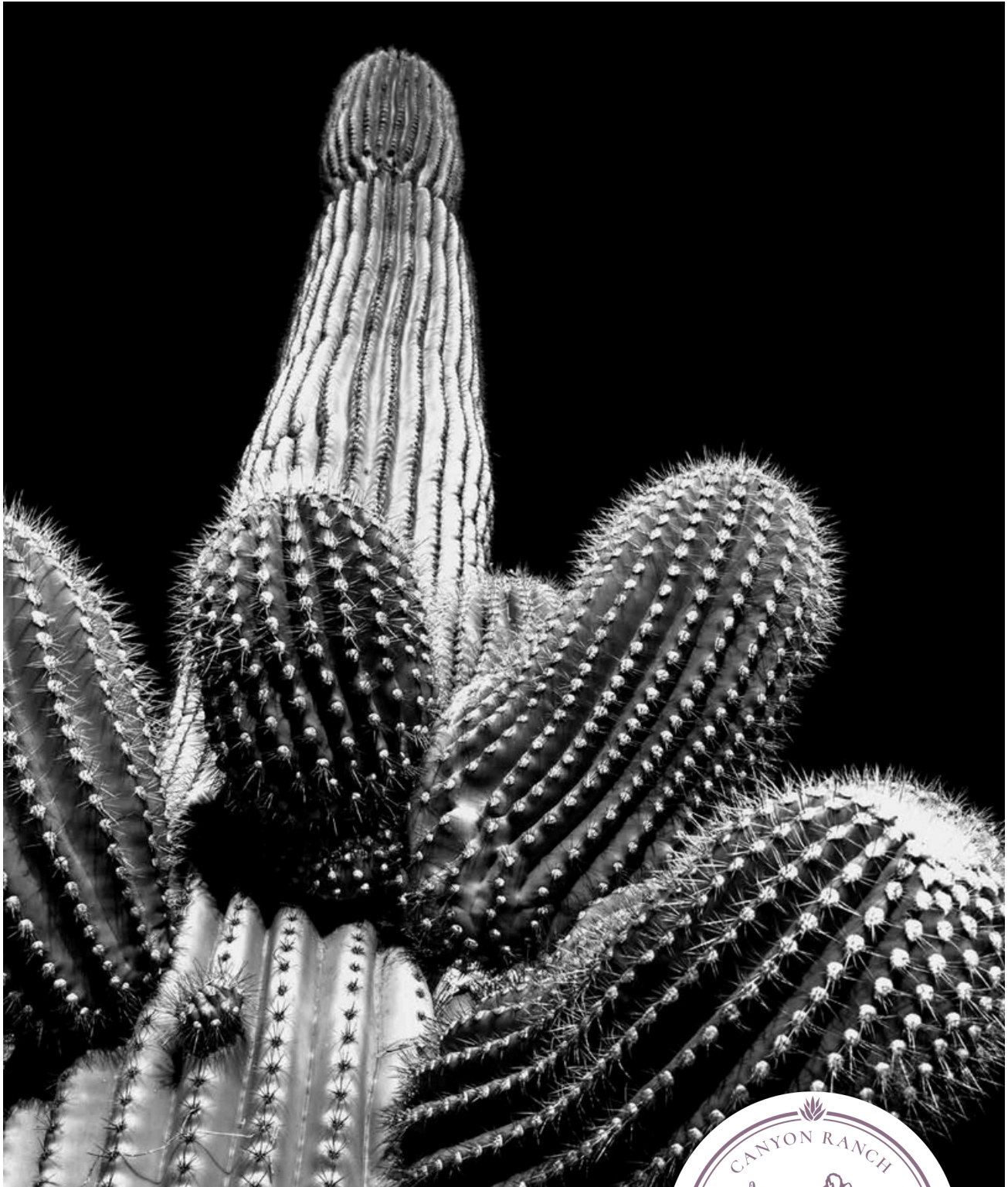


RANCH SCHEDULE
MAY 18 - 24, 2026

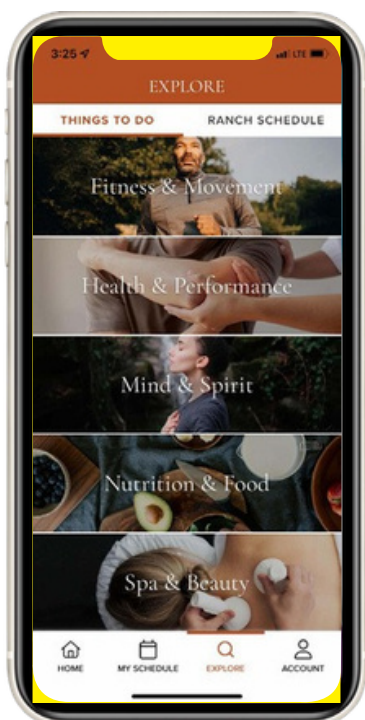


This schedule belongs to:



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: 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



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



CAMP CANYON RANCH DISCOVERY DAYS

MAY 18 - 24

Join us for an elevated take on the classic summer camp experience — reimagined for adults in the beauty of the Sonoran Desert. Spend a long weekend rediscovering the carefree spirit of summer through outdoor adventures, friendly competition, live music, and meaningful connection. From sunrise hikes along cactus-lined trails to afternoons relaxing poolside and guided stargazing beneath an expansive night sky, each day blends movement, laughter, and time to unwind.

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

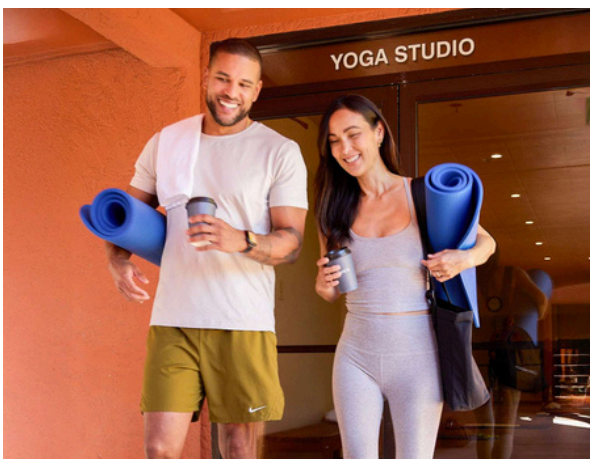


RESONANCE SOUND HEALING WITH KYLE LAM

MAY 19 - 24

Harness the power of sound, mindfulness, and meditation to ground the body and calm the mind during this transformative week. Join guest sound healing expert Kyle Lam as he guides you through a powerful practice, using the vibrations of sound bowls, gongs, and guided meditation to promote deep relaxation.

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



UPCOMING FIND YOUR YOGA FLOW DISCOVERY DAYS

MAY 25 - 31

Step onto your mat and into movement, breath, and balance during a week-long celebration of yoga in all its forms, with a special focus on flow-based practices. Explore different styles, deepen your connection to your body, and discover the rhythm that feels right for you. Every class offers options and modifications, creating a welcoming space for all levels. Come for one class or flow through the entire week!



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.

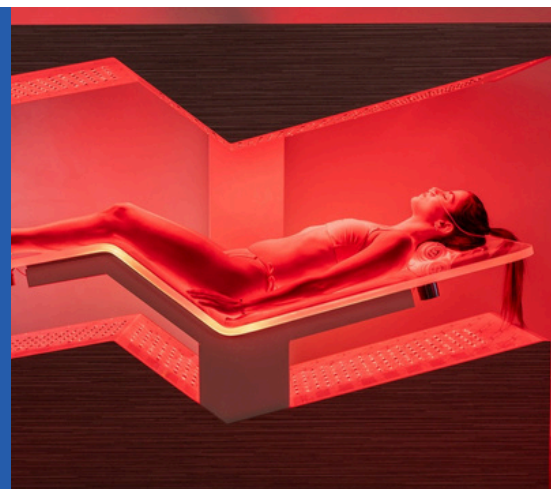
NEW: AMMORTAL CHAMBER

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)

BURCAK TOLAN



**THURSDAY, MAY 21 -
SATURDAY, MAY 23**

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.

RACHEL KATZ



**SUNDAY, MAY 24 -
MONDAY, MAY 25**

The Rachel Katz Jewelry collection appeals to women who desire classic pieces with a modern, architectural edge – all with a dose and the ease of California cool.

MONDAY May 18, 2026

(DD) DISCOVERY DAYS: CAMP CANYON RANCH

5:30 AM *HIKE: LEVEL 4 - LEMMON PARK
7 hr • 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 *HIKE: LEVEL 3 - TANQUE VERDE LEDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12

*INTUITIVE ARCHERY
DD 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

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

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

9:00 AM SELF-COMPASSION IS YOUR SUPER POWER
50 min • Catalina Room • CME

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

CORE CONDITIONING
45 min • Studio 1 • Limit 20

DESERT DRUMMING
DD 45 min • Studio 2 • Limit 30

TRX STRONG
45 min • Studio 3 • Limit 15

10:00 AM PROPERTY TOUR
45 min • Eucalyptus Circle

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

CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20

H2O POWER
DD 45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

11:00 AM *TYPTI- COMBINING THE BEST OF
PICKLEBALL AND TENNIS
50 min • Pickleball Court 1 • Limit 4 • \$80

PEDAL, LIFT, FLOW
1 hr • Golf Performance Center • Limit 12

YOGA SCULPT
45 min • Yoga Studio • Limit 18

INSIGHT & HEALING WITH GEMS &
MINERALS
50 min • Cactus Room

DJ DANCE PARTY
45 min • Studio 1 • Limit 30

THE MORE, THE MERRIER

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

Contact GroupLeadsTucson@canyonranch.com.

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

- | | | | |
|---------|---|---------|--|
| NOON | <p>LUNCH & LEARN: GREEK SPICE CHICKEN
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>MEMORY WIRE BRACELET
1 hr 30 min • Art Studio 1 • Limit 15</p> <p>*PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> |
| 1:00 PM | <p>YES, AND: THE SACRED PLAY OF IMPROV
DD 50 min • Sanctuary • CME</p> <p>*PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80</p> <p>PILATES FOR BALANCE
45 min • Studio 1 • Limit 18</p> <p>*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>*SUPER STRENGTH
50 min • Studio 3 • Limit 8 • \$80</p> | 5:00 PM | <p>UNDER THE VEDIC SUN
50 min • Cactus Room</p> <p>CORE & MORE
20 min • Studio 2 • Limit 16</p> <p>FITNESS FOR YOUR FEET
20 min • Studio 1 • Limit 20</p> <p>MEDITERRANEAN NIGHT
2 hr 30 min • Double U Cafe</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>*PILATES CIRCUIT CLINIC
50 min • Pilates Studio • Limit 5 • \$80</p> | 5:30 PM | <p>COMMUNITY TABLE
1 hr • Vaquero • Limit 6</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> | 6:00 PM | <p>*TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> |
| | | 6:30 PM | <p>*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> |
| | | 7:00 PM | <p>*NIGHT SKY WALK
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>*ISLANDS IN THE SKY & THE SOUTHWEST MONSOON
50 min • Catalina Room</p> <p>AN EVENING OF SOUND: MUSICAL PRAYERPERFORMANCE
2 hr • Sanctuary</p> |
| | | 7:45 PM | <p>*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION
DD 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 19, 2026

(DD) DISCOVERY DAYS: CAMP CANYON RANCH

- | | |
|--|---|
| <p>5:30 AM *HIKE: LEVEL 4 - SOLDIER TRAIL
5 hr • Outdoor Sports Lobby • Limit 12</p> <p>*BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD
4 hr • Outdoor Sports Lobby • Limit 6</p> <p>5:45 AM *HIKE: LEVEL 3 - ESPERERO OVERLOOK
4 hr 15 min • 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>7:00 AM *BOGA FITMAT® FITNESS CLINIC
DD 50 min • T-Pool • Limit 8 • \$80</p> <p>8:00 AM *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30</p> <p>8:30 AM *QI GONG IN THE DESERT
2 hr • Limit 8 • \$110</p> <p>9:00 AM *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CYCLING
DD 45 min • Golf Performance Center • Limit 12</p> <p>STRIDE & STRENGTH
45 min • Cardio & Strength Gym • Limit 14</p> <p>WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>*HIKE: LEVEL 2 - PECK BASIN OVERLOOK
5 hr • Outdoor Sports Lobby • Limit 12</p> <p>*WEARABLE RESISTANCE TRAINING
50 min • Studio 3 • Limit 8 • \$80</p> | <p>10:00 AM UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME</p> <p>PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>*PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p>H2O POWER
45 min • T-Pool • Limit 24</p> <p>MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p>STRETCH
45 min • Yoga Studio • Limit 30</p> <p>11:00 AM POWER FLOW
45 min • Yoga Studio • Limit 30</p> <p>TRX FUSION
45 min • Studio 3 • Limit 15</p> <p>VIPR SLAM
45 min • Studio 1 • Limit 20</p> <p>*THE POWER OF SOUND
50 min • Sanctuary • Limit 15 • \$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: CITRUS GRILLED SHRIMP 1 hr • Demo Kitchen • Limit 36	4:00 PM	PROPERTY TOUR 45 min • Eucalyptus Circle
	BREATHING 20 min • Yoga Studio • Limit 30		*CEREMONIAL CACAO EXPERIENCE 1 hr 30 min • Sanctuary • Limit 12 • \$140
1:00 PM	AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR 50 min • Catalina Room • CME		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	*SKY ISLAND DISCOVERY TOUR DD 3 hr • Outdoor Sports Lobby • Limit 6 • \$110	5:00 PM	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
2:00 PM	BOXER'S WORKOUT 45 min • Studio 3 • Limit 8		BECOMING MINDFUL SOUND BATH WITH KYLE LAM GE 1 hr • Mohave Gym • Limit 40
	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:30 PM	*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:30 PM	*JEEP ADVENTURE 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	7:00 PM	LIVING & CREATING WITH REVERENCE 50 min • Catalina Room
3:00 PM	FOUNDATIONS OF STRENGTH 50 min • Catalina Room • CME	7:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	BUFF BOOTY 45 min • Studio 1 • Limit 20		
	WALLYBALL DD 45 min • Racquet Court 1		
	YIN YOGA 45 min • Yoga Studio • Limit 20		



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 20, 2026

(DD) DISCOVERY DAYS: CAMP CANYON RANCH

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

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

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

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

*HIKE: LEVEL 2 - GARWOOD DAM LOOP
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
50 min • Racquet Court 1 • Limit 4 • \$110

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

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

8:30 AM *HIKE: LEVEL 3 - GREEN MT. TRAIL
5 hr 30 min • Outdoor Sports Lobby • Limit 12

*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

9:00 AM *CARDIO TENNIS CLINIC
50 min • Limit 8 • \$80

CYCLING
45 min • Golf Performance Center • Limit 12

ROCKIN' RETRO
DD 45 min • Studio 1 • Limit 30

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

10:00 AM PROPERTY TOUR
45 min • Eucalyptus Circle

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

H2O POWER
DD 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

AQUA FIT
45 min • Aquatic Center • Limit 15

CHAIR YOGA
45 min • Yoga Studio • Limit 20

ZUMBA®
DD 45 min • Studio 1 • Limit 30

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: PARMESAN CRUSTED SEA BASS 1 hr • Demo Kitchen • Limit 36</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>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>*BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH 50 min • Studio 3 • Limit 8 • \$80</p>
1:00 PM	<p>*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80</p> <p>GYROKINESIS 45 min • Yoga Studio • Limit 15</p> <p>CHINESE MEDICINE FOR SEASONAL WELLNESS 50 min • Sanctuary</p> <p>*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p>	4:30 PM	<p>*PHONE-TOGRAPHY DD 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
2:00 PM	<p>KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12</p> <p>LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20</p> <p>*PILATES REFORMER-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80</p> <p>POSTURE & BALANCE 45 min • Studio 1 • Limit 20</p>	5:00 PM	<p>HEALING THE HEART GONG IMMERSION WITH KYLE LAM GE 1 hr • Mohave Gym • Limit 40</p>
3:00 PM	<p>MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN 50 min • Catalina Room • CME</p> <p>*HANDS-ON COOKING: COCOA & CRAFT 1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>GOOD VIBRATIONS DD 45 min • Studio 2 • Limit 14</p> <p>INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30</p> <p>PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20</p>	5:30 PM	<p>*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80</p> <p>COMMUNITY TABLE 1 hr • Vaquero • Limit 6</p>
		6:00 PM	<p>*TENNIS CLINIC 50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>CREATE YOUR OWN BAG CHARM 1 hr 30 min • Art Studio 1 • Limit 15</p>
		7:45 PM	<p>*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION 2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p>
		8:00 PM	<p>*BARREL TO GLASS: A CURATED BOURBON JOURNEY 1 hr • Javelina Cantina • Limit 6 • \$125</p>



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 21, 2026

(DD) DISCOVERY DAYS: CAMP CANYON RANCH

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|--|--|
| <p>5:30 AM *HIKE: LEVEL 4 - BLACKETT'S RIDGE
4 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p>*BIKE RIDE: LEVEL 3 - ROCKING K
4 hr • Outdoor Sports Lobby • Limit 6</p> <p>5:45 AM *HIKE: LEVEL 3 - BALANCED ROCK
4 hr 30 min • 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>*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS
4 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p>*HIGH ROPES CHALLENGE COURSE
DD 3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>7:00 AM COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle</p> <p>SUNRISE YOGA
45 min • Yoga Studio • Limit 30</p> <p>8:00 AM 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> <p>*INTUITIVE ARCHERY
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30</p> | <p>9:00 AM *CARDIO TENNIS CLINIC
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>AQUA ZUMBA
DD 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>WALKING MEDITATION
50 min • Sanctuary • CME</p> <p>10:00 AM PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p>*PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 8 • \$80</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>*HIKE: LEVEL 2 - LEMMON PARK
5 hr • Outdoor Sports Lobby • Limit 12</p> <p>11:00 AM PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p>YOGA FOR DETOX
45 min • Yoga Studio • Limit 20</p> <p>ZUMBA®
DD 45 min • Studio 1 • Limit 30</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.

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: ORANGE GLAZED 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		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	CORE & MORE 20 min • Studio 2 • Limit 16		*QI GONG HEALING SOUNDS PRACTICE 50 min • Studio 4 • Limit 6 • \$80
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
1:00 PM	THE SIXTH SENSE: HARNESSING YOUR INTUITION 50 min • Cactus Room	5:00 PM	CANDLELIGHT YOGA 45 min • Yoga Studio
	*HIKE & PAINT 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		SACRED ROSE SOUND HEALING: KYLE LAM & ANNIE CHANG GE 1 hr 30 min • Mohave Gym • Limit 30
	NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Catalina Room • CME		SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10		MEDITERRANEAN NIGHT 2 hr 30 min • Double U Cafe
	DESERT DRUMMING 45 min • Studio 2 • Limit 30	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	RECOVERY TO PERFORMANCE: SPORTS MEDICINE MYTHS 50 min • Catalina Room
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20		COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:30 PM	*JEEP ADVENTURE DD 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	7:00 PM	HEALING THE HEART THROUGH SONG 1 hr • Eucalyptus Circle
3:00 PM	*HANDS-ON COOKING: THE LONGEVITY TABLE 1 hr • Demo Kitchen • Limit 10 • \$125	7:30 PM	*COSMIC JOURNEY WITH THE TELESCOPE 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 DD 45 min • Racquet Court 1		



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FRIDAY May 22, 2026

(DD) DISCOVERY DAYS: CAMP CANYON RANCH

5:30 AM *HIKE: LEVEL 4 - SKY ISLAND RIDGE
7 hr 30 min • Outdoor Sports Lobby • Limit 12

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

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

*HIKE: LEVEL 2 - PHONELINE
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 3 - BOX CAMP
5 hr 30 min • Outdoor Sports Lobby • Limit 12

9:00 AM WEAR & TEAR TO REPAIR:
UNDERSTANDING ARTHRITIS
50 min • Catalina Room • CME

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

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

10:00 AM PROPERTY TOUR
45 min • Eucalyptus Circle

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

CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20

H2O POWER
DD 45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

11:00 AM CHANGE YOUR AURA, CHANGE YOUR LIFE
50 min • Cactus Room

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

AQUA FIT
45 min • Aquatic Center • Limit 15

CORE CONDITIONING
45 min • Studio 1 • Limit 20

YOGA SCULPT
45 min • Yoga Studio • Limit 18

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!

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NOON	<p>LUNCH & LEARN: ZA'ATAR GRILLED STEAK 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>*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>*PILATES REFORMER CLINIC: BEGINNING 50 min • Pilates Studio • Limit 5 • \$80</p> <p>*GLUTE TRANSFORMATION-CLINIC 50 min • Cardio & Strength Gym • Limit 5 • \$80</p>	5:00 PM	<p>MEDITATION 25 min • Sanctuary • Limit 30</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>AURA ACTIVATION: ANNIE CHANG & KYLE LAM GE 2 hr • Mohave Gym • Limit 40</p> <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> <p>AUTHENTIC TAQUERIA 2 hr 30 min • Double U Cafe</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>LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20</p> <p>PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30</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 DD 45 min • Racquet Court 1</p> <p>YIN YOGA 45 min • Yoga Studio • Limit 20</p>	5:30 PM	<p>COMMUNITY TABLE 1 hr • Vaquero • Limit 6</p>
		6:30 PM	<p>*FLOATING SOUND MEDITATION CLINIC DD 50 min • T-Pool • Limit 20 • \$110</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 DD 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 23, 2026

(DD) DISCOVERY DAYS: **CAMP CANYON RANCH**

5:45 AM	*HIKE: LEVEL 3 - FT. LOWELL HILLS 4 hr 45 min • Outdoor Sports Lobby • Limit 12	10:00 AM	PERSONALIZED NUTRITION 50 min • Catalina Room • CME
6:00 AM	MORNING WALK 45 min • Spa Lobby		PROPERTY TOUR 45 min • Eucalyptus Circle
	MORNING WALK 30 min • Spa Lobby		*PICKLEBALL SKILL DEVELOPMENT CLINIC 1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200
	*HIKE: LEVEL 2 - MILAGROSA OVERLOOK 4 hr • Outdoor Sports Lobby • Limit 12		CORE CONDITIONING 45 min • Studio 1 • Limit 20
	*BIRD WALK DD 2 hr • Outdoor Sports Lobby • Limit 8		H2O POWER 45 min • T-Pool • Limit 24
	*INTUITIVE ARCHERY 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		STRETCH 45 min • Yoga Studio • Limit 30
	*HIGH ROPES CHALLENGE COURSE 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		*PILATES-AERIAL CLINIC 50 min • Studio 3 • Limit 5 • \$80
7:00 AM	COWBOY COFFEE 1 hr 30 min • Eucalyptus Circle		*KARTCHNER CAVERNS LIVING CAVE TOUR 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
8:00 AM	*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80		*HIKE & PAINT DD 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
9:00 AM	CYCLING 45 min • Golf Performance Center • Limit 12		INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		TRX STRONG 45 min • Studio 3 • Limit 15
	WATER WORKOUT 45 min • T-Pool • Limit 24		

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>BREATHING 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>*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80</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>ALTERNATIVE THERAPIES FOR MENOPAUSE 50 min • Cactus Room • CME</p>	4:30 PM	<p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION 25 min • Studio 2 • Limit 20</p> <p>*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p>
2:00 PM	<p>GRIND, GRIT & GRACE 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>	5:30 PM	<p>*RESTORATIVE SOUND BATH 50 min • Yoga Studio • Limit 25 • \$80</p> <p>COMMUNITY TABLE 1 hr • Vaquero • Limit 6</p> <p>*CHEF'S SEASONAL SHOWCASE DINNER 2 hr • Demo Kitchen • Limit 25 • \$70</p> <p>MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8</p>
3:00 PM	<p>VIPR SLAM 45 min • Studio 1 • Limit 20</p> <p>WALLYBALL DD 45 min • Racquet Court 1</p> <p>YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30</p> <p>THE ART OF ORIGAMI 1 hr 30 min • Art Studio 1 • Limit 15</p> <p>BUILT THIS WAY: WHY CHANGE IS HARD—AND WHAT WORKS 50 min • Cactus Room</p>	6:00 PM	<p>FLOATING SOUND BATH WITH KYLE LAM GE 1 hr • T-Pool • Limit 20</p> <p>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION 3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p>



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SUNDAY May 24, 2026

(DD) DISCOVERY DAYS: CAMP CANYON RANCH

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- | | | | |
|---------|---|----------|---|
| 5:45 AM | *HIKE: LEVEL 3 - MCDUGAL RIDGE
4 hr 45 min • Outdoor Sports Lobby • Limit 12 | 10:00 AM | THE SCIENCE OF WEIGHT LOSS
50 min • Catalina Room • CME |
| 6:00 AM | MORNING WALK
45 min • Spa Lobby | | PROPERTY TOUR
45 min • Eucalyptus Circle |
| | MORNING WALK
30 min • Spa Lobby | | *PICKLEBALL DRILL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | *HIKE: LEVEL 2 - DOUGLAS SPRINGS
4 hr 15 min • Outdoor Sports Lobby • Limit 12 | | CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20 |
| | *PHOTOGRAPHY WALK
DD 3 hr • Outdoor Sports Lobby • Limit 6 • \$110 | | H2O POWER
DD 45 min • T-Pool • Limit 24 |
| | *BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE
4 hr • Outdoor Sports Lobby • Limit 12 | | STRETCH
45 min • Yoga Studio • Limit 30 |
| 7:00 AM | COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle | | *PHONE-TOGRAPHY
2 hr • Outdoor Sports Lobby • Limit 6 • \$110 |
| 8:00 AM | *PICKLEBALL CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80 | 11:00 AM | VEDIC PALMISTRY: IT'S ALL IN OUR HANDS
50 min • Cactus Room |
| | *AWAKEN THE QI: TAPPING INTO ENERGY FLOW
50 min • Private Fitness Studio 4 • Limit 6 • \$80 | | AQUA FIT
45 min • Aquatic Center • Limit 15 |
| 8:15 AM | CENTERING MEDITATION
25 min • Sanctuary • Limit 30 | | VINYASA FLOW
45 min • Yoga Studio |
| 9:00 AM | ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20 | | ZUMBA®
DD 45 min • Studio 1 • Limit 30 |
| | CYCLING
45 min • Golf Performance Center • Limit 12 | | |
| | BUTI MOVEMENT®
45 min • Yoga Studio • 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.

1:00 PM *PILATES REFORMER CLINIC: BEGINNING
50 min • Pilates Studio • Limit 5 • \$80

QI GONG
45 min • Yoga Studio • Limit 30

2:00 PM GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

VIPR SLAM
45 min • Studio 1 • Limit 20

POWER STEP & TONE
45 min • Golf Performance Center • Limit 12

3:00 PM YIN YOGA
45 min • Yoga Studio • Limit 20

TRX FUSION
45 min • Studio 3 • Limit 15

4:00 PM INJURY-PROOF YOUR PROGRESS: KEY TO
LASTING FITNESS
50 min • Catalina Room • CME

PROPERTY TOUR
45 min • Eucalyptus Circle

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

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

5:00 PM BBQ NIGHT BY THE FLAGSTONE POOL
2 hr 30 min • Double U Cafe

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

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

6:00 PM *FLOATING SOUND BATH WITH KYLE LAM
GE 1 hr • T-Pool • Limit 20

7:00 PM OIL DIP ART
1 hr • Art Studio 1 • Limit 8

8:30 PM BINGO
DD 50 min • Pavilion

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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MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

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

For more information or to purchase a Membership:

CONTACT

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

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH FORT WORTH, TEXAS

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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



Health & Performance, & Spiritual Wellness

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

The Mel & Enid Zuckerman Center for Life Enhancement

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

Spa Complex

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

Clubhouse

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

KEY

- C** Cell Phone Area
- ☎** Courtesy Phone
- 📍** Directory
- ♿** Disabled Access
- P** Disabled Parking
- ⋯** Disabled Route
- 🔌** Electric Vehicle 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.