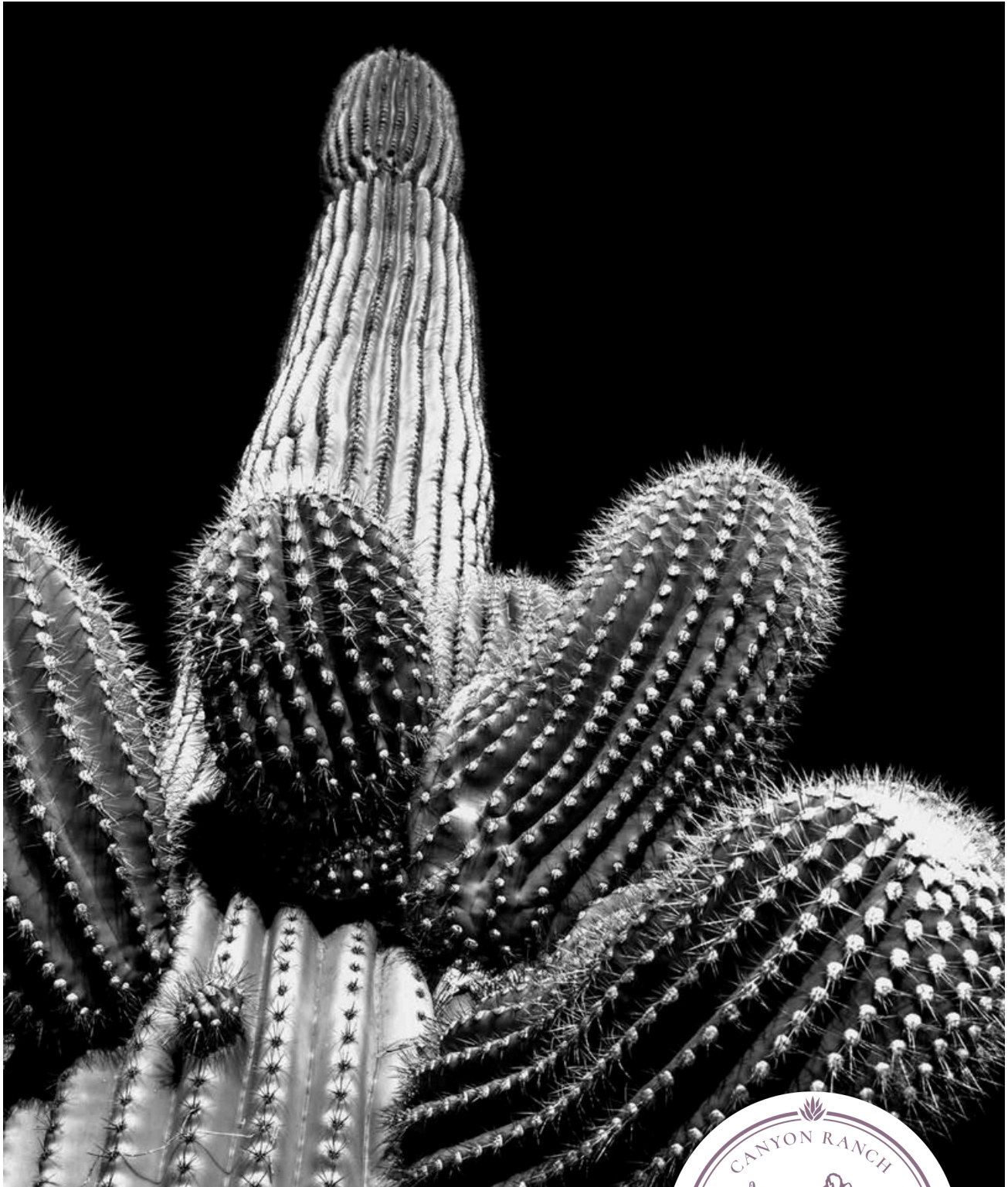


RANCH SCHEDULE  
MAY 25-31, 2026



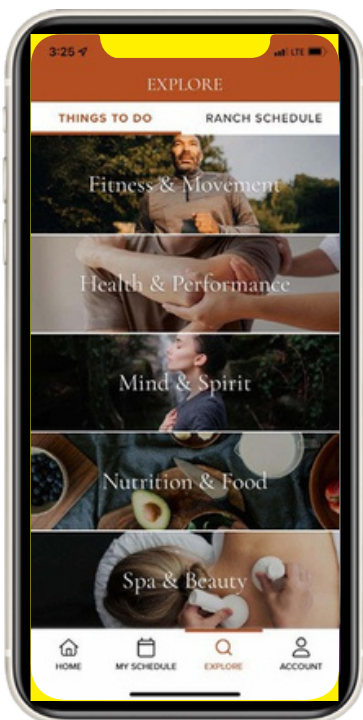
This schedule belongs to:

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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.–Fri. 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. – 5 p.m.

HOT BREAKFAST: 6 – 9:30 a.m.

LUNCH: 11 a.m. – 2 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



WELCOME

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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

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

## SKIN VITALITY MASSAGE

**Spa Service | 50 min.**

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

## RESTORATIVE SOUND BATH

**Fitness Activity | 50 min.**

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

## FIVE ELEMENTS RITUAL

**Spa Service | 80 min.**

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

# FEATURED EVENTS

VISIT OUR TUCSON EVENTS PAGE ON [CANYONRANCH.COM](https://www.canyonranch.com) FOR MORE UPCOMING EVENTS



## 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!

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



## THREE DESERT NIGHTS WITH KYLIE MORGAN

**MAY 29 - 31**

Celebrate music and community under the desert sky with Kylie Morgan during an exclusive three-night retreat at our Tucson resort. Enjoy an intimate acoustic performance, restorative wellness offerings, and seasonal Southwestern cuisine in the heart of the Sonoran Desert. Connect with nature through guided hikes, movement, and reflection during this immersive experience designed to renew body, heart, and spirit.

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



## \*UPCOMING\* CME SERIES FOR PHYSICIANS

**JUNE 3 - 7**

Recharge at our Tucson resort while expanding your knowledge with expert-led courses. This event is ideal for physicians seeking professional growth or anyone interested in holistic health. During your stay, you'll have the opportunity to earn 3 AMA PRA Category 1 Credit(s) per day. Return to your practice refreshed, inspired, and equipped with new skills to enhance your patients' care.



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)*

## 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.

## NINE DAUGHTERS OF EARTH



**SATURDAY, MAY 30 -  
SUNDAY, MAY 31**

Discover Nine Daughters of Earth for a two-day trunk show filled with timeless, elegant, one-of-a-kind silver and gemstone pieces--handcrafted with intention for the wearer who feels their deeper resonance.

# MONDAY MAY 25, 2026

(DD) DISCOVERY DAYS: FIND YOUR YOGA FLOW

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

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

\*BIKE RIDE: LEVEL 3 - SAGUARO SPIN  
3 hr 30 min • Outdoor Sports Lobby • Limit 10

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

6:00 AM MORNING WALK  
45 min • Spa Lobby

MORNING WALK  
30 min • Spa Lobby

\*HIKE: LEVEL 2 - WILD HORSE CANYON  
4 hr • Outdoor Sports Lobby • Limit 12

8:00 AM \*HIKE: LEVEL 3 - PALISADES TRAIL  
5 hr 45 min • Outdoor Sports Lobby • Limit 12

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

9:00 AM \*CARDIO TENNIS CLINIC  
50 min • Tennis Court 1 • Limit 8 • \$80

CORE CONDITIONING  
45 min • Studio 1 • Limit 20

DESERT DRUMMING  
45 min • Studio 2 • Limit 30

TRX STRONG  
45 min • Studio 3 • Limit 15

HABITS FOR SUCCESS: LIFE BY DESIGN  
50 min • Catalina Room • CME

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  
45 min • T-Pool • Limit 24

DD STRETCH  
45 min • Yoga Studio • Limit 30

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

11:00 AM PEDAL, LIFT, FLOW  
1 hr • Golf Performance Center • Limit 12

DD YOGA SCULPT  
45 min • Yoga Studio • Limit 18

DJ DANCE PARTY  
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**    **LUNCH & LEARN: TUSCAN CHICKEN**  
1 hr • Demo Kitchen • Limit 36
- DD \*AERIAL SWING YOGA CLINIC**  
50 min • Studio 3 • Limit 5 • \$80
- \*KARTCHNER CAVERNS LIVING CAVE TOUR**  
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- 1:00 PM**    **MENOPAUSE: A RITUAL FOR TRANSITION**  
50 min • Sanctuary
- \*PILATES REFORMER CLINIC: BEGINNING**  
50 min • Pilates Studio • Limit 5 • \$80
- PILATES FOR BALANCE**  
45 min • Studio 1 • Limit 18
- \*HIKE & PAINT**  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 2:00 PM**    **ABOVE & BELOW THE BELT**  
45 min • Studio 3 • Limit 20
- DD CHAIR YOGA**  
45 min • Yoga Studio • Limit 20
- STRIDE**  
45 min • Cardio & Strength Gym • Limit 14
- \*NEW PILATES CIRCUIT CLINIC**  
50 min • Pilates Studio • Limit 5 • \$80
- 2:30 PM**    **\*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
- NEW CANYON RANCH 101**  
30 min • The Snug
- DD RESTORATIVE YOGA**  
45 min • Yoga Studio • Limit 20
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- THE ART OF WATERCOLOR: BASIC TECHNIQUE**  
1 hr 30 min • Art Studio 1 • Limit 15
- \*PICKLEBALL CLINIC**  
50 min • Pickleball Court 1 • Limit 4 • \$80
- AYURVEDIC TIPS FOR SPRING**  
50 min • Catalina Room
- 5:00 PM**    **INTRODUCTION TO VEDIC ASTROLOGY**  
50 min • Cactus Room
- CORE & MORE**  
20 min • Studio 2 • Limit 16
- FITNESS FOR YOUR FEET**  
20 min • Studio 1 • Limit 20
- 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**    **DD \*FLOATING SOUND MEDITATION CLINIC**  
50 min • T-Pool • Limit 20 • \$110
- \*HIGH ROPES CHALLENGE COURSE**  
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- 7:00 PM**    **AWARENESS APPROACH: 12 INSIGHTS FOR MINDFUL LIVING**  
50 min • Catalina Room
- 8:00 PM**    **\*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION**  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110



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 26, 2026

(DD) DISCOVERY DAYS: FIND YOUR YOGA FLOW

5:30 AM \*HIKE: LEVEL 4 - HOLLIN BASIN  
4 hr 45 min • Outdoor Sports Lobby • Limit 12

\*DAWN QI GONG IN THE CANYON  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

\*BIKE RIDE: LEVEL 4 - HOHOKAM  
5 hr • Outdoor Sports Lobby • Limit 6

6:00 AM MORNING WALK  
45 min • Spa Lobby

MORNING WALK  
30 min • Spa Lobby

WILDLIFE PHOTOGRAPHY AT THE OASIS  
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

7:00 AM DD \*BOGA FITMAT® FITNESS CLINIC  
50 min • T-Pool • Limit 8 • \$80

8:00 AM \*HIKE: LEVEL 2 - HITCHCOCK OVERLOOK  
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

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

WEARABLE RESISTANCE TRAINING CLINIC  
1 hr • Studio 3 • Limit 8

9:30 AM \*HIKE: LEVEL 3 - PECK BASIN  
5 hr 15 min • Outdoor Sports Lobby • Limit 12

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

NEW THE SECOND BRAIN: HOW YOUR  
GUT SHAPES HEALTH

50 min • Catalina Room • CME

NUMEROLOGY: INTERPRETING THE  
NUMBERS OF NAMES

50 min • Cactus Room

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

DD \*THE POWER OF SOUND  
50 min • Sanctuary • Limit 15 • \$80

## COMPLIMENTARY HIKING & BIKING

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

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

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

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

- NOON**    **LUNCH & LEARN: GRILLED LIME SHRIMP**  
1 hr • Demo Kitchen • Limit 36
- BREATHING**  
20 min • Yoga Studio • Limit 30
- 1:00 PM**    **\*PILATES REFORMER CLINIC: BEGINNING**  
50 min • Pilates Studio • Limit 5 • \$80
- 2:00 PM**    **BOXER'S WORKOUT**  
45 min • Studio 3 • Limit 8
- DD PELVIC FLOOR YOGA**  
45 min • Yoga Studio • Limit 18
- CR STRENGTH**  
45 min • Golf Performance Center • Limit 10
- NEW STRENGTH LAB:  
AN INTERACTIVE SESSION**  
50 min • Cardio & Strength Gym • Limit 20
- 3:00 PM**    **BUFF BOOTY**  
45 min • Studio 1 • Limit 20
- WALLYBALL**  
45 min • Racquet Court 1
- DD YIN YOGA**  
45 min • Yoga Studio • Limit 20
- 4:00 PM**    **NEW CANYON RANCH 101**  
30 min • The Snug
- \*CEREMONIAL CACAO EXPERIENCE**  
1 hr 30 min • Sanctuary • Limit 12 • \$140
- \*PICKLEBALL CLINIC**  
50 min • Pickleball Court 1 • Limit 4 • \$80
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- DD YOGA NIDRA**  
45 min • Yoga Studio • Limit 20
- A MEDICAL APPROACH TO WEIGHT LOSS**  
50 min • Catalina Room • CME
- 4:30 PM**    **\*PHONE-TOGRAPHY**  
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 5:30 PM**    **DD NEW \*RESTORATIVE SOUND BATH**  
50 min • Yoga Studio • Limit 25 • \$80
- COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- 7:00 PM**    **TUCSON: UNESCO CITY OF GASTRONOMY**  
50 min • Catalina Room
- 7:45 PM**    **\*COSMIC JOURNEY WITH THE TELESCOPE**  
3 hr • Outdoor Sports Lobby • Limit 8 • \$140



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 27, 2026

(DD) DISCOVERY DAYS: FIND YOUR YOGA FLOW

- 5:00 AM \*SUNRISE YOGA IN THE WILD  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 5:30 AM \*HIKE: LEVEL 4 - FINGER ROCK  
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- \*SABINO CANYON WALK  
2 hr • Outdoor Sports Lobby • Limit 12
- 5:45 AM \*HIKE: LEVEL 3 - BRIDAL WREATH TRAIL  
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 6:00 AM MORNING WALK  
45 min • Spa Lobby
- MORNING WALK  
30 min • Spa Lobby
- \*BIRD WALK  
2 hr • Outdoor Sports Lobby • Limit 8
- \*BIKE RIDE: LEVEL 2 - CAFE RIDE  
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM \*PICKLEBALL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80
- DD KUNDALINI YOGA  
45 min • Yoga Studio • Limit 20
- 8:15 AM CENTERING MEDITATION  
25 min • Sanctuary • Limit 30
- \*HIKE: LEVEL 2 - BOX CAMP  
5 hr • Outdoor Sports Lobby • Limit 12
- 9:00 AM RHYTHM RIDE  
45 min • Golf Performance Center • Limit 12
- ROCKIN' RETRO  
45 min • Studio 1 • Limit 30
- STRIDE & STRENGTH  
45 min • Cardio & Strength Gym • Limit 14
- 10:00 AM PROPERTY TOUR  
45 min • Eucalyptus Circle
- \*PICKLEBALL DRILL CLINIC  
50 min • Pickleball Court 1 • Limit 4 • \$80
- H2O POWER  
45 min • T-Pool • Limit 24
- MUSCLE MAX  
45 min • Studio 3 • Limit 12
- DD STRETCH  
45 min • Yoga Studio • Limit 30
- SYMBOLIC NUMEROLOGY AND INTUITION  
50 min • Spa Lobby
- 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

## 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: BALSAMIC GLAZED SALMON</b> 1 hr • Demo Kitchen • Limit 36</p> <p><b>DD *AERIAL SWING YOGA CLINIC</b> 50 min • Studio 3 • Limit 5 • \$80</p> <p><b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$220</p>	4:00 PM	<p><b>NEW CANYON RANCH 101</b> 30 min • The Snug</p> <p><b>*PICKLEBALL CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80</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>
1:00 PM	<p><b>*GLUTE TRANSFORMATION-CLINIC</b> 50 min • Cardio &amp; Strength Gym • Limit 5 • \$80</p> <p><b>DD GYROKINESIS</b> 45 min • Yoga Studio • Limit 15</p> <p><b>ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS</b> 50 min • Sanctuary • CME</p>	4:30 PM	<p><b>*PHONE-TOGRAPHY</b> 2 hr • Outdoor Sports Lobby • Limit 6 • \$110</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>	5:30 PM	<p><b>DD A MEDICAL PERSPECTIVE ON LONGEVITY</b> 50 min • Catalina Room • CME</p> <p><b>*NEW 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>MINDSET FOR OPTIMUM PERFORMANCE</b> 50 min • Catalina Room • CME</p> <p><b>LEARNING SELF-REIKI</b> 50 min • Sanctuary</p> <p><b>GOOD VIBRATIONS</b> 45 min • Studio 2 • Limit 14</p> <p><b>DD INTERMEDIATE YOGA</b> 45 min • Yoga Studio • Limit 30</p> <p><b>PBF: POWER BLAST FITNESS</b> 45 min • Studio 3 • Limit 20</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>
		7:00 PM	<p><b>LIVING &amp; CREATING WITH REVERENCE</b> 50 min • Catalina Room</p>
		8:00 PM	<p><b>*NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION</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.

# THURSDAY May 28, 2026

(DD) DISCOVERY DAYS: FIND YOUR YOGA FLOW

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- |         |   |          |   |
|---------|---|----------|---|
| 5:30 AM | <b>*BIKE RIDE: LEVEL 3 - HONEYBEE LOOP</b><br>4 hr • Outdoor Sports Lobby • Limit 6   | 9:00 AM  | <b>FINDING CALM: EASTERN WISDOM FOR MODERN LIFE</b><br>50 min • Sanctuary<br><b>*CARDIO TENNIS CLINIC</b><br>50 min • Tennis Court 1 • Limit 8 • \$80   |
| 5:45 AM | <b>*HIKE: LEVEL 3 - BLACKETTS RIDGE</b><br>4 hr • Outdoor Sports Lobby • Limit 12   |          | <b>GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14  |
| 6:00 AM | <b>MORNING WALK</b><br>45 min • Spa Lobby<br><b>MORNING WALK</b><br>30 min • Spa Lobby<br><b>*HIKE: LEVEL 2 - VENTANA TRAIL</b><br>4 hr • Outdoor Sports Lobby • Limit 12<br><b>*ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$140<br><b>*HIGH ROPES CHALLENGE COURSE</b><br>3 hr • Outdoor Sports Lobby • Limit 8 • \$220 |          | <b>BOXER'S WORKOUT</b><br>45 min • Studio 3 • Limit 8<br><b>CYCLING</b><br>45 min • Golf Performance Center • Limit 12<br><b>NEW PILATES CIRCUIT CLINIC</b><br>50 min • Pilates Studio • Limit 5 • \$80   |
| 7:00 AM | <b>COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle<br><b>*BOGA FITMAT® FITNESS CLINIC</b><br>50 min • T-Pool • Limit 8 • \$80<br><b>DD YOGA NATURALLY</b><br>45 min • Flagstone Lawn • Limit 20  | 10:00 AM | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle<br><b>*PICKLEBALL DRILL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 8 • \$80<br><b>CARDIO CIRCUIT</b><br>45 min • Cardio & Strength Gym • Limit 20<br><b>H2O POWER</b><br>45 min • T-Pool • Limit 24             |
| 8:00 AM | <b>LANDSCAPE &amp; ECOLOGY WALK</b><br>50 min • Clubhouse Lobby • Limit 30<br><b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 8 • \$80<br><b>COFFEE WITH THE MEMBERSHIP TEAM</b><br>30 min • Eucalyptus Circle   |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30<br><b>*HIKE &amp; PAINT</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$110<br><b>SUPER STRENGTH CLINIC</b><br>1 hr • Studio 3 • Limit 8   |
| 8:15 AM | <b>CENTERING MEDITATION</b><br>25 min • Sanctuary • Limit 30  | 11:00 AM | <b>BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES</b><br>50 min • Catalina Room • CME<br><b>PBF: POWER BLAST FITNESS</b><br>45 min • Studio 3 • Limit 20<br><b>YOGA FOR DETOX</b><br>45 min • Yoga Studio • Limit 20<br><b>ZUMBA®</b><br>45 min • Studio 1 • Limit 30 |

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

NOON	LUNCH & LEARN: CRAB CAKES 1 hr • Demo Kitchen • Limit 36	4:00 PM	NEW CANYON RANCH 101 30 min • The Snug
	DD *AERIAL SWING YOGA CLINIC 50 min • Studio 3 • Limit 5 • \$80		*PICKLEBALL CLINIC 50 min • Pickleball Court 1 • Limit 8 • \$80
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		NEW QI GONG VOCAL HEALING SOUNDS PRACTICE 50 min • Private Fitness Studio 4 • Limit 6 • \$80
1:00 PM	ASK A PSYCHIC 50 min • Sanctuary		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	REST EASY — TIPS FOR A GOOD NIGHT'S SLEEP 50 min • Catalina Room	4:30 PM	*PHONE-TOGRAPHY 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:00 PM	CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 30
	DD 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-INT/ADV CLINIC 50 min • Pilates Studio • Limit 5 • \$80	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
3:00 PM	DD AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15	7:00 PM	THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 1 hr • Catalina Room
	BUFF BOOTY 45 min • Studio 1 • Limit 20	7:45 PM	*COSMIC JOURNEY WITH THE TELESCOPE 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	QI GONG AND YOGA 45 min • Yoga Studio • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		



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

# FRIDAY May 29, 2026

(DD) DISCOVERY DAYS: FIND YOUR YOGA FLOW  
(DD) DISCOVERY DAYS: THREE DESERT NIGHTS WITH KYLIE MORGAN

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- |          |  |          |   |
|----------|--|----------|---|
| 5:30 AM  | DD *SABINO CANYON WALK<br>2 hr • Outdoor Sports Lobby • Limit 12                   | 11:00 AM | EXPLORATION IN SOUL CONSCIOUSNESS<br>50 min • Catalina Room                     |
| 5:45 AM  | *HIKE: LEVEL 3 - MILAGROSA CANYON<br>4 hr 45 min • Outdoor Sports Lobby • Limit 12 |          | AQUA FIT<br>45 min • Aquatic Center • Limit 15                                  |
| 6:00 AM  | MORNING WALK<br>45 min • Spa Lobby   |          | CORE CONDITIONING<br>45 min • Studio 1 • Limit 20                               |
|          | MORNING WALK<br>30 min • Spa Lobby   |          | DD YOGA SCULPT<br>45 min • Yoga Studio • Limit 18                               |
|          | *BIKE RIDE: LEVEL 3 - SABINO CANYON<br>3 hr • Outdoor Sports Lobby • Limit 12      | NOON     | LUNCH & LEARN: ORANGE DIJON GLAZED MAHI<br>1 hr • Demo Kitchen • Limit 36       |
| 7:00 AM  | COWBOY COFFEE<br>1 hr 30 min • Eucalyptus Circle                                   |          | DD FITNESS FOR YOUR FEET<br>20 min • Studio 1 • Limit 20                        |
| 8:00 AM  | *PICKLEBALL CLINIC<br>50 min • Pickleball Court 1 • Limit 8 • \$80                 |          | CHAIR YOGA<br>45 min • Yoga Studio • Limit 20                                   |
|          | *HIKE: LEVEL 2 - SUNSET TRAIL<br>5 hr 30 min • Outdoor Sports Lobby • Limit 12     | 1:00 PM  | *GLUTE TRANSFORMATION-CLINIC<br>50 min • Cardio & Strength Gym • Limit 5 • \$80 |
| 9:00 AM  | WHEN SHOULDERS SPEAK:<br>PAIN DECODED & TREATED<br>50 min • Catalina Room • CME    |          | DD KUNDALINI YOGA<br>45 min • Yoga Studio • Limit 20                            |
|          | *TENNIS CLINIC<br>50 min • Tennis Court 1 • Limit 8 • \$80                         |          | *PILATES REFORMER CLINIC: BEGINNING<br>50 min • Pilates Studio • Limit 5 • \$80 |
|          | GLIDE AND BURN<br>45 min • Studio 1 • Limit 20                                     |          |   |
|          | DD INTERMEDIATE YOGA<br>45 min • Yoga Studio • Limit 30                            |          |   |
|          | TRX FUSION<br>45 min • Studio 3 • Limit 15   |          |   |
| 10:00 AM | PROPERTY TOUR<br>45 min • Eucalyptus Circle  |          |   |
|          | *PICKLEBALL DRILL CLINIC<br>50 min • Pickleball Court 1 • Limit 8 • \$80           |          |   |
|          | CARDIO CIRCUIT<br>45 min • Cardio & Strength Gym • Limit 20                        |          |   |
|          | H2O POWER<br>45 min • T-Pool • Limit 24  |          |   |
|          | STRETCH<br>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.

2:00 PM TAROT: THE 78 KEYS OF WISDOM  
50 min • Cactus Room

KETTLEBELL WORKOUT  
45 min • Studio 3 • Limit 12

LONG & LEAN BARRE WORKOUT  
45 min • Studio 2 • Limit 20

PELVIC FLOOR YOGA  
45 min • Yoga Studio • Limit 30

DD MINDFUL MANDALA DOT PAINTING  
1 hr 30 min • Art Studio 1 • Limit 12

3:00 PM DD NEW THE POWER OF MOVEMENT  
FOR LONGEVITY  
50 min • Catalina Room • CME

POSTURE & BALANCE  
45 min • Studio 1 • Limit 20

WALLYBALL  
45 min • Racquet Court 1

YIN YOGA  
45 min • Yoga Studio • Limit 20

4:00 PM BEYOND THE PHYSICAL: METAPHYSICAL 101  
50 min • Spa Lobby

NEW CANYON RANCH 101  
30 min • The Snug

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

DD MEDITATION  
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION  
25 min • Studio 2 • Limit 20

5:00 PM DD \*SPIRIT OF AGAVE: A TEQUILA  
TASTING EXPERIENCE  
1 hr • Javelina Cantina • Limit 6 • \$125

BREATHING  
20 min • Yoga Studio • Limit 30

DD CORE & MORE  
20 min • Studio 2 • Limit 16

5:30 PM \*SKY ISLAND SUNSET AND CITY LIGHTS TOUR  
3 hr • Outdoor Sports Lobby • Limit 6 • \$110

COMMUNITY TABLE  
1 hr • Vaquero • Limit 6

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

7:30 PM \*NIGHT VISION GOGGLES-  
SAGUARO NATIONAL PARK EDITION  
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

8:30 PM BINGO  
50 min • Pavilion

### HELD, HEARD, SUPPORTED

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



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

# SATURDAY May 30, 2026

(DD) DISCOVERY DAYS: [FIND YOUR YOGA FLOW](#)

(DD) DISCOVERY DAYS: [THREE DESERT NIGHTS WITH KYLIE MORGAN](#)

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- |         |   |          |   |
|---------|---|----------|---|
| 5:45 AM | <b>*HIKE: LEVEL 3 - PONTATOC RIDGE</b><br>4 hr 30 min • Outdoor Sports Lobby • Limit 12 | 10:00 AM | <b>NEW NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE</b><br>50 min • Catalina Room            |
| 6:00 AM | <b>MORNING WALK</b><br>45 min • Spa Lobby   |          | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle  |
|         | <b>MORNING WALK</b><br>30 min • Spa Lobby   |          | <b>*PICKLEBALL SKILL DEVELOPMENT CLINIC</b><br>1 hr 50 min • Pickleball Court 1 • Limit 8 • \$200 |
|         | <b>*HIKE: LEVEL 2 - PIMA CANYON</b><br>4 hr • Outdoor Sports Lobby • Limit 12           |          | <b>CORE CONDITIONING</b><br>45 min • Studio 1 • Limit 20  |
|         | <b>*BIRD WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 8                              |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24  |
| 7:00 AM | <b>DD COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle                              |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30   |
| 8:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 8 • \$80               |          | <b>*PILATES-AERIAL CLINIC</b><br>50 min • Studio 3 • Limit 5 • \$80                               |
| 8:15 AM | <b>CENTERING MEDITATION</b><br>25 min • Sanctuary • Limit 30                            |          | <b>*HIKE &amp; PAINT</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$110                         |
| 9:00 AM | <b>CYCLING</b><br>45 min • Golf Performance Center • Limit 12                           |          | <b>*KARTCHNER CAVERNS LIVING CAVE TOUR</b><br>5 hr • Outdoor Sports Lobby • Limit 6 • \$220       |
|         | <b>GLIDE AND BURN</b><br>45 min • Studio 1 • Limit 20                                   | 11:00 AM | <b>AQUA FIT</b><br>45 min • Aquatic Center • Limit 15   |
|         | <b>WATER WORKOUT</b><br>45 min • T-Pool • Limit 24                                      |          | <b>INTERMEDIATE YOGA</b><br>45 min • Yoga Studio • Limit 30                                       |
|         |   |          | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15   |
|         |   | NOON     | <b>*AERIAL SWING YOGA CLINIC</b><br>50 min • Studio 3 • Limit 5 • \$80                            |
|         |   |          | <b>BREATHING</b><br>20 min • Yoga Studio • Limit 30   |
|         |   | 1:00 PM  | <b>MEMBERSHIPS: CASUAL Q&amp;A</b><br>30 min • The Snug • Limit 20                                |
|         |   |          | <b>NEW SCIENTIFIC STUDIES IN MEDICINE</b><br>50 min • Catalina Room • CME                         |
|         |   |          | <b>PILATES MAT</b><br>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.

- |         |  |         |   |
|---------|--|---------|---|
| 2:00 PM | <b>ABOVE &amp; BELOW THE BELT</b><br>45 min • Studio 3 • Limit 20              | 5:00 PM | <b>BBQ NIGHT BY THE FLAGSTONE POOL</b><br>2 hr 30 min • Double U Café                                       |
|         | <b>CR STRENGTH</b><br>45 min • Golf Performance Center • Limit 10              | 5:30 PM | <b>*NEW RESTORATIVE SOUND BATH</b><br>50 min • Yoga Studio • Limit 25 • \$80                                |
|         | <b>HEART CHAKRA YOGA</b><br>45 min • Yoga Studio • Limit 30                    |         | <b>COMMUNITY TABLE</b><br>1 hr • Vaquero • Limit 6  |
| 3:00 PM | <b>VIPR SLAM</b><br>45 min • Studio 1 • Limit 20                               | 6:00 PM | <b>*CHEF'S SEASONAL SHOWCASE DINNER</b><br>2 hr • Demo Kitchen • Limit 25 • \$70                            |
|         | <b>WALLYBALL</b><br>45 min • Racquet Court 1                                   |         | <b>MAHJONG GAME NIGHT</b><br>2 hr • The Snug • Limit 8  |
|         | <b>YOGA FOUNDATIONS</b><br>45 min • Yoga Studio • Limit 30                     | 7:30 PM | <b>*NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION</b><br>3 hr • Outdoor Sports Lobby • Limit 8 • \$140 |
|         | <b>DD RAINBOW CRYSTAL SUNCATCHERS</b><br>1 hr 30 min • Art Studio 1 • Limit 10 |         | <b>DD SONGS UNDER THE STARS WITH KYLIE MORGAN</b><br>1 hr • Flagstone Lawn                                  |
| 4:00 PM | <b>NEW CANYON RANCH 101</b><br>30 min • The Snug                               |         |   |
|         | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 8 • \$80      |         |   |
|         | <b>RESTORATIVE YOGA</b><br>45 min • Yoga Studio • Limit 20                     |         |   |
|         | <b>STRETCH &amp; RELAXATION</b><br>25 min • Studio 2 • Limit 20                |         |   |
| 4:30 PM | <b>*PHONE-TOGRAPHY</b><br>2 hr • Outdoor Sports Lobby • Limit 6 • \$110        |         |   |

### 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).



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.

# SUNDAY May 31, 2026

(DD) DISCOVERY DAYS: FIND YOUR YOGA FLOW

(DD) DISCOVERY DAYS: THREE DESERT NIGHTS WITH KYLIE MORGAN

- |         |   |          |   |
|---------|---|----------|---|
| 5:30 AM | <b>*DAWN QI GONG IN THE CANYON</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110                   | 10:00 AM | <b>EXERCISE &amp; MENOPAUSE</b><br>50 min • Catalina Room • CME                       |
| 5:45 AM | <b>*HIKE: LEVEL 3 - BALANCED ROCK</b><br>4 hr 30 min • Outdoor Sports Lobby • Limit 12                |          | <b>PROPERTY TOUR</b><br>45 min • Eucalyptus Circle                                    |
| 6:00 AM | <b>MORNING WALK</b><br>45 min • Spa Lobby   |          | <b>CARDIO CIRCUIT</b><br>45 min • Cardio & Strength Gym • Limit 20                    |
|         | <b>MORNING WALK</b><br>30 min • Spa Lobby   |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24  |
|         | <b>*HIKE: LEVEL 2 - PHONELINE</b><br>4 hr • Outdoor Sports Lobby • Limit 12                           |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30                                     |
|         | <b>WILDLIFE PHOTOGRAPHY AT THE OASIS</b><br>3 hr • Outdoor Sports Lobby • Limit 6 • \$140             | 11:00 AM | <b>DD VINYASA FLOW WITH KYLIE MORGAN</b><br>45 min • Yoga Studio • Limit 30           |
|         | <b>*BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE</b><br>4 hr • Outdoor Sports Lobby • Limit 12         |          | <b>BLOOD FLOW RESTRICTION CLINIC</b><br>1 hr • Studio 3 • Limit 8                     |
| 7:00 AM | <b>DD COWBOY COFFEE</b><br>1 hr 30 min • Eucalyptus Circle  |          | <b>ZUMBA®</b><br>45 min • Studio 1 • Limit 30   |
| 8:00 AM | <b>*PICKLEBALL CLINIC</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                             |          | <b>*NEW READING THE LINES OF LIFE</b><br>1 hr 30 min • Cactus Room • Limit 10 • \$110 |
|         | <b>*AWAKEN THE QI: TAPPING INTO ENERGY FLOW</b><br>50 min • Private Fitness Studio 4 • Limit 6 • \$80 |          | <b>AQUA FIT</b><br>45 min • Aquatic Center • Limit 15                                 |
| 8:15 AM | <b>CENTERING MEDITATION</b><br>25 min • Sanctuary • Limit 30  |          |   |
| 9:00 AM | <b>ABOVE &amp; BELOW THE BELT</b><br>45 min • Studio 3 • Limit 20                                     |          |   |
|         | <b>BUTI MOVEMENT®</b><br>45 min • Yoga Studio • Limit 30  |          |   |
|         | <b>CYCLING</b><br>45 min • Golf Performance Center • Limit 12   |          |   |
| 9:30 AM | <b>*YOGA IN THE MOUNTAINS</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$140                        |          |   |

## 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.

- |         |  |         |  |
|---------|--|---------|--|
| 1:00 PM | <b>*PILATES REFORMER CLINIC: BEGINNING</b><br>50 min • Pilates Studio • Limit 5 • \$80 | 4:00 PM | <b>LOW BACK PAIN: MYTHS, SCIENCE &amp; SURPRISING TRUTHS</b><br>50 min • Catalina Room • CME |
|         | <b>QI GONG</b><br>45 min • Yoga Studio • Limit 30                                      |         | <b>NEW CANYON RANCH 101</b><br>30 min • The Snug   |
|         | <b>*PHONE-TOGRAPHY</b><br>2 hr • Outdoor Sports Lobby • Limit 6 • \$110                |         | <b>STRETCH &amp; RELAXATION</b><br>25 min • Studio 2 • Limit 20                              |
| 2:00 PM | <b>GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14                                 |         | <b>YOGA NIDRA</b><br>45 min • Yoga Studio • Limit 20   |
|         | <b>VIPR SLAM</b><br>45 min • Studio 1 • Limit 20                                       | 5:30 PM | <b>*NEW RESTORATIVE SOUND BATH</b><br>50 min • Yoga Studio • Limit 25 • \$80                 |
|         | <b>POWER STEP &amp; TONE</b><br>45 min • Golf Performance Center • Limit 12            |         | <b>COMMUNITY TABLE</b><br>1 hr • Vaquero • Limit 6   |
| 3:00 PM | <b>DRUMMING CIRCLE</b><br>45 min • Studio 1 • Limit 20                                 | 6:45 PM | <b>*MOON WALK</b><br>2 hr • Outdoor Sports Lobby • Limit 12 • \$80                           |
|         | <b>TRX FUSION</b><br>45 min • Studio 3 • Limit 15                                      | 8:30 PM | <b>DD BINGO</b><br>50 min • Pavilion   |
|         | <b>YIN YOGA</b><br>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.

# 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
- ⋯** 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.



Labyrinth