

RANCH SCHEDULE  
JUNE 15-21, 2026



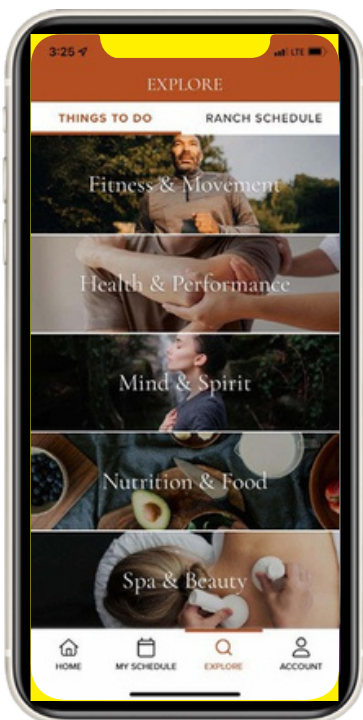
This schedule belongs to:

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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



CANYON RANCH.

## USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

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

DINNER: 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



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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.**

WELCOME

# 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



## SKY ISLAND ADVENTURE AND 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.

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



## COSMIC CONNECTIONS

**JUNE 22-28**

Join us for this special week of spiritual exploration and self-discovery experiences guided by experts, ranging from clairvoyants to astrologers, psychics, and spiritual wellness guides. A range of services invite you to learn how your birth time and place – along with the movements of the sun, moon, and planets – shape your life through Western and Vedic astrology. Explore tarot cards, Vedic palmistry, lunar astrology, crystals, psychic readings, 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



**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.

## DEE BERKLEY



**WEDNESDAY, JUNE 17 -  
THURSDAY, JUNE 18**

Experience this women- owned and operated jewelry brand handcrafted in Las Vegas, creating colorful, meaningful pieces that spark pure happiness. Each design features genuine stones, curated with intention, one bead at a time.

# MONDAY June 15, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

- |          |  |          |   |
|----------|--|----------|---|
| 5:00 AM  | <b>DAWN QI GONG IN THE CANYON*</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110            | 11:00 AM | <b>DJ DANCE PARTY</b><br>45 min • Studio 1 • Limit 30   |
| 5:30 AM  | <b>SABINO CANYON WALK*</b><br>2 hr • Outdoor Sports Lobby • Limit 12                           |          | <b>PEDAL, LIFT, FLOW</b><br>1 hr • Golf Performance Center • Limit 12                           |
| 5:45 AM  | <b>HIKE: LEVEL 3 -<br/>ESPERERO OVERLOOK*</b><br>4 hr 15 min • Outdoor Sports Lobby • Limit 12 |          | <b>YOGA SCULPT</b><br>45 min • Yoga Studio • Limit 18   |
|          | <b>INTUITIVE ARCHERY*</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110                     |          | <b>EMPOWERING INTENTION: LUNAR<br/>ASTROLOGY &amp; CRYSTALS</b><br>50 min • Cactus Room         |
| 6:00 AM  | <b>MORNING WALK</b><br>45 min • Spa Lobby  | NOON     | <b>AERIAL SWING YOGA CLINIC*</b><br>50 min • Studio 3 • Limit 5 • \$80                          |
|          | <b>MORNING WALK</b><br>30 min • Spa Lobby  |          | <b>KARTCHNER CAVERNS<br/>LIVING CAVE TOUR*</b><br>5 hr • Outdoor Sports Lobby • Limit 6 • \$220 |
|          | <b>DD ROCK CLIMBING NATURALLY*</b><br>5 hr • Outdoor Sports Lobby • Limit 6 • \$400            | 1:00 PM  | <b>MENOPAUSE:<br/>A RITUAL FOR TRANSITION</b><br>50 min • Sanctuary                             |
| 8:00 AM  | <b>HIKE: LEVEL 2 -<br/>PALISADES TRAIL*</b><br>4 hr 30 min • Outdoor Sports Lobby • Limit 12   |          | <b>PILATES REFORMER CLINIC: BEGINNING*</b><br>50 min • Pilates Studio • Limit 5 • \$80          |
| 8:15 AM  | <b>DYNAMIC STRETCH</b><br>20 min • Yoga Studio • Limit 20                                      |          | <b>PILATES FOR BALANCE</b><br>45 min • Studio 1 • Limit 18                                      |
| 9:00 AM  | <b>CORE CONDITIONING</b><br>45 min • Studio 1 • Limit 20                                       |          | <b>HIKE &amp; PAINT*</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$110                       |
|          | <b>DESERT DRUMMING</b><br>45 min • Studio 2 • Limit 30   |          |   |
|          | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15  |          |   |
|          | <b>EXPLORING NARCISSISM</b><br>50 min • Catalina Room • CME                                    |          |   |
|          | <b>PROPERTY TOUR</b><br>30 min • Eucalyptus Circle   |          |   |
| 10:00 AM | <b>CARDIO CIRCUIT</b><br>45 min • Cardio & Strength Gym • Limit 20                             |          |   |
|          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24   |          |   |
|          | <b>STRETCH</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 **TRX STRONG**  
45 min • Studio 3 • Limit 12
- NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE\***  
50 min • Studio 4 • Limit 12 • \$80
- SACRAL CHAKRA HIP OPENING**  
45 min • Yoga Studio • Limit 20
- STRIDE**  
45 min • Cardio & Strength Gym • Limit 14
- 2:30 PM **JEEP ADVENTURE\***  
4 hr • Outdoor Sports Lobby • Limit 3 • \$220
- 3:00 PM **NEW PILATES CIRCUIT CLINIC\***  
50 min • Pilates Studio • Limit 5 • \$80
- 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
- MEDITATION**  
25 min • Sanctuary • Limit 30
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- 5:00 PM **CORE & MORE**  
20 min • Studio 2 • Limit 16
- FITNESS FOR YOUR FEET**  
20 min • Studio 1 • Limit 20
- INTRODUCTION TO VEDIC ASTROLOGY**  
50 min • Cactus Room
- 5:30 PM **COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- 6:30 PM **FLOATING SOUND MEDITATION CLINIC\***  
50 min • T-Pool • Limit 20 • \$110
- 8:00 PM **DD NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION\***  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

### 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.

# TUESDAY June 16, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

5:30 AM **HIKE: LEVEL 4 - FORT LOWELL TRAIL SV\***  
5 hr 30 min • Outdoor Sports Lobby • Limit 12

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

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

**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

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

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

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

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

**WATER WORKOUT**  
45 min • T-Pool • Limit 24

**HIKE: LEVEL 3 - BUTTERFLY\***  
5 hr 30 min • Outdoor Sports Lobby • Limit 12

**PROPERTY TOUR**  
30 min • Eucalyptus Circle

10:00 AM **NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH\***  
50 min • Studio 3 • Limit 8 • \$80

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

**STRETCH**  
45 min • Yoga Studio • Limit 30

**NEW AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR**  
50 min • Catalina Room • CME

**CORE CONDITIONING**  
45 min • Studio 1 • Limit 20

11:00 AM **THE POWER OF SOUND\***  
50 min • Sanctuary • Limit 15 • \$80

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

**TRX FUSION**  
45 min • Studio 3 • Limit 15

**VIPR SLAM**  
45 min • Studio 1 • Limit 20

NOON **BREATHING**  
20 min • Yoga Studio • Limit 30

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

1:00 PM **MEMBERSHIPS: CASUAL Q&A**  
30 min • The Snug • Limit 20

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

**DD SKY ISLAND DISCOVERY TOUR\***  
3 hr • Outdoor Sports Lobby • Limit 6 • \$110

**PHONE-TOGRAPHY\***  
2 hr • Outdoor Sports Lobby • Limit 6 • \$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 **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
- FOUNDATIONS OF STRENGTH**  
50 min • Catalina Room • CME
- 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
- SUPER STRENGTH**  
50 min • Studio 3 • Limit 8
- 4:00 PM **NEW CEREMONIAL CACAO EXPERIENCE\***  
1 hr 30 min • Sanctuary • Limit 12 • \$140
- NEW CANYON RANCH 101**  
30 min • The Snug
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- YOGA FOR DETOX**  
45 min • Yoga Studio • Limit 20
- 5:30 PM **NEW RESTORATIVE SOUND BATH\***  
50 min • Yoga Studio • Limit 25 • \$80
- COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- 7:00 PM **NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80
- LIFE'S A GAME**  
50 min • Catalina Room

### 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 17, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

- |          |  |          |   |
|----------|--|----------|---|
| 5:00 AM  | SUNRISE YOGA IN THE WILD*<br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110                   | 11:00 AM | INTERMEDIATE YOGA<br>45 min • Yoga Studio • Limit 30                                |
| 5:30 AM  | <b>DD</b> HIKE: LEVEL 4 - SKY ISLAND RIDGE*<br>7 hr 30 min • Outdoor Sports Lobby • Limit 12 |          | TRX STRONG<br>45 min • Studio 3 • Limit 15  |
|          | SABINO CANYON WALK*<br>2 hr • Outdoor Sports Lobby • Limit 12                                |          | ZUMBA®<br>45 min • Studio 1 • Limit 30  |
|          | BIKE RIDE: LEVEL 2 - CAFE RIDE*<br>4 hr • Outdoor Sports Lobby • Limit 12                    |          | COMPASSION CIRCLE<br>FOR GRIEF & GRATITUDE<br>50 min • Sanctuary                    |
| 6:00 AM  | MORNING WALK<br>45 min • Spa Lobby   | NOON     | LUNCH & LEARN:<br>PARMESAN CRUSTED SEA BASS<br>1 hr • Demo Kitchen • Limit 36       |
|          | MORNING WALK<br>30 min • Spa Lobby   |          | AERIAL SWING YOGA CLINIC*<br>50 min • Studio 3 • Limit 5 • \$80                     |
|          | BIRD WALK*<br>2 hr • Outdoor Sports Lobby • Limit 8  |          | CORE & MORE<br>20 min • Studio 2 • Limit 16   |
| 8:00 AM  | KUNDALINI YOGA<br>45 min • Yoga Studio • Limit 20  | 1:00 PM  | GYROKINESIS<br>45 min • Yoga Studio • Limit 15                                      |
|          | HIKE: LEVEL 2 -<br>PECK BASIN OVERLOOK*<br>5 hr • Outdoor Sports Lobby • Limit 12            |          | CHINESE MEDICINE<br>FOR SEASONAL WELLNESS<br>50 min • Sanctuary                     |
| 8:15 AM  | DYNAMIC STRETCH<br>20 min • Studio 2 • Limit 20  |          | GLUTE TRANSFORMATION- CLINIC*<br>50 min • Cardio & Strength Gym<br>• Limit 5 • \$80 |
| 8:30 AM  | HIKE: LEVEL 3 - BOX CAMP*<br>5 hr 30 min • Outdoor Sports Lobby • Limit 12                   |          |   |
| 9:00 AM  | CYCLING<br>45 min • Golf Performance Center • Limit 12                                       |          |   |
|          | ROCKIN' RETRO<br>45 min • Studio 1 • Limit 30  |          |   |
|          | STRIDE & STRENGTH<br>45 min • Cardio & Strength Gym • Limit 14                               |          |   |
|          | <b>NEW</b> COFFEE CHAT WITH A CR NUTRITIONIST<br>50 min • Double U Cafe                      |          |   |
|          | PROPERTY TOUR<br>30 min • Eucalyptus Circle  |          |   |
| 10:00 AM | H2O POWER<br>45 min • T-Pool • Limit 24  |          |   |
|          | MUSCLE MAX<br>45 min • Studio 3 • Limit 12   |          |   |
|          | STRETCH<br>45 min • Yoga Studio • Limit 30   |          |   |

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- |         |  |         |   |
|---------|--|---------|---|
| 2:00 PM | <b>KETTLEBELL WORKOUT</b><br>45 min • Studio 3 • Limit 12  | 5:00 PM | <b>BREATHING</b><br>20 min • Yoga Studio • Limit 30   |
|         | <b>LONG &amp; LEAN BARRE WORKOUT</b><br>45 min • Studio 2 • Limit 20                               |         | <b>FITNESS FOR YOUR FEET</b><br>20 min • Studio 1 • Limit 20                                  |
|         | <b>STRIDE</b><br>45 min • Cardio & Strength Gym • Limit 14   | 5:30 PM | <b>COMMUNITY TABLE</b><br>1 hr • Vaquero • Limit 6  |
|         | <b>PILATES REFORMER-INT/ADV CLINIC*</b><br>50 min • Pilates Studio • Limit 5 • \$80                | 6:00 PM | <b>NEW CREATE YOUR OWN BAG CHARM</b><br>1 hr 30 min • Art Studio 1 • Limit 15                 |
|         | <b>SELF COMPASSION IS YOUR SUPER POWER</b><br>50 min • Catalina Room • CME                         | 6:30 PM | <b>FLOATING SOUND MEDITATION CLINIC*</b><br>50 min • T-Pool • Limit 20 • \$110                |
|         | <b>NEW CHAKRA SOUND &amp; SCENT RESTORATIVE EXPERIENCE*</b><br>50 min • Studio 4 • Limit 12 • \$80 | 7:30 PM | <b>DD COSMIC JOURNEY WITH THE TELESCOPE*</b><br>3 hr • Outdoor Sports Lobby • Limit 8 • \$140 |
| 3:00 PM | <b>GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14   |         |   |
|         | <b>CHAIR YOGA</b><br>45 min • Yoga Studio • Limit 20   |         |   |
|         | <b>PBF: POWER BLAST FITNESS</b><br>45 min • Studio 3 • Limit 20                                    |         |   |
| 4:00 PM | <b>NEW CANYON RANCH 101</b><br>30 min • The Snug   |         |   |
|         | <b>MEDITATION</b><br>25 min • Sanctuary • Limit 30   |         |   |
|         | <b>RESTORATIVE YOGA</b><br>45 min • Yoga Studio • Limit 20   |         |   |
|         | <b>STRETCH &amp; RELAXATION</b><br>25 min • Studio 2 • Limit 20                                    |         |   |
|         | <b>WEARABLE RESISTANCE TRAINING*</b><br>50 min • Studio 3 • Limit 8 • \$80                         |         |   |
| 4:30 PM | <b>PHONE-TOGRAPHY*</b><br>2 hr • Outdoor Sports Lobby • Limit 6 • \$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.

# THURSDAY June 18, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

- 5:30 AM **DD BIKE RIDE: LEVEL 3 - SABINO CANYON\***  
3 hr • Outdoor Sports Lobby • Limit 12
- 5:45 AM **HIKE: LEVEL 3 - MCDUGAL 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 - WILD HORSE CANYON\***  
4 hr • Outdoor Sports Lobby • Limit 12
- ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- HIGH ROPES CHALLENGE COURSE\***  
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- 7:00 AM **SUNRISE YOGA**  
1 hr • Yoga Studio • Limit 30
- BOGA FITMAT® FITNESS CLINIC**  
50 min • T-Pool • Limit 8 • \$80
- 8:00 AM **LANDSCAPE & ECOLOGY WALK**  
50 min • Clubhouse Lobby • Limit 30
- 8:15 AM **CENTERING MEDITATION**  
25 min • Sanctuary • Limit 30
- 9:00 AM **WATER WORKOUT**  
45 min • T-Pool • Limit 24
- BOXER'S WORKOUT**  
45 min • Studio 3 • Limit 8
- CYCLING**  
45 min • Golf Performance Center • Limit 12
- FINDING CALM: EASTERN WISDOM FOR MODERN LIFE**  
50 min • Sanctuary
- PROPERTY TOUR**  
30 min • Eucalyptus Circle
- NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE\***  
50 min • Studio 4 • Limit 12 • \$80
- 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
- ASK A PSYCHIC**  
50 min • Cactus Room
- 11:00 AM **PBF: POWER BLAST FITNESS**  
45 min • Studio 3 • Limit 20
- YOGA FOR DETOX**  
45 min • Yoga Studio • Limit 20
- ZUMBA®**  
45 min • Studio 1 • Limit 30
- BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES**  
50 min • Catalina Room • CME
- HIKE & PAINT\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- NOON **LUNCH & LEARN: ORANGE GLAZED CHICKEN**  
1 hr • Demo Kitchen • Limit 36
- 1:00 PM **ALTERNATIVE THERAPIES FOR MENOPAUSE**  
50 min • Catalina Room • CME
- NEW PILATES CIRCUIT CLINIC\***  
50 min • Pilates Studio • Limit 5 • \$80
- AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$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

**DESERT DRUMMING**  
45 min • Studio 2 • Limit 30

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

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

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

**YES, AND: THE SACRED PLAY OF IMPROV**  
50 min • Sanctuary • CME

4:00 PM **NEW CANYON RANCH 101**  
30 min • The Snug

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

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

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

**CANDLELIGHT YOGA**  
45 min • Studio 4 • Limit 18

5:15 PM **PICKLE & PLAY**  
50 min • Pickleball Court 1 • Limit 24

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

7:00 PM **NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

**NEW HEALING THE HEART THROUGH SONG**  
1 hr • Clubhouse Living Room

## CME ACCREDITATION

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

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



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

# FRIDAY June 19, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

5:30 AM SABINO CANYON WALK\*  
2 hr • Outdoor Sports Lobby • Limit 12

BIKE RIDE: LEVEL 2 -  
PANTANO RIVER PATH\*  
3 hr • Outdoor Sports Lobby • Limit 12

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

6:00 AM MORNING WALK  
45 min • Spa Lobby

MORNING WALK  
30 min • Spa Lobby

8:00 AM **DD** HIKE: LEVEL 2 - LEMMON PARK\*  
5 hr • Outdoor Sports Lobby • Limit 12

8:15 AM DYNAMIC STRETCH  
20 min • Yoga Studio • Limit 20

9:00 AM GLIDE AND BURN  
45 min • Studio 1 • Limit 20

INTERMEDIATE YOGA  
45 min • Yoga Studio • Limit 30

TRX STRONG  
45 min • Studio 3 • Limit 15

WHEN SHOULDERS SPEAK:  
PAIN DECODED & TREATED  
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

STRETCH  
45 min • Yoga Studio • Limit 30

11:00 AM AQUA FIT  
45 min • Aquatic Center • Limit 15

YOGA SCULPT  
45 min • Yoga Studio • Limit 18

COMMUNICATING WITH YOUR PET  
50 min • Cactus Room

STRIDE  
45 min • Cardio & Strength Gym • Limit 14

NOON LUNCH & LEARN: ZA'ATAR GRILLED STEAK  
1 hr • Demo Kitchen • Limit 36

CORE & MORE  
20 min • Studio 2 • Limit 16

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

1:00 PM GLUTE TRANSFORMATION-CLINIC\*  
50 min • Cardio & Strength Gym  
• Limit 5 • \$80

KUNDALINI YOGA  
45 min • Yoga Studio • Limit 20

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

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- |         |  |         |  |
|---------|--|---------|--|
| 2:00 PM | <b>THE ROAD TO AUTHENTICITY THROUGH ASTROLOGY</b><br>50 min • Cactus Room                          | 5:00 PM | <b>BREATHING</b><br>20 min • Yoga Studio • Limit 30  |
|         | <b>KETTLEBELL WORKOUT</b><br>45 min • Studio 3 • Limit 12  |         | <b>CORE &amp; MORE</b><br>20 min • Studio 2 • Limit 16   |
|         | <b>LONG &amp; LEAN BARRE WORKOUT</b><br>45 min • Studio 2 • Limit 20                               | 5:30 PM | <b>COMMUNITY TABLE</b><br>1 hr • Vaquero • Limit 6   |
|         | <b>PELVIC FLOOR YOGA</b><br>45 min • Yoga Studio • Limit 30  |         | <b>DD SKY ISLAND SUNSET AND CITY LIGHTS TOUR*</b><br>3 hr • Outdoor Sports Lobby • Limit 6 • \$110           |
|         | <b>DYE YOUR OWN SILK SCARF</b><br>2 hr 30 min • Art Studio 2 • Limit 6 • \$75                      | 6:30 PM | <b>FLOATING SOUND MEDITATION CLINIC*</b><br>50 min • T-Pool • Limit 20 • \$110                               |
| 3:00 PM | <b>ZONE 2 AND YOU</b><br>50 min • Catalina Room • CME  | 7:30 PM | <b>NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*</b><br>3 hr • Outdoor Sports Lobby • Limit 10 • \$140 |
|         | <b>GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14   | 8:30 PM | <b>BINGO</b><br>50 min • Pavilion  |
|         | <b>POSTURE &amp; BALANCE</b><br>45 min • Studio 1 • Limit 20                                       |         |  |
|         | <b>PBF: POWER BLAST FITNESS</b><br>45 min • Studio 3 • Limit 20                                    |         |  |
|         | <b>NEW CHAKRA SOUND &amp; SCENT RESTORATIVE EXPERIENCE*</b><br>50 min • Studio 4 • Limit 12 • \$80 |         |  |
| 4:00 PM | <b>NEW CANYON RANCH 101</b><br>30 min • The Snug   |         |  |
|         | <b>MEDITATION</b><br>25 min • Sanctuary • Limit 30   |         |  |
|         | <b>STRETCH &amp; RELAXATION</b><br>25 min • Yoga Studio • Limit 20                                 |         |  |



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# SATURDAY June 20, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

- 5:30 AM **HIKE: LEVEL 4 - BLACKETT'S RIDGE\***  
4 hr 30 min • Outdoor Sports Lobby  
• Limit 12
- 5:45 AM **DD HIKE: LEVEL 3 - BALANCED ROCK\***  
4 hr 30 min • Outdoor Sports Lobby  
• Limit 12
- 6:00 AM **MORNING WALK**  
45 min • Spa Lobby
- MORNING WALK**  
30 min • Spa Lobby
- HIKE: LEVEL 2 - MILAGROSA OVERLOOK\***  
4 hr • Outdoor Sports Lobby • Limit 12
- BIRD WALK\***  
2 hr • Outdoor Sports Lobby • Limit 8
- HIGH ROPES CHALLENGE COURSE\***  
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- 8:15 AM **CENTERING MEDITATION**  
25 min • Sanctuary • Limit 30
- 9:00 AM **ABOVE & BELOW THE BELT**  
45 min • Studio 3 • Limit 20
- 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 **CORE CONDITIONING**  
45 min • Studio 1 • Limit 20
- H2O POWER**  
45 min • T-Pool • Limit 24
- STRETCH**  
45 min • Yoga Studio • Limit 30
- PILATES-AERIAL CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- HIKE & PAINT\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- DD KARTCHNER CAVERNS LIVING CAVE TOUR\***  
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE**  
50 min • Catalina Room • CME
- 11:00 AM **AQUA FIT**  
45 min • Aquatic Center • Limit 15
- INTERMEDIATE YOGA**  
45 min • Yoga Studio • Limit 30
- TRX STRONG**  
45 min • Studio 3 • Limit 15
- NOON **AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- BREATHING**  
20 min • Yoga Studio • Limit 30
- 1:00 PM **MENOPAUSAL HORMONE REPLACEMENT THERAPY**  
50 min • Catalina Room • CME
- MEMBERSHIPS: CASUAL Q&A**  
30 min • The Snug • Limit 20
- PILATES MAT**  
45 min • Yoga Studio • Limit 30
- WEARABLE RESISTANCE TRAINING\***  
50 min • Studio 3 • Limit 8 • \$80

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2:00 PM **GLIDE & BURN**  
45 min • Studio 1 • 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

**THE ART OF ORIGAMI**  
1 hr 30 min • Art Studio 1 • Limit 15

4:00 PM **NEW CANYON RANCH 101**  
30 min • The Snug

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

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

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

7:00 PM **TOTALLY TRIVIA!**  
1 hr • Pavilion

8:00 PM **DD NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

### FITNESS CLASS REMINDERS

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



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# SUNDAY June 21, 2026

DISCOVERY DAYS: **DD** – SKY ISLAND ADVENTURE AND HIKING WEEK

- 5:30 AM **DD** SKY ISLAND PHOTOGRAPHY WALK\*  
4 hr • Outdoor Sports Lobby • Limit 6 • \$110
- MEDITATION HIKE\*  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 5:45 AM HIKE: LEVEL 3 - BRIDAL WREATH TRAIL\*  
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 - PIMA CANYON\*  
4 hr • Outdoor Sports Lobby • Limit 12
- 8:00 AM **NEW** AWAKEN THE QI: TAPPING INTO ENERGY FLOW\*  
50 min • Private Fitness Studio 4 • Limit 6 • \$80
- 8:15 AM DYNAMIC STRETCH  
20 min • Yoga Studio • Limit 20
- 8:30 AM QI GONG IN THE MOUNTAINS\*  
3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140
- 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
- 9:30 AM **DD** SKY ISLAND YOGA IN THE MOUNTAINS  
4 hr • Outdoor Sports Lobby • Limit 12
- 10:00 AM 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
- 11:00 AM AQUA FIT  
45 min • Aquatic Center • Limit 15
- BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH\*  
50 min • Studio 3 • Limit 8 • \$80
- VINYASA FLOW  
45 min • Yoga Studio • Limit 30
- ZUMBA®  
45 min • Studio 1 • Limit 30
- VEDIC PALMISTRY: IT'S ALL IN OUR HANDS  
50 min • Cactus Room
- NOON BREATHING  
20 min • Yoga Studio • Limit 30
- FITNESS FOR YOUR FEET  
20 min • Studio 1 • Limit 20
- 1:00 PM QI GONG  
45 min • Yoga Studio • Limit 30
- PILATES REFORMER CLINIC: BEGINNING\*  
50 min • Pilates Studio • Limit 5 • \$80
- NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS  
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 **HEART CHAKRA YOGA**  
45 min • Yoga Studio • Limit 30
- SUPER STRENGTH\***  
50 min • Cardio & Strength Gym  
• Limit 8 • \$80
- POWER STEP & TONE**  
45 min • Golf Performance Center • Limit 12
- VIPR SLAM**  
45 min • Studio 1 • Limit 20
- NEW PILATES CIRCUIT CLINIC\***  
50 min • Pilates Studio • Limit 5 • \$80
- 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 FOR DETOX**  
45 min • Yoga Studio • Limit 20
- LOW BACK PAIN: MYTHS, SCIENCE  
& SURPRISING TRUTHS**  
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
- 7:00 PM **NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80
- OIL DIP ART**  
1 hr • Art Studio 1 • Limit 8
- 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](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.

# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

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



### AN IDEAL PLAN IF YOU WANT TO:

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



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

### ADDITIONAL BENEFITS:

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

For more information or to  
purchase a Membership:

#### CONTACT

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

# LIFE CHANGES AT CANYON RANCH

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



## CANYON RANCH TUCSON, ARIZONA

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



## CANYON RANCH LENOX, MASSACHUSETTS

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



## CANYON RANCH FORT WORTH, TEXAS

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



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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



**Health & Performance, & Spiritual Wellness**

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

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

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

**Spa Complex**

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

**Clubhouse**

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

**KEY**

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

**RESTROOMS**

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

