

RANCH SCHEDULE  
MAY 11-17, 2026



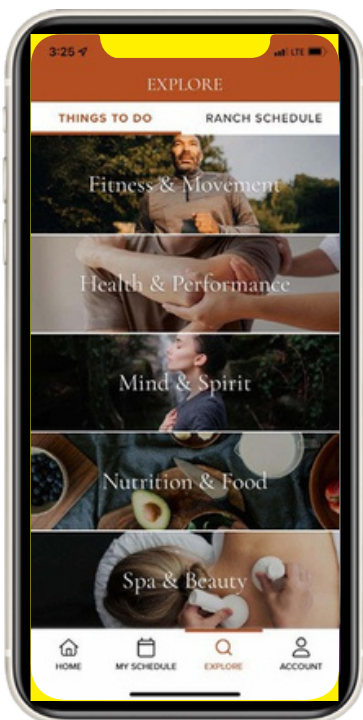
This schedule belongs to:

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# 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: Mon.–Sun. 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



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## DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. You'll learn about exciting opportunities that fit your schedule and support your goal. And please, keep an open mind to trying new things. After all, the most exciting thing you do may be the one you haven't tried.

**Stop by Program Advising in the Spa or call Ext. 44338.**

# HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



## PERSONALIZED NUTRITION CONSULTATION

**Nutrition Service | 50 min.**

Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and wellbeing. This entry-level consultation is customized to suit your needs and interests.

## INTRODUCTION TO AYURVEDA

**Personal Training | 50min.**

In this introductory session, an Ayurvedic practitioner offers a Dosha assessment identifying your natural constitution (Prakruti) and current imbalances (Vikruti) using pulse reading, intake questions, tongue evaluation, and a physical exam. You'll receive personalized recommendations to restore balance in your body, mind, and spirit, along with suggestions for treatments available during your stay.

## SAGUARO NATIONAL PARK DISCOVERY TOUR

**Outdoor Sports Activity | 2 hr. 30 min.**

Enjoy a guided drive through majestic Saguaro National Park! Discover the lushest and most diverse desert ecosystem on earth, with stops for stunning views and a stopover at the visitor center for passport stamps and souvenirs.

## GYROTONIC TRAINING

**Personal Training | 50min.**

This unique exercise system uses specialized equipment to support your fitness, flexibility, and more. Through a series of flowing, circular movements and breathwork, Gyrotonic® improves body alignment and function, offering a revitalizing workout that promotes overall wellness and balance.

## LUXE LIFT & GLOW HYDRAFACIAL

**Skin Care Service | 50 min.**

This advanced HydraFacial deeply cleanses, exfoliates, and hydrates the skin with patented Vortex-Fusion technology. A personalized booster targets your unique skin needs, while LED light therapy refines tone, stimulates collagen, and reduces inflammation. Ideal for all skin types, this treatment leaves your complexion refreshed, revitalized, and radiant.

## SKIN VITALITY MASSAGE

**Spa Service | 50 min.**

Experience a restorative massage that smooths, nourishes, and revives depleted skin. A concentrated vitamin D serum boosts immunity and protects against environmental stressors, while a gentle sugar cane-based exfoliant restores radiance. Then, a blend of anti-inflammatory oils hydrates and strengthens your moisture barrier, as bergamot, cardamom, and jasmine provide a calming aromatherapy experience.

## RESTORATIVE SOUND BATH

**Fitness Activity | 50 min.**

Immerse yourself in a deeply restorative experience where sound meets stillness. Crystal singing bowls, gongs, and healing tones help guide you into deep relaxation, clearing blockages and bringing your whole being back into balance.

## FIVE ELEMENTS RITUAL

**Spa Service | 80 min.**

This restorative treatment brings balance to the body and mind by aligning nature's five elements: Air, Fire, Water, Earth, and Space. Through targeted techniques and mindful touch, you'll experience a deep sense of harmony, grounding, and overall well-being.

# FEATURED EVENTS

VISIT OUR TUCSON EVENTS PAGE ON [CANYONRANCH.COM](http://CANYONRANCH.COM) FOR MORE UPCOMING EVENTS



## 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.

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



## POSTCARDS FROM HEAVEN WITH 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.

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



## FROM GRIEF TO GROWTH WITH ROSIE DALTON

**MAY 15–17**

Rosie Dalton is a life coach, inspirational speaker, grief support group facilitator, intuitive, and energy practitioner. Rosie draws from her own poignant experience as a parent who lost a teenage son, sharing her expertise in navigating grief. She will offer valuable tools and insights to help you bring more grace into your daily life and help you rewrite the script of grief.

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



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.

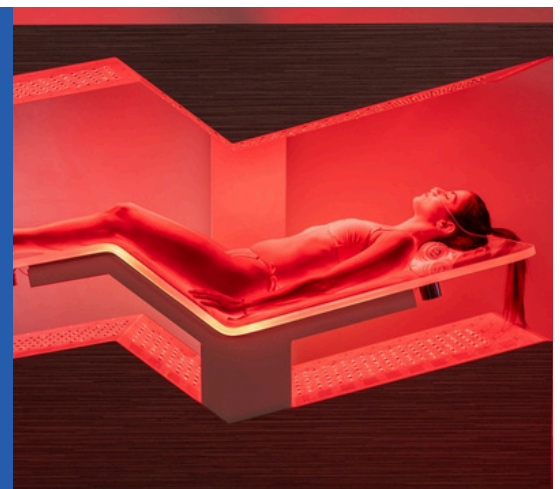
## NEW: AMMORTAL CHAMBER

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)*

## LEANDER D'AMBROSIA



MONDAY, MAY 11 -  
TUESDAY, MAY 12

Inspired by old-world charm and natural beauty, Leander D'Ambrosia designs elevate the everyday. Rich gemstones, 24k gold vermeil, and sterling silver meet minimalist forms with timeless elegance.

## KATHY KAMEI



SATURDAY, MAY 15 -  
SUNDAY, MAY 16

At Kathy Kamei Designs, discover jewelry that illuminates the divine and shares a story with the world. Each piece hand crafted with the intention to celebrate and adorn the wearer.

# MONDAY May 11, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

5:30 AM	<p><b>*HIKE: LEVEL 4 - WINDY POINT VISTA</b> 6 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*SABINO CANYON WALK</b> 2 hr • Outdoor Sports Lobby • Limit 12</p> <p><b>*MEDITATION HIKE</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>	10:00 AM	<p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>CARDIO CIRCUIT</b> 45 min • Cardio &amp; Strength Gym • Limit 20</p> <p><b>H2O POWER</b> 45 min • T-Pool • Limit 24</p> <p><b>STRETCH</b> 45 min • Yoga Studio • Limit 30</p>
5:45 AM	<p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>		<p><b>*PICKLEBALL DRILL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p>
6:00 AM	<p><b>MORNING WALK</b> 45 min • Spa Lobby</p> <p><b>MORNING WALK</b> 30 min • Spa Lobby</p> <p><b>*BIKE RIDE: LEVEL 3 - CANADA DEL ORO</b> 4 hr • Outdoor Sports Lobby • Limit 12</p>	10:30 AM	<p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
7:00 AM	<p><b>BREATH BARISTA</b> 50 min • Eucalyptus Circle</p>	11:00 AM	<p><b>PEDAL, LIFT, FLOW</b> 1 hr • Golf Performance Center • Limit 12</p> <p><b>YOGA SCULPT</b> 45 min • Yoga Studio • Limit 18</p> <p><b>ZUMBA®</b> 45 min • Studio 1 • Limit 30</p> <p><b>*TYPTI- COMBINING THE BEST OF PICKLEBALL AND TENNIS</b> <b>NEW</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>EMPOWERING INTENTION: LUNAR ASTROLOGY &amp; CRYSTALS</b> 50 min • Cactus Room</p> <p><b>*HIKE &amp; PAINT</b> 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
8:00 AM	<p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>*HIKE: LEVEL 3 - BEAR SADDLE</b> 5 hr 30 min • Outdoor Sports Lobby • Limit 12</p>		
8:15 AM	<p><b>CENTERING MEDITATION</b> 25 min • Sanctuary • Limit 30</p> <p><b>*HIKE: LEVEL 2 - LEMMON CREEK</b> 6 hr 30 min • Outdoor Sports Lobby • Limit 12</p>		
9:00 AM	<p><b>BURNOUT &amp; RESILIENCE</b> 50 min • Catalina Room • CME</p> <p><b>CORE CONDITIONING</b> 45 min • Studio 1 • Limit 20</p> <p><b>DESERT DRUMMING</b> 45 min • Studio 2 • Limit 30</p> <p><b>TRX STRONG</b> 45 min • Studio 3 • Limit 15</p> <p><b>*CARDIO TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80</p>		

Because we continually refine our experiences, offerings may vary. The most up-to-date information is always available on our website, on-property digital boards, and in the Canyon Ranch app.

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: TURMERIC BLACK PEPPER SALMON**  
 1 hr • Demo Kitchen • Limit 36

**\*AERIAL SWING YOGA CLINIC**  
 50 min • Studio 3 • Limit 5 • \$80

**1:00 PM**     **REPLENISHING THE WELL**  
 50 min • Catalina Room • CME

**\*PILATES REFORMER CLINIC: BEGINNING**  
 50 min • Pilates Studio • Limit 5 • \$80

**PILATES FOR BALANCE**  
 45 min • Studio 1 • Limit 18

**1:15 PM**     **CRYSTAL MEDITATION**  
 30 min • Sanctuary • Limit 30

**2:00 PM**     **ABOVE & BELOW THE BELT**  
 45 min • Studio 3 • Limit 20

**CHAIR YOGA**  
 45 min • Yoga Studio • Limit 20

**STRIDE**  
 45 min • Cardio & Strength Gym • Limit 14

**\*JEEP ADVENTURE**  
 4 hr • Outdoor Sports Lobby • Limit 3 • \$220

**3:00 PM**     **LONG & LEAN BARRE WORKOUT**  
 45 min • Studio 2 • Limit 20

**MUSCLE MAX**  
 45 min • Studio 3 • Limit 12

**POSTURE & BALANCE**  
 45 min • Studio 1 • Limit 20

**4:00 PM**     **INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN**  
 50 min • Spa Lobby • Limit 25

**PROPERTY TOUR**  
 45 min • Eucalyptus Circle

**RESTORATIVE YOGA**  
 45 min • Yoga Studio • Limit 20

**STRETCH & RELAXATION**  
 25 min • Studio 2 • Limit 20

**\*PICKLEBALL CLINIC**  
 50 min • Pickleball Court 1 • Limit 4 • \$80

**5:00 PM**     **CORE & MORE**  
 20 min • Studio 2 • Limit 16

**FITNESS FOR YOUR FEET**  
 20 min • Studio 1 • Limit 20

**INTRODUCTION TO VEDIC ASTROLOGY**  
 50 min • Cactus Room

**5:30 PM**     **COMMUNITY TABLE**  
 1 hr • Vaquero • Limit 6

**6:00 PM**     **\*TENNIS CLINIC**  
 50 min • Tennis Court 1 • Limit 8 • \$80

**6:30 PM**     **\*FLOATING SOUND MEDITATION CLINIC**  
**DD** 50 min • T-Pool • Limit 20 • \$110

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


**7:00 PM**     **TOTALLY TRIVIA!**  
 50 min • Pavilion

**7:45 PM**     **\*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION**  
**DD** 2 hr • Outdoor Sports Lobby • Limit 8 • \$110

**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.

# TUESDAY May 12, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

- 5:30 AM \*HIKE: LEVEL 4 - PONTATOC TRAIL  
5 hr • Outdoor Sports Lobby • Limit 12
- \*BIKE RIDE: LEVEL 4 - HOHOKAM  
5 hr • Outdoor Sports Lobby • Limit 6
- \*DAWN QI GONG IN THE CANYON  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 5:45 AM \*HIKE: LEVEL 3 - MCDOUGAL RIDGE  
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 \*BOGA FITMAT® FITNESS CLINIC  
50 min • T-Pool • Limit 8 • \$80
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM CENTERING MEDITATION  
25 min • Sanctuary • Limit 30
- 8:30 AM \*HIKE: LEVEL 2 - LEMMON PARK  
5 hr • Outdoor Sports Lobby • Limit 12
- 9:00 AM CYCLING  
45 min • Golf Performance Center • Limit 12
- STRIDE & STRENGTH  
45 min • Cardio & Strength Gym • Limit 14
- WATER WORKOUT  
45 min • T-Pool • Limit 24
- \*CARDIO TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80
- SUPER STRENGTH  
50 min • Studio 3 • 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 8 • \$80
- THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH  
50 min • Catalina Room • CME
- 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  
50 min • Sanctuary • Limit 15 • \$80

## THE MORE, THE MERRIER

Interested in bringing a group of 8 guests or more to the Ranch? An all inclusive group experience is ideal for milestone events such as birthday celebrations, family reunions, friend getaways, social clubs, and corporate retreats.

Contact [GroupLeadsTucson@canyonranch.com](mailto:GroupLeadsTucson@canyonranch.com).

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

NOON	<p><b>LUNCH &amp; LEARN: BBQ CHICKEN TACOS</b> 1 hr • Demo Kitchen • Limit 36</p> <p><b>BREATHING</b> 20 min • Yoga Studio • Limit 30</p>	4:00 PM	<p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>*CEREMONIAL CACAO EXPERIENCE</b> 1 hr 30 min • Sanctuary • Limit 12 • \$140</p>
1:00 PM	<p><b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>*SKY ISLAND DISCOVERY TOUR</b> <b>DD</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>MEMBERSHIPS: CASUAL Q&amp;A</b> 30 min • The Snug • Limit 20</p>		<p><b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20</p> <p><b>YOGA NIDRA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>UNDERSTANDING COMPLEX SYNDROMES</b> 50 min • Catalina Room • CME</p>
2:00 PM	<p><b>BOXER'S WORKOUT</b> 45 min • Studio 3 • Limit 8</p> <p><b>CR STRENGTH</b> 45 min • Golf Performance Center • Limit 10</p> <p><b>PELVIC FLOOR YOGA</b> 45 min • Yoga Studio • Limit 30</p>	5:00 PM	<p><b>*INTUITIVE ARCHERY</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
2:30 PM	<p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>	5:30 PM	<p><b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80</p> <p><b>COMMUNITY TABLE</b> 1 hr • Vaquero • Limit 6</p>
3:00 PM	<p><b>STRENGTH LAB: AN INTERACTIVE SESSION</b> 50 min • Cardio &amp; Strength Gym • Limit 20</p> <p><b>BUFF BOOTY</b> 45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b> 45 min • Racquet Court 1</p> <p><b>YIN YOGA</b> 45 min • Yoga Studio • Limit 20</p>	7:00 PM	<p><b>HEALTH &amp; HAPPINESS ARE IN YOUR HANDS</b> 50 min • Catalina Room</p>
		7:30 PM	<p><b>*COSMIC JOURNEY WITH THE TELESCOPE</b> <b>DD</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>
		7:45 PM	<p><b>*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION</b> <b>DD</b> 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.

# WEDNESDAY

May 13, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

- 5:30 AM \*HIKE: LEVEL 4 - ESPERERO/LIPSTICK  
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- \*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12
- \*SUNRISE YOGA IN THE WILD  
DD 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 6:00 AM MORNING WALK  
45 min • Spa Lobby
- MORNING WALK  
30 min • Spa Lobby
- \*HIKE: LEVEL 2 - LOWER BEAR CANYON  
4 hr • Outdoor Sports Lobby • Limit 12
- \*BIRD WALK  
2 hr • Outdoor Sports Lobby • Limit 8
- \*BIKE RIDE: LEVEL 2 - CAFE RIDE  
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM \*PICKLEBALL SKILL CLINIC - THE  
KITCHEN EDGE  
NEW 50 min • Racquet Court 1 • Limit 4 • \$110
- 8:00 AM KUNDALINI YOGA  
45 min • Yoga Studio • Limit 20
- \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80
- \*MEDITATION HIKE  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 8:15 AM CENTERING MEDITATION  
25 min • Sanctuary • Limit 30
- \*HIKE: LEVEL 3 - CRYSTAL SPRINGS  
6 hr • Outdoor Sports Lobby • Limit 12
- 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
- \*CARDIO TENNIS CLINIC  
50 min • Limit 8 • \$80

- 9:00 AM \*INTUITIVE ARCHERY  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- STRETCH  
45 min • Yoga Studio • Limit 30
- \*PICKLEBALL DRILL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$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
- 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

## 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><b>LUNCH &amp; LEARN: RED CHILI &amp; LIME GRILLED SEA BASS</b> 1 hr • Demo Kitchen • Limit 36</p> <p><b>*AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80</p>	4:00 PM	<p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>RESTORATIVE YOGA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20</p> <p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</p>
1:00 PM	<p><b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p><b>GYROKINESIS</b> 45 min • Yoga Studio • Limit 15</p> <p><b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p> <p><b>*PHONE-TOGRAPHY</b> <b>DD</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS</b> 50 min • Sanctuary • CME</p>	5:30 PM	<p><b>A MEDICAL PERSPECTIVE ON LONGEVITY</b> 50 min • Catalina Room • CME</p> <p><b>*RESTORATIVE SOUND BATH</b> 50 min • Yoga Studio • Limit 25 • \$80</p> <p><b>COMMUNITY TABLE</b> 1 hr • Vaquero • Limit 6</p>
2:00 PM	<p><b>KETTLEBELL WORKOUT</b> 45 min • Studio 3 • Limit 12</p> <p><b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Studio 2 • Limit 20</p> <p><b>STRIDE</b> 45 min • Cardio &amp; Strength Gym • Limit 14</p> <p><b>*PILATES REFORMER-INT/ADV CLINIC</b> 50 min • Pilates Studio • Limit 5 • \$80</p>	6:00 PM	<p><b>*TENNIS CLINIC</b> 50 min • Tennis Court 1 • Limit 8 • \$80</p> <p><b>CREATE YOUR OWN BAG CHARM</b> 1 hr 30 min • Art Studio 1 • Limit 15</p> <p><b>7:00 PM</b></p> <p><b>TUCSON: UNESCO CITY OF GASTRONOMY</b> 50 min • Catalina Room</p>
3:00 PM	<p><b>*HANDS-ON COOKING: COCOA &amp; CRAFT</b> 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p><b>LEARNING SELF-REIKI</b> 50 min • Cactus Room</p> <p><b>GOOD VIBRATIONS</b> 45 min • Studio 2 • Limit 14</p> <p><b>INTERMEDIATE YOGA</b> 45 min • Yoga Studio • Limit 30</p> <p><b>PBF: POWER BLAST FITNESS</b> 45 min • Studio 3 • Limit 20</p>	8:00 PM	<p><b>*BARREL TO GLASS: A CURATED BOURBON JOURNEY</b> 1 hr • Javelina Cantina • Limit 6 • \$125</p>



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

# THURSDAY May 14, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

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| <p>5:45 AM *HIKE: LEVEL 3 - BLACKETTS RIDGE<br/>4 hr • Outdoor Sports Lobby • Limit 12</p> <p>6:00 AM MORNING WALK<br/>45 min • Spa Lobby</p> <p>MORNING WALK<br/>30 min • Spa Lobby</p> <p>*HIKE: LEVEL 2 - DOUGLAS SPRINGS<br/>4 hr 15 min • Outdoor Sports Lobby • Limit 12</p> <p>*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS<br/>4 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*HIGH ROPES CHALLENGE COURSE<br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>7:00 AM COWBOY COFFEE<br/>1 hr 30 min • Eucalyptus Circle</p> <p>SUNRISE YOGA<br/>50 min • Yoga Studio • Limit 30</p> <p>BOGA FITMAT FITNESS CLINIC<br/>50 min • T -Pool • Limit 8 • \$80</p> <p>8:00 AM LANDSCAPE &amp; ECOLOGY WALK<br/>50 min • Clubhouse Lobby • Limit 30</p> <p>*PICKLEBALL CLINIC<br/>50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>COFFEE WITH THE MEMBERSHIP TEAM<br/>30 min • Eucalyptus Circle</p> <p>8:15 AM CENTERING MEDITATION<br/>25 min • Sanctuary • Limit 30</p> <p>DYNAMIC STRETCH<br/>20 min • Yoga Studio • Limit 20</p> | <p>9:00 AM WALKING MEDITATION<br/>50 min • Sanctuary • CME</p> <p>AQUA ZUMBA<br/>45 min • T-Pool • Limit 24</p> <p>BOXER'S WORKOUT<br/>45 min • Studio 3 • Limit 8</p> <p>CYCLING<br/>45 min • Golf Performance Center • Limit 12</p> <p>*CARDIO TENNIS CLINIC<br/>50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>*PILATES CIRCUIT CLINIC<br/>50 min • Pilates Studio • Limit 5 • \$80</p> <p>10:00 AM PROPERTY TOUR<br/>45 min • Eucalyptus Circle</p> <p>CARDIO CIRCUIT<br/>45 min • Cardio &amp; Strength Gym • Limit 20</p> <p>H2O POWER<br/>45 min • T-Pool • Limit 24</p> <p>STRETCH<br/>45 min • Yoga Studio • Limit 30</p> <p>*PICKLEBALL DRILL CLINIC<br/>50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>11:00 AM BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES<br/>50 min • Catalina Room • CME</p> <p>PBF: POWER BLAST FITNESS<br/>45 min • Studio 3 • Limit 20</p> <p>YOGA FOR DETOX<br/>45 min • Yoga Studio • Limit 20</p> <p>*HIKE &amp; PAINT<br/><b>DD</b> 4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>DJ DANCE PARTY<br/>45 min • Studio 1 • Limit 30</p> |
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NOON	LUNCH & LEARN: JERK CHICKEN 1 hr • Demo Kitchen • Limit 36	4:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
1:00 PM	EXPLORATION IN SOUL CONSCIOUSNESS 50 min • Cactus Room		*QI GONG HEALING SOUNDS PRACTICE 50 min • Yoga Studio • Limit 6 • \$80
	BREAST CANCER: REDUCE RISK & IMPROVE SURVIVORSHIP 50 min • Catalina Room		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	*AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:00 PM	CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1 • Limit 24
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80	5:30 PM	BEYOND THE MYTHS: A FRESH LOOK AT SPIRITUALITY 50 min • Eucalyptus Circle
	*BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH 50 min • Studio 3 • Limit 8 • \$80		COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:30 PM	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	7:00 PM	THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 1 hr • Catalina Room
3:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125	7:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE <b>DD</b> 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15		
	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	QI GONG AND YOGA 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 May 15, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

5:30 AM \*HIKE: LEVEL 4 - MILAGROSA LOOP  
5 hr • Outdoor Sports Lobby • Limit 12  
\*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12

5:45 AM \*HIKE: LEVEL 3 - PONTATOC RIDGE  
4 hr 30 min • Outdoor Sports Lobby • Limit 12

6:00 AM MORNING WALK  
45 min • Spa Lobby  
MORNING WALK  
30 min • Spa Lobby  
\*BIKE RIDE: LEVEL 4 - ROCKING COBBLER  
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  
\*HIKE: LEVEL 2 - PALISADES TRAIL  
4 hr 30 min • Outdoor Sports Lobby • Limit 12

9:00 AM MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE  
50 min • Catalina Room • CME  
GLIDE AND BURN  
45 min • Studio 1 • Limit 20  
INTERMEDIATE YOGA  
45 min • Yoga Studio • Limit 30  
TRX FUSION  
45 min • Studio 3 • Limit 15  
\*TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80  
ANGELS AMONG US  
50 min • Cactus Room  
\*PICKLEBALL HARMONY  
50 min • Pickleball Court 1 • Limit 8 • \$110

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

## 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.

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NOON	<p><b>LUNCH &amp; LEARN: HERB GRILLED SHRIMP</b> 1 hr • Demo Kitchen • Limit 36</p> <p><b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>FITNESS FOR YOUR FEET</b> 20 min • Studio 1 • Limit 20</p>	4:00 PM	<p><b>BEYOND THE PHYSICAL: METAPHYSICAL 101</b> 50 min • Spa Lobby</p> <p><b>PROPERTY TOUR</b> 45 min • Eucalyptus Circle</p> <p><b>MEDITATION</b> 25 min • Sanctuary • Limit 30</p> <p><b>STRETCH &amp; RELAXATION</b> 25 min • Studio 2 • Limit 20</p> <p><b>*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK</b> <b>GE</b> 1 hr 30 min • Catalina Room • Limit 15 • \$200</p>
1:00 PM	<p><b>THE POWER OF MOVEMENT FOR LONGEVITY</b> 50 min • Catalina Room • CME</p> <p><b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p><b>KUNDALINI YOGA</b> 45 min • Yoga Studio • Limit 20</p> <p><b>*PILATES REFORMER CLINIC: BEGINNING</b> 50 min • Pilates Studio • Limit 5 • \$80</p> <p><b>THE HEALING LANGUAGE OF CRYSTAL BOWLS</b> 50 min • Cactus Room</p>	5:00 PM	<p><b>*SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE</b> 1 hr • Javelina Cantina • Limit 6 • \$125</p> <p><b>BREATHING</b> 20 min • Yoga Studio • Limit 30</p> <p><b>CORE &amp; MORE</b> 20 min • Studio 2 • Limit 16</p>
2:00 PM	<p><b>KETTLEBELL WORKOUT</b> 45 min • Studio 3 • Limit 12</p> <p><b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Studio 2 • Limit 20</p> <p><b>PELVIC FLOOR YOGA</b> 45 min • Yoga Studio • Limit 30</p> <p><b>PLUTO, THE PLANET OF POWER &amp; TRANSFORMATION</b> 50 min • Cactus Room</p> <p><b>MINDFUL MANDALA DOT PAINTING</b> 1 hr 30 min • Art Studio 1 • Limit 12</p>	5:15 PM	<p><b>*SKY ISLAND SUNSET AND CITY LIGHTS TOUR</b> <b>DD</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
3:00 PM	<p><b>*HANDS-ON COOKING: FAST &amp; NOURISHED</b> 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p><b>POSTURE &amp; BALANCE</b> 45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b> 45 min • Racquet Court 1</p> <p><b>YIN YOGA</b> 45 min • Yoga Studio • Limit 20</p>	5:30 PM	<p><b>COMMUNITY TABLE</b> 1 hr • Vaquero • Limit 6</p>
		6:30 PM	<p><b>*FLOATING SOUND MEDITATION CLINIC</b> <b>DD</b> 50 min • T-Pool • Limit 20 • \$110</p>
		7:00 PM	<p><b>YOUR BODY, YOUR ALLY THROUGH GRIEF &amp; CHALLENGE WITH ROSIE DALTON</b> <b>GE</b> 50 min • Catalina Room</p>
		8:30 PM	<p><b>MUSIC BINGO</b> 50 min • Pavilion</p>



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# SATURDAY May 16, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

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| 5:30 AM | <b>*HIKE: LEVEL 4 - FINGER ROCK</b><br>4 hr 15 min • Outdoor Sports Lobby • Limit 12  | 10:00 AM | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle  |
| 5:45 AM | <b>*HIKE: LEVEL 3 - ROMERO TRAIL</b><br>5 hr 30 min • Outdoor Sports Lobby • Limit 12 |          | <b>CORE CONDITIONING</b><br>45 min • Studio 1 • Limit 20  |
| 6:00 AM | <b>MORNING WALK</b><br>45 min • Spa Lobby   |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24  |
|         | <b>MORNING WALK</b><br>30 min • Spa Lobby   |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30   |
|         | <b>*HIKE: LEVEL 2 - PIMA CANYON</b><br>4 hr • Outdoor Sports Lobby • Limit 12         |          | <b>*PICKLEBALL SKILL DEVELOPMENT CLINIC</b><br>1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200 |
|         | <b>*BIRD WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 8                            |          | <b>*HIKE &amp; PAINT</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$110                         |
|         | <b>HIGH ROPES CHALLENGE COURSE</b><br>3 hr • Outdoor Sports Lobby • Limit 8 • \$220   |          | <b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b><br>5 hr • Outdoor Sports Lobby • Limit 6 • \$220       |
| 7:00 AM | <b>COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle                               |          | <b>*PILATES-AERIAL CLINIC</b><br>50 min • Studio 3 • Limit 5 • \$80                               |
| 8:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80             |          | <b>FUELING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN</b><br>50 min • Catalina Room • CME             |
| 8:15 AM | <b>CENTERING MEDITATION</b><br>25 min • Sanctuary • Limit 30                          | 11:00 AM | <b>AQUA FIT</b><br>45 min • Aquatic Center • Limit 15   |
| 9:00 AM | <b>CYCLING</b><br>45 min • Golf Performance Center • Limit 12                         |          | <b>INTERMEDIATE YOGA</b><br>45 min • Yoga Studio • Limit 30                                       |
|         | <b>GLIDE AND BURN</b><br>45 min • Studio 1 • Limit 20                                 |          | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15   |
|         | <b>WATER WORKOUT</b><br>45 min • T-Pool • Limit 24                                    |          |   |
|         | <b>*MOUNTAIN MEDITATION HIKE</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110     |          |   |

## 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.

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| <p><b>NOON</b>     <b>*AERIAL SWING YOGA CLINIC</b><br/>50 min • Studio 3 • Limit 5 • \$80</p> <p><b>BREATHING</b><br/>20 min • Yoga Studio • Limit 30</p> <p><b>1:00 PM</b>   <b>NEW SCIENTIFIC STUDIES IN MEDICINE</b><br/>50 min • Catalina Room • CME</p> <p><b>PILATES MAT</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>2:00 PM</b>   <b>HOW TO MAKE EVERY DAY SACRED</b><br/>50 min • Sanctuary</p> <p><b>ABOVE &amp; BELOW THE BELT</b><br/>45 min • Studio 3 • Limit 20</p> <p><b>CR STRENGTH</b><br/>45 min • Golf Performance Center • Limit 10</p> <p><b>HEART CHAKRA YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>A HEALING TEMPLATE FOR GRIEF &amp; CHALLENGE WITH ROSIE DALTON</b><br/><b>GE</b> 50 min • Cactus Room</p> <p><b>3:00 PM</b>   <b>VIPR SLAM</b><br/>45 min • Studio 1 • Limit 20</p> <p><b>WALLYBALL</b><br/>45 min • Racquet Court 1</p> <p><b>YOGA FOUNDATIONS</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>RAINBOW CRYSTAL SUNCATCHERS</b><br/>1 hr 30 min • Art Studio 1 • Limit 10</p> | <p><b>4:00 PM</b>   <b>PROPERTY TOUR</b><br/>45 min • Eucalyptus Circle</p> <p><b>RESTORATIVE YOGA</b><br/>45 min • Yoga Studio • Limit 20</p> <p><b>STRETCH &amp; RELAXATION</b><br/>25 min • Studio 2 • Limit 20</p> <p><b>*PICKLEBALL CLINIC</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>*SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK</b><br/><b>GE</b> 1 hr 30 min • Catalina Room • Limit 15 • \$200</p> <p><b>5:00 PM</b>   <b>*PHONE-TOGRAPHY</b><br/>2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p><b>5:30 PM</b>   <b>COMMUNITY TABLE</b><br/>1 hr • Vaquero • Limit 6</p> <p><b>6:00 PM</b>   <b>*CHEF'S SEASONAL SHOWCASE DINNER</b><br/>2 hr • Demo Kitchen • Limit 25 • \$70</p> <p><b>MAHJONG GAME NIGHT</b><br/>2 hr • The Snug • Limit 8</p> <p><b>6:30 PM</b>   <b>*FLOATING SOUND MEDITATION CLINIC</b><br/>50 min • T-Pool • Limit 20 • \$110</p> <p><b>7:00 PM</b>   <b>HEALING THE HEART THROUGH SONG</b><br/><b>NEW</b> hr • Eucalyptus Circle</p> <p><b>7:30 PM</b>   <b>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION</b><br/>3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> |
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# SUNDAY May 17, 2026

(DD) DISCOVERY DAYS: SUNSETS, STARS & SECRETS OF TUCSON SKIES

- 5:30 AM \*HIKE: LEVEL 4 - FORT LOWELL TRAIL  
5 hr • Outdoor Sports Lobby • Limit 12
- 5:45 AM \*HIKE: LEVEL 3 - VENTANA CANYON TRAIL  
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- 6:00 AM MORNING WALK  
45 min • Spa Lobby
- MORNING WALK  
30 min • Spa Lobby
- \*HIKE: LEVEL 2 - PHONELINE OVERLOOK  
4 hr • Outdoor Sports Lobby • Limit 12
- \*BIKE RIDE: LEVEL 2 - RIVER  
PATH/MARKETPLACE  
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- \*PHOTOGRAPHY WALK  
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  
50 min • Private Fitness Studio 4 • 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
- BUTI MOVEMENT®  
45 min • Yoga Studio • Limit 30
- CYCLING  
45 min • Golf Performance Center • Limit 12
- \*CARDIO TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80
- 10:00 AM EXERCISE & MENOPAUSE  
50 min • Catalina Room • CME
- 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 AQUA FIT  
45 min • Aquatic Center • Limit 15
- VINYASA FLOW  
45 min • Yoga Studio • Limit 30
- ZUMBA®  
45 min • Studio 1 • Limit 30
- \*READING THE LINES OF LIFE  
1 hr 30 min • Cactus Room • Limit 10 • \$110
- 11:30 AM \*YOGA ON THE TRAIL  
4 hr • Outdoor Sports Lobby • Limit 12 • \$140

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1:00 PM \*PILATES REFORMER CLINIC: BEGINNING  
50 min • Pilates Studio • Limit 5 • \$80  
QI GONG  
45 min • Yoga Studio • Limit 30  
NAVIGATE YOUR LIFE PATH USING  
ASTROLOGY & CRYSTALS  
50 min • Cactus Room  
\*PHONE-TOGRAPHY  
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

2:00 PM GOOD VIBRATIONS  
45 min • Studio 2 • Limit 14  
POWER STEP & TONE  
45 min • Golf Performance Center • Limit 12  
VIPR SLAM  
45 min • Studio 1 • Limit 20  
\*PILATES CIRCUIT CLINIC  
50 min • Pilates Studio • Limit 5 • \$80  
CREATING A SPIRITUAL TRIFECTA  
WITH ROSIE DALTON  
GE 50 min • Catalina Room

3:00 PM DRUMMING CIRCLE  
45 min • Studio 1 • Limit 20  
TRX FUSION  
45 min • Studio 3 • Limit 15  
YIN YOGA  
45 min • Yoga Studio • Limit 20

4:00 PM YOUR PATH TO PAIN-FREE KNEES  
50 min • Cactus Room • CME

PROPERTY TOUR  
45 min • Eucalyptus Circle

STRETCH & RELAXATION  
25 min • Studio 2 • Limit 20

YOGA NIDRA  
45 min • Yoga Studio • Limit 20

\*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80

\*SPIRIT CONNECTIONS WITH MEDIUM  
MAUREEN HANCOCK  
GE 1 hr 30 min • Catalina Room • Limit 15 • \$200

\*WEARABLE RESISTANCE TRAINING  
50 min • Studio 3 • Limit 8 • \$80

5:30 PM \*RESTORATIVE SOUND BATH  
50 min • Yoga Studio • Limit 25 • \$80

COMMUNITY TABLE  
1 hr • Vaquero • Limit 6

8:30 PM BINGO  
50 min • Pavilion

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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.

# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

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



### AN IDEAL PLAN IF YOU WANT TO:

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



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

### ADDITIONAL BENEFITS:

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

For more information or to  
purchase a Membership:

#### CONTACT

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

# LIFE CHANGES AT CANYON RANCH

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



## CANYON RANCH TUCSON, ARIZONA

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



## CANYON RANCH LENOX, MASSACHUSETTS

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



## CANYON RANCH FORT WORTH, TEXAS

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



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

Visit [canyonranch.com](http://canyonranch.com) to learn more about all of our locations.



**Health & Performance, & Spiritual Wellness**

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

**The Mel & Enid Zuckerman Center for Life Enhancement**

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

**Spa Complex**

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

**Clubhouse**

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

**KEY**

- C** Cell Phone Area
- ☎** Courtesy Phone
- 📍** Directory
- ♿** Disabled Access
- P** Disabled Parking
- Ⓞ** Electric Vehicle Charging Station
- ①** Ice Machine
- S** Smoking Area
- 🚶** 2-Mile Loop
- 🚶➡** 2-Mile Loop Start
- ⋯** Disabled Route

**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.