

RANCH SCHEDULE
APRIL 6 - 12, 2026

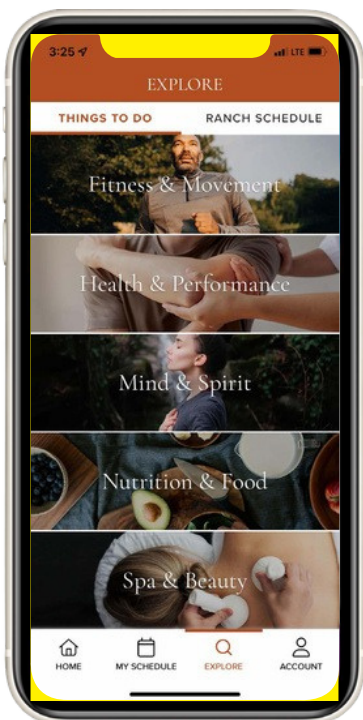


This schedule belongs to:



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.–Sun. 7 – 9:30 a.m.

LUNCH: Mon.–Fri. 11:30 a.m. – 2 p.m.

DINNER: 5 – 8:15 p.m.

BRUNCH: Sat.–Sun. 11:30 a.m. – 2 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.

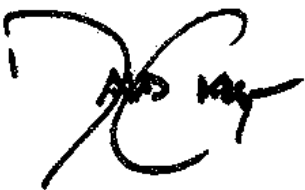
I encourage you to explore Longevity 8, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

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](https://www.canyonranch.com) FOR MORE UPCOMING EVENTS

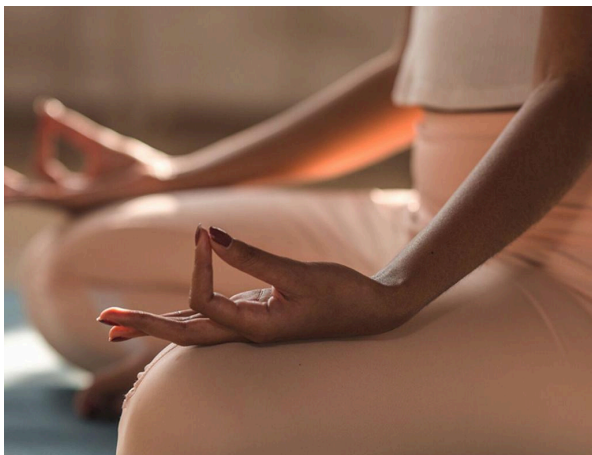


SEASONAL RESET: AN AYURVEDIC APPROACH TO VITALITY DISCOVERY DAYS

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'.

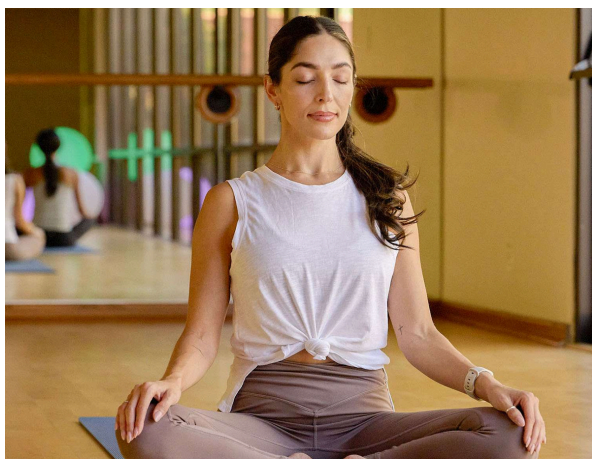


UPCOMING

MINDFUL RESET DISCOVERY WEEK

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.



UPCOMING

THE PATH TO PURPOSE

WITH GUEST EXPERT LAUREL DONNELLAN

APRIL 14 - 16

Join this guided experience with leadership expert Laurel Donnellan to pause, reflect, and reconnect with your true meaning. Explore how your past experiences have shaped you, clarify what matters most in the present, and begin envisioning a future that feels purposeful and energizing. For anyone navigating a career transition, considering a new life chapter, or sensing there may be something more ahead, this experience blends reflection, conversation, and practical planning to help you align your work, well-being, and personal values.



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



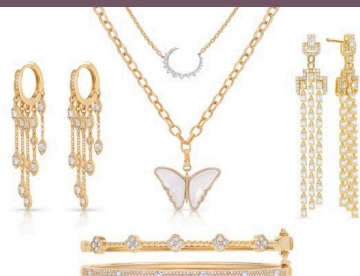
SKIN CARE & SALON

- Kerastase Hair Care Products
- Biologique Recherche
- Environ
- VENN

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

LORI BARROS



**MONDAY, APRIL 6 -
WEDNESDAY, APRIL 8**

Join jewelry designer, Lori Barros for a two day trunk show. Do not miss the opportunity to see the diamonds and gemstone custom fine jewelry designed with a fusion of elegance and edge.

ART OF CEREMONY



**FRIDAY, APRIL 10 -
SATURDAY, APRIL 11**

The Art of Ceremony brings to life the art of ritual in jewelry design. Each necklace, earring, and bracelet is made with intention. All delight the eye and spark the soul.

MONDAY April 6, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

- 6:00 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - SABINO CANYON
3 hr • Outdoor Sports Lobby • Limit 12
- 6:15 AM *HIKE: LEVEL 4 - PONTATOC CANYON
5 hr • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *YOGA IN THE WILD
2 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 6:45 AM *HIKE: LEVEL 2 - WILD HORSE CANYON
4 hr • Outdoor Sports Lobby • Limit 12
- 7:30 AM *ROCK CLIMBING NATURALLY
5 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
DD 25 min • Sanctuary • Limit 30
- DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20
- 9:00 AM SELF-COMPASSION IS YOUR SUPER POWER
50 min • Catalina Room • CME
- CORE CONDITIONING
45 min • Studio 1 • Limit 20
- DESERT DRUMMING
45 min • Studio 2 • Limit 30
- TRX STRONG
45 min • Studio 3 • Limit 15
- *HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 9:15 AM *HIKE: LEVEL 3 - PECK BASIN
5 hr 15 min • Outdoor Sports Lobby • Limit 12
- 10:00 AM EAST MEETS EAST: AYURVEDA & CHINESE MEDICINE
DD 50 min • Cactus Room
- 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
- *PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- *MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 11:00 AM PEDAL, LIFT, FLOW
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT
45 min • Yoga Studio • Limit 18
- VORTEXES AND SACRED SITES
50 min • Catalina Room
- *TYPTI- COMBINING THE BEST OF PICKLEBALL AND TENNIS
NEW! 50 min • Pickleball Court 1 • Limit 4 • \$80
- DJ DANCE PARTY
45 min • Studio 1 • Limit 30

DISCOVER OUR PROPERTY

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

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

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

NOON	<p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>LUNCH & LEARN: LOBSTER WITH SWEET CHILI GLAZE 1 hr • Demo Kitchen • Limit 36</p>	4:00 PM	<p>INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN 50 min • Spa Lobby • Limit 25</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA FOR VATA & PITTA BALANCE DD 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p>
1:00 PM	<p>YES, AND: THE SACRED PLAY OF IMPROV 50 min • Sanctuary • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>PILATES FOR BALANCE 45 min • Studio 1 • Limit 18</p> <p>*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p>	5:00 PM	<p>*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>MEMORY WIRE BRACELET 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30</p> <p>INTRODUCTION TO VEDIC ASTROLOGY 50 min • Cactus Room</p>
1:30 PM	<p>*TUCSON BOTANICAL GARDEN TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p>	6:00 PM	<p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80</p>
2:00 PM	<p>CHAIR YOGA 45 min • Yoga Studio • Limit 20</p> <p>KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p>	6:30 PM	<p>*FLOATING SOUND MEDITATION CLINIC 50 min • T-Pool • Limit 20 • \$110</p> <p>*NIGHT SKY WALK 2 hr • Outdoor Sports Lobby • Limit 8 • \$80</p>
3:00 PM	<p>LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20</p> <p>MUSCLE MAX 45 min • Studio 3 • Limit 12</p> <p>POSTURE & BALANCE 45 min • Studio 1 • Limit 20</p> <p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	7:00 PM	<p>AWARENESS APPROACH: 12 INSIGHTS FOR MINDFUL LIVING 50 min • Catalina Room</p> <p>*NIGHT VISION GOGGLE EXPERIENCE 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 April 7, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

- 5:45 AM *DAWN QI GONG IN THE CANYON
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:00 AM *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - BALANCED ROCK
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - ROCKING K
4 hr • Outdoor Sports Lobby • Limit 6
- 6:45 AM *HIKE: LEVEL 2 - PIMA CANYON
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- *MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 9:00 AM CYCLING
45 min • Golf Performance Center • Limit 12
- STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14
- ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20
- *HIKE: LEVEL 4 - BOX CAMP
6 hr 30 min • Outdoor Sports Lobby • Limit 12
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 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
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- 11:00 AM DETOX YOGA FOR KAPHA BALANCE
DD 45 min • Yoga Studio • Limit 15
- 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

CME ACCREDITATION

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

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

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

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| <p>NOON</p> <p>BREATHING
20 min • Yoga Studio • Limit 30</p> <p>LUNCH & LEARN: POACHED SHRIMP
1 hr • Demo Kitchen • Limit 36</p> <p>1:00 PM</p> <p>THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH
NEW! 50 min • Cactus Room • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>*SONORAN SPRING WILDFLOWER COLLECTION HIKE
NEW! 3 hr • Outdoor Sports Lobby • Limit 12 • \$140</p> <p>MEMBERSHIPS: CASUAL Q&A
30 min • The Snug • Limit 20</p> <p>2:00 PM</p> <p>CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p>PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>3:00 PM</p> <p>FOUNDATIONS OF STRENGTH
50 min • Catalina Room • CME</p> <p>BUFF BOOTY
45 min • Studio 1 • Limit 20</p> <p>WALLYBALL
45 min • Racquet Court 1</p> <p>YIN YOGA
45 min • Yoga Studio • Limit 20</p> | <p>4:00 PM</p> <p>INTRO TO AYURVEDA: WHAT'S YOUR DOSHA?
DD 50 min • Cactus Room</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p>*CEREMONIAL CACAO EXPERIENCE
NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>4:30 PM</p> <p>*PRIMITIVE FIRE-MAKING
2 hr • Outdoor Sports Lobby • Limit 8</p> <p>5:30 PM</p> <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> <p>7:00 PM</p> <p>ISLANDS IN THE SKY & THE SOUTHWEST MONSOON
50 min • Catalina Room</p> <p>7:30 PM</p> <p>*COSMIC JOURNEY WITH THE TELESCOPE
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> |
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WEDNESDAY April 8, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

- 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
- *HIKE: LEVEL 4 - UPPER BEAR CANYON
7 hr 30 min • Outdoor Sports Lobby • Limit 12
- *GRAVEL BIKING IN PATAGONIA
7 hr • Outdoor Sports Lobby • Limit 6 • \$400
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - BRIDAL WREATH TRAIL
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- *BIRD WALK
2 hr • Spa Lobby • Limit 8
- 8:00 AM KUNDALINI YOGA
45 min • Yoga Studio • Limit 20
- *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
DD 25 min • Sanctuary • Limit 30
- 9:00 AM RHYTHM RIDE
45 min • Golf Performance Center • Limit 18
- ROCKIN' RETRO
45 min • Studio 1 • Limit 30
- STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14
- *HIKE: LEVEL 2 - PALISADES TRAIL
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 2 - CAFE RIDE
4 hr • Outdoor Sports Lobby • Limit 12
- *SAGUARO NATIONAL PARK DISCOVERY TOUR
2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110

- 10:00 AM 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
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 11:00 AM COMPASSION CIRCLE FOR GRIEF & GRATITUDE
50 min • Sanctuary
- CHAIR YOGA
45 min • Yoga Studio • Limit 20
- TRX STRONG
45 min • Studio 3 • Limit 15
- ZUMBA®
45 min • Studio 1 • Limit 30

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>NOON</p> <p>*AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>LUNCH & LEARN: TAHINI CHICKEN LETTUCE WRAPS
1 hr • Demo Kitchen • Limit 36</p> <p>1:00 PM</p> <p>CHINESE MEDICINE FOR SEASONAL WELLNESS
50 min • Sanctuary</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>2:00 PM</p> <p>KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12</p> <p>LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p>*PILATES REFORMER-INT/ADV CLINIC
50 min • Pilates Studio • Limit 5 • \$80</p> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>3:00 PM</p> <p>MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN
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> | <p>4:00 PM</p> <p>FOOD AS MEDICINE IN AYURVEDA
DD 50 min • Cactus Room</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>4:30 PM</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>5:00 PM</p> <p>SPA SIP + SKIN
NEW! 1 hr • Spa Lobby • Limit 20</p> <p>5:30 PM</p> <p>A MEDICAL PERSPECTIVE ON LONGEVITY
50 min • Catalina Room • CME</p> <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:00 PM</p> <p>*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CREATE YOUR OWN BAG CHARM
NEW! 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>7:00 PM</p> <p>THE POWER OF LAUGHTER
50 min • Cactus Room</p> <p>7:30 PM</p> <p>*NIGHT VISION GOGGLE EXPERIENCE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>8:00 PM</p> <p>*BARREL TO GLASS: A CURATED BOURBON JOURNEY
1 hr • Javelina Cantina • Limit 6 • \$125</p> |
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For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

THURSDAY April 9, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

- 6:00 AM *MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - SYCAMORE DAM
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- *HIKE: LEVEL 4 - ESPERERO
5 hr • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD
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 - MILAGROSA OVERLOOK
4 hr • 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
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 GUIDED LABYRINTH WALK
50 min • Sanctuary • Limit 12
- LANDSCAPE & ECOLOGY WALK
50 min • Clubhouse Lobby • Limit 30
- 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
- *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 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
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- 11:00 AM PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20
- YOGA FOR DETOX
45 min • Yoga Studio • Limit 20
- ZUMBA®
45 min • Studio 1 • Limit 30

DISCOVER OUR PROPERTY

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

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

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

NOON	<p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>LUNCH & LEARN: KITCHARI DD 1 hr • Limit 36</p>	4:00 PM	<p>AYURVEDIC SPRING RESET DD 50 min • Cactus Room</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>MEDITATION 25 min • Sanctuary • Limit 30</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p>
1:00 PM	<p>ALTERNATIVE THERAPIES FOR MENOPAUSE 50 min • Catalina Room • CME</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p>	4:30 PM	<p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
1:30 PM	<p>*TUCSON BOTANICAL GARDEN TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p>	5:00 PM	<p>CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30</p>
2:00 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>*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>WATER WORKOUT 45 min • T-Pool • Limit 24</p>	5:15 PM	<p>PICKLE & PLAY 50 min • Pickleball Court 1</p>
3:00 PM	<p>*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>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>MUSCLE MAX 45 min • Studio 3 • Limit 12</p> <p>WALLYBALL 45 min • Racquet Court 1</p> <p>LAUGHTER & GRIEF 50 min • Catalina Room</p>	5:30 PM	<p>RECOVERY TO PERFORMANCE: SPORTS MEDICINE MYTHS NEW! 50 min • Catalina Room</p>
		7:00 PM	<p>AN EVENING OF SOUND: MUSICAL PRAYERFORMANCE NEW! 50 min • Sanctuary</p>
		7:30 PM	<p>*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>



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FRIDAY April 10, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

6:00 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12

6:30 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

*HIKE: LEVEL 4 - BLACKETT'S RIDGE
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

6:45 AM *HIKE: LEVEL 2 - DOUGLAS SPRINGS
4 hr 15 min • Outdoor Sports Lobby • Limit 12

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

8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80

8:15 AM CENTERING MEDITATION
DD 25 min • Sanctuary • Limit 30

8:30 AM *BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH
3 hr 30 min • Outdoor Sports Lobby • Limit 12

9:00 AM WEAR & TEAR TO REPAIR:
UNDERSTANDING ARTHRITIS
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

*HIKE: LEVEL 3 - BEAR SADDLE
5 hr 30 min • Outdoor Sports Lobby • Limit 12

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

10:00 AM 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

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

11:00 AM COMMUNICATING WITH YOUR PET
50 min • Cactus Room

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

*PICKLEBALL HARMONY
NEW! 50 min • Pickleball Court 1 • Limit 8 • \$110

FITNESS CLASS REMINDERS

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

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

NOON	<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: TORTILLA CRUSTED CHICKEN 1 hr • Demo Kitchen • Limit 36</p>	4:00 PM	<p>BEYOND THE PHYSICAL: METAPHYSICAL 101 NEW! 50 min • Spa Lobby</p> <p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>MEDITATION 25 min • Sanctuary • Limit 30</p>
1:00 PM	<p>ZONE 2 AND YOU 50 min • Catalina Room • CME</p> <p>*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>KUNDALINI YOGA 45 min • Yoga Studio • Limit 20</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p>	5:00 PM	<p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>BBQ NIGHT BY THE FLAGSTONE POOL 2 hr 30 min • Double U Café</p> <p>CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30</p>
2:00 PM	<p>ASTROLOGY: BEYOND THE BASICS 50 min • Cactus Room</p> <p>KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12</p> <p>PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30</p> <p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>*DYE YOUR OWN SILK SCARF 2 hr 30 min • Art Studio 2 • Limit 6 • \$75</p>	5:30 PM	<p>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 6 • \$125</p> <p>*SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR NEW! 2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110</p> <p>6:30 PM *FLOATING SOUND MEDITATION CLINIC 50 min • T-Pool • Limit 20 • \$110</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> <p>YIN YOGA FOR VATA & PITTA BALANCE DD 45 min • Limit 20</p>	7:00 PM	<p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>8:30 PM BINGO 50 min • Pavilion</p>



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SATURDAY April 11, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

- 6:30 AM **MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- *HIKE: LEVEL 3 - FT. LOWELL HILLS**
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- *BIRD WALK**
2 hr • Outdoor Sports Lobby • Limit 8
- 6:45 AM ***HIKE: LEVEL 2 - VENTANA TRAIL**
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM **COWBOY COFFEE**
1 hr 30 min • Eucalyptus Circle
- *BIKE RIDE: LEVEL 2 - STEAM PUMP MARKET**
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM ***HIGH ROPES CHALLENGE COURSE**
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- *PICKLEBALL CLINIC**
50 min • Pickleball Court 1 • Limit 8 • \$80
- 8:15 AM **CENTERING MEDITATION**
DD 25 min • Sanctuary • Limit 30
- 9:00 AM **CYCLING**
45 min • Golf Performance Center • Limit 12
- GLIDE AND BURN**
45 min • Studio 1 • Limit 20
- *QI GONG IN THE DESERT**
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- ABOVE & BELOW THE BELT**
45 min • Studio 3 • Limit 20
- 10:00 AM **PERSONALIZED NUTRITION**
50 min • Catalina Room • CME
- PROPERTY TOUR**
45 min • Eucalyptus Circle
- CORE CONDITIONING**
45 min • Studio 1 • Limit 20
- H2O POWER**
45 min • T-Pool • Limit 24
- STRETCH**
45 min • Yoga Studio • Limit 30
- *PICKLEBALL SKILL DEVELOPMENT CLINIC**
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

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.

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>AI CHI
45 min • Aquatic Center • Limit 12</p> <p>BREATHING
20 min • Yoga Studio • Limit 30</p> <p>1:00 PM</p> <p>MEMBERSHIPS: CASUAL Q&A
30 min • The Snug • Limit 20</p> <p>PILATES MAT
45 min • Yoga Studio • Limit 30</p> <p>*HIKE & PAINT
4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR
5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p>NEW SCIENTIFIC STUDIES IN MEDICINE
NEW! 50 min • Cactus Room • CME</p> <p>2:00 PM</p> <p>STOP FORCING YOUR LIFE & LET IT FLOW
NEW! 50 min • Catalina Room • Limit 37 • CME</p> <p>GOOD VIBRATIONS
45 min • Studio 2 • Limit 14</p> <p>HEART CHAKRA YOGA
45 min • Yoga Studio • 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>THE ART OF ORIGAMI
1 hr 30 min • Art Studio 1 • Limit 10</p> | <p>4:00 PM</p> <p>AYURVEDA FOR WOMEN'S HEALTH
DD 50 min • Cactus Room</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>5:30 PM</p> <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</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>HEALING THE HEART THROUGH SONG
NEW! 1 hr • Eucalyptus Circle</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 12, 2026

(DD) DISCOVERY DAYS: AN AYURVEDIC APPROACH TO VITALITY

- 6:00 AM *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 6:15 AM *HIKE: LEVEL 4 - FINGER ROCK TRAIL
5 hr 15 min • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - MCDOUGAL RIDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - AGUA CALIENTE
3 hr • Outdoor Sports Lobby • Limit 12
- 6:45 AM *HIKE: LEVEL 2 - 4HRS
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle
- 8:00 AM *AWAKEN THE QI: TAPPING INTO ENERGY FLOW
NEW! 50 min • Yoga Studio • Limit 6 • \$80
- *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- 9:00 AM ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20
- AQUA ZUMBA
45 min • T-Pool • Limit 24
- BUTI MOVEMENT®
45 min • Yoga Studio • Limit 30
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM THE SCIENCE OF WEIGHT LOSS
50 min • Catalina Room • CME
- PROPERTY TOUR
45 min • Eucalyptus Circle
- CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20
- STRETCH
45 min • Yoga Studio • Limit 30
- H2O POWER
45 min • T-Pool • Limit 24
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 11:00 AM AQUA FIT
45 min • Aquatic Center • Limit 15
- VINYASA FLOW FOR KAPHA BALANCE
DD 45 min • Limit 30
- ZUMBA®
45 min • Studio 1 • Limit 30
- *READING THE LINES OF LIFE
NEW! 1 hr 30 min • Cactus Room • Limit 10 • \$110

HELD, HEARD, SUPPORTED

During times of grief or life transition, you don't have to navigate it alone. Our Spiritual Wellness services offer a safe space to be heard, supported, and guided with care.

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

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| 1:00 PM | <p>*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>QI GONG
DD 45 min • Yoga Studio • Limit 30</p> <p>FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY
50 min • Cactus Room</p> <p>*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*TUCSON BOTANICAL GARDEN TOUR
3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p> | 4:00 PM | <p>INJURY-PROOF YOUR PROGRESS: KEY TO LASTING FITNESS
50 min • Catalina Room • CME</p> <p>AGING GRACEFULLY WITH AYURVEDA
DD 50 min • Cactus Room</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>MEDITATION
25 min • Sanctuary • Limit 30</p> <p>YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> |
| 2:00 PM | <p>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>*PILATES CIRCUIT CLINIC
NEW! 50 min • Pilates Studio • Limit 5 • \$80</p> | 5:30 PM | <p>*RESTORATIVE SOUND BATH
50 min • Yoga Studio • Limit 25 • \$80</p> |
| 3:00 PM | <p>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> | 7:00 PM | <p>OIL DIP ART
1 hr • Art Studio 1 • Limit 8</p> |
| | | 8:30 PM | <p>BINGO
50 min • Acacia Room</p> |



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MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

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

For more information or to purchase a Membership:

CONTACT

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

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH FORT WORTH, TEXAS

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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



Health & Performance, & Spiritual Wellness

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

The Mel & Enid Zuckerman Center for Life Enhancement

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

Spa Complex

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

Clubhouse

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

KEY

- 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.



Labyrinth