

RANCH SCHEDULE
MAY 4 - 10, 2026

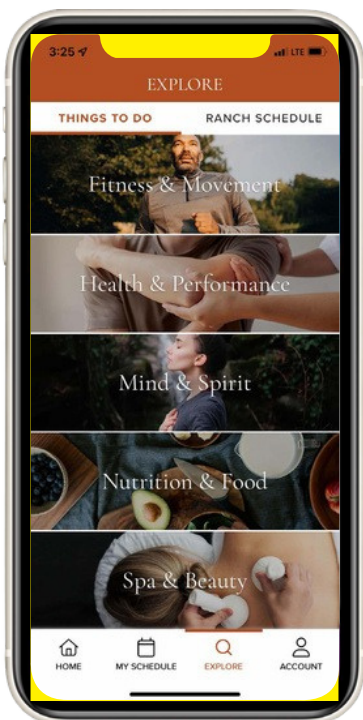


This schedule belongs to:



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.

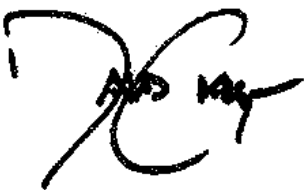
I encourage you to explore Longevity 8, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

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 FOR MORE UPCOMING EVENTS



THE ART OF BREATHING WELL DISCOVERY DAYS

MAY 5–11,

Designed for those seeking clarity and recovery, this breathwork intensive introduces practical tools for slowing down and recalibrating. Guided practices focus on releasing accumulated stress, strengthening focus, and improving overall nervous system regulation. Learn structured breathing methods that help shift negative thought patterns and support sustained energy. The experience equips you with techniques that fit easily into daily routines, promoting steadiness and renewed vitality.

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



UPCOMING

SUNSETS, STARS & SECRETS OF TUCSON SKIES DISCOVERY DAYS

MAY 11–17

Discover the wonder of Tucson's skies in a weeklong program celebrating sunsets, clouds, and starlit nights. Enjoy guided sunset jeep rides, stargazing with telescopes, and night vision adventures. Learn the science behind clouds, sunsets, and celestial wonders through expert talks. This immersive week blends awe-inspiring desert beauty with hands-on exploration — perfect for nature lovers and curious minds alike.



UPCOMING

POSTCARDS FROM HEAVEN WITH GUEST EXPERT MAUREEN HANCOCK

MAY 15–17

From spiritual readings with a loved one who has passed to shared stories from Maureen about assisting patients with terminal illnesses through hospice, this event invites you to dig deeper into the realm of otherworldly connections. For twenty years, the author of the bestselling book *The Medium Next Door: Adventures of a Real-Life Ghost Whisperer* has guided people through the loss of loved ones and helped the departed communicate through her — often in an upbeat and funny way.



Elevate your wellness routine with our dedicated recovery spaces designed to replenish energy, improve sleep, accelerate regeneration, and enhance overall vitality. Explore advanced tools and techniques to help you feel better, *faster*.



ENJOY FOR A SIMPLE DAILY RATE | \$100

To book, please contact your Wellness Guide or visit us at CR Vitality in the Spa building.

Daily from 9 a.m.–9 p.m.

FEATURED TOOLS & TECH

NEUROSTIMULATION

Unwind with a Shiftwavezero-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.

LIGHT THERAPY

Harness the whole-body benefits of red- and infrared-light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

INFRARED SAUNA POD

Benefit fromvibration 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-edgepercussion and pneumatic compression therapy tools by Therabody® and Hyperice. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release therapies for easing muscle soreness, improving mobility, and more.

NEW: AMMORTAL CHAMBER

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. Discover the latest in recovery technology, helping you reset, recharge, and rejuvenate.

25 minutes | \$100

50 minutes | \$150

Book in the Canyon Ranch App or contact your Wellness Guide.



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)



ART OF CEREMONY

FRIDAY, MAY 8 -
SATURDAY, MAY 9

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

May 4, 2026

5:30 AM *HIKE: LEVEL 4 - GUTHRIE PEAK
6 hr 30 min • Outdoor Sports Lobby • Limit 12

*SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12

*MEDITATION HIKE
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

5:45 AM *INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

*BIKE RIDE: LEVEL 3 - SABINO CANYON
3 hr • Outdoor Sports Lobby • Limit 12

8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80

*HIKE: LEVEL 3 - BIGELOW PEAK
6 hr • Outdoor Sports Lobby • Limit 12

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

*HIKE: LEVEL 2 - BOX CAMP
5 hr • Outdoor Sports Lobby • Limit 12

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

*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

*PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

11:00 AM 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

BALANCE YOUR BRAIN THROUGH
HANDWRITING
50 min • Cactus Room

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.

NOON	<p>LUNCH & LEARN: LOBSTER WITH SWEET CHILI GLAZE 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>
1:00 PM	<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>MENOPAUSE: A RITUAL FOR TRANSITION 50 min • Sanctuary</p> <p>*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	5:00 PM	<p>CORE & MORE 20 min • Studio 2 • Limit 16</p> <p>FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20</p> <p>UNDER THE VEDIC SUN 50 min • Cactus Room</p>
2:00 PM	<p>ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20</p> <p>CHAIR YOGA 45 min • Yoga Studio • Limit 20</p> <p>STRIDE 45 min • Cardio & Strength Gym • Limit 14</p> <p>*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p>	6:00 PM	<p>*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>6:30 PM *FLOATING SOUND MEDITATION CLINIC 50 min • T-Pool • Limit 20 • \$110</p> <p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</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>	7:00 PM	<p>PUBLIC SPEAKING: BE EMPOWERED! 50 min • Catalina Room</p> <p>7:45 PM *NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION 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 May 5, 2026

(DD) DISCOVERY DAYS: THE ART OF BREATHING WELL

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|---------|--|----------|--|
| 5:30 AM | *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110 | 10:00 AM | UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME |
| | *BIKE RIDE: LEVEL 3 - ROCKING K
4 hr • Outdoor Sports Lobby • Limit 6 | | PROPERTY TOUR
45 min • Eucalyptus Circle |
| | *DAWN QI GONG IN THE CANYON
2 hr • Outdoor Sports Lobby • Limit 8 • \$110 | | H2O POWER
45 min • T-Pool • Limit 24 |
| 5:45 AM | *HIKE: LEVEL 3 - BALANCED ROCK
4 hr 30 min • Outdoor Sports Lobby • Limit 12 | | MUSCLE MAX
45 min • Studio 3 • Limit 12 |
| 6:00 AM | MORNING WALK
45 min • Spa Lobby | | STRETCH
DD 45 min • Yoga Studio • Limit 30 |
| | MORNING WALK
30 min • Spa Lobby | 11:00 AM | POWER FLOW
45 min • Yoga Studio • Limit 30 |
| 7:00 AM | *BOGA FITMAT® FITNESS CLINIC
50 min • T-Pool • Limit 8 • \$80 | | TRX FUSION
45 min • Studio 3 • Limit 15 |
| 9:00 AM | CYCLING
45 min • Golf Performance Center • Limit 12 | | VIPR SLAM
45 min • Studio 1 • Limit 20 |
| | STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14 | | *THE POWER OF SOUND
50 min • Sanctuary • Limit 15 • \$80 |
| | WATER WORKOUT
45 min • T-Pool • Limit 24 | | |
| | *HIKE: LEVEL 2 - PECK BASIN OVERLOOK
5 hr • Outdoor Sports Lobby • Limit 12 | | |
| | *HIKE: LEVEL 4 - LEMMON PARK
7 hr • Outdoor Sports Lobby • Limit 12 | | |

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>LUNCH & LEARN: POACHED SHRIMP 1 hr • Demo Kitchen • Limit 36</p> <p>BREATHING 20 min • Yoga Studio • Limit 30</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</p>	4:00 PM	<p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>MEDITATION 25 min • Yoga Studio • Limit 30</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p>
1:00 PM	<p>AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR NEW! 50 min • Catalina Room</p> <p>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>*SKY ISLAND DISCOVERY TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20</p>		<p>*CEREMONIAL CACAO EXPERIENCE 1 hr 30 min • Sanctuary • Limit 12 • \$140</p> <p>4:30 PM *PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>5:00 PM AUTHENTIC TAQUERIA 1 hr 30 min • Double U Café</p> <p>5:30 PM *RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80</p> <p>7:15 PM *COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>7:45 PM *NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
2:00 PM	<p>BOXER'S WORKOUT 45 min • Studio 3 • Limit 8</p> <p>CR STRENGTH 45 min • Golf Performance Center • Limit 10</p> <p>PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30</p>		
3:00 PM	<p>FOUNDATIONS OF STRENGTH DD 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>		



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WEDNESDAY

May 6, 2026

(DD) DISCOVERY DAYS: THE ART OF BREATHING WELL

5:15 AM	*SUNRISE YOGA IN THE WILD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	PROPERTY TOUR 45 min • Eucalyptus Circle
5:30 AM	*SABINO CANYON WALK 2 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:00 AM	MORNING WALK 45 min • Spa Lobby		MUSCLE MAX 45 min • Studio 3 • Limit 12
	MORNING WALK 30 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	*HIKE: LEVEL 2 - WILD HORSE CANYON 4 hr • Outdoor Sports Lobby • Limit 12		*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*BIRD WALK 2 hr • Outdoor Sports Lobby • Limit 8	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
	*BIKE RIDE: LEVEL 2 - CAFE RIDE 4 hr • Outdoor Sports Lobby • Limit 12		CHAIR YOGA 45 min • Yoga Studio • Limit 20
8:00 AM	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		TRX STRONG 45 min • Studio 3 • Limit 15
	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
	*MEDITATION HIKE 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		*PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE 50 min • Racquet Court 1 • Limit 4 • \$110
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
	*HIKE: LEVEL 3 - SUNSET EXTENSION 6 hr • Outdoor Sports Lobby • Limit 12		
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		
	*CARDIO TENNIS CLINIC 50 min • Limit 8 • \$80		
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		

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.

NOON	LUNCH & LEARN: TAHINI CHICKEN LETTUCE WRAPS 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	4:30 PM	STRETCH & RELAXATION DD 25 min • Studio 2 • Limit 20
1:00 PM	*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	GYROKINESIS 45 min • Yoga Studio • Limit 15		*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220	5:30 PM	A MEDICAL PERSPECTIVE ON LONGEVITY 50 min • Catalina Room • CME
	CHINESE MEDICINE FOR SEASONAL WELLNESS 50 min • Sanctuary		*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
2:00 PM	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	6:00 PM	*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	7:00 PM	RECONNECT TO YOURSELF DD 50 min • Sanctuary
	STRIDE 45 min • Cardio & Strength Gym • Limit 14		INCREDIBLE INDIGENOUS ARTISTS 50 min • Catalina Room
3:00 PM	MINDSET FOR OPTIMUM PERFORMANCE 50 min • Catalina Room • CME	7:45 PM	*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	*HANDS-ON COOKING: COCOA & CRAFT 1 hr • Demo Kitchen • Limit 10 • \$125	8:00 PM	BARREL TO GLASS: A CURATED BOURBON JOURNEY 1 hr • Javelina Cantina • Limit 6 • \$125
	LEARNING SELF-REIKI NEW! 50 min • Cactus Room		
	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		



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THURSDAY May 7, 2026

(DD) DISCOVERY DAYS: THE ART OF BREATHING WELL

5:30 AM	<p>*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS 4 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD 4 hr • Outdoor Sports Lobby • Limit 12</p>	10:00 AM	<p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20</p> <p>H2O POWER 45 min • T-Pool • Limit 24</p> <p>STRETCH 45 min • Yoga Studio • Limit 30</p> <p>*PICKLEBALL DRILL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>*HIKE: LEVEL 2 - PALISADES TRAIL 4 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
5:45 AM	<p>*HIKE: LEVEL 3 - ESPERERO OVERLOOK 4 hr 15 min • Outdoor Sports Lobby • Limit 12</p>		
6:00 AM	<p>MORNING WALK 45 min • Spa Lobby</p> <p>MORNING WALK 30 min • Spa Lobby</p> <p>*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p>		
7:00 AM	<p>COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle</p> <p>*BOGA FITMAT® FITNESS CLINIC 50 min • T-Pool • Limit 8 • \$80</p> <p>YOGA NATURALLY DD 45 min • Flagstone Lawn • Limit 20</p>	11:00 AM	<p>FUELING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN 50 min • Catalina Room • CME</p> <p>ZUMBA® 45 min • Studio 1 • Limit 30</p> <p>PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20</p> <p>YOGA FOR DETOX 45 min • Yoga Studio • Limit 20</p> <p>*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
8:00 AM	<p>LANDSCAPE & ECOLOGY WALK 50 min • Clubhouse Lobby • Limit 30</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>COFFEE WITH THE MEMBERSHIP TEAM 30 min • Eucalyptus Circle</p>		
8:15 AM	<p>CENTERING MEDITATION 25 min • Sanctuary • Limit 30</p>		
9:00 AM	<p>FINDING CALM: EASTERN WISDOM FOR MODERN LIFE NEW! 50 min • Sanctuary</p> <p>AQUA ZUMBA 45 min • T-Pool • Limit 24</p> <p>BOXER'S WORKOUT 45 min • Studio 3 • Limit 8</p> <p>CYCLING 45 min • Golf Performance Center • Limit 12</p> <p>*CARDIO TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80</p>		

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	LUNCH & LEARN: MONGOLIAN BBQ SALMON 1 hr • Demo Kitchen • Limit 36	4:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		BREATHE YOUR GOALS TO LIFE DD 50 min • Sanctuary
1:00 PM	NEW SCIENTIFIC STUDIES IN MEDICINE NEW! 50 min • Catalina Room		*QI GONG HEALING SOUNDS PRACTICE NEW! 50 min • Studio 4 • Limit 6 • \$80
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	5:00 PM	CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		SIP & SHOP 2 hr • The Boutique
2:30 PM	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	5:15 PM	*PICKLE & PLAY 50 min • Pickleball Court 1
3:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125	5:30 PM	NUTRITION MYTHS VS FACTS NEW! 50 min • Catalina Room
	BUFF BOOTY 45 min • Studio 1 • Limit 20	7:00 PM	LIFE'S A GAME 50 min • Catalina Room
	QI GONG AND YOGA 45 min • Yoga Studio • Limit 20	7:15 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	WALLYBALL 45 min • Racquet Court 1		



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 May 8, 2026

(DD) DISCOVERY DAYS: THE ART OF BREATHING WELL

5:30 AM *HIKE: LEVEL 4 - BLACKETT'S RIDGE
4 hr 30 min • Outdoor Sports Lobby • Limit 12

*SABINO CANYON WALK
2 hr • Outdoor Sports Lobby • Limit 12

*BIKE RIDE: LEVEL 3 - SAGUARO SPIN
3 hr • Outdoor Sports Lobby • Limit 10

5:45 AM *HIKE: LEVEL 3 - BRIDAL WREATH TRAIL
4 hr 45 min • Outdoor Sports Lobby • Limit 12

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

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

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

*HIKE: LEVEL 2 - SUNSET TRAIL
5 hr 30 min • Outdoor Sports Lobby • Limit 12

9:00 AM WHEN SHOULDERS SPEAK: PAIN
DECODED & TREATED
50 min • Catalina Room • CME

BREATH > STRESS
DD 50 min • Sanctuary

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 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 AQUA FIT
45 min • Aquatic Center • Limit 15

CORE CONDITIONING
45 min • Studio 1 • Limit 20

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>LUNCH & LEARN: TORTILLA CRUSTED CHICKEN 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 NEW! 50 min • Spa Lobby</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> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p>
1:00 PM	<p>KUNDALINI YOGA 45 min • Yoga Studio • Limit 20</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>	5:00 PM	<p>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE 1 hr • Javelina Cantina • Limit 6 • \$125</p> <p>BREATHING 20 min • Yoga Studio • Limit 30</p> <p>CORE & MORE 20 min • Studio 2 • Limit 16</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>PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30</p> <p>ASTROLOGY: BEYOND THE BASICS 50 min • Cactus Room</p> <p>*DYE YOUR OWN SILK SCARF 2 hr 30 min • Art Studio 2 • Limit 6 • \$75</p>	5:15 PM	<p>*SKY ISLAND SUNSET AND CITY LIGHTS TOUR 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
3:00 PM	<p>ZONE 2 AND YOU 50 min • Catalina Room • CME</p> <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 45 min • Yoga Studio • Limit 20</p>	6:30 PM	<p>*FLOATING SOUND MEDITATION CLINIC 50 min • T-Pool • Limit 20 • \$110</p>
		7:00 PM	<p>SLEEP WELL DD 50 min • Sanctuary</p>
		7:30 PM	<p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>
		8:30 PM	<p>BINGO 50 min • Pavilion</p>



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

SATURDAY May 9, 2026

(DD) DISCOVERY DAYS: THE ART OF BREATHING WELL

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| <p>5:45 AM *HIKE: LEVEL 3 - FINGER ROCK
4 hr • Outdoor Sports Lobby • Limit 12</p> <p>6:00 AM MORNING WALK
45 min • Spa Lobby</p> <p>MORNING WALK
30 min • Spa Lobby</p> <p>*HIKE: LEVEL 2 - MILAGROSA OVERLOOK
4 hr • Outdoor Sports Lobby • Limit 12</p> <p>*QI GONG IN THE MOUNTAINS
3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*HIGH ROPES CHALLENGE COURSE
3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle</p> <p>8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>8:15 AM CENTERING MEDITATION
DD 25 min • Sanctuary • Limit 30</p> <p>9:00 AM CYCLING
45 min • Golf Performance Center • Limit 12</p> <p>GLIDE AND BURN
45 min • Studio 1 • Limit 20</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> | <p>10:00 AM NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE
50 min • Catalina Room</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>CORE CONDITIONING
45 min • Studio 1 • Limit 20</p> <p>H2O POWER
45 min • T-Pool • Limit 24</p> <p>STRETCH
45 min • Yoga Studio • Limit 30</p> <p>*PICKLEBALL SKILL DEVELOPMENT CLINIC
1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200</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>*PILATES-AERIAL CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>11:00 AM AQUA FIT
45 min • Aquatic Center • Limit 15</p> <p>INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30</p> <p>TRX STRONG
45 min • Studio 3 • Limit 15</p> |
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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.

NOON	<p>BREATHING DD 20 min • Yoga Studio • Limit 30</p> <p>*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80</p>	4:00 PM	<p>PROPERTY TOUR 45 min • Eucalyptus Circle</p> <p>RESTORATIVE YOGA DD 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>	5:30 PM	<p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</p>
2:00 PM	<p>STOP FORCING YOUR LIFE & LET IT FLOW 50 min • Catalina Room • CME</p> <p>ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20</p> <p>HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30</p> <p>STRIDE 45 min • Cardio & Strength Gym • Limit 14</p>	6:00 PM	<p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80</p> <p>*CHEF'S SEASONAL SHOWCASE DINNER 2 hr • Demo Kitchen • Limit 25 • \$70</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>BUILT THIS WAY: WHY CHANGE IS HARD— AND WHAT WORKS NEW! 50 min • Cactus Room</p>	7:30 PM	<p>MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8</p> <p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>



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SUNDAY May 10, 2026

(DD) DISCOVERY DAYS: THE ART OF BREATHING WELL

- 5:45 AM *HIKE: LEVEL 3 - FT. LOWELL HILLS
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 6:00 AM MORNING WALK
45 min • Spa Lobby
- MORNING WALK
30 min • Spa Lobby
- *HIKE: LEVEL 2 - VENTANA TRAIL
4 hr • Outdoor Sports Lobby • Limit 12
- *PHOTOGRAPHY WALK
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- *BIKE RIDE: LEVEL 2 - RIVER
PATH/MARKETPLACE
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 • Studio 3 • Limit 6 • \$80
- *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
- 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 THE SCIENCE OF WEIGHT LOSS
50 min • Catalina Room • CME
- THE GIFT OF BEING PRESENT
DD 50 min • Sanctuary
- 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
- *PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 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
- VEDIC PALMISTRY: IT'S ALL IN OUR HANDS
50 min • Cactus Room
- 11:30 AM *YOGA ON THE TRAIL
4 hr • Outdoor Sports Lobby • Limit 12 • \$140

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 *AERIAL SWING YOGA CLINIC
50 min • Studio 3 • Limit 5 • \$80</p> <p>1:00 PM QI GONG
45 min • Yoga Studio • Limit 30</p> <p> *PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p> ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH
50 min • Cactus Room</p> <p>2:00 PM GOOD VIBRATIONS
45 min • Studio 2 • Limit 14</p> <p> POWER STEP & TONE
45 min • Golf Performance Center • Limit 12</p> <p> VIPR SLAM
45 min • Studio 1 • Limit 20</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 LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS
50 min • Catalina Room • CME</p> <p> PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p> YOGA NIDRA
DD 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>5:30 PM *RESTORATIVE SOUND BATH
DD NEW! 50 min • Yoga Studio • Limit 25 • \$80</p> <p>8:30 PM BINGO
50 min • Pavilion</p> |
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COMPLIMENTARY HIKING & BIKING

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles.

We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear.

Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!

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

WHEREVER 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.

