

RANCH SCHEDULE
MARCH 30 - APRIL 5, 2026

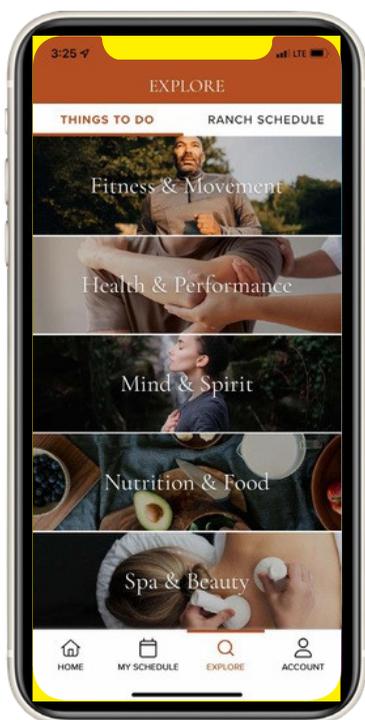


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon.–Fri. 7 – 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



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



SMASH + SERVE PICKLEBALL DISCOVERY DAYS WITH STEVE JORDAN

MARCH 30 - APRIL 5

Elevate your pickleball game with an unforgettable program in the heart of the Sonoran Desert. Refine your skills through targeted clinics on serving, returns, movement, positioning, and strategic point building, with personalized coaching to bring your game to the next level. Make new friends across the net, then unwind in our renowned spa, soak in magical Catalina Mountain views, and savor our all-inclusive amenities

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

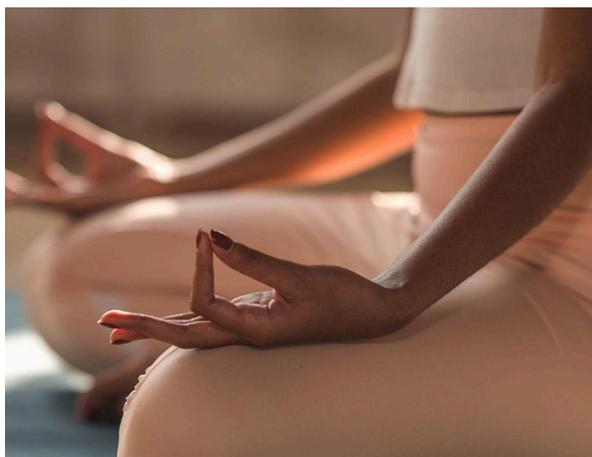


***UPCOMING* SEASONAL RESET: AN AYURVEDIC APPROACH TO VITALITY**

APRIL 6 - 12

Refresh your body and mind with a week of gentle detoxing rooted in traditional Ayurvedic rituals and knowledge. Learn the foundational principles of Ayurveda, explore the role of the doshas, and gain practical tools to support balance. Experience seasonal cleansing practices and a hands-on cooking class where you'll prepare nourishing kitchari tailored to your constitution. This retreat offers a supportive approach to holistic wellness, mindful eating, or natural ways to reset.

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



***UPCOMING* MINDFUL RESET**

APRIL 13 - 19

In a world full of constant pings, posts, and pressure, the Mindful Reset Discovery Week offers a rare chance to unplug and rediscover yourself beyond the noise. This immersive experience helps you disconnect from digital distractions and reconnect with what truly matters, you. Through movement, meditation, creativity, education, and nature-based healing, you'll learn to slow down, calm your nervous system, and find your unique purpose. Guided by wellness experts and holistic practitioners, you'll explore tools that nurture your inner world and bring balance to everyday life.



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)

BURCAK TOLAN



**MONDAY, MARCH 30 -
TUESDAY, MARCH 31**

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

IN2 DESIGN



**THURSDAY, APRIL 2 -
SATURDAY, APRIL 4**

Meet with Swedish-American designer, Inga "Louise" Baldwin as she showcases her hand-crafted jewelry. Come explore unique Swedish designed jewelry using freshwater pearls, precious metals and semi-precious stones.

MONDAY

March 30, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

- 5:45 AM *SUNRISE YOGA IN THE WILD
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:00 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12
- 6:15 AM *HIKE: LEVEL 4 - MARIPOSA RIDGE
6 hr • Outdoor Sports Lobby • Limit 12
- 6:30 AM *HIKE: LEVEL 3 - MCDOUGAL RIDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - COLOSSAL CAVE LOOP
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- *ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 7:30 AM *ARIZONA-SONORA DESERT MUSEUM
5 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$195
- 8:00 AM *PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 4 • \$80
- *QI GONG IN THE DESERT
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 8:45 AM *HIKE: LEVEL 2 - HITCHCOCK OVERLOOK
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- 9:00 AM BURNOUT & RESILIENCE
DD 50 min • Catalina Room • CME
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- CORE CONDITIONING
45 min • Studio 1 • Limit 20
- DESERT DRUMMING
45 min • Studio 2 • Limit 30
- TRX STRONG
45 min • Studio 3 • Limit 15
- *ARCHAEOLOGY 1
HOHOKAM VILLAGE SITE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 10:00 AM *PICKLEBALL DRILL CLINIC
DD 50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR
45 min • Eucalyptus Circle
- CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- 11:00 AM PEDAL, LIFT, FLOW
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT
45 min • Yoga Studio • Limit 18
- ZUMBA®
45 min • Studio 1 • Limit 30
- *TYPTI- COMBINING THE BEST OF
PICKLEBALL AND TENNIS
NEW! 50 min • Pickleball Court 1 • Limit 4 • \$80

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>*AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH & LEARN: TUSCAN CHICKEN
1 hr • Demo Kitchen • Limit 36</p> <p>1:00 PM</p> <p>REPLENISHING THE WELL
50 min • Catalina Room • CME</p> <p>PILATES FOR BALANCE
45 min • Studio 1 • Limit 18</p> <p>*BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101
4 hr • Outdoor Sports Lobby • Limit 4</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>2:00 PM</p> <p>CHAIR YOGA
45 min • Yoga Studio • Limit 20</p> <p>WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>*SONORAN SPRING WILDFLOWER COLLECTION HIKE
NEW! 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> <p>*PICKLEBALL POWER: ELEVATE YOUR GAME
DD 50 min • Cactus Room</p> <p>3:00 PM</p> <p>LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p>MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>WALLYBALL
45 min • Racquet Court 1</p> <p>1:30 PM</p> <p>*TUCSON BOTANICAL GARDEN TOUR
NEW! 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> | <p>4:00 PM</p> <p>*PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN
50 min • Spa Lobby • Limit 25</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>AYURVEDIC TIPS FOR SPRING
NEW! 50 min • Catalina Room</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>*MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>MEDITATION
25 min • Sanctuary • Limit 30</p> <p>THE ART OF WATERCOLOR: BASIC TECHNIQUE
1 hr 30 min • Art Studio 1 • Limit 15</p> <p>5:00 PM</p> <p>INTRODUCTION TO VEDIC ASTROLOGY
50 min • Cactus Room</p> <p>5:30 PM</p> <p>*FLOATING SOUND MEDITATION CLINIC
50 min • Aquatic Center • Limit 20 • \$110</p> <p>6:00 PM</p> <p>*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>*HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>6:30 PM</p> <p>*NIGHT SKY WALK
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>7:00 PM</p> <p>IT'S ABOUT TIME
NEW! 50 min • Cactus Room</p> <p>7:30 PM</p> <p>*NIGHT VISION GOGGLE EXPERIENCE
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.

TUESDAY March 31, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

- 5:45 AM *DAWN QI GONG IN THE CANYON
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:00 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12
- *HIKE: LEVEL 4 - PICACHO PEAK
6 hr • Outdoor Sports Lobby • Limit 12
- *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 6:30 AM *BIKE RIDE: LEVEL 4 - ROCKING COBBLER
4 hr • Outdoor Sports Lobby • Limit 12
- 6:45 AM *HIKE: LEVEL 2 - GARWOOD DAM LOOP
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- *ART & ECHOES: BIKING THROUGH THE OLD PUEBLO
NEW! 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110
- 8:00 AM *PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- 9:00 AM ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20
- CYCLING
45 min • Golf Performance Center • Limit 12
- STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 9:30 AM *HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- 10:00 AM UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME
- PROPERTY TOUR
45 min • Eucalyptus Circle
- H2O POWER
45 min • T-Pool • Limit 24
- MUSCLE MAX
45 min • Studio 3 • Limit 12
- STRETCH
45 min • Yoga Studio • Limit 30
- *HIKE: LEVEL 3 - GREEN MT. TRAIL
5 hr • Outdoor Sports Lobby • Limit 12
- *PICKLEBALL DRILL CLINIC
DD 50 min • Pickleball Court 1 • Limit 8 • \$80
- 11:00 AM POWER FLOW
45 min • Yoga Studio • Limit 30
- TRX FUSION
45 min • Studio 3 • Limit 15
- VIPR SLAM
45 min • Studio 1 • Limit 20
- *THE POWER OF SOUND
NEW! 50 min • Sanctuary • Limit 15 • \$80
- PICKLEBALL PANEL DISCUSSION AND Q&A
DD 50 min • Cactus Room

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| NOON | <p>BREATHING
20 min • Yoga Studio • Limit 30</p> <p>LUNCH & LEARN: GRILLED LIME SHRIMP
1 hr • Demo Kitchen • Limit 36</p> | 4:00 PM | <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> |
| 1:00 PM | <p>THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH
NEW! 50 min • Catalina Room • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p>MEMBERSHIPS: CASUAL Q&A
30 min • The Snug • Limit 20</p> | 4:30 PM | <p>YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p>*CEREMONIAL CACAO EXPERIENCE
NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140</p> <p>*PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>*PRIMITIVE FIRE-MAKING
2 hr • Outdoor Sports Lobby • Limit 8</p> |
| 2:00 PM | <p>CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30</p> | 4:45 PM | <p>*BIKE RIDE: LEVEL 3 - SABINO MATINEE
2 hr 30 min • Outdoor Sports Lobby • Limit 12</p> |
| 3:00 PM | <p>STRENGTH LAB: AN INTERACTIVE SESSION
DD NEW! 50 min • Cardio & Strength Gym • Limit 20</p> <p>WALLYBALL
45 min • Racquet Court 1</p> <p>CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20</p> <p>GOOD VIBRATIONS
45 min • Studio 2 • Limit 14</p> | 5:30 PM | <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> |
| | | 7:00 PM | <p>*COSMIC JOURNEY WITH THE TELESCOPE
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>LIFE'S A GAME
50 min • Catalina Room</p> |



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WEDNESDAY April 1, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

5:45 AM	*SUNRISE YOGA IN THE WILD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	H2O POWER 45 min • T-Pool • Limit 24
6:00 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		MUSCLE MAX 45 min • Studio 3 • Limit 12
6:15 AM	*HIKE: LEVEL 4 - DOUGLAS SPRINGS 6 hr 30 min • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
6:30 AM	MORNING WALK 30 min • Spa Lobby		PROPERTY TOUR 45 min • Eucalyptus Circle
	MORNING WALK 45 min • Spa Lobby		*PICKLEBALL DRILL CLINIC DD 50 min • Pickleball Court 1 • Limit 4 • \$80
	*HIKE: LEVEL 3 - VENTANA MAIDEN POOLS 4 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8		CHAIR YOGA 45 min • Yoga Studio • Limit 20
6:45 AM	*HIKE: LEVEL 2 - LOWER BEAR CANYON 4 hr • Outdoor Sports Lobby • Limit 12		TRX STRONG 45 min • Studio 3 • Limit 15
7:00 AM	*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12		ZUMBA® 45 min • Studio 1 • Limit 30
8:00 AM	*PICKLEBALL CLINIC DD 50 min • Pickleball Court 1 • Limit 4 • \$80		*PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE DD 50 min • Racquet Court 1 • Limit 4 • \$110
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	RHYTHM RIDE 45 min • Golf Performance Center • Limit 12		
	ROCKIN' RETRO 45 min • Studio 1 • Limit 30		
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		
	*SAGUARO NATIONAL PARK DISCOVERY TOUR 2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110		
	*CARDIO TENNIS CLINIC 50 min • Limit 8 • \$80		

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| NOON | <p>*AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH & LEARN: BALSAMIC GLAZED SALMON
1 hr • Demo Kitchen • Limit 36</p> | 4:00 PM | <p>RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> |
| 1:00 PM | <p>ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS
DD 50 min • Sanctuary • CME</p> <p>*GLUTE TRANSFORMATION-CLINIC
50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>GYROKINESIS
45 min • Yoga Studio • Limit 15</p> <p>LET'S DANCE
45 min • Studio 1 • Limit 30</p> <p>*SONORAN SPRING WILDFLOWER COLLECTION HIKE
NEW! 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> | 4:30 PM | <p>*PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> |
| 2:00 PM | <p>KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12</p> <p>LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>*PILATES REFORMER-INT/ADV CLINIC
50 min • Pilates Studio • Limit 5 • \$80</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> | 5:30 PM | <p>A MEDICAL PERSPECTIVE ON LONGEVITY
DD 50 min • Catalina Room • CME</p> <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> |
| 3:00 PM | <p>HABITS FOR SUCCESS: LIFE BY DESIGN
DD NEW! 50 min • Catalina Room • CME</p> <p>GOOD VIBRATIONS
45 min • Studio 2 • Limit 14</p> <p>INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30</p> <p>PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p>*HANDS-ON COOKING: COCOA & CRAFT
1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>LEARNING SELF-REIKI
NEW! 50 min • Cactus Room</p> | 6:00 PM | <p>*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CREATE YOUR OWN BAG CHARM
NEW! 90 min • Art Studio 1 • Limit 15</p> |
| | | 7:30 PM | <p>*NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> |
| | | 8:00 PM | <p>*BARREL TO GLASS: A CURATED BOURBON JOURNEY
1 hr • Javelina Cantina • Limit 6 • \$125</p> |



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THURSDAY April 2, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

- 6:00 AM *BIKE RIDE: LEVEL 4 - HOHOKAM
5 hr • Outdoor Sports Lobby • Limit 6
- *MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:15 AM *HIKE: LEVEL 4 - FORT LOWELL TRAIL
5 hr 30 min • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - BLACKETTS RIDGE
4 hr • Outdoor Sports Lobby • Limit 12
- *ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 6:45 AM *HIKE: LEVEL 2 - ESPERERO TRAIL
3 hr 45 min • Outdoor Sports Lobby • Limit 12
- 7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- *HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- YOGA NATURALLY
45 min • Flagstone Lawn • Limit 20
- 8:00 AM *PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 8 • \$80
- COFFEE WITH THE MEMBERSHIP TEAM
NEW! 30 min • Eucalyptus Circle
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20
- 9:00 AM 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
- WALKING MEDITATION
50 min • Sanctuary • CME
- *HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- PROPERTY TOUR
45 min • Eucalyptus Circle
- ASK A PSYCHIC
50 min • Cactus Room
- *PICKLEBALL DRILL CLINIC
DD 50 min • Pickleball Court 1 • Limit 8 • \$80
- 11:00 AM BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Catalina Room • CME
- DJ DANCE PARTY
45 min • Studio 1 • Limit 30
- YOGA FOR DETOX
45 min • Yoga Studio • Limit 20
- PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20

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NOON	<p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>LUNCH & LEARN: CRAB CAKES 1 hr • Demo Kitchen • Limit 36</p>	3:30 PM	<p>*BIKE RIDE: LEVEL 3 - SAGUARO SUNGLOW 3 hr • Outdoor Sports Lobby • Limit 12</p>
	<p>REST EASY — TIPS FOR A GOOD NIGHT'S SLEEP NEW! 50 min • Catalina Room</p> <p>*DESERT BOTANICALS BEAUTY WALK 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p>	4:00 PM	<p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>*PICKLEBALL CLINIC DD 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>*QI GONG VOCAL HEALING SOUNDS PRACTICE NEW! 50 min • Private Fitness Studio 4 • Limit 6 • \$80</p>
1:00 PM	<p>CR STRENGTH 45 min • Golf Performance Center • Limit 10</p> <p>SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p> <p>INJURY-PROOF YOUR PICKLEBALL GAME DD 50 min • Cactus Room</p>	5:00 PM	<p>CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30</p> <p>SIP AND SHOP 2 hr • The Boutique at Canyon Ranch</p>
2:00 PM	<p>*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>BUFF BOOTY 45 min • Studio 1 • Limit 20</p> <p>QI GONG AND YOGA 45 min • Yoga Studio • Limit 20</p> <p>WALLYBALL 45 min • Racquet Court 1</p>	5:15 PM	<p>PICKLE & PLAY DD 50 min • Pickleball Court 1</p>
		5:30 PM	<p>BEYOND THE MYTHS: A FRESH LOOK AT SPIRITUALITY NEW! 50 min • Catalina Room</p>
		7:00 PM	<p>*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>TUCSON: UNESCO OF GASTRONOMY 50min • Cactus Room</p>
		7:30 PM	<p>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>



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FRIDAY April 3, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

- 6:15 AM *HIKE: LEVEL 4 - GUTHRIE PEAK
6 hr 30 min • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - ROCK SPRINGS TRAIL
5 hr • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - CANADA DEL ORO
4 hr • Outdoor Sports Lobby • Limit 12
- *YOGA IN THE WILD
2 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 6:45 AM *HIKE: LEVEL 2 - PHONELINE
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- *ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 8:00 AM *PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 8 • \$80
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- 9:00 AM MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE
NEW! 50 min • Catalina Room • CME
- GLIDE AND BURN
45 min • Studio 1 • Limit 20
- INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30
- TRX FUSION
45 min • Studio 3 • Limit 15
- *TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
DD 45 min • Yoga Studio • Limit 30
- PROPERTY TOUR
45 min • Eucalyptus Circle
- *PICKLEBALL DRILL CLINIC
DD 50 min • Pickleball Court 1 • Limit 8 • \$80
- 11:00 AM AQUA FIT
45 min • Aquatic Center • Limit 15
- WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15
- YOGA SCULPT
45 min • Yoga Studio • Limit 18
- ANGELS AMONG US
50 min • Cactus Room
- *PICKLEBALL HARMONY
NEW! 50 min • Pickleball Court 1 • Limit 8 • \$110

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>CHAIR YOGA 45 min • Yoga Studio • Limit 20</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>LUNCH & LEARN: ORANGE DIJON GLAZED MAHI 1 hr • Demo Kitchen • Limit 36</p>	3:00 PM	<p>*HANDS-ON COOKING: FAST & NOURISHED 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>POSTURE & BALANCE 45 min • Studio 1 • Limit 20</p> <p>WALLYBALL 45 min • Racquet Court 1</p>
1:00 PM	<p>THE POWER OF MOVEMENT FOR LONGEVITY DD NEW! 50 min • Catalina Room • CME</p> <p>*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>KUNDALINI YOGA 45 min • Yoga Studio • Limit 20</p> <p>THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Cactus Room</p> <p>*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12</p>	4:00 PM	<p>BEYOND THE PHYSICAL: METAPHYSICAL 101 NEW! 50 min • Spa Lobby</p> <p>MEDITATION 25 min • Sanctuary • Limit 30</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p>
1:30 PM	<p>*TUCSON BOTANICAL GARDEN TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p>	5:00 PM	<p>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 6 • \$125</p>
2:00 PM	<p>KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12</p> <p>PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>TAROT: THE 78 KEYS OF WISDOM 50 min • Cactus Room</p> <p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>MINDFUL MANDALA DOT PAINTING 1 hr 30 min • Art Studio 1 • Limit 12</p>	5:15 PM	<p>*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR NEW! 2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110</p>
		5:30 PM	<p>*FLOATING SOUND MEDITATION CLINIC 50 min • Aquatic Center • Limit 20 • \$110</p>
		7:00 PM	<p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>PUBLIC SPEAKING: BE EMPOWERED! 50 min • Catalina Room</p>
		8:00 PM	<p>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 15 • \$125</p>
		8:30 PM	<p>BINGO 50 min • Pavilion</p>



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SATURDAY April 4, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

6:15 AM *HIKE: LEVEL 4 - WEST SPRING TRAIL
5 hr • Outdoor Sports Lobby • Limit 12

6:30 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

*HIKE: LEVEL 3 - FINGER ROCK
4 hr • Outdoor Sports Lobby • Limit 12

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

6:45 AM *HIKE: LEVEL 2 - PONTATOC OVERLOOK
4 hr • Outdoor Sports Lobby • Limit 12

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

*BIKE RIDE: LEVEL 3 - AGUA CALIENTE
3 hr • Outdoor Sports Lobby • Limit 12

8:00 AM *HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220

*PICKLEBALL CLINIC
DD 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

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

10:00 AM NOURISHING THE MIND: FOOD FOR
FOCUS AND RESILIENCE
50 min • Catalina Room • CME

CORE CONDITIONING
45 min • Studio 1 • Limit 20

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

PROPERTY TOUR
45 min • Eucalyptus Circle

*PICKLEBALL SKILL DEVELOPMENT CLINIC
DD 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200

*PILATES-AERIAL CLINIC
50 min • Studio 3 • Limit 5 • \$80

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

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

TRX STRONG
45 min • Studio 3 • Limit 15

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| <p>NOON</p> <p>*AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>AI CHI
45 min • Aquatic Center • Limit 12</p> <p>BREATHING
20 min • Yoga Studio • Limit 30</p> <p>*MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>1:00 PM</p> <p>PILATES MAT
45 min • Yoga Studio • Limit 30</p> <p>MEMBERSHIPS: CASUAL Q&A
30 min • The Snug • Limit 20</p> <p>*HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>MENOPAUSAL HORMONE REPLACEMENT THERAPY
50 min • Cactus Room • CME</p> <p>1:30 PM</p> <p>*PRIMITIVE FIRE-MAKING
2 hr • Outdoor Sports Lobby • Limit 8</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>2:00 PM</p> <p>GRIND, GRIT & GRACE
DD 50 min • Catalina Room • CME</p> <p>HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30</p> <p>LET'S DANCE
45 min • Studio 1 • Limit 30</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>3:00 PM</p> <p>VIPR SLAM
45 min • Studio 1 • Limit 20</p> <p>WALLYBALL
45 min • Racquet Court 1</p> <p>YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30</p> <p>RAINBOW CRYSTAL SUNCATCHERS
90 min • Art Studio 1 • Limit 10</p> | <p>4:00 PM</p> <p>RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>5:00 PM</p> <p>PICKLEBALL MIXER
1 hr 30 min • Pickleball Court 1 • Limit 8</p> <p>5:30 PM</p> <p>*FLOATING SOUND MEDITATION CLINIC
50 min • Aquatic Center • Limit 20 • \$110</p> <p>6:00 PM</p> <p>*CHEF'S SEASONAL SHOWCASE DINNER
2 hr • Demo Kitchen • Limit 25 • \$70</p> <p>MAHJONG GAME NIGHT
2 hr • The Snug • Limit 8</p> <p>7:00 PM</p> <p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION
3 hr • Outdoor Sports Lobby • Limit 10 • \$140</p> |
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SUNDAY April 5, 2026

(DD) DISCOVERY DAYS: SMASH + SERVE PICKLEBALL

- 5:45 AM *SUNRISE YOGA IN THE WILD
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:00 AM *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 6:15 AM *HIKE: LEVEL 4 - THIMBLE VIEW
6 hr 30 min • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - MILAGROSA CANYON
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 6:45 AM *HIKE: LEVEL 2 - SECRET TRAIL LOOP
3 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- *BIKE RIDE: LEVEL 2 - RIVER
PATH/MARKETPLACE
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM *AWAKEN THE QI: TAPPING INTO ENERGY
FLOW
NEW! 50 min • Yoga Studio • Limit 6 • \$80
- *PICKLEBALL CLINIC
DD 50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- 8:30 AM *QI GONG IN THE DESERT
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 9:00 AM ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20
- BUTI MOVEMENT®
45 min • Yoga Studio • Limit 30
- CYCLING
45 min • Golf Performance Center • Limit 12
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM EXERCISE & MENOPAUSE
50 min • Catalina Room • CME
- CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- PROPERTY TOUR
45 min • Eucalyptus Circle
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 11:00 AM AQUA FIT
45 min • Aquatic Center • Limit 15
- VINYASA FLOW
45 min • Yoga Studio • Limit 30
- ZUMBA®
45 min • Studio 1 • Limit 30

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| <p>1:00 PM *PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p> QI GONG
45 min • Yoga Studio • Limit 30</p> <p> *PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p> *KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p> WHAT IS YOUR REAL BIRTHSTONE
50 min • Cactus Room</p> <p>1:30 PM *TUCSON BOTANICAL GARDEN TOUR
3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> <p> *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>2:00 PM DESERT DRUMMING
45 min • Studio 2 • Limit 30</p> <p> POWER STEP & TONE
45 min • Golf Performance Center • Limit 12</p> <p> WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>3:00 PM DRUMMING CIRCLE
45 min • Studio 1 • Limit 20</p> <p> TRX FUSION
45 min • Studio 3 • Limit 15</p> <p> YIN YOGA
45 min • Yoga Studio • Limit 20</p> | <p>4:00 PM YOUR PATH TO PAIN-FREE KNEES
DD 50 min • Catalina Room • CME</p> <p> STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p> YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p> PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p> *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>5:30 PM *RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:30 PM *NIGHT SKY WALK
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>7:00 PM CRYSTAL SINGING BOWL IMMERSIVE CONCERT
50 min • Sanctuary • Limit 30</p> <p>8:30 PM BINGO
50 min • Pavilion</p> |
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MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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- 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.



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- 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.

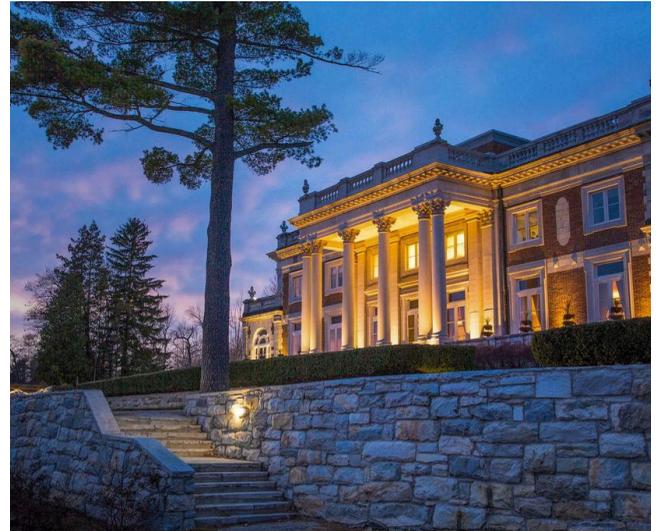
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- Longevity8™
- Medical
- Meditation Garden
- Nutrition
- Sanctuary

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- 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.