS: SPRING EQUINOX YOGA

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 - MILAGROSA LOOP  
5 hr • Outdoor Sports Lobby • Limit 12

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

7:15 AM \*HIKE: LEVEL 3 - BALANCED ROCK  
4 hr 30 min • Outdoor Sports Lobby • Limit 12

7:30 AM \*HIKE: LEVEL 2 - WILD HORSE CANYON  
4 hr • Outdoor Sports Lobby • Limit 12

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

CYCLING  
45 min • Golf Performance Center • Limit 12

GLIDE AND BURN  
45 min • Studio 1 • Limit 20

9:30 AM \*QI GONG IN THE DESERT  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

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

PROPERTY TOUR  
45 min • Eucalyptus Circle

CORE CONDITIONING  
45 min • Studio 1 • 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

INTERMEDIATE YOGA  
DD 45 min • Yoga Studio • Limit 30

TRX STRONG  
45 min • Studio 3 • Limit 15

## 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.

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| <p><b>NOON</b></p> <p><b>AI CHI</b><br/>45 min • Aquatic Center • Limit 12</p> <p><b>BREATHING</b><br/>20 min • Yoga Studio • Limit 30</p> <p><b>*AERIAL SWING YOGA CLINIC</b><br/>50 min • Studio 3 • Limit 5 • \$80</p> <p><b>1:00 PM</b></p> <p><b>PILATES MAT</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>*SONORAN SPRING WILDFLOWER COLLECTION HIKE</b><br/><b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> <p><b>NEW SCIENTIFIC STUDIES IN MEDICINE</b><br/><b>NEW!</b> 50 min • Cactus Room • CME</p> <p><b>1:30 PM</b></p> <p><b>*HIGH ROPES CHALLENGE COURSE</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p><b>2:00 PM</b></p> <p><b>GRIND, GRIT &amp; GRACE</b><br/>50 min • Catalina Room • CME</p> <p><b>DESERT DRUMMING</b><br/>45 min • Studio 2 • Limit 30</p> <p><b>HEART CHAKRA YOGA</b><br/><b>DD</b> 45 min • Yoga Studio • Limit 30</p> <p><b>WATER WORKOUT</b><br/>45 min • T-Pool • Limit 24</p> <p><b>*HIKE: LEVEL 1 - LOWER SABINO</b><br/>3 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*INTUITIVE ARCHERY</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>3:00 PM</b></p> <p><b>VIPR SLAM</b><br/>45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b><br/>45 min • Racquet Court 1</p> <p><b>YOGA FOUNDATIONS</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>RAINBOW CRYSTAL SUNCATCHERS</b><br/>1 hr 30 min • Art Studio 1 • Limit 10</p> <p><b>BUILT THIS WAY: WHY CHANGE IS HARD—AND WHAT WORKS</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 8 • \$80</p> <p><b>PROPERTY TOUR</b><br/>45 min • Eucalyptus Circle</p> <p><b>RESTORATIVE YOGA</b><br/><b>DD</b> 45 min • Yoga Studio • Limit 20</p> <p><b>STRETCH &amp; RELAXATION</b><br/>25 min • Studio 2 • Limit 20</p> <p><b>*MEDITATION HIKE</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</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>5:30 PM</b></p> <p><b>*RESTORATIVE SOUND BATH</b><br/><b>DD</b> 50 min • Yoga Studio • Limit 25 • \$80</p> <p><b>6:00 PM</b></p> <p><b>MAHJONG GAME NIGHT</b><br/>2 hr • The Snug • Limit 8</p> <p><b>*CHEF'S SEASONAL SHOWCASE DINNER</b><br/><b>NEW!</b> 2 hr • Demo Kitchen • Limit 25 • \$70</p> <p><b>6:30 PM</b></p> <p><b>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p><b>7:00 PM</b></p> <p><b>*COSMIC JOURNEY WITH THE TELESCOPE</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p><b>LIVING &amp; CREATING WITH REVERENCE</b><br/>50 min • Cactus Room</p> |
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# SUNDAY March 22, 2026

(DD) DISCOVERY DAYS: **SPRING EQUINOX YOGA**

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| <p>6:00 AM *SUNRISE YOGA IN THE WILD<br/><b>DD</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>6:30 AM *PHOTOGRAPHY WALK<br/>3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>7:00 AM COWBOY COFFEE<br/>1 hr 30 min • Eucalyptus Circle</p> <p>MORNING WALK<br/>30 min • Spa Lobby</p> <p>MORNING WALK<br/>45 min • Spa Lobby</p> <p>*HIKE: LEVEL 4 - FORT LOWELL TRAIL<br/>5 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>7:15 AM *HIKE: LEVEL 3 - VISTA DEL SOL<br/>5 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM *HIKE: LEVEL 2 - MISSION VIEW<br/>4 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>*BIKE RIDE: LEVEL 2 - RIVER<br/>PATH/MARKETPLACE<br/>4 hr • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM *AWAKEN THE QI: TAPPING INTO ENERGY<br/>FLOW<br/><b>DD NEW!</b> 50 min • Yoga Studio • Limit 6 • \$80</p> <p>*HIKE &amp; PAINT<br/>4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>8:15 AM CENTERING MEDITATION<br/>25 min • Sanctuary • Limit 30</p> <p>8:30 AM *QI GONG IN THE DESERT<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> | <p>9:00 AM ABOVE &amp; BELOW THE BELT<br/>45 min • Studio 3 • Limit 20</p> <p>BUTI MOVEMENT®<br/>45 min • Yoga Studio • Limit 30</p> <p>CYCLING<br/>45 min • Golf Performance Center • Limit 12</p> <p>*CARDIO TENNIS CLINIC<br/>50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>10:00 AM EXERCISE &amp; MENOPAUSE<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 READING THE LINES OF LIFE<br/><b>NEW!</b> 1 hr 30 min • Cactus Room • Limit 10 • \$110</p> <p>AQUA FIT<br/>45 min • Aquatic Center • Limit 15</p> <p>VINYASA FLOW<br/><b>DD</b> 45 min • Yoga Studio • Limit 30</p> <p>ZUMBA®<br/>45 min • Studio 1 • Limit 30</p> <p>*SABINO CANYON WALK<br/>2 hr • Outdoor Sports Lobby • Limit 12</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    <b>ASTROLOGY &amp; GEMSTONES FOR PERSONAL GROWTH</b><br/>50 min • Cactus Room</p> <p>              <b>*PILATES REFORMER CLINIC: BEGINNING</b><br/>50 min • Pilates Studio • Limit 5 • \$80</p> <p>              <b>QI GONG</b><br/>45 min • Yoga Studio • Limit 30</p> <p>              <b>*PHONE-TOGRAPHY</b><br/>2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>              <b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b><br/>5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p>1:30 PM    <b>*TUCSON BOTANICAL GARDEN TOUR</b><br/><b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> <p>              <b>*INTUITIVE ARCHERY</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>2:00 PM    <b>KOREAN HAND THERAPY: HOLD ON TO BETTER HEALTH</b><br/><b>NEW!</b> 50 min • Catalina Room</p> <p>              <b>POWER STEP &amp; TONE</b><br/><b>NEW!</b> 45 min • Golf Performance Center • Limit 12</p> <p>              <b>STRIDE &amp; STRENGTH</b><br/>45 min • Cardio &amp; Strength Gym • Limit 14</p> <p>              <b>WATER WORKOUT</b><br/>45 min • T-Pool • Limit 24</p> <p>3:00 PM    <b>DRUMMING CIRCLE</b><br/>45 min • Studio 1 • Limit 20</p> <p>              <b>TRX FUSION</b><br/>45 min • Studio 3 • Limit 15</p> <p>              <b>YIN YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> | <p>4:00 PM    <b>INJURY-PROOF YOUR PROGRESS: KEY TO LASTING FITNESS</b><br/><b>NEW!</b> 50 min • Cactus Room • CME</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>STRETCH &amp; RELAXATION</b><br/>25 min • Studio 2 • Limit 20</p> <p>              <b>YOGA NIDRA</b><br/><b>DD</b> 45 min • Yoga Studio • Limit 20</p> <p>5:00 PM    <b>CHEF INSPIRED STREET CART</b><br/>2 hr • Double U Café</p> <p>5:30 PM    <b>*RESTORATIVE SOUND BATH</b><br/><b>DD</b> 50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:30 PM    <b>*NIGHT SKY WALK</b><br/>2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>7:00 PM    <b>OIL DIP ART</b><br/>1 hr • Art Studio 1 • Limit 8</p> <p>8:30 PM    <b>BINGO</b><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.

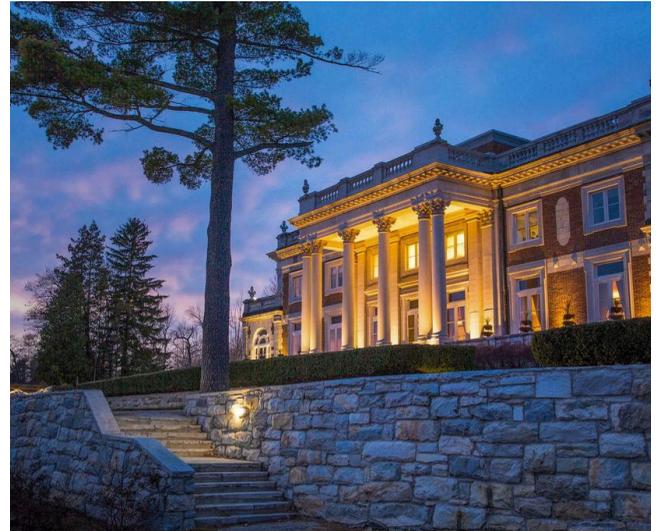
# LIFE CHANGES AT CANYON RANCH

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

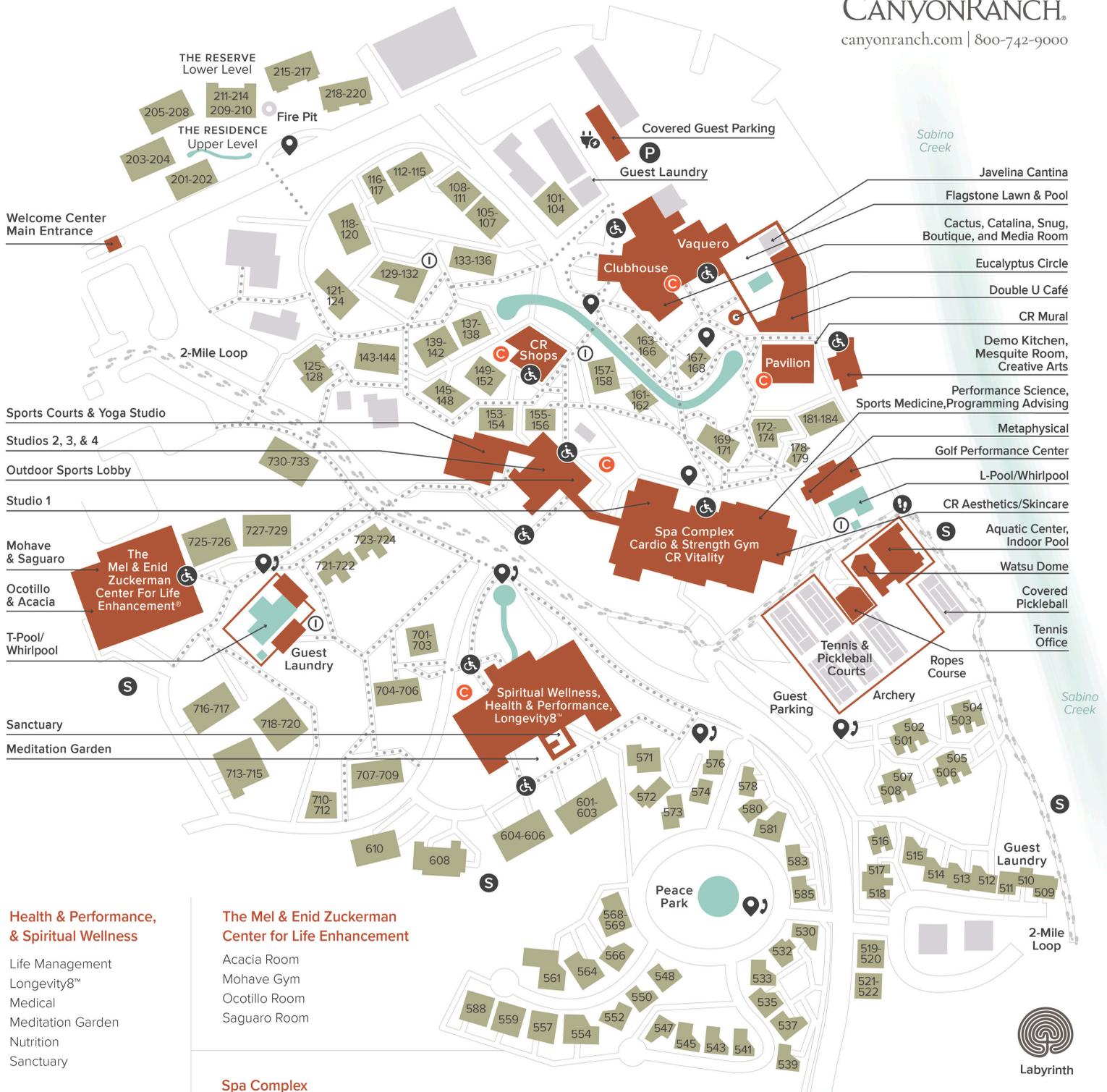
Located in the vibrant Cultural District, our club brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth Area.



## 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.