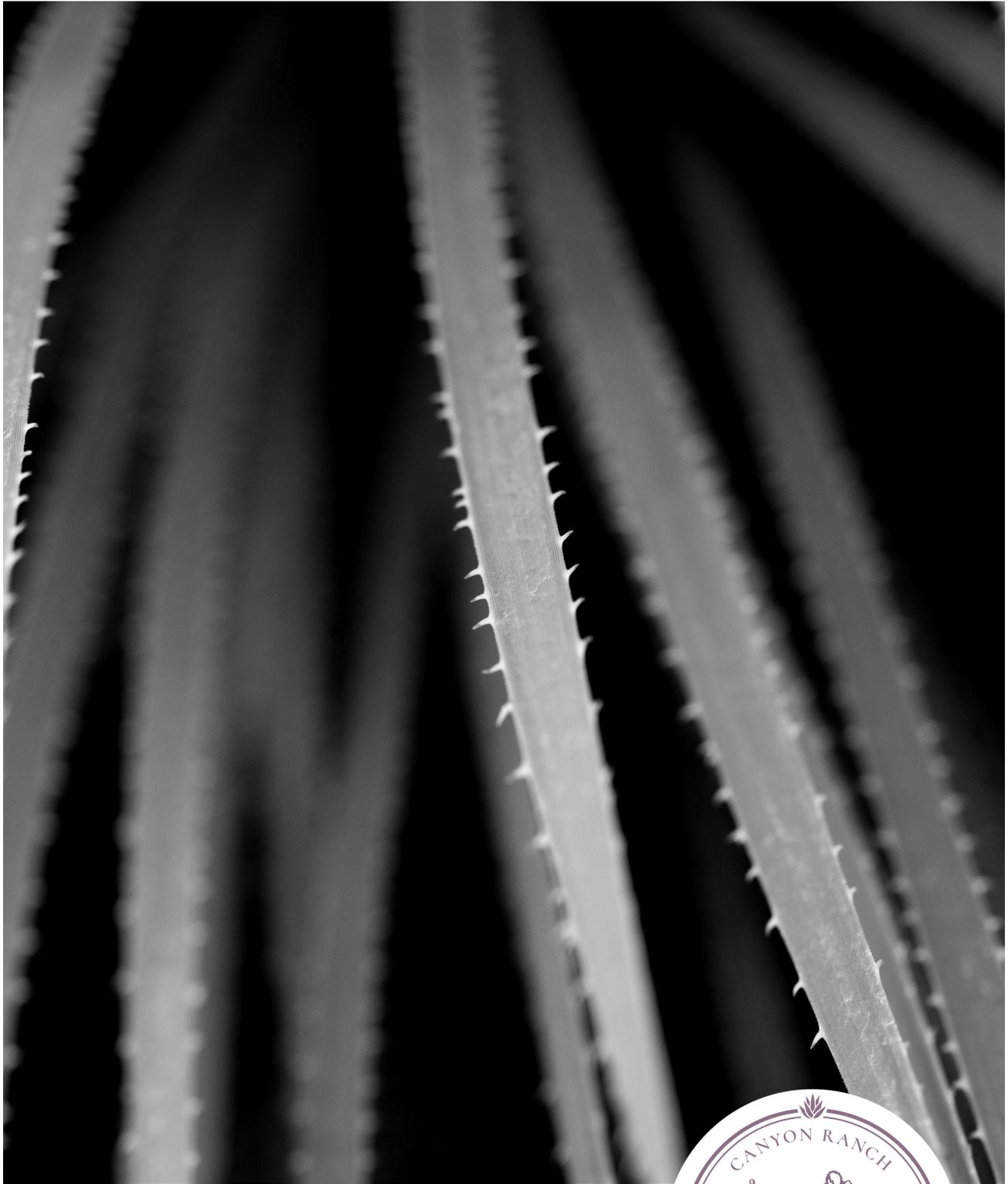


RANCH SCHEDULE  
MARCH 23 - 29, 2026



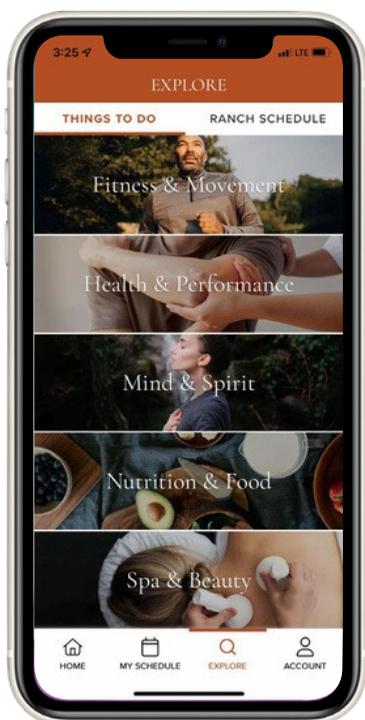
This schedule belongs to:

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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



CANYON RANCH.

## USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### VAQUERO

BREAKFAST: Mon.–Fri. 7 – 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 FOR MORE UPCOMING EVENTS



## 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.

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



## THE WELL-NOURISHED LIFE WITH YING CHANG COMPESTINE

**MARCH 23 - 27**

Ying Chang Compestine is an award-winning author, internationally recognized speaker, and leading authority on culture, cuisine, and storytelling. A former food editor for Martha Stewart's *Whole Living* magazine, she blends culinary expertise, cultural perspective, and heartfelt storytelling to inspire audiences worldwide.

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



## STRENGTHENING FAMILY FOUNDATIONS & RELATIONSHIPS WITH GUEST EXPERT JILL AVERY

**MARCH 27 - 29**

Spend three days learning how to approach family relationships with greater awareness and intention. Led by Jill Avery, MA, this program combines candid insights with structured tools that support healthier communication and stronger bonds. Examine how family culture shapes daily interactions and identify practical shifts that create more clarity and cooperation.

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



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)*

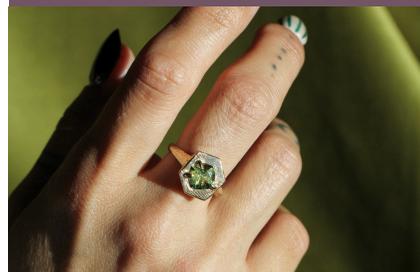
## RUVEIL



**MONDAY, MARCH 23 -  
TUESDAY, MARCH 24**

The Cymatics Collection by Ruveil is fine jewelry inspired by the geometry of sound. Based on vibrational patterns and healing frequencies, each piece transforms energy into enduring form.

## UNIVERSAL DECO



**FRIDAY, MARCH 27 -  
SATURDAY, MARCH 28**

Universal Deco is a fine jewelry atelier rooted in universal symbolism and inspired by the architecture and design of the Art Deco era.

# MONDAY March 23, 2026

(DD) DISCOVERY DAYS: CME SERIES FOR PHYSICIANS

6:30 AM	<p><b>*SABINO CANYON WALK</b> 2 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*YOGA IN THE WILD</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>	10:00 AM	<p><b>EASTERN PRACTICES FOR MENOPAUSE</b> <b>DD NEW!</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>CARDIO CIRCUIT</b> 45 min • Cardio &amp; Strength Gym • Limit 20</p> <p><b>H2O POWER</b> 45 min • T-Pool • Limit 24</p> <p><b>STRETCH</b> 45 min • Yoga Studio • Limit 30</p> <p><b>*MEDITATION HIKE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
7:00 AM	<p><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 - BLACKETT'S RIDGE</b> 4 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p><b>*BIKE RIDE: LEVEL 4 - SAGUARO PLUS</b> 4 hr • Outdoor Sports Lobby • Limit 10</p>	11:00 AM	<p><b>INSIGHT &amp; HEALING WITH GEMS &amp; MINERALS</b> 50 min • Cactus Room</p> <p><b>PEDAL, LIFT, FLOW</b> 1 hr • Golf Performance Center • Limit 12</p> <p><b>YOGA SCULPT</b> 45 min • Yoga Studio • Limit 18</p> <p><b>ZUMBA®</b> 45 min • Studio 1 • Limit 30</p> <p><b>*TYPTI- COMBINING THE BEST OF PICKLEBALL AND TENNIS</b> <b>NEW!</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p>
7:15 AM	<p><b>*HIKE: LEVEL 3 - WEST SPRING</b> 4 hr 15 min • Outdoor Sports Lobby • Limit 12</p>		
7:30 AM	<p><b>*HIKE: LEVEL 2 - VENTANA TRAIL</b> 4 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*ARIZONA-SONORA DESERT MUSEUM</b> 5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195</p> <p><b>*ROCK CLIMBING NATURALLY</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$400</p>		
8:00 AM	<p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p>		
8:15 AM	<p><b>CENTERING MEDITATION</b> 25 min • Sanctuary • Limit 30</p>		
9:00 AM	<p><b>EXPLORING NARCISSISM</b> <b>DD</b> 50 min • Cactus Room • CME</p> <p><b>*CARDIO TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80</p> <p><b>CORE CONDITIONING</b> 45 min • Studio 1 • Limit 20</p> <p><b>DESERT DRUMMING</b> 45 min • Studio 2 • Limit 30</p> <p><b>TRX STRONG</b> 45 min • Studio 3 • Limit 15</p> <p><b>*ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>		

## 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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| NOON    | <p><b>*AERIAL SWING YOGA CLINIC</b><br/>50 min • Studio 3 • Limit 5 • \$80</p> <p><b>LUNCH &amp; LEARN: GREEK SPICE CHICKEN</b><br/>1 hr • Demo Kitchen • Limit 36</p>   | 4:00 PM | <p><b>*PICKLEBALL CLINIC</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN</b><br/>50 min • Spa Lobby • Limit 25</p>   |
| 1:00 PM | <p><b>YES, AND: THE SACRED PLAY OF IMPROV</b><br/><b>DD</b> 50 min • Sanctuary • CME</p> <p><b>*PILATES REFORMER CLINIC: BEGINNING</b><br/>50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>PILATES FOR BALANCE</b><br/>45 min • Studio 1 • Limit 18</p> <p><b>*HIKE &amp; PAINT</b><br/>4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>*SONORAN SPRING WILDFLOWER COLLECTION HIKE</b><br/><b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> | 5:00 PM | <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>MEMORY WIRE BRACELET</b><br/>1 hr 30 min • Art Studio 1 • Limit 15</p> <p><b>CYMATICS: WHERE SOUND BECOMES FORM</b><br/><b>NEW!</b> 1 hr 30 min • The Boutique • Limit 20</p> |
| 1:30 PM | <p><b>*HIGH ROPES CHALLENGE COURSE</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>   | 5:30 PM | <p><b>UNDER THE VEDIC SUN</b><br/>50 min • Cactus Room</p> <p><b>MEDITERRANEAN NIGHT</b><br/>2 hr 30 min • Double U Café</p>  |
| 2:00 PM | <p><b>CHAIR YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>WALK YOUR WORKOUT</b><br/>45 min • Spa Lobby • Limit 15</p> <p><b>WATER WORKOUT</b><br/>45 min • T-Pool • Limit 24</p>  | 6:00 PM | <p><b>*FLOATING SOUND MEDITATION CLINIC</b><br/>50 min • Aquatic Center • Limit 20 • \$110</p> <p><b>*TENNIS CLINIC</b><br/>50 min • Tennis Court 1 • Limit 8 • \$80</p>  |
| 2:30 PM | <p><b>*JEEP ADVENTURE</b><br/>4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p>  | 6:30 PM | <p><b>*NIGHT SKY WALK</b><br/>2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p>   |
| 3:00 PM | <p><b>LONG &amp; LEAN BARRE WORKOUT</b><br/>45 min • Studio 2 • Limit 20</p> <p><b>MUSCLE MAX</b><br/>45 min • Studio 3 • Limit 12</p> <p><b>POSTURE &amp; BALANCE</b><br/>45 min • Studio 1 • Limit 20</p>  | 7:00 PM | <p><b>TRADITIONS FOR STAYING YOUTHFUL NATURALLY WITH YING CHANG COMPESTINE</b><br/><b>SP</b> 50 min • Catalina Room</p> <p><b>*NIGHT VISION GOGGLE EXPERIENCE</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</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 24, 2026

(DD) DISCOVERY DAYS: CME SERIES FOR PHYSICIANS

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| <p>5:30 AM *PHOTOGRAPHY WALK<br/>3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>6:00 AM *DAWN QI GONG IN THE CANYON<br/><b>NEW!</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*GRAVEL RIDE IN LAS CIENEGAS<br/><b>NEW!</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$280</p> <p>6:45 AM *HIKE: LEVEL 3 - ROMERO TRAIL<br/>5 hr 30 min • 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 - ESPERERO<br/>5 hr • Outdoor Sports Lobby • Limit 12</p> <p>*INTUITIVE ARCHERY<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>8:00 AM *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 *ART &amp; ECHOES: BIKING THROUGH THE OLD PUEBLO<br/><b>NEW!</b> 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110</p> <p>9:00 AM *PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE<br/><b>NEW!</b> 50 min • Racquet Court 1 • Limit 4 • \$110</p> <p>ABOVE &amp; BELOW THE BELT<br/>45 min • Studio 3 • Limit 20</p> <p>CYCLING<br/>45 min • Golf Performance Center • Limit 12</p> <p>STRIDE &amp; STRENGTH<br/>45 min • Cardio &amp; Strength Gym • Limit 14</p> <p>*HIKE: LEVEL 1 - SABINO LOOP<br/>3 hr 30 min • Outdoor Sports Lobby • Limit 12</p> | <p>10:00 AM UNDERSTANDING COMPLEX SYNDROMES<br/><b>DD</b> 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>H2O POWER<br/>45 min • T-Pool • Limit 24</p> <p>MUSCLE MAX<br/>45 min • Studio 3 • Limit 12</p> <p>STRETCH<br/>45 min • Yoga Studio • Limit 30</p> <p>*BIKE RIDE: LEVEL 1 - RILLITO RIVER PATH<br/>2 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>11:00 AM POWER FLOW<br/>45 min • Yoga Studio • Limit 30</p> <p>TRX FUSION<br/>45 min • Studio 3 • Limit 15</p> <p>VIPR SLAM<br/>45 min • Studio 1 • Limit 20</p> |
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## 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.

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

# WEDNESDAY

March 25, 2026

(DD) DISCOVERY DAYS: CME SERIES FOR PHYSICIANS

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

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> 50 min • Studio 3 • Limit 5 • \$80</p> <p><b>LUNCH &amp; LEARN: PARMESAN CRUSTED SEA BASS</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>MEDITATION</b> 25 min • Sanctuary • Limit 30</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> <p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
1:00 PM	<p><b>CHINESE MEDICINE FOR SEASONAL WELLNESS</b> 50 min • Sanctuary</p> <p><b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p><b>GYROKINESIS</b> 45 min • Yoga Studio • Limit 15</p> <p><b>LET'S DANCE</b> 45 min • Studio 1 • Limit 30</p> <p><b>*SONORAN SPRING WILDFLOWER COLLECTION HIKE</b> <b>NEW!</b> 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p>	5:00 PM	<p><b>BBQ NIGHT BY THE FLAGSTONE POOL</b> 2 hr 30 min • Double U Café</p> <p><b>SPA SIP + SKIN</b> <b>NEW!</b> 1 hr • Spa Lobby • Limit 20</p>
1:30 PM	<p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>	5:30 PM	<p><b>A MEDICAL PERSPECTIVE ON LONGEVITY</b> <b>DD</b> 50 min • Cactus Room • CME</p> <p><b>*RESTORATIVE SOUND BATH</b> <b>NEW!</b> 50 min • Yoga Studio • Limit 25 • \$80</p>
2:00 PM	<p><b>KETTLEBELL WORKOUT</b> 45 min • Studio 3 • Limit 12</p> <p><b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Studio 2 • Limit 20</p> <p><b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24</p> <p><b>*PILATES REFORMER-INT/ADV CLINIC</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>FROM MAO'S CHINA TO THE AMERICAN DREAM WITH YING CHANG COMPESTINE</b> <b>SP</b> 50 min • Catalina Room</p>	6:00 PM	<p><b>*TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80</p> <p><b>CREATE YOUR OWN BAG CHARM</b> <b>NEW!</b> 1 hr 30 min • Art Studio 1 • Limit 15</p>
3:00 PM	<p><b>MINDSET FOR OPTIMUM PERFORMANCE</b> <b>DD</b> 50 min • Catalina Room • CME</p> <p><b>GOOD VIBRATIONS</b> 45 min • Studio 2 • Limit 14</p> <p><b>INTERMEDIATE YOGA</b> 45 min • Yoga Studio • Limit 30</p> <p><b>PBF: POWER BLAST FITNESS</b> 45 min • Studio 3 • Limit 20</p> <p><b>*HANDS-ON COOKING: COCOA &amp; CRAFT</b> 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p><b>LEARNING SELF-REIKI</b> <b>NEW!</b> 50 min • Cactus Room</p>	7:00 PM	<p><b>AN EVENING OF SOUND: MUSICAL PRAYERFORMANCE</b> <b>NEW!</b> 50 min • Sanctuary</p> <p><b>ISLANDS IN THE SKY &amp; THE SOUTHWEST MONSOON</b> 50 min • Catalina Room</p>
		8:00 PM	<p><b>*BARREL TO GLASS: A CURATED BOURBON JOURNEY</b> 1 hr • Javelina Cantina • Limit 6 • \$125</p>



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

# THURSDAY March 26, 2026

(DD) DISCOVERY DAYS: CME SERIES FOR PHYSICIANS

- 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  
1 hr • Yoga Studio • Limit 30
- \*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS  
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- \*HIKE & PAINT  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 7:15 AM \*HIKE: LEVEL 3 - BEAR CANYON  
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 7:30 AM \*HIKE: LEVEL 2 - DOUGLAS SPRINGS  
4 hr 15 min • Outdoor Sports Lobby • Limit 12
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 8 • \$80
- \*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 FINDING CALM: EASTERN WISDOM FOR MODERN LIFE  
**NEW!** 50 min • Sanctuary
- \*CARDIO TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80
- BOXER'S WORKOUT  
45 min • Studio 3 • Limit 8
- CYCLING  
45 min • Golf Performance Center • Limit 12
- DESERT DRUMMING  
45 min • Studio 2 • Limit 30
- LANDSCAPE & ECOLOGY WALK  
50 min • Clubhouse Lobby • Limit 30
- 10:00 AM \*PICKLEBALL DRILL CLINIC  
50 min • Pickleball Court 1 • Limit 8 • \$80
- PROPERTY TOUR  
45 min • Eucalyptus Circle
- 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  
**DD** 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

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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|---------|---|---------|--|
| NOON    | <p><b>CORE &amp; MORE</b><br/>20 min • Studio 2 • Limit 16</p> <p><b>FITNESS FOR YOUR FEET</b><br/>20 min • Studio 1 • Limit 20</p> <p><b>*AERIAL SWING YOGA CLINIC</b><br/>50 min • Studio 3 • Limit 5 • \$80</p> <p><b>LUNCH &amp; LEARN: ORANGE GLAZED CHICKEN</b><br/>1 hr • Demo Kitchen • Limit 36</p>  | 4:00 PM | <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>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> |
| 1:00 PM | <p><b>NEW SCIENTIFIC STUDIES IN MEDICINE</b><br/><b>DD NEW!</b> 50 min • Cactus Room • CME</p> <p><b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b><br/>5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p>  | 5:00 PM | <p><b>*QI GONG HEALING SOUNDS PRACTICE</b><br/><b>NEW!</b> 50 min • Private Fitness Studio 4 • Limit 6 • \$80</p> <p><b>THE POWER OF PERSONAL NARRATIVE WITH YING CHANG COMPESTINE</b><br/><b>SP</b> 50 min • Cactus Room</p>  |
| 1:30 PM | <p><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><b>*HIGH ROPES CHALLENGE COURSE</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>   | 5:00 PM | <p><b>SIP AND SHOP</b><br/>2 hr • The Boutique at Canyon Ranch</p> <p><b>CANDLELIGHT YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>MEDITERRANEAN NIGHT</b><br/>2 hr 30 min • Double U Café</p>  |
| 2:00 PM | <p><b>CR STRENGTH</b><br/>45 min • Golf Performance Center • Limit 10</p> <p><b>SACRAL CHAKRA HIP OPENING</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>WATER WORKOUT</b><br/>45 min • T-Pool • Limit 24</p> <p><b>*PILATES REFORMER CLINIC: BEGINNING</b><br/>50 min • Pilates Studio • Limit 5 • \$80</p>   | 5:15 PM | <p><b>PICKLE &amp; PLAY</b><br/>50 min • Pickleball Court 1</p>  |
| 2:30 PM | <p><b>*JEEP ADVENTURE</b><br/>4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p>   | 5:30 PM | <p><b>NUTRITION MYTHS VS FACTS</b><br/><b>NEW!</b> 50 min • Catalina Room</p>  |
| 3:00 PM | <p><b>*HANDS-ON COOKING: THE LONGEVITY TABLE</b><br/>1 hr • Demo Kitchen • Limit 10 • \$125</p> <p><b>WEAR &amp; TEAR TO REPAIR: UNDERSTANDING ARTHRITIS</b><br/><b>DD</b> 50 min • Catalina Room • CME</p> <p><b>AN ART JOURNAL EXPERIENCE</b><br/>1 hr 30 min • Art Studio 1 • Limit 15</p> <p><b>BUFF BOOTY</b><br/>45 min • Studio 1 • Limit 20</p> <p><b>QI GONG AND YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>WALLYBALL</b><br/>45 min • Racquet Court 1</p> | 7:00 PM | <p><b>*COSMIC JOURNEY WITH THE TELESCOPE</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p><b>THE MAGIC OF CULTIVATING POSITIVE EMOTIONS</b><br/>1 hr • Cactus Room</p>   |
|         |   | 7:30 PM | <p><b>*NIGHT VISION GOGGLE EXPERIENCE</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>  |



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# FRIDAY March 27, 2026

(GE) GUEST EXPERT: STRENGTHENING FAMILY FOUNDATIONS & RELATIONSHIPS WITH JILL AVERY

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| <p>6:30 AM *SABINO CANYON WALK<br/>2 hr • Outdoor Sports Lobby • Limit 12</p> <p>*YOGA IN THE WILD<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$140</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 - PONTATOC TRAIL<br/>5 hr • Outdoor Sports Lobby • Limit 12</p> <p>*PICKLEBALL HARMONY<br/><b>NEW!</b> 50 min • Pickleball Court 1 • Limit 8 • \$110</p> <p>7:30 AM *HIKE: LEVEL 2 - MILAGROSA OVERLOOK<br/>4 hr • Outdoor Sports Lobby • Limit 12</p> <p>*BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD<br/>4 hr • Outdoor Sports Lobby • Limit 6</p> <p>*ROCK CLIMBING NATURALLY<br/>5 hr • Outdoor Sports Lobby • Limit 6 • \$400</p> <p>8:00 AM *PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>8:15 AM CENTERING MEDITATION<br/>25 min • Sanctuary • Limit 30</p> <p>9:00 AM WHEN SHOULDERS SPEAK: PAIN<br/>DECODED &amp; TREATED<br/>50 min • Catalina Room • CME</p> <p>*TENNIS CLINIC<br/>50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>GLIDE AND BURN<br/>45 min • Studio 1 • Limit 20</p> <p>INTERMEDIATE YOGA<br/>45 min • Yoga Studio • Limit 30</p> <p>TRX FUSION<br/>45 min • Studio 3 • Limit 15</p> | <p>9:15 AM *HIKE: LEVEL 3 - BEAR SADDLE<br/>5 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>9:30 AM *BIKE RIDE: LEVEL 2 - PANTANO RIVER PATH<br/>3 hr • Outdoor Sports Lobby • Limit 12</p> <p>10:00 AM *PICKLEBALL SKILL DEVELOPMENT CLINIC<br/>1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200</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 EXPLORATION IN SOUL CONSCIOUSNESS<br/>50 min • Cactus Room</p> <p>AQUA FIT<br/>45 min • Aquatic Center • Limit 15</p> <p>WALK YOUR WORKOUT<br/>45 min • Spa Lobby • Limit 15</p> <p>YOGA SCULPT<br/>45 min • Yoga Studio • Limit 18</p> |
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## 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.

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.

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| <p><b>NOON</b></p> <p><b>CHAIR YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>FITNESS FOR YOUR FEET</b><br/>20 min • Studio 1 • Limit 20</p> <p><b>LUNCH &amp; LEARN: ZA'ATAR GRILLED STEAK</b><br/>1 hr • Demo Kitchen • Limit 36</p> <p><b>1:00 PM</b></p> <p><b>*GLUTE TRANSFORMATION-CLINIC</b><br/>50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p><b>KUNDALINI YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>*PILATES REFORMER CLINIC: BEGINNING</b><br/>50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>1:30 PM</b></p> <p><b>*DESERT BOTANICALS BEAUTY WALK</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p><b>2:00 PM</b></p> <p><b>THE ROAD TO AUTHENTICITY THROUGH ASTROLOGY</b><br/>50 min • Cactus Room</p> <p><b>KETTLEBELL WORKOUT</b><br/>45 min • Studio 3 • Limit 12</p> <p><b>PELVIC FLOOR YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>WATER WORKOUT</b><br/>45 min • T-Pool • Limit 24</p> <p><b>*INTUITIVE ARCHERY</b><br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>*DYE YOUR OWN SILK SCARF</b><br/>2 hr 30 min • Art Studio 2 • Limit 6 • \$75</p> <p><b>3:00 PM</b></p> <p><b>*HANDS-ON COOKING: FAST &amp; NOURISHED</b><br/>1 hr • Demo Kitchen • Limit 10 • \$125</p> <p><b>POSTURE &amp; BALANCE</b><br/>45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b><br/>45 min • Racquet Court 1</p> <p><b>YIN YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>GETTING REAL, REAL QUICK WITH JILL AVERY</b><br/><b>GE</b> 50 min • Catalina Room</p> | <p><b>4:00 PM</b></p> <p><b>BEYOND THE PHYSICAL: METAPHYSICAL 101</b><br/><b>NEW!</b> 50 min • Spa Lobby</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>MEDITATION</b><br/>25 min • Sanctuary • Limit 30</p> <p><b>STRETCH &amp; RELAXATION</b><br/>25 min • Studio 2 • Limit 20</p> <p><b>POSTURE &amp; BALANCE</b><br/>45 min • Studio 1 • Limit 20</p> <p><b>5:00 PM</b></p> <p><b>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE</b><br/>1 hr • Javelina Cantina • Limit 6 • \$125</p> <p><b>AUTHENTIC TAQUERIA</b><br/>1 hr 30 min • Double U Café</p> <p><b>EATING FOR WELLNESS WITH YING CHANG COMPESTINE</b><br/><b>SP</b> 50 min • Catalina Room</p> <p><b>5:15 PM</b></p> <p><b>*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR</b><br/><b>NEW!</b> 2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110</p> <p><b>5:30 PM</b></p> <p><b>*FLOATING SOUND MEDITATION CLINIC</b><br/>50 min • Aquatic Center • Limit 20 • \$110</p> <p><b>7:00 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>8:30 PM</b></p> <p><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.

# SATURDAY March 28, 2026

(GE) GUEST EXPERT: STRENGTHENING FAMILY FOUNDATIONS & RELATIONSHIPS WITH JILL AVERY

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|---------|---|----------|--|
| 6:30 AM | <b>*BIRD WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 8                                | 9:30 AM  | <b>*QI GONG IN THE DESERT</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110                 |
| 7:00 AM | <b>COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle                                   | 10:00 AM | <b>NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE</b><br><b>NEW!</b> 50 min • Catalina Room |
|         | <b>MORNING WALK</b><br>30 min • Spa Lobby   |          | <b>*PICKLEBALL DRILL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 8 • \$80                |
|         | <b>MORNING WALK</b><br>45 min • Spa Lobby   |          | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle   |
|         | <b>*HIKE: LEVEL 4 - SOLDIER TRAIL</b><br>5 hr • Outdoor Sports Lobby • Limit 12           |          | <b>CORE CONDITIONING</b><br>45 min • Studio 1 • Limit 20                                       |
|         | <b>*HIKE &amp; PAINT</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$110                 |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24   |
| 7:15 AM | <b>*HIKE: LEVEL 3 - FT. LOWELL HILLS</b><br>4 hr 45 min • Outdoor Sports Lobby • Limit 12 |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30  |
| 7:30 AM | <b>*HIKE: LEVEL 2 - PIMA CANYON</b><br>4 hr • Outdoor Sports Lobby • Limit 12             |          | <b>*PILATES-AERIAL CLINIC</b><br>50 min • Studio 3 • Limit 5 • \$80                            |
| 8:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 8 • \$80                 | 11:00 AM | <b>AQUA FIT</b><br>45 min • Aquatic Center • Limit 15  |
|         | <b>*BIKE RIDE: LEVEL 2 - STEAM PUMP MARKET</b><br>4 hr • Outdoor Sports Lobby • Limit 12  |          | <b>INTERMEDIATE YOGA</b><br>45 min • Yoga Studio • Limit 30                                    |
| 8:15 AM | <b>CENTERING MEDITATION</b><br>25 min • Sanctuary • Limit 30                              |          | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15  |
| 9:00 AM | <b>ABOVE &amp; BELOW THE BELT</b><br>45 min • Studio 3 • Limit 20                         |          |  |
|         | <b>CYCLING</b><br>45 min • Golf Performance Center • Limit 12                             |          |  |
|         | <b>GLIDE AND BURN</b><br>45 min • Studio 1 • Limit 20                                     |          |  |

## 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>AI CHI</b> 45 min • Aquatic Center • Limit 12</p> <p><b>BREATHING</b> 20 min • Yoga Studio • Limit 30</p> <p><b>*AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80</p>	4:00 PM	<p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>RESTORATIVE YOGA</b> 45 min • Yoga Studio • Limit 20</p>
1:00 PM	<p><b>MEMBERSHIPS: CASUAL Q&amp;A</b> 30 min • The Snug • Limit 20</p> <p><b>PILATES MAT</b> 45 min • Yoga Studio • Limit 30</p> <p><b>NEW SCIENTIFIC STUDIES IN MEDICINE</b> <b>NEW!</b> 50 min • Catalina Room • CME</p>		<p><b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20</p> <p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p><b>*MEDITATION HIKE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
1:30 PM	<p><b>*PRIMITIVE FIRE-MAKING</b> 2 hr • Outdoor Sports Lobby • Limit 8</p> <p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>*HIGH ROPES CHALLENGE COURSE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>	5:00 PM	<p><b>BBQ NIGHT BY THE FLAGSTONE POOL</b> 2 hr 30 min • Double U Café</p>
2:00 PM	<p><b>STOP FORCING YOUR LIFE &amp; LET IT FLOW</b> <b>NEW!</b> 50 min • Cactus Room • Limit 37 • CME</p> <p><b>HEART CHAKRA YOGA</b> 45 min • Yoga Studio • Limit 30</p> <p><b>LET'S DANCE</b> 45 min • Studio 1 • Limit 30</p> <p><b>WATER WORKOUT</b> 45 min • T-Pool • Limit 24</p>	5:30 PM	<p><b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80</p>
3:00 PM	<p><b>VIPR SLAM</b> 45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b> 45 min • Racquet Court 1</p> <p><b>YOGA FOUNDATIONS</b> 45 min • Yoga Studio • Limit 30</p> <p><b>THE ART OF ORIGAMI</b> 1 hr 30 min • Art Studio 1 • Limit 15</p> <p><b>IN FAMILY WE TRUST WITH JILL AVERY</b> <b>GE</b> 50 min • Catalina Room</p>	6:00 PM	<p><b>MAHJONG GAME NIGHT</b> 2 hr • The Snug • Limit 8</p> <p><b>*CHEF'S SEASONAL SHOWCASE DINNER</b> <b>NEW!</b> 2 hr • Demo Kitchen • Limit 25 • \$70</p>
		7:00 PM	<p><b>*COSMIC JOURNEY WITH THE TELESCOPE</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</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.

# SUNDAY March 29, 2026

(GE) GUEST EXPERT: STRENGTHENING FAMILY FOUNDATIONS & RELATIONSHIPS WITH JILL AVERY

- |   |   |
|---|---|
| <p>6:30 AM *PHOTOGRAPHY WALK<br/>3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*YOGA IN THE WILD<br/>2 hr • Outdoor Sports Lobby • Limit 8 • \$140</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 - WINDY POINT VISTA<br/>6 hr • Outdoor Sports Lobby • Limit 12</p> <p>7:15 AM *HIKE: LEVEL 3 - SYCAMORE DAM<br/>4 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>7:30 AM *HIKE: LEVEL 2 - ESPERERO TRAIL<br/>3 hr 45 min • Outdoor Sports Lobby • Limit 12</p> <p>*BIKE RIDE: LEVEL 3 - AGUA CALIENTE<br/>3 hr • Outdoor Sports Lobby • Limit 12</p> <p>8:00 AM *AWAKEN THE QI: TAPPING INTO ENERGY FLOW<br/><b>NEW!</b> 50 min • Private Fitness Studio 4 • Limit 6 • \$80</p> <p>*PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>POSTURE &amp; BALANCE<br/>45 min • Studio 1 • Limit 20</p> <p>8:15 AM CENTERING MEDITATION<br/>25 min • Yoga Studio • Limit 30</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 THE SCIENCE OF WEIGHT LOSS<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 VEDIC PALMISTRY: IT'S ALL IN OUR HANDS<br/>50 min • Cactus Room</p> <p>AQUA FIT<br/>45 min • Aquatic Center • Limit 15</p> <p>VINYASA FLOW<br/>45 min • Yoga Studio • Limit 30</p> <p>ZUMBA®<br/>45 min • Studio 1 • Limit 30</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.

- 1:00 PM **QI GONG**  
45 min • Yoga Studio • Limit 30
- \*PILATES REFORMER CLINIC: BEGINNING**  
50 min • Pilates Studio • Limit 5 • \$80
- \*HIKE: LEVEL 1 - LOWER SABINO**  
3 hr • Outdoor Sports Lobby • Limit 12
- \*PHONE-TOGRAPHY**  
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 1:30 PM **\*TUCSON BOTANICAL GARDEN TOUR**  
**NEW!** 3 hr • Outdoor Sports Lobby • Limit 6 • \$140
- \*INTUITIVE ARCHERY**  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 2:00 PM **DESERT DRUMMING**  
45 min • Studio 2 • Limit 30
- POWER STEP & TONE**  
**NEW!** 45 min • Golf Performance Center • Limit 12
- WATER WORKOUT**  
45 min • T-Pool • Limit 24
- 3:00 PM **DRUMMING CIRCLE**  
45 min • Studio 1 • Limit 20
- TRX FUSION**  
45 min • Studio 3 • Limit 15
- YIN YOGA**  
45 min • Yoga Studio • Limit 20
- LET'S GET GRABBY WITH JILL AVERY**  
**GE** 50 min • Cactus Room
- 4:00 PM **LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS**  
50 min • Catalina Room • CME
- \*PICKLEBALL CLINIC**  
50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR**  
45 min • Eucalyptus Circle
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- YOGA NIDRA**  
45 min • Yoga Studio • Limit 20
- \*QI GONG IN THE DESERT**  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 5:00 PM **CHEF INSPIRED STREET CART**  
2 hr • Double U Café
- 5:30 PM **\*RESTORATIVE SOUND BATH**  
50 min • Yoga Studio • Limit 25 • \$80
- 6:30 PM **\*NIGHT SKY WALK**  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80
- 7:00 PM **OIL DIP ART**  
1 hr • Art Studio 1 • Limit 8
- 7:30 PM **\*NIGHT VISION GOGGLE EXPERIENCE**  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 8:30 PM **BINGO**  
50 min • Pavilion



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

# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

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



### AN IDEAL PLAN IF YOU WANT TO:

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



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

### ADDITIONAL BENEFITS:

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

For more information or to purchase a Membership:

#### CONTACT

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

# LIFE CHANGES AT CANYON RANCH

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



## CANYON RANCH TUCSON, ARIZONA

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



## CANYON RANCH LENOX, MASSACHUSETTS

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



## CANYON RANCH FORT WORTH, TEXAS

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



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

Visit [canyonranch.com](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.