

RANCH SCHEDULE
APRIL 13 - 18, 2026

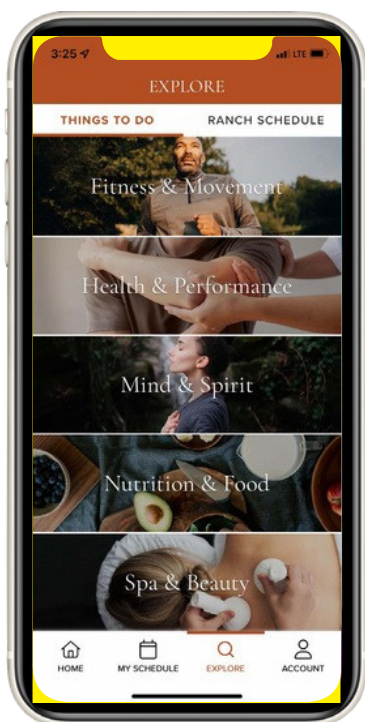


This schedule belongs to:



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.–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.

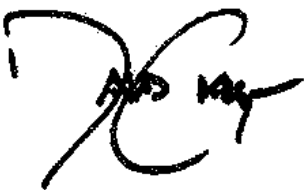
I encourage you to explore Longevity 8, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

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.

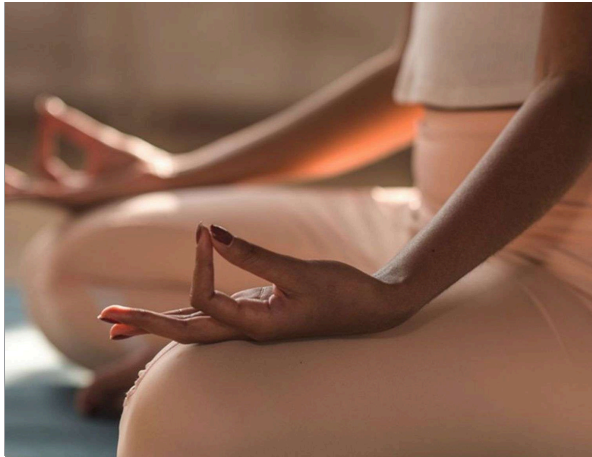
FIVE ELEMENTS RITUAL

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 FOR MORE UPCOMING EVENTS



MINDFUL RESET: A JOURNEY BACK TO BALANCE AND PURPOSE DISCOVERY DAYS

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.

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



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.

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



UPCOMING ENCHANT AT THE RANCH

APRIL 19 - 23

Our exciting beauty and wellness festival returns to Tucson April 19-23. Join the fun as our Arizona desert resort comes to life in a colorful world of wellness, from clean beauty to age-perfecting skincare, aesthetics, hair care, and fitness trends.

Due to high demand, some Enchant dates are filling fast. If you're having trouble finding a stay that works for you online, contact a stay expert at 800-742-9000 to explore available options.



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



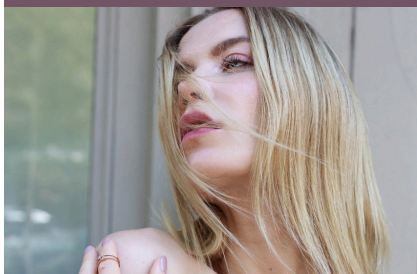
SKIN CARE & SALON

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

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

BURCAK TOLAN



**MONDAY, APRIL 14th -
TUESDAY, APRIL 15th**

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.

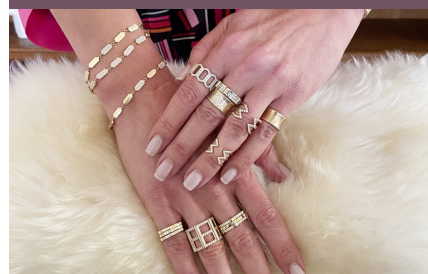
LIZA BETH



**WEDNESDAY, APRIL 15th -
THURSDAY, APRIL 16th**

Liza Beth Jewelry uniquely balances edge with delicacy, creating masterful pieces inspired by Austin's casual but sophisticated vibe.

RACHEL KATZ



**FRIDAY, APRIL 17th -
SATURDAY, APRIL 18th**

The Rachel Katz Jewelry collection combines classic pieces that have a modern and architectural edge with the wearable style of California cool.

MONDAY April 13, 2026

(DD) DISCOVERY DAYS: MINDFUL RESET

- 6:00 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12
- 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 - PONTATOC RIDGE
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - COLOSSAL CAVE LOOP
4 hr • Outdoor Sports Lobby • Limit 12
- *YOGA IN THE WILD
2 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30
- 9:00 AM EXPLORING NARCISSISM
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: LEVEL 2 - HITCHCOCK OVERLOOK
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- *ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *CARDIO 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 4 • \$80
- 11:00 AM EMPOWERING INTENTION: LUNAR
ASTROLOGY & CRYSTALS
50 min • Cactus Room
- PEDAL, LIFT, FLOW
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT
45 min • Yoga Studio • Limit 18
- DJ DANCE PARTY
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.

NOON	<p>LUNCH & LEARN: TURMERIC BLACK PEPPER SALMON 1 hr • Demo Kitchen • Limit 36</p> <p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</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 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>THE ART OF WATERCOLORS: BASIC TECHNIQUE 1 hr 30 min • Art Studio 1 • Limit 15</p>
1:00 PM	<p>SPIRITUAL WISDOM FOR MENOPAUSE NEW! 50 min • Catalina Room</p> <p>PILATES FOR BALANCE 45 min • Studio 1 • Limit 18</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>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>	5:00 PM	<p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</p> <p>6:00 PM</p> <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> <p>6:30 PM</p> <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> <p>7:30 PM</p> <p>*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
1:30 PM	<p>*TUCSON BOTANICAL GARDEN TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$140</p>		
2:00 PM	<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>*PILATES CIRCUIT CLINIC 50 min • Pilates Studio • Limit 5 • \$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>		

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!



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 14, 2026

(DD) DISCOVERY DAYS: MINDFUL RESET

- 5:30 AM *DAWN QI GONG IN THE CANYON
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:00 AM *BIKE RIDE: LEVEL 4 - HOHOKAM
5 hr • Outdoor Sports Lobby • Limit 6
- *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 6:15 AM *HIKE: LEVEL 4 - PALISADES
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 - VENTANA MAIDEN POOLS
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 6:45 AM *HIKE: LEVEL 2 - ESPERERO TRAIL
3 hr 45 min • Outdoor Sports Lobby • Limit 12
- 8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION
DD 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
- *SAGUARO NATIONAL PARK DISCOVERY TOUR
2 hr 30 min • Outdoor Sports Lobby • Limit 10 • \$110
- *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 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

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	LUNCH & LEARN: BBQ CHICKEN TACOS 1 hr • Demo Kitchen • Limit 36	4:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	BREATHING 20 min • Yoga Studio • Limit 30	5:00 PM	YOUR PAST AND YOUR PURPOSE WITH LAUREL DONNELLAN GE 50 min • Cactus Room
1:00 PM	THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH NEW! 50 min • Catalina Room • CME	5:30 PM	*RESTORATIVE SOUND BATH NEW! 50 min • Yoga Studio • Limit 25 • \$80
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80	7:00 PM	LIFE'S A GAME 50 min • Catalina Room
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220	7:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20		
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10		
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20		
	WATER WORKOUT 45 min • T-Pool • Limit 24		
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		
3:00 PM	STRENGTH LAB: AN INTERACTIVE SESSION NEW! 50 min • Cardio & Strength Gym • Limit 20		
	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		
4:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	*CEREMONIAL CACAO EXPERIENCE NEW! 1 hr 30 min • Sanctuary • Limit 12 • \$140		
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		

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.



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 April 15, 2026

(DD) DISCOVERY DAYS: MINDFUL RESET

- 5:30 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 - SOLDIER TRAIL
5 hr • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *BIKE RIDE: LEVEL 2 - CAFE RIDE
4 hr • Outdoor Sports Lobby • Limit 12
- *BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 8
- 6:45 AM *HIKE: LEVEL 2 - GARWOOD DAM LOOP
4 hr • Outdoor Sports Lobby • Limit 12
- 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
25 min • Sanctuary • Limit 30
- 8:45 AM *HIKE: LEVEL 3 - GREEN MT. TRAIL
5 hr • Outdoor Sports Lobby • Limit 12
- 9:00 AM CYCLING
45 min • Golf Performance Center • Limit 18
- ROCKIN' RETRO
45 min • Studio 1 • Limit 30
- STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14
- *SONORAN SPRING WILDFLOWER
COLLECTION HIKE
NEW! 3 hr • Outdoor Sports Lobby • Limit 12 • \$140
- *CARDIO TENNIS CLINIC
50 min • Limit 8 • \$80
- 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
- WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15
- ZUMBA®
45 min • Studio 1 • Limit 30
- *PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE
50 min • Racquet Court 1 • Limit 4 • \$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	LUNCH & LEARN: RED CHILI & LIME GRILLED SEA BASS 1 hr • Demo Kitchen • Limit 36	4:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	CORE & MORE 20 min • Studio 2 • Limit 16		STRETCH & RELAXATION DD 25 min • Studio 2 • Limit 20
1:00 PM	ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS 50 min • Sanctuary • CME		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	GYROKINESIS 45 min • Yoga Studio • Limit 15	4:30 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80	5:00 PM	SUPERAGE UNPLUGGED: LIVING YOUNGER, LONGER 1 hr • Pavilion
	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220		PRESENCE AND PURPOSE WITH LAUREL DONNELLAN GE 50 min • Cactus Room
2:00 PM	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	5:30 PM	*RESTORATIVE SOUND BATH NEW! 50 min • Yoga Studio • Limit 25 • \$80
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
	WATER WORKOUT 45 min • T-Pool • Limit 24		CREATE YOUR OWN BAG CHARM 1 hr 30 min • Art Studio 1 • Limit 15
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	7:00 PM	LIVING & CREATING WITH REVERENCE 50 min • Catalina Room
	*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80	7:30 PM	*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
3:00 PM	MINDSET FOR OPTIMUM PERFORMANCE 50 min • Catalina Room • CME	8:00 PM	*BARREL TO GLASS: A CURATED BOURBON JOURNEY 1 hr • Javelina Cantina • Limit 6 • \$125
	*HANDS-ON COOKING: COCOA & CRAFT 1 hr • Demo Kitchen • Limit 10 • \$125		
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		
	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30		
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		
	LEARNING SELF-REIKI NEW! 50 min • Cactus Room		

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.



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 16, 2026

(DD) DISCOVERY DAYS: MINDFUL RESET

- 6:15 AM *HIKE: LEVEL 4 - WINDY POINT VISTA
6 hr • Outdoor Sports Lobby • Limit 12
- 6:30 AM MORNING WALK
30 min • Spa Lobby
- MORNING WALK
45 min • Spa Lobby
- *HIKE: LEVEL 3 - TANQUE VERDE LEDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- *BIKE RIDE: LEVEL 3 - SABINO CANYON
3 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 - LOWER BEAR CANYON
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
- YOGA NATURALLY
45 min • Flagstone Lawn • Limit 20
- 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
- COFFEE WITH THE MEMBERSHIP TEAM
NEW! 30 min • Eucalyptus Circle
- 8:15 AM CENTERING MEDITATION
DD 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
- 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
- *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM PROPERTY TOUR
45 min • Eucalyptus Circle
- CHANGE YOUR AURA, CHANGE YOUR LIFE
50 min • Cactus Room
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- CARDIO CIRCUIT
45 min • Cardio Strength Gym • Limit 20
- *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80
- 11:00 AM BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Catalina Room • CME
- 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

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	LUNCH & LEARN: JERK CHICKEN 1 hr • Demo Kitchen • Limit 36	4:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		*QI GONG VOCAL HEALING SOUNDS PRACTICE NEW! 50 min • Studio 4 • Limit 6 • \$80
	CORE & MORE 20 min • Studio 2 • Limit 16		*BIKE RIDE: LEVEL 3 - SAGUARO SUNGLOW 3 hr • Outdoor Sports Lobby • Limit 12
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:00 PM	BREAST CANCER: REDUCE RISK & IMPROVE SURVIVORSHIP 50 min • Catalina Room • CME		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		YOUR FUTURE ON PURPOSE WITH LAUREL DONNELLAN GE 50 min • Cactus Room
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	5:00 PM	CANDLELIGHT YOGA DD 45 min • Yoga Studio
	*PILATES CIRCUIT CLINIC 50 min • Pilates Studio • Limit 5 • \$80		SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
1:30 PM	*TUCSON BOTANICAL GARDEN TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:30 PM	MIND OVER MYTH: RETHINKING MENTAL HEALTH AND MINDS NEW! 50 min • Catalina Room
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	6:00 PM	HEALING THE HEART THROUGH SONG NEW! 1 hr • Eucalyptus Circle
	WATER WORKOUT 45 min • T-Pool • Limit 24	7:00 PM	100 YEARS OF THE TUCSON MUSEUM OF ART 50 min • Cactus Room
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80	7:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
3:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125		*NIGHT VISION GOGGLE EXPERIENCE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	AN ART JOURNAL EXPERIENCE DD 1 hr 30 min • Art Studio 1 • Limit 15		
	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	QI GONG AND YOGA DD 45 min • Yoga Studio • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		

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.



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

FRIDAY April 17, 2026

(DD) DISCOVERY DAYS: MINDFUL RESET

- 6:00 AM *SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12
- 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
- *BIKE RIDE: LEVEL 4 - ROCKING COBBLER
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 OVERLOOK
4 hr • 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
25 min • Sanctuary • Limit 30
- 9:00 AM WHEN SHOULDERS SPEAK: PAIN
DECODED & TREATED
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
- *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *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 ASK A PSYCHIC
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

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>LUNCH & LEARN: HERB GRILLED SHRIMP 1 hr • Demo Kitchen • Limit 36</p> <p>CHAIR YOGA 45 min • Yoga Studio • Limit 20</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p>	4:00 PM	<p>BEYOND THE PHYSICAL: METAPHYSICAL 101 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>THE POWER OF MOVEMENT FOR LONGEVITY NEW! 50 min • Catalina Room • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>KUNDALINI YOGA DD 45 min • Yoga Studio • Limit 20</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p>*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>THE HEALING LANGUAGE OF CRYSTAL BOWLS DD 50 min • Cactus Room</p>	5:00 PM	<p>STRETCH & RELAXATION 25 min • Studio 2</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 6 • \$125</p> <p>CANDLELIGHT YOGA 45 min • Yoga Studio</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p>
2:00 PM	<p>VENUS, THE PLANET OF LOVE & MONEY 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>WATER WORKOUT 45 min • T-Pool • Limit 24</p> <p>MINDFUL MANDALA DOT PAINTING DD 1 hr 30 min • Art Studio 1 • Limit 12</p>	5:30 PM	<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> <p>7:30 PM *NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>8:00 PM *SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 15 • \$125</p> <p>8:30 PM BINGO 50 min • Acacia Room</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>YIN YOGA 45 min • Yoga Studio • Limit 20</p> <p>GOOD VIBRATIONS 45 min • Studio 2 • Limit 14</p>		

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.



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 April 18, 2026

(DD) DISCOVERY DAYS: MINDFUL RESET

- 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
- *BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH
3 hr 30 min • Outdoor Sports Lobby • Limit 12
- *HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- *BIRD WALK
2 hr • Outdoor Sports Lobby • Limit 4
- 6:45 AM *HIKE: LEVEL 2 - PIMA CANYON
4 hr • 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
- 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 NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE
NEW! 50 min • Catalina Room
- PROPERTY TOUR
45 min • Eucalyptus Circle
- *PILATES-AERIAL CLINIC
50 min • Studio 3 • Limit 5 • \$80
- CORE CONDITIONING
45 min • Studio 1 • Limit 20
- H2O POWER
45 min • T-Pool • Limit 24
- STRETCH
45 min • Yoga Studio • Limit 30
- *TUCSON BOTANICAL GARDEN TOUR
3 hr • Outdoor Sports Lobby • Limit 6 • \$140
- *HIKE & PAINT
DD 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- *PICKLEBALL SKILL DEVELOPMENT CLINIC
1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
- 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

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>BREATHING 20 min • Yoga Studio • Limit 30</p>	4:00 PM	<p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20</p>
1:00 PM	<p>MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20</p> <p>PILATES MAT 45 min • Yoga Studio • Limit 30</p> <p>MENOPAUSAL HORMONE REPLACEMENT THERAPY 50 min • Catalina Room • CME</p>	4:30 PM	<p>STRETCH & RELAXATION DD 25 min • Studio 2 • Limit 20</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
2:00 PM	<p>GRIND, GRIT & GRACE 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>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	5:00 PM	<p>BBQ NIGHT BY THE FLAGSTONE POOL 2 hr 30 min • Double U Café</p> <p>5:30 PM *RESTORATIVE SOUND BATH DD NEW! 50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:00 PM *CHEF'S SEASONAL SHOWCASE DINNER 2 hr • Demo Kitchen • Limit 25 • \$70</p> <p>MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8</p>
3:00 PM	<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 1 hr 30 min • Art Studio 1 • Limit 10</p>	7:30 PM	<p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>SONGS UNDER THE STARS WITH JULIA COLE 1 hr • Flagstone Lawn</p>

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.



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.



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 Charing 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.

