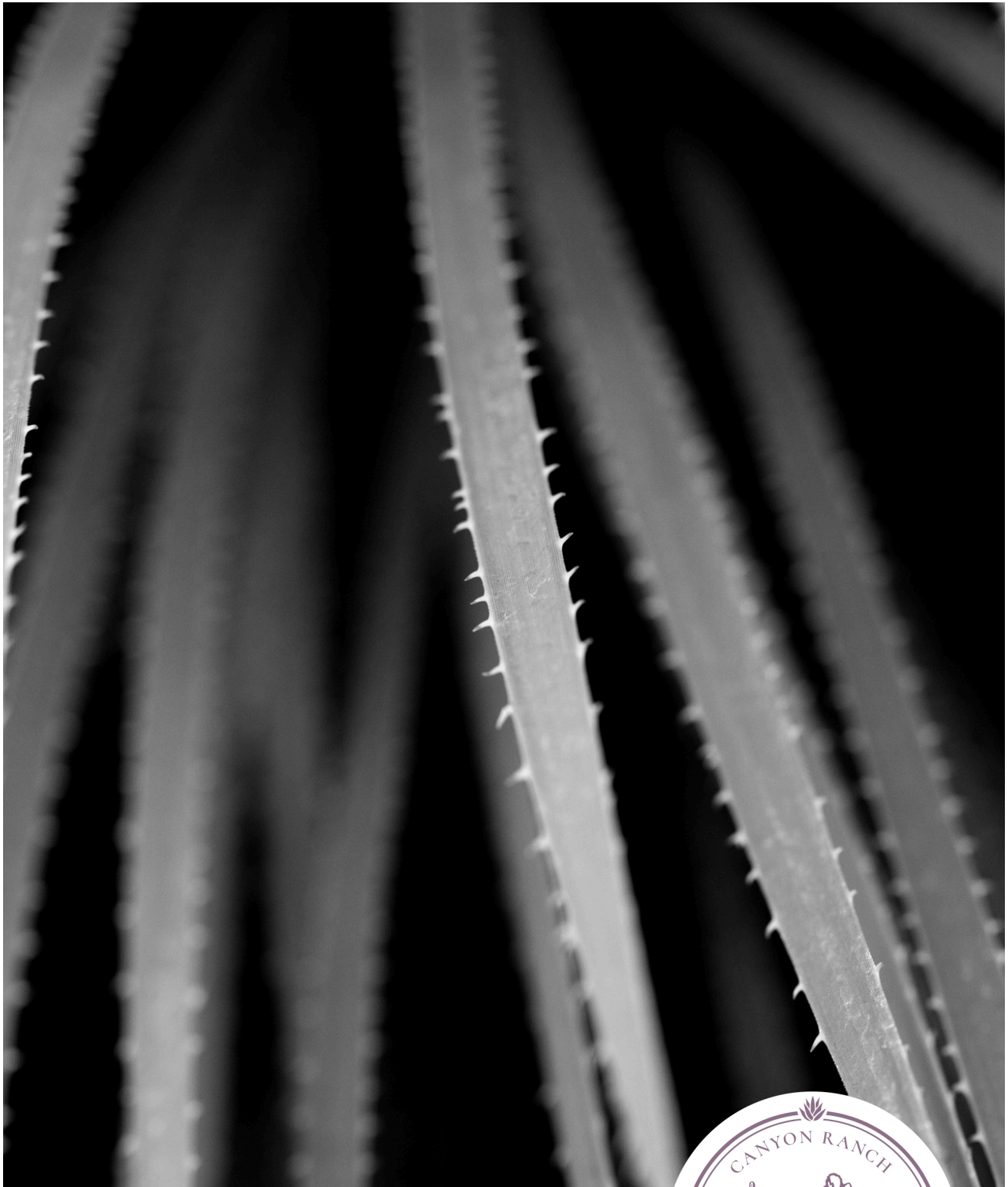


RANCH SCHEDULE
JUNE 8-14, 2026

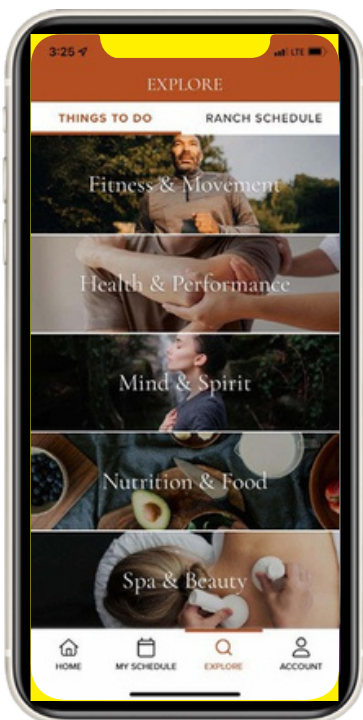


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

LUNCH: Mon. – Fri. 11:30 a.m. – 2 p.m.

DINNER: 5 – 8 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

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



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.

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

MAHJONG + MINDFULNESS RETREAT

AUGUST 9-11

Join the instructors of the Gold Coast Mahjong Club for a three-day Mahjong retreat focused on learning, strategy, and connection. Open to all experience levels, the program includes expert-led instruction, fully appointed mahjong sets, and premium tables for seamless play. Move from foundational skills to more advanced strategy sessions and guided social games, building confidence and refining your approach along the way. Balanced with Canyon Ranch's signature wellness experiences, this retreat offers the perfect blend of mental stimulation, social connection, and relaxation.



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)



NINE DAUGHTERS OF EARTH

SUNDAY, JUNE 14-
MONDAY, JUNE 15

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 June 8, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

- 5:00 AM **DAWN QI GONG IN THE CANYON***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 5:30 AM **HIKE: LEVEL 4 - BOX CAMP***
6 hr 30 min • Outdoor Sports Lobby • Limit 12
- SABINO CANYON WALK***
2 hr • Outdoor Sports Lobby • Limit 12
- BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH***
3 hr 30 min • Outdoor Sports Lobby • Limit 12
- 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
- 7:00 AM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:00 AM **PICKLEBALL DRILL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- CARDIO TENNIS CLINIC***
50 min • Tennis Court 1 • Limit 8 • \$80
- 8:15 AM **CENTERING MEDITATION**
25 min • Sanctuary • Limit 30
- HIKE: LEVEL 3 - CRYSTAL SPRINGS***
6 hr • Outdoor Sports Lobby • Limit 12
- 8:30 AM **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
- DD CORE CONDITIONING**
45 min • Studio 1 • Limit 20
- DESERT DRUMMING**
45 min • Studio 2 • Limit 30
- TRX STRONG**
45 min • Studio 3 • Limit 15
- PROPERTY TOUR**
30 min • Eucalyptus Circle
- 10:00 AM **CARDIO CIRCUIT**
45 min • Cardio & Strength Gym • Limit 20
- H2O POWER**
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 **PEDAL, LIFT, FLOW**
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT**
45 min • Yoga Studio • Limit 18
- DJ DANCE PARTY**
45 min • Studio 1 • Limit 30
- VORTEXES AND SACRED SITES**
50 min • Cactus Room
- NOON **AERIAL SWING YOGA CLINIC***
50 min • Studio 3 • Limit 5 • \$80
- 1:00 PM **YES, AND: THE SACRED PLAY OF IMPROV**
50 min • Sanctuary • CME
- PILATES REFORMER CLINIC: BEGINNING***
50 min • Pilates Studio • Limit 5 • \$80
- DD PILATES FOR BALANCE**
45 min • Studio 1 • Limit 18
- HIKE & PAINT***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

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 | | PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | STRIDE 45 min • Cardio & Strength Gym • Limit 14 | 5:30 PM | COMMUNITY TABLE 1 hr • Vaquero • Limit 6 |
| 3:00 PM | LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20 | 6:30 PM | DD FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 20 • \$110 |
| | MUSCLE MAX 45 min • Studio 3 • Limit 12 | 7:00 PM | NIGHT SKY WALK* 2 hr • Outdoor Sports Lobby • Limit 12 • \$80 |
| | DD POSTURE & BALANCE 45 min • Studio 1 • Limit 20 | | 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 | | THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 1 hr • Catalina Room |
| | NEW CANYON RANCH 101 30 min • The Snug | 8:00 PM | NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 |
| | RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20 | | |
| | STRETCH & RELAXATION 25 min • Studio 2 • Limit 20 | | |
| | FOOD AS MEDICINE IN AYURVEDA 50 min • Cactus Room | | |
| | THE ART OF WATERCOLORS: BASIC TECHNIQUE 1 hr 30 min • Art Studio 1 • Limit 15 | | |



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 9, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

5:30 AM HIKE: LEVEL 4 - ESPERERO/LIPSTICK*
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

BIKE RIDE: LEVEL 3 - HONEYBEE LOOP*
4 hr • Outdoor Sports Lobby • Limit 6

5:45 AM HIKE: LEVEL 3 - BLACKETTS RIDGE*
default • Outdoor Sports Lobby • Limit 12

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 2 - PIMA CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

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

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 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

PROPERTY TOUR
30 min • Eucalyptus Circle

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

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

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

CHAIR YOGA
45 min • Yoga Studio • Limit 20

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 **BOXER'S WORKOUT**
45 min • Studio 3 • Limit 8
- CR STRENGTH**
45 min • Golf Performance Center • Limit 10
- PELVIC FLOOR YOGA**
45 min • Yoga Studio • Limit 30
- 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
- YIN YOGA**
45 min • Yoga Studio • Limit 20
- 4:00 PM **NEW CEREMONIAL CACAO EXPERIENCE***
1 hr 30 min • Sanctuary • Limit 12 • \$140
- NEW CANYON RANCH 101**
30 min • The Snug
- DD STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- 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 **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
- 7:45 PM **COSMIC JOURNEY WITH THE TELESCOPE***
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

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!



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 10, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

5:00 AM **SUNRISE YOGA IN THE WILD***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

5:30 AM **HIKE: LEVEL 4 - MILAGROSA LOOP***
5 hr • Outdoor Sports Lobby • Limit 12

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

BIKE RIDE: LEVEL 2 - CAFE RIDE*
4 hr • 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

8:00 AM **KUNDALINI YOGA**
45 min • Yoga Studio • Limit 20

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

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

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

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

9:00 AM **CYCLING**
45 min • Golf Performance Center • Limit 12

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

STRIDE
45 min • Cardio & Strength Gym • Limit 14

PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE*
50 min • Racquet Court 1 • Limit 4 • \$110

COFFEE CHAT WITH A CR NUTRITIONIST
50 min • Double U Cafe

PROPERTY TOUR
30 min • Eucalyptus Circle

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

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN
50 min • Catalina Room • CME

SYMBOLIC NUMEROLOGY AND INTUITION
50 min • Spa Lobby

11:00 AM **CHAIR YOGA**
45 min • Yoga Studio • Limit 20

TRX STRONG
45 min • Studio 3 • Limit 15

ZUMBA®
45 min • Studio 1 • Limit 30

COMPASSION CIRCLE FOR GRIEF & GRATITUDE
50 min • Sanctuary

NOON **LUNCH & LEARN: RED CHILI & LIME GRILLED SEA BASS**
1 hr • Demo Kitchen • Limit 36

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 **GYROKINESIS**
45 min • Yoga Studio • Limit 15

GLUTE TRANSFORMATION-CLINIC*
50 min • Cardio & Strength Gym • Limit 5 • \$80

ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS
50 min • Sanctuary • CME

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 | 5:00 PM | A MEDICAL PERSPECTIVE ON LONGEVITY 50 min • Catalina Room • CME |
| | LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20 | | PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | STRIDE 45 min • Cardio & Strength Gym • Limit 14 | 5:30 PM | NEW RESTORATIVE SOUND BATH* 50 min • Yoga Studio • Limit 25 • \$80 |
| | DD PILATES REFORMER-INT/ADV CLINIC* 50 min • Pilates Studio • Limit 5 • \$80 | | COMMUNITY TABLE 1 hr • Vaquero • Limit 6 |
| 3:00 PM | GOOD VIBRATIONS 45 min • Studio 2 • Limit 14 | 6:00 PM | NEW CREATE YOUR OWN BAG CHARM 1 hr 30 min • Art Studio 1 • Limit 15 |
| | INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30 | 7:00 PM | LIVING & CREATING WITH REVERENCE 50 min • Cactus Room |
| | PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20 | 8:00 PM | NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 |
| 4:00 PM | 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 | | |
| 4:30 PM | PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110 | | |

CME ACCREDITATION

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

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



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 June 11, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

| | | | |
|---------|--|----------|---|
| 5:30 AM | BIKE RIDE: LEVEL 4 - ROCKING COBBLER* 4 hr • Outdoor Sports Lobby • Limit 6 | 10:00 AM | CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20 |
| 5:45 AM | HIKE: LEVEL 3 - PONTATOC RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12 | | H2O POWER 45 min • T-Pool • Limit 24 |
| 6:00 AM | MORNING WALK 45 min • Spa Lobby | | STRETCH 45 min • Yoga Studio • Limit 30 |
| | MORNING WALK 30 min • Spa Lobby | | THE SIXTH SENSE: HARNESSING YOUR INTUITION 50 min • Cactus Room |
| | HIKE: LEVEL 2 - GARWOOD DAM LOOP* 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 | | DD 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 | | NEW NUTRITION MYTHS AND NUTRIENTS FOR AGING 50 min • Catalina Room |
| | SUNRISE YOGA 1 hr • Yoga Studio • Limit 30 | NOON | LUNCH & LEARN: JERK CHICKEN 1 hr • Demo Kitchen • Limit 36 |
| | PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 | | DD CORE & MORE 20 min • Studio 2 • Limit 16 |
| 8:00 AM | LANDSCAPE & ECOLOGY WALK 50 min • Clubhouse Lobby • Limit 30 | | FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20 |
| | NEW COFFEE WITH THE MEMBERSHIP TEAM 30 min • Eucalyptus Circle | | AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80 |
| | CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80 | | HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110 |
| 8:15 AM | CENTERING MEDITATION 25 min • Sanctuary • Limit 30 | 1:00 PM | NEW PILATES CIRCUIT CLINIC* 50 min • Pilates Studio • Limit 5 • \$80 |
| 9:00 AM | AQUA ZUMBA 45 min • T-Pool • Limit 24 | | |
| | BOXER'S WORKOUT 45 min • Studio 3 • Limit 8 | | |
| | CYCLING 45 min • Golf Performance Center • Limit 12 | | |
| | WALKING MEDITATION 50 min • Sanctuary • CME | | |
| | PROPERTY TOUR 30 min • Eucalyptus Circle | | |

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 **DD CR STRENGTH**
45 min • Golf Performance Center • Limit 10

DESERT DRUMMING
45 min • Studio 2 • Limit 30

SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio • Limit 20

2:30 PM **JEEP ADVENTURE***
4 hr • Outdoor Sports Lobby • Limit 3 • \$220

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 CANYON RANCH 101**
30 min • The Snug

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

**NEW QI GONG VOCAL
HEALING SOUNDS PRACTICE***
50 min • Private Fitness Studio 4 • Limit 6 • \$80

5:00 PM **SIP AND SHOP**
2 hr • The Boutique at Canyon Ranch

CANDLELIGHT YOGA
45 min • Yoga Studio

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

7:00 PM **NEW AN EVENING OF SOUND:
MUSICAL PRAYERPERFORMANCE**
50 min • Sanctuary

7:45 PM **COSMIC JOURNEY WITH THE TELESCOPE***
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

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.

FRIDAY June 12, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

| | | | |
|----------|---|----------|---|
| 5:30 AM | HIKE: LEVEL 4 - FORT LOWELL TRAIL SV* 5 hr • Outdoor Sports Lobby • Limit 12 | 11:00 AM | AQUA FIT 45 min • Aquatic Center • Limit 15 |
| | SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12 | | CORE CONDITIONING 45 min • Studio 1 • Limit 20 |
| 5:45 AM | HIKE: LEVEL 3 - ROCK SPRINGS TRAIL* 5 hr • Outdoor Sports Lobby • Limit 12 | | YOGA SCULPT 45 min • Yoga Studio • Limit 18 |
| 6:00 AM | MORNING WALK 45 min • Spa Lobby | | EXPLORATION IN SOUL CONSCIOUSNESS 50 min • Cactus Room |
| | MORNING WALK 30 min • Spa Lobby | NOON | LUNCH & LEARN: HERB GRILLED SHRIMP 1 hr • Demo Kitchen • Limit 36 |
| | CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80 | | CHAIR YOGA 45 min • Yoga Studio • Limit 20 |
| 7:00 AM | PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 | | FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20 |
| 8:00 AM | PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 | 1:00 PM | GLUTE TRANSFORMATION CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80 |
| 8:15 AM | HIKE: LEVEL 2 - LEMMON PARK* 5 hr • Outdoor Sports Lobby • Limit 12 | | KUNDALINI YOGA 45 min • Yoga Studio • Limit 20 |
| 9:00 AM | GLIDE AND BURN 45 min • Studio 1 • Limit 20 | | DD PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80 |
| | INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30 | | THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Catalina Room |
| | TRX FUSION 45 min • Studio 3 • Limit 15 | | |
| | WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME | | |
| | PROPERTY TOUR 30 min • Eucalyptus Circle | | |
| 10:00 AM | 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 | | |

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- | | | | |
|---------|---|---------|---|
| 2:00 PM | KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12 | 5:00 PM | DD BREATHING 20 min • Yoga Studio • Limit 30 |
| | PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30 | | CORE & MORE 20 min • Studio 2 • Limit 16 |
| | LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20 | 5:30 PM | COMMUNITY TABLE 1 hr • Vaquero • Limit 6 |
| | VENUS, THE PLANET OF LOVE & MONEY 50 min • Cactus Room | | SKY ISLAND SUNSET AND CITY LIGHTS TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$110 |
| | MINDFUL MANDALA DOT PAINTING 1 hr 30 min • Art Studio 1 • Limit 12 | 6:00 PM | PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| 3:00 PM | DD POSTURE & BALANCE 45 min • Studio 1 • Limit 20 | 6:30 PM | DD FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 20 • \$110 |
| | WALLYBALL 45 min • Racquet Court 1 | 7:30 PM | NIGHT VISION GOGGLES- SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140 |
| | YIN YOGA 45 min • Yoga Studio • Limit 20 | 8:30 PM | BINGO 50 min • Pavilion |
| | NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE 50 min • Catalina Room • CME | | |
| 4:00 PM | NEW CANYON RANCH 101 30 min • The Snug | | |
| | MEDITATION 25 min • Sanctuary • Limit 30 | | |
| | STRETCH & RELAXATION 25 min • Studio 2 • 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.

SATURDAY June 13, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

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- | | | | |
|---------|---|----------|---|
| 5:30 AM | HIKE: LEVEL 4 - SOLDIER TRAIL* 5 hr • Outdoor Sports Lobby • Limit 12 | 10:00 AM | PERSONALIZED NUTRITION 50 min • Catalina Room • CME |
| 5:45 AM | HIKE: LEVEL 3 - FINGER ROCK* 4 hr • 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 | | DD STRETCH 45 min • Yoga Studio • Limit 30 |
| | HIKE: LEVEL 2 - VENTANA TRAIL* 4 hr • Outdoor Sports Lobby • Limit 12 | | HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110 |
| | INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 | | KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220 |
| | BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8 | 11:00 AM | AQUA FIT 45 min • Aquatic Center • Limit 15 |
| | HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220 | | INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30 |
| 8:15 AM | DD CENTERING MEDITATION 25 min • Sanctuary • Limit 30 | | TRX STRONG 45 min • Studio 3 • Limit 15 |
| 9:00 AM | ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20 | NOON | BREATHING 20 min • Yoga Studio • Limit 30 |
| | GLIDE AND BURN 45 min • Studio 1 • Limit 20 | | AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80 |
| | WATER WORKOUT 45 min • T-Pool • Limit 24 | 1:00 PM | PILATES MAT 45 min • Yoga Studio • Limit 30 |
| | PROPERTY TOUR 30 min • Eucalyptus Circle | | |

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 **GRIND, GRIT & GRACE**
50 min • Catalina Room • CME
- 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
- 3:00 PM **VIPR SLAM**
45 min • Studio 1 • Limit 20
- WALLYBALL**
45 min • Racquet Court 1
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 30
- RAINBOW CRYSTAL SUNCATCHERS**
1 hr 30 min • Art Studio 1 • Limit 10
- 4:00 PM **NEW CANYON RANCH 101**
30 min • The Snug
- RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 20
- DD STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- 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
- 6:00 PM **CHEF'S SEASONAL SHOWCASE DINNER***
2 hr • Demo Kitchen • Limit 25 • \$70
- MAHJONG GAME NIGHT**
2 hr • The Snug • Limit 8
- 7:30 PM **NIGHT VISION GOGGLES-
SAGUARO NATIONAL PARK EDITION***
3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SUNDAY June 14, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH WEEK

| | | | |
|----------|---|----------|---|
| 5:45 AM | HIKE: LEVEL 3 - BALANCED ROCK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12 | 11:00 AM | AQUA FIT 45 min • Aquatic Center • Limit 15 |
| | BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE* 4 hr • Outdoor Sports Lobby • Limit 12 | | VINYASA FLOW 45 min • Yoga Studio |
| 6:00 AM | MORNING WALK 45 min • Spa Lobby | | ZUMBA® 45 min • Studio 1 • Limit 30 |
| | MORNING WALK 30 min • Spa Lobby | NOON | CORE & MORE 20 min • Studio 2 • Limit 16 |
| | HIKE: LEVEL 2 - PHONELINE* 4 hr • Outdoor Sports Lobby • Limit 12 | 1:00 PM | QI GONG 45 min • Yoga Studio • Limit 30 |
| | WILDLIFE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140 | | PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80 |
| 7:00 AM | NIGHT SKY WALK* 2 hr • Outdoor Sports Lobby • Limit 12 • \$80 | | ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH 50 min • Cactus Room |
| 8:00 AM | DD NEW AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Private Fitness Studio 4 • Limit 6 • \$80 | | |
| 9:00 AM | ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20 | | |
| | BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30 | | |
| | CYCLING 45 min • Golf Performance Center • Limit 12 | | |
| | PROPERTY TOUR 30 min • Eucalyptus Circle | | |
| 10:00 AM | EXERCISE & MENOPAUSE 50 min • Catalina Room • CME | | |
| | 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 | | |

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 **DD** GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

POWER FLOW
45 min • Yoga Studio • Limit 30

VIPR SLAM
45 min • Studio 1 • Limit 20

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 **NEW** CANYON RANCH 101
30 min • The Snug

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA NIDRA
45 min • Yoga Studio • Limit 20

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

5:30 PM **NEW** RESTORATIVE SOUND BATH*
50 min • Mohave Gym • Limit 25 • \$80

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

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 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.

