

RANCH SCHEDULE
JUNE 1-7, 2026

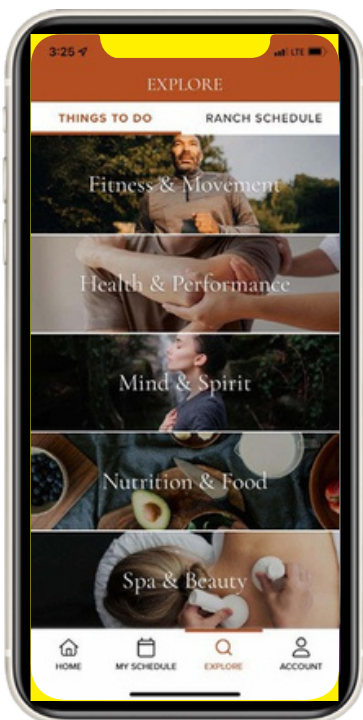


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

- Browse Our Ranch Schedule
- Add or Cancel Services
- Explore Things To Do
- Make Dinner Reservations

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon.–Sun. 7 – 9:30 a.m.

LUNCH: Mon.–Fri. 11:30 a.m. – 2 p.m.

DINNER: 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. – 5 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

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 | 50 min.

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 | 50 min.

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](https://www.canyonranch.com) FOR MORE UPCOMING EVENTS



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.

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



UPCOMING

SKY ISLAND ADVENTURE & HIKING WEEK

JUNE 15-21

The desert is calling. All week long, join us for outdoor adventures that celebrate the magic of Tucson's Sky Islands – isolated mountain ranges rising high above the desert floor, home to diverse plants, animals, and habitats. Here, desert gives way to pine forests, offering an awe-inspiring setting for exploration. Choose from a wide variety of expert-guided activities that inspire connection to nature, including hiking, rock climbing, biking, creative workshops, walking tours, meditations, and more.



UPCOMING

PILATES & STRENGTH WEEK

JUNE 8-14

Build strength and move with greater intention during this immersive week dedicated to Pilates and performance-based movement. Through a mix of Pilates, strength, and cardio classes, you'll build core stability, improve flexibility, and refine alignment. Between workouts, enjoy restorative stretch sessions, meditation, and opportunities for personalized guidance in private sessions. Along the way, explore the science of sustainable fitness through expert-led presentations that help you understand how to train smarter, recover effectively, and support long-term performance.



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.–6 p.m.

FEATURED TOOLS & TECH

NEUROSTIMULATION

Unwind with a Shiftwave zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

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 from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

HYPERICE & THERABODY®

Test out cutting-edge percussion and pneumatic compression therapy tools by 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)

PHILIPA ROBERTS



MONDAY, JUNE 1 -
TUESDAY, JUNE 2

Discover the simple, timeless, elegant, handmade jewelry by Philipa Roberts.

MYTH AND STONE



THURSDAY, JUNE 4 -
FRIDAY, JUNE 5

Join us for a two day trunk show with local artist, Myth and Stone. Equal parts fairytale and antique treasure, Meryl's work reflects the many ways she finds beauty in the world.

MONDAY

June 1, 2026

5:00 AM	DAWN QI GONG IN THE CANYON* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
5:30 AM	HIKE: LEVEL 4 - FORT LOWELL TRAIL SV* 5 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	BIKE RIDE: LEVEL 3 - COLOSSAL CAVE LOOP* 4 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
5:45 AM	HIKE: LEVEL 3 - BIGELOW PEAK* 6 hr • Outdoor Sports Lobby • Limit 12	10:30 AM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	11:00 AM	PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
6:00 AM	MORNING WALK 45 min • Spa Lobby		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	MORNING WALK 30 min • Spa Lobby		DJ DANCE PARTY 45 min • Studio 1 • Limit 30
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	NOON	LUNCH & LEARN: LOBSTER WITH SWEET CHILI GLAZE 1 hr • Demo Kitchen • Limit 36
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	1:00 PM	PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
8:30 AM	HIKE: LEVEL 2 - LEMMON PARK* 5 hr • Outdoor Sports Lobby • Limit 12		NEW INJURY-PROOF YOUR PROGRESS: KEY TO LASTING FITNESS 50 min • Catalina Room • CME
9:00 AM	BURNOUT & RESILIENCE 50 min • Catalina Room • CME		HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	CORE CONDITIONING 45 min • Studio 1 • Limit 20		
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		
	TRX STRONG 45 min • Studio 3 • Limit 15		

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

2:00 PM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20	5:00 PM	CORE & MORE 20 min • Studio 2 • Limit 16
	CHAIR YOGA 45 min • Yoga Studio • Limit 20		INTRODUCTION TO VEDIC ASTROLOGY 50 min • Cactus Room
	STRIDE 45 min • Cardio & Strength Gym • Limit 14		PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
3:00 PM	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	MUSCLE MAX 45 min • Studio 3 • Limit 12	6:30 PM	FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 20 • \$110
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20	7:00 PM	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220
4:00 PM	INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN 50 min • Spa Lobby • Limit 25		TUCSON: UNESCO CITY OF GASTRONOMY 50 min • Catalina Room
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20	8:00 PM	NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	NEW CANYON RANCH 101 30 min • The Snug		

FITNESS CLASS REMINDERS

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes past the start of class.
- Pace yourself. Choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.



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

TUESDAY June 2, 2026

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

BIKE RIDE: LEVEL 3 - ROCKING K*
4 hr • Outdoor Sports Lobby • Limit 6

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

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 2 - DOUGLAS SPRINGS*
4 hr 15 min • Outdoor Sports Lobby • Limit 12

HIKE: LEVEL 1 - LOWER SABINO*
3 hr • Outdoor Sports Lobby • Limit 12

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

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

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

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

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

8:15 AM 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

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

10:00 AM H2O POWER
45 min • T-Pool • Limit 24

MUSCLE MAX
45 min • Studio 3 • Limit 12

STRETCH
45 min • Yoga Studio • Limit 30

PROPERTY TOUR
45 min • Eucalyptus Circle

NEW AVOIDING THE CRASH:
HOW TO OPTIMIZE BLOOD SUGAR
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

NOON LUNCH & LEARN: POACHED SHRIMP
1 hr • Demo Kitchen • Limit 36

BREATHING
20 min • Yoga Studio • Limit 30

12:30 PM SKY ISLAND DISCOVERY TOUR*
3 hr • Outdoor Sports Lobby • Limit 6 • \$110

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

CHAIR YOGA
45 min • Yoga Studio • Limit 20

MEMBERSHIPS: CASUAL Q&A
30 min • The Snug • Limit 20

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|---------|---|---------|--|
| 2:00 PM | BOXER'S WORKOUT
45 min • Studio 3 • Limit 8 | 4:30 PM | PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby • Limit 6 • \$110 |
| | CR STRENGTH
45 min • Golf Performance Center • Limit 10 | 5:30 PM | COMMUNITY TABLE
1 hr • Vaquero • Limit 6 |
| | PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30 | 6:00 PM | PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | FOUNDATIONS OF STRENGTH
50 min • Catalina Room • CME | 6:30 PM | FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 20 • \$110 |
| 3:00 PM | BUFF BOOTY
45 min • Studio 1 • Limit 20 | 7:45 PM | COSMIC JOURNEY WITH THE TELESCOPE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140 |
| | WALLYBALL
45 min • Racquet Court 1 | | |
| | YIN YOGA
45 min • Yoga Studio • Limit 20 | | |
| | HOW TO MAKE EVERY DAY SACRED
50 min • Sanctuary | | |
| 4:00 PM | NEW CEREMONIAL CACAO EXPERIENCE*
1 hr 30 min • Sanctuary • Limit 12 • \$140 | | |
| | STRETCH & RELAXATION
25 min • Studio 2 • Limit 20 | | |
| | YOGA NIDRA
45 min • Yoga Studio • Limit 20 | | |
| | NEW CANYON RANCH 101
30 min • The Snug | | |
| | UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME | | |

CME ACCREDITATION

Did you know Canyon Ranch offers 2 AMA PRA Category 1 Credits™ every day?

If you are interested in taking advantage of this offering, please speak with a Guest Services Representative, Wellness Guide, or Health & Performance Patient Access Coordinator.



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

WEDNESDAY June 3, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

5:00 AM	SUNRISE YOGA IN THE WILD* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	H2O POWER 45 min • T-Pool • Limit 24
5:30 AM	HIKE: LEVEL 4 - BLACKETT'S RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		MUSCLE MAX 45 min • Studio 3 • Limit 12
	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	BIKE RIDE: LEVEL 2 - CAFE RIDE* 4 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 45 min • Eucalyptus Circle
5:45 AM	HIKE: LEVEL 3 - FT. LOWELL HILLS* 4 hr 45 min • Outdoor Sports Lobby • Limit 12		DD NEW HABITS FOR SUCCESS: LIFE BY DESIGN 50 min • Catalina Room • CME
6:00 AM	MORNING WALK 45 min • Spa Lobby		SYMBOLIC NUMEROLOGY AND INTUITION 50 min • Spa Lobby
	MORNING WALK 30 min • Spa Lobby	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary
	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8		CHAIR YOGA 45 min • Yoga Studio • Limit 20
8:00 AM	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20		TRX STRONG 45 min • Studio 3 • Limit 15
	MEDITATION HIKE* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		ZUMBA® 45 min • Studio 1 • Limit 30
	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	NOON	LUNCH & LEARN: TAHINI CHICKEN LETTUCE WRAPS 1 hr • Demo Kitchen • Limit 36
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
8:30 AM	HIKE: LEVEL 2 - PALISADES TRAIL* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
9:00 AM	ROCKIN' RETRO 45 min • Studio 1 • Limit 30	1:00 PM	GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		GYROKINESIS 45 min • Yoga Studio • Limit 15
	CYCLING 45 min • Golf Performance Center • Limit 12		DD ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS 50 min • Sanctuary • CME
	PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE* 50 min • Racquet Court 1 • Limit 4 • \$110		

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- 2:00 PM **KETTLEBELL WORKOUT**
45 min • Studio 3 • Limit 12
- LONG & LEAN BARRE WORKOUT**
45 min • Studio 2 • Limit 20
- STRIDE**
45 min • Cardio & Strength Gym • Limit 14
- PILATES REFORMER-INT/ADV CLINIC***
50 min • Pilates Studio • Limit 5 • \$80
- 3:00 PM **GOOD VIBRATIONS**
45 min • Studio 2 • Limit 14
- INTERMEDIATE YOGA**
45 min • Yoga Studio • Limit 30
- PBF: POWER BLAST FITNESS**
45 min • Studio 3 • Limit 20
- DD NEW MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE**
50 min • Catalina Room • CME
- 4:00 PM **RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 20
- STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- NEW CANYON RANCH 101**
30 min • The Snug
- 4:30 PM **PHONE-TOGRAPHY***
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 5:00 PM **DD A MEDICAL PERSPECTIVE ON LONGEVITY**
50 min • Catalina Room • CME
- PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 5:30 PM **NEW RESTORATIVE SOUND BATH**
50 min • Yoga Studio • Limit 25 • \$80
- COMMUNITY TABLE**
1 hr • Vaquero • Limit 6
- 6:00 PM **NEW CREATE YOUR OWN BAG CHARM**
1 hr 30 min • Art Studio 1 • Limit 15
- 8:00 PM **NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110



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THURSDAY June 4, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

5:30 AM	HIKE: LEVEL 4 - MILAGROSA LOOP* 5 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	BIKE RIDE: LEVEL 4 - HOHOKAM* 5 hr • Outdoor Sports Lobby • Limit 6		H2O POWER 45 min • T-Pool • Limit 24
5:45 AM	HIKE: LEVEL 3 - DOUGLAS/ROCK SPRINGS* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
6:00 AM	MORNING WALK 45 min • Spa Lobby		PROPERTY TOUR 45 min • Eucalyptus Circle
	MORNING WALK 30 min • Spa Lobby		ANGELS AMONG US 50 min • Cactus Room
	HIKE: LEVEL 2 - PHONELINE OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140		YOGA FOR DETOX 45 min • Yoga Studio • Limit 20
	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		ZUMBA® 45 min • Studio 1 • Limit 30
7:00 AM	BOGA FITMAT® FITNESS CLINIC* 50 min • T-Pool • Limit 8 • \$80		DD BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES 50 min • Catalina Room • CME
	SUNRISE YOGA 1 hr • Yoga Studio • Limit 30	NOON	LUNCH & LEARN: MONGOLIAN BBQ SALMON 1 hr • Demo Kitchen • Limit 36
8:00 AM	LANDSCAPE & ECOLOGY WALK 50 min • Clubhouse Lobby • Limit 30		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		CORE & MORE 20 min • Studio 2 • Limit 16
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
9:00 AM	BOXER'S WORKOUT 45 min • Studio 3 • Limit 8	1:00 PM	DD A MEDICAL APPROACH TO WEIGHT LOSS 50 min • Catalina Room • CME
	CYCLING 45 min • Golf Performance Center • Limit 12		
	ABOVE & BELOW THE BELT 45 min • Cardio & Strength Gym • Limit 20		
	DD WALKING MEDITATION 50 min • Sanctuary • CME		
	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		

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

- | | | | |
|---------|---|---------|--|
| 2:00 PM | CR STRENGTH
45 min • Golf Performance Center • Limit 10 | 5:00 PM | CANDLELIGHT YOGA
45 min • Yoga Studio • Limit 30 |
| | DESERT DRUMMING
45 min • Studio 2 • Limit 30 | | SIP AND SHOP
2 hr • The Boutique at Canyon Ranch |
| | SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio • Limit 20 | 5:15 PM | PICKLE & PLAY
50 min • Pickleball Court 1 • Limit 24 |
| | PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 5 • \$80 | 5:30 PM | COMMUNITY TABLE
1 hr • Vaquero • Limit 6 |
| 2:30 PM | JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • \$220 | 7:45 PM | COSMIC JOURNEY WITH THE TELESCOPE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140 |
| 3:00 PM | AN ART JOURNAL EXPERIENCE
1 hr 30 min • Art Studio 1 • Limit 15 | | |
| | BUFF BOOTY
45 min • Studio 1 • Limit 20 | | |
| | QI GONG AND YOGA
45 min • Yoga Studio • Limit 20 | | |
| | WALLYBALL
45 min • Racquet Court 1 | | |
| 4:00 PM | NEW QI GONG VOCAL HEALING SOUNDS PRACTICE*
50 min • Private Fitness Studio 4 • Limit 6 • \$80 | | |
| | STRETCH & RELAXATION
25 min • Studio 2 • Limit 20 | | |
| | NEW CANYON RANCH 101
30 min • The Snug | | |



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 June 5, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

- | | | | |
|---------|--|----------|--|
| 5:30 AM | HIKE: LEVEL 4 - PONTATOC TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12 | 10:00 AM | CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20 |
| | SABINO CANYON WALK*
2 hr • Outdoor Sports Lobby • Limit 12 | | H2O POWER
45 min • T-Pool • Limit 24 |
| 5:45 AM | HIKE: LEVEL 3 - VENTANA CANYON TRAIL*
4 hr 30 min • Outdoor Sports Lobby • Limit 12 | | STRETCH
45 min • Yoga Studio • Limit 30 |
| 6:00 AM | MORNING WALK
45 min • Spa Lobby | | PROPERTY TOUR
45 min • Eucalyptus Circle |
| | MORNING WALK
30 min • Spa Lobby | | DD PERSONALIZED NUTRITION
50 min • Catalina Room • CME |
| | CARDIO TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80 | NOON | LUNCH & LEARN:
TORTILLA CRUSTED CHICKEN
1 hr • Demo Kitchen • Limit 36 |
| 7:00 AM | PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80 | | CHAIR YOGA
45 min • Yoga Studio • Limit 20 |
| 8:00 AM | HIKE: LEVEL 2 - LEMMON CREEK*
6 hr 30 min • Outdoor Sports Lobby • Limit 12 | | FITNESS FOR YOUR FEET
20 min • Studio 1 • Limit 20 |
| | PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80 | 1:00 PM | GLUTE TRANSFORMATION-CLINIC*
50 min • Cardio & Strength Gym • Limit 5 • \$80 |
| 9:00 AM | GLIDE AND BURN
45 min • Studio 1 • Limit 20 | | PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 5 • \$80 |
| | INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30 | | KUNDALINI YOGA
45 min • Yoga Studio • Limit 20 |
| | TRX FUSION
45 min • Studio 3 • Limit 15 | | |
| | DD WEAR & TEAR TO REPAIR:
UNDERSTANDING ARTHRITIS
50 min • Catalina Room • CME | | |

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.

- 2:00 PM **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
- ASTROLOGY: BEYOND THE BASICS**
50 min • Cactus Room
- DYE YOUR OWN SILK SCARF**
2 hr 30 min • Art Studio 2 • Limit 6 • \$75
- 3:00 PM **WALLYBALL**
45 min • Racquet Court 1
- YIN YOGA**
45 min • Yoga Studio • Limit 20
- DD ZONE 2 AND YOU**
50 min • Catalina Room • CME
- GOOD VIBRATIONS**
45 min • Studio 2 • Limit 14
- 4:00 PM **MEDITATION**
25 min • Sanctuary • Limit 30
- STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- NEW CANYON RANCH 101**
30 min • The Snug
- 5:00 PM **BREATHING**
20 min • Yoga Studio • Limit 30
- 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
- 6:00 PM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 6:30 PM **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 10 • \$140
- 8:30 PM **BINGO**
50 min • Pavilion



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 June 6, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

-
- | | | | |
|---------|---|----------|--|
| 5:30 AM | HIKE: LEVEL 4 - FINGER ROCK SV*
4 hr 30 min • Outdoor Sports Lobby • Limit 12 | 10:00 AM | DD NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE
50 min • Catalina Room • CME |
| 5:45 AM | HIKE: LEVEL 3 - MCDUGAL RIDGE*
4 hr 45 min • Outdoor Sports Lobby • Limit 12 | | CORE CONDITIONING
45 min • Studio 1 • Limit 20 |
| 6:00 AM | MORNING WALK
45 min • Spa Lobby | | H2O POWER
45 min • T-Pool • Limit 24 |
| | MORNING WALK
30 min • Spa Lobby | | STRETCH
45 min • Yoga Studio • Limit 30 |
| | HIKE: LEVEL 2 - ESPERERO TRAIL*
3 hr 45 min • Outdoor Sports Lobby • Limit 12 | | PILATES-AERIAL CLINIC*
50 min • Studio 3 • Limit 5 • \$80 |
| | BIRD WALK*
2 hr • Outdoor Sports Lobby • Limit 8 | | PROPERTY TOUR
45 min • Eucalyptus Circle |
| | INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110 | | A CONVERSATION WITH DR. JESSICA SHEPHERD
50 min • Pavilion |
| | HIGH ROPES CHALLENGE COURSE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$220 | | HIKE & PAINT*
4 hr • Outdoor Sports Lobby • Limit 8 • \$110 |
| 7:00 AM | PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80 | | KARTCHNER CAVERNS LIVING CAVE TOUR*
5 hr • Outdoor Sports Lobby • Limit 6 • \$220 |
| 8:00 AM | PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80 | 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 | NOON | BREATHING
20 min • Yoga Studio • Limit 30 |
| | | | AERIAL SWING YOGA CLINIC*
50 min • Studio 3 • Limit 5 • \$80 |

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- 1:00 PM **PILATES MAT**
45 min • Yoga Studio • Limit 30
- MEMBERSHIPS: CASUAL Q&A**
30 min • The Snug • Limit 20
- DD NEW NEW SCIENTIFIC STUDIES IN MEDICINE**
50 min • Catalina Room • CME
- 2:00 PM **ABOVE & BELOW THE BELT**
45 min • Studio 3 • Limit 20
- CR STRENGTH**
45 min • Golf Performance Center • Limit 10
- HEART CHAKRA YOGA**
45 min • Yoga Studio • Limit 30
- DD GRIND, GRIT & GRACE**
50 min • Catalina Room • CME
- 3:00 PM **WALLYBALL**
45 min • Racquet Court 1
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 30
- THE ART OF ORIGAMI**
1 hr • Art Studio 1 • Limit 15
- 4:00 PM **RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 20
- STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- NEW CANYON RANCH 101**
30 min • The Snug
- 4:30 PM **PHONE-TOGRAPHY***
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 5:30 PM **NEW RESTORATIVE SOUND BATH***
50 min • Yoga Studio • Limit 25 • \$80
- COMMUNITY TABLE**
1 hr • Vaquero • Limit 6
- 6:00 PM **CHEF'S SEASONAL SHOWCASE DINNER***
2 hr • Demo Kitchen • Limit 25 • \$70
- MAHJONG GAME NIGHT**
2 hr • The Snug • Limit 8
- PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 7:00 PM **NEW HEALING THE HEART THROUGH SONG**
1 hr • Clubhouse Living Room • Limit 30
- 7:30 PM **NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION***
3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SUNDAY June 7, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

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

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

BIKE RIDE: LEVEL 2 -
RIVER PATH/MARKETPLACE*
4 hr • Outdoor Sports Lobby • Limit 12

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 2 - PONTATOC OVERLOOK*
4 hr • Outdoor Sports Lobby • Limit 12

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

7:00 AM PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • \$80

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

NEW AWAKEN THE QI:
TAPPING INTO ENERGY FLOW*
50 min • Private Fitness Studio 4 • Limit 6 • \$80

PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 2 • Limit 4 • \$80

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

DYNAMIC STRETCH
20 min • Studio 2 • Limit 20

8:30 AM YOGA IN THE MOUNTAINS*
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

9:00 AM AQUA ZUMBA
45 min • T-Pool • Limit 24

ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20

BUTI MOVEMENT®
45 min • Yoga Studio • Limit 30

10:00 AM **DD** THE SCIENCE OF WEIGHT LOSS
50 min • Catalina Room • CME

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

PROPERTY TOUR
45 min • Eucalyptus Circle

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

11:00 AM VINYASA FLOW
45 min • Yoga Studio

ZUMBA®
45 min • Studio 1 • Limit 30

NOON BREATHING
20 min • Yoga Studio • Limit 30

CORE & MORE
20 min • Studio 2 • Limit 16

1:00 PM QI GONG
45 min • Yoga Studio • Limit 30

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

FEMININE WISDOM: ASTROLOGY
& CRYSTAL ENERGY
50 min • Cactus Room

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 **GOOD VIBRATIONS**
45 min • Studio 2 • Limit 14
- POWER STEP & TONE**
45 min • Golf Performance Center • Limit 12
- VIPR SLAM**
45 min • Studio 1 • Limit 20
- DD MINDSET FOR OPTIMUM PERFORMANCE**
50 min • Catalina Room • CME
- 3:00 PM **DRUMMING CIRCLE**
45 min • Studio 1 • Limit 20
- TRX FUSION**
45 min • Studio 3 • Limit 15
- YIN YOGA**
45 min • Yoga Studio • Limit 20
- 4:00 PM **STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- YOGA NIDRA**
45 min • Yoga Studio • Limit 20
- NEW CANYON RANCH 101**
30 min • The Snug
- DD YOUR PATH TO PAIN-FREE KNEES**
50 min • Catalina Room • CME
- 5:30 PM **NEW RESTORATIVE SOUND BATH***
50 min • Yoga Studio • Limit 25 • \$80
- COMMUNITY TABLE**
1 hr • Vaquero • Limit 6
- 6:00 PM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:30 PM **BINGO**
50 min • Pavilion

THE MORE, THE MERRIER

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

Contact GroupLeadsTucson@canyonranch.com.



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

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 Charging Station
- ❄️** Ice Machine
- S** Smoking Area
- 🚶** 2-Mile Loop
- 🚶➡️** 2-Mile Loop Start

RESTROOMS

Located in the Clubhouse, Spa, Center for Life Enhancement, Aquatic Center, Health & Performance & Spiritual Wellness, near the Demo Kitchen, and in the Double U Café.

