

RANCH SCHEDULE  
JUNE 22-28, 2026



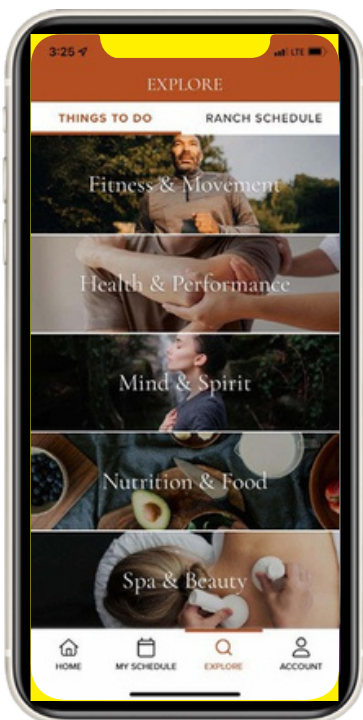
This schedule belongs to:

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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



WELCOME

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## DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. You'll learn about exciting opportunities that fit your schedule and support your goal. And please, keep an open mind to trying new things. After all, the most exciting thing you do may be the one you haven't tried.

**Stop by Program Advising in the Spa or call Ext. 44338.**

# HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



## PERSONALIZED NUTRITION CONSULTATION

**Nutrition Service | 50 min.**

Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and wellbeing. This entry-level consultation is customized to suit your needs and interests.

## INTRODUCTION TO AYURVEDA

**Personal Training | 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



## 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.

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



## CAMP CANYON RANCH

**JUNE 29-JULY 5**

Join us for an elevated take on the classic summer camp experience — reimagined for adults in the beauty of the Sonoran Desert. Spend a long weekend rediscovering the carefree spirit of summer through outdoor adventures, friendly competition, live music, and meaningful connection. From sunrise hikes along cactus-lined trails to afternoons relaxing poolside and guided stargazing beneath an expansive night sky, each day blends movement, laughter, and time to unwind. Evenings bring music, storytelling, and the magic of summer nights with new friends, creating an experience that leaves you refreshed, inspired, and connected — to yourself, to others, and to the rhythms of the desert.



## \*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)*



## ALISA'S ORIGINALS

SATURDAY, JUNE 27 -  
SUNDAY, JUNE 28

Discover Alisa's Originals. Handmade jewelry made in Tucson Arizona. Where the beauty of the Sonoran desert offers endless inspiration and spiritual healing.

# MONDAY June 22, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

- |         |   |          |   |
|---------|---|----------|---|
| 5:00 AM | <b>DAWN QI GONG IN THE CANYON</b><br>2 hr • Outdoor Sports Lobby • Limit 8                    | 10:00 AM | <b>CARDIO CIRCUIT</b><br>45 min • Cardio & Strength Gym • Limit 20                              |
| 5:30 AM | <b>HIKE: LEVEL 4 - PONTATOC TRAIL*</b><br>5 hr • Outdoor Sports Lobby • Limit 12              |          | <b>H2O POWER</b><br>45 min • T-Pool • Limit 24  |
|         | <b>SABINO CANYON WALK*</b><br>2 hr • Outdoor Sports Lobby • Limit 12                          |          | <b>STRETCH</b><br>45 min • Yoga Studio • Limit 30   |
|         | <b>BIKE RIDE: LEVEL 3 - CANADA DEL ORO*</b><br>4 hr • Outdoor Sports Lobby • Limit 12         | 11:00 AM | <b>DD INSIGHT &amp; HEALING WITH GEMS &amp; MINERALS</b><br>50 min • Cactus Room                |
| 5:45 AM | <b>INTUITIVE ARCHERY*</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110                    |          | <b>DJ DANCE PARTY</b><br>45 min • Studio 1 • Limit 30   |
|         | <b>ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE*</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110 |          | <b>PEDAL, LIFT, FLOW</b><br>1 hr • Golf Performance Center • Limit 12                           |
| 6:00 AM | <b>MORNING WALK</b><br>45 min • Spa Lobby   |          | <b>YOGA SCULPT</b><br>45 min • Yoga Studio • Limit 18   |
|         | <b>MORNING WALK</b><br>30 min • Spa Lobby   | NOON     | <b>LUNCH &amp; LEARN: PRETZEL CRUSTED CHICKEN</b><br>1 hr • Demo Kitchen • Limit 36             |
| 8:00 AM | <b>HIKE: LEVEL 2 - SUNSET TRAIL*</b><br>5 hr 30 min • Outdoor Sports Lobby • Limit 12         |          | <b>AERIAL SWING YOGA CLINIC*</b><br>50 min • Studio 3 • Limit 5 • \$80                          |
| 8:15 AM | <b>DYNAMIC STRETCH</b><br>20 min • Yoga Studio • Limit 20                                     | 1:00 PM  | <b>REPLENISHING THE WELL</b><br>50 min • Catalina Room • CME                                    |
|         | <b>HIKE: LEVEL 3 - CRYSTAL SPRINGS*</b><br>6 hr • Outdoor Sports Lobby • Limit 12             |          | <b>PILATES REFORMER CLINIC: BEGINNING*</b><br>50 min • Pilates Studio • Limit 5 • \$80          |
| 9:00 AM | <b>BURNOUT &amp; RESILIENCE</b><br>50 min • Catalina Room • CME                               |          | <b>PILATES FOR BALANCE</b><br>45 min • Studio 1 • Limit 18                                      |
|         | <b>CORE CONDITIONING</b><br>45 min • Studio 1 • Limit 20                                      |          | <b>NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH*</b><br>50 min • Studio 3 • Limit 20 • \$80 |
|         | <b>DESERT DRUMMING</b><br>45 min • Studio 2 • Limit 30  |          | <b>HIKE &amp; PAINT*</b><br>4 hr • Outdoor Sports Lobby • Limit 8 • \$110                       |
|         | <b>TRX STRONG</b><br>45 min • Studio 3 • Limit 15   |          |   |
|         | <b>PROPERTY TOUR</b><br>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 | <b>ABOVE &amp; BELOW THE BELT</b><br>45 min • Studio 3 • Limit 20                     | 5:00 PM | <b>DD UNDER THE VEDIC SUN</b><br>50 min • Cactus Room   |
|         | <b>SACRAL CHAKRA HIP OPENING</b><br>45 min • Yoga Studio • Limit 20                   |         | <b>CORE &amp; MORE</b><br>20 min • Studio 2 • Limit 16  |
|         | <b>STRIDE</b><br>45 min • Cardio & Strength Gym • Limit 14                            |         | <b>FITNESS FOR YOUR FEET</b><br>20 min • Studio 1 • Limit 20  |
| 2:30 PM | <b>JEEP ADVENTURE*</b><br>4 hr • Outdoor Sports Lobby • Limit 3 • \$220               | 5:30 PM | <b>COMMUNITY TABLE</b><br>1 hr • Vaquero • Limit 6  |
| 3:00 PM | <b>LONG &amp; LEAN BARRE WORKOUT</b><br>45 min • Studio 2 • Limit 20                  | 6:00 PM | <b>YOGA NIDRA</b><br>45 min • Yoga Studio • Limit 20  |
|         | <b>MUSCLE MAX</b><br>45 min • Studio 3 • Limit 12                                     | 6:30 PM | <b>FLOATING SOUND MEDITATION CLINIC*</b><br>50 min • T-Pool • Limit 20 • \$110                            |
|         | <b>POSTURE &amp; BALANCE</b><br>45 min • Studio 1 • Limit 20                          | 8:00 PM | <b>NIGHT VISION GOGGLES -<br/>CREEPY CRAWLY EDITION*</b><br>2 hr • Outdoor Sports Lobby • Limit 8 • \$110 |
|         | <b>NEW PILATES CIRCUIT CLINIC*</b><br>50 min • Pilates Studio • Limit 5 • \$80        |         |   |
| 4:00 PM | <b>INSTANT GRATIFICATION:<br/>BEAUTIFY YOUR SKIN</b><br>50 min • Spa Lobby • Limit 25 |         |   |
|         | <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>NEW CANYON RANCH 101</b><br>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.

# TUESDAY June 23, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

- 5:30 AM **HIKE: LEVEL 4 - SOLDIER TRAIL\***  
5 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
- BIKE RIDE: LEVEL 3 - ROCKING K\***  
4 hr • Outdoor Sports Lobby • Limit 6
- 5:45 AM **HIKE: LEVEL 3 - FINGER ROCK\***  
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 - DOUGLAS SPRINGS\***  
4 hr 15 min • Outdoor Sports Lobby • Limit 12
- 7:00 AM **BOGA FITMAT® FITNESS CLINIC\***  
50 min • T-Pool • 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 **NEW THE SECOND BRAIN:  
HOW YOUR GUT SHAPES HEALTH**  
50 min • Catalina Room • CME
- H2O POWER**  
45 min • T-Pool • Limit 24
- STRETCH**  
45 min • Yoga Studio • Limit 30
- NEW BLOOD FLOW RESTRICTION  
TRAINING FOR STRENGTH\***  
50 min • Studio 3 • Limit 20 • \$80
- 11:00 AM **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 **LUNCH & LEARN:  
SALMON HARVEST BOWL**  
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 **MEMBERSHIPS: CASUAL Q&A**  
30 min • The Snug • Limit 20
- A MEDICAL APPROACH TO WEIGHT LOSS**  
50 min • Catalina Room • CME
- PILATES REFORMER CLINIC: BEGINNING\***  
50 min • Pilates Studio • Limit 5 • \$80
- PHONE-TOGRAPHY\***  
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

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- 2:00 PM **NEW STRENGTH LAB:  
AN INTERACTIVE SESSION**  
50 min • Cardio & Strength Gym • Limit 20
- BOXER'S WORKOUT**  
45 min • Studio 3 • Limit 8
- CR STRENGTH**  
45 min • Golf Performance Center • Limit 10
- POSTURE & BALANCE**  
45 min • Studio 1 • Limit 20
- 3:00 PM **BUFF BOOTY**  
45 min • Studio 1 • Limit 20
- SUPER STRENGTH\***  
50 min • Studio 3 • Limit 8 • \$80
- WALLYBALL**  
45 min • Racquet Court 1
- YIN YOGA**  
45 min • Yoga Studio • Limit 20
- 4:00 PM **DD NEW CEREMONIAL  
CACAO EXPERIENCE\***  
1 hr 30 min • Sanctuary • Limit 12 • \$140
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- YOGA FOR DETOX**  
45 min • Yoga Studio • Limit 20
- NEW CANYON RANCH 101**  
30 min • The Snug
- 5:00 PM **CANDLELIGHT YOGA**  
45 min • Yoga Studio
- 5:30 PM **NEW RESTORATIVE SOUND BATH\***  
50 min • Mohave Gym • Limit 25 • \$80
- COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- 7:00 PM **NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

## 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 24, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

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

5:30 AM **HIKE: LEVEL 4 - MINT SPRING TRAIL\***  
6 hr • Outdoor Sports Lobby • Limit 12

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

**BIRD WALK\***  
2 hr • Outdoor Sports Lobby • Limit 8

**BIKE RIDE: LEVEL 2 - CAFE RIDE\***  
4 hr • Outdoor Sports Lobby • Limit 12

6:00 AM **MORNING WALK**  
45 min • Spa Lobby

**MORNING WALK**  
30 min • Spa Lobby

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

**HIKE: LEVEL 2 - LEMMON CREEK\***  
6 hr 30 min • Outdoor Sports Lobby • Limit 12

8:15 AM **DYNAMIC STRETCH**  
20 min • Studio 2 • Limit 20

**HIKE: LEVEL 3 - BEAR SADDLE\***  
5 hr 30 min • 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 & STRENGTH**  
45 min • Cardio & Strength Gym • Limit 14

**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

11:00 AM **COMPASSION CIRCLE FOR GRIEF & GRATITUDE**  
50 min • Sanctuary

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

**INTERMEDIATE YOGA**  
45 min • Yoga Studio • Limit 30

**ZUMBA®**  
45 min • Studio 1 • Limit 30

NOON **LUNCH & LEARN: CRAB CAKES**  
1 hr • Demo Kitchen • Limit 36

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

**AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80

1:00 PM **ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS**  
50 min • Sanctuary • CME

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

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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 | 6:30 PM | <b>FLOATING SOUND MEDITATION CLINIC*</b><br>50 min • T-Pool • Limit 20 • \$110                |
| 3:00 PM | <b>GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14                              | 7:30 PM | <b>DD COSMIC JOURNEY WITH THE TELESCOPE*</b><br>3 hr • Outdoor Sports Lobby • Limit 8 • \$140 |
|         | <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>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          |         |   |
|         | <b>NEW CANYON RANCH 101</b><br>30 min • The Snug                                    |         |   |
| 4:30 PM | <b>PHONE-TOGRAPHY*</b><br>2 hr • Outdoor Sports Lobby • Limit 6 • \$110             |         |   |



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# THURSDAY June 25, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

- 5:30 AM **HIKE: LEVEL 4 - ESPERERO/LIPSTICK\***  
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- 5:45 AM **HIKE: LEVEL 3 - TANQUE VERDE LEDGE\***  
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 - PHONELINE OVERLOOK\***  
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
- 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 **WALKING MEDITATION**  
50 min • Sanctuary • CME
- 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
- PROPERTY TOUR**  
30 min • Eucalyptus Circle
- 10:00 AM **DD ANGELS AMONG US**  
50 min • Cactus Room
- 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 **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
- 11:30 AM **HIKE & PAINT\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- NOON **LUNCH & LEARN: LOBSTER WITH SWEET CHILI GLAZE**  
1 hr • Demo Kitchen • Limit 36
- CORE & MORE**  
20 min • Studio 2 • Limit 16
- FITNESS FOR YOUR FEET**  
20 min • Studio 1 • Limit 20
- AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- 1:00 PM **NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH\***  
50 min • Studio 3 • Limit 20 • \$80
- NEW PILATES CIRCUIT CLINIC\***  
50 min • Pilates Studio • Limit 5 • \$80

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

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

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

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

**DD CANDLELIGHT YOGA**  
45 min • Yoga Studio

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

7:00 PM **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.



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 26, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

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

**BIKE RIDE: LEVEL 3 -  
SABINO CANYON\***  
3 hr 30 min • Outdoor Sports Lobby • Limit 12

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

6:00 AM **MORNING WALK**  
45 min • Spa Lobby

**MORNING WALK**  
30 min • Spa Lobby

8:00 AM **HIKE: LEVEL 2 - BOX CAMP\***  
5 hr • Outdoor Sports Lobby • Limit 12

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

9:00 AM **INTERMEDIATE YOGA**  
45 min • Yoga Studio • Limit 30

**GLIDE AND BURN**  
45 min • Studio 1 • Limit 20

**TRX FUSION**  
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

**SUPER STRENGTH\***  
50 min • Studio 3 • Limit 8 • \$80

**KARTCHNER CAVERNS  
LIVING CAVE TOUR\***  
5 hr • Outdoor Sports Lobby • Limit 6 • \$220

11:00 AM **DD THE SIXTH SENSE:  
HARNESSING YOUR INTUITION**  
50 min • Cactus Room

**AQUA FIT**  
45 min • Aquatic Center • Limit 15

**PBF: POWER BLAST FITNESS**  
45 min • Studio 3 • Limit 20

**YOGA SCULPT**  
45 min • Yoga Studio • Limit 18

NOON **LUNCH & LEARN:  
COD WITH CHIMICHURRI**  
1 hr • Demo Kitchen • Limit 36

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

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

- |         |  |         |  |
|---------|--|---------|--|
| 1:00 PM | <b>KUNDALINI YOGA</b><br>45 min • Yoga Studio • Limit 20                               | 4:00 PM | <b>MEDITATION</b><br>25 min • Sanctuary • Limit 30   |
|         | <b>GLUTE TRANSFORMATION-CLINIC*</b><br>50 min • Cardio & Strength Gym • Limit 5 • \$80 |         | <b>STRETCH &amp; RELAXATION</b><br>25 min • Studio 2 • Limit 20  |
|         | <b>PILATES REFORMER CLINIC: BEGINNING*</b><br>50 min • Pilates Studio • Limit 5 • \$80 |         | <b>NEW CANYON RANCH 101</b><br>30 min • The Snug   |
|         | <b>THE HEALING LANGUAGE OF CRYSTAL BOWLS</b><br>50 min • Catalina Room                 | 5:00 PM | <b>BREATHING</b><br>20 min • Yoga Studio • Limit 30  |
| 2:00 PM | <b>DD TAROT: THE 78 KEYS OF WISDOM</b><br>50 min • Cactus Room                         |         | <b>CORE &amp; MORE</b><br>20 min • Studio 2 • Limit 16   |
|         | <b>KETTLEBELL WORKOUT</b><br>45 min • Studio 3 • Limit 12                              | 5:30 PM | <b>COMMUNITY TABLE</b><br>1 hr • Vaquero • Limit 6   |
|         | <b>LONG &amp; LEAN BARRE WORKOUT</b><br>45 min • Studio 2 • Limit 20                   |         | <b>SKY ISLAND SUNSET AND CITY LIGHTS TOUR*</b><br>3 hr • Outdoor Sports Lobby • Limit 6 • \$110              |
|         | <b>PELVIC FLOOR YOGA</b><br>45 min • Yoga Studio • Limit 30                            | 7:30 PM | <b>NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*</b><br>3 hr • Outdoor Sports Lobby • Limit 10 • \$140 |
| 3:00 PM | <b>NEW THE POWER OF MOVEMENT FOR LONGEVITY</b><br>50 min • Catalina Room • CME         |         |  |
|         | <b>GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14                                 |         |  |
|         | <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                        |         |  |

### HELD, HEARD, SUPPORTED

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



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

# SATURDAY June 27, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

- 5:30 AM **HIKE: LEVEL 4 - MILAGROSA LOOP\***  
5 hr • Outdoor Sports Lobby • Limit 12
- 5:45 AM **HIKE: LEVEL 3 - FT. LOWELL HILLS\***  
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 - VENTANA TRAIL\***  
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 **GLIDE AND BURN**  
45 min • Studio 1 • 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 **NOURISHING THE MIND:  
FOOD FOR FOCUS AND RESILIENCE**  
50 min • Catalina Room • CME
- 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
- 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
- AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- BREATHING**  
20 min • Yoga Studio • Limit 30
- 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
- 1:00 PM **NEW NEW SCIENTIFIC STUDIES  
IN MEDICINE**  
50 min • Catalina Room • CME

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2:00 PM **DD** HOW TO MAKE EVERY DAY SACRED  
50 min • Sanctuary

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

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

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

### 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.

# SUNDAY June 28, 2026

DISCOVERY DAYS: **DD** – COSMIC CONNECTIONS

5:30 AM	<b>WILDLIFE PHOTOGRAPHY AT THE OASIS*</b> 3 hr • Outdoor Sports Lobby • Limit 6 • \$140	10:00 AM	<b>EXERCISE &amp; MENOPAUSE</b> 50 min • Catalina Room • CME
	<b>SUNRISE YOGA IN THE WILD*</b> 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		<b>CARDIO CIRCUIT</b> 45 min • Cardio & Strength Gym • Limit 20
5:45 AM	<b>HIKE: LEVEL 3 - MCDOUGAL RIDGE*</b> 4 hr 45 min • Outdoor Sports Lobby • Limit 12		<b>H2O POWER</b> 45 min • T-Pool • Limit 24
	<b>BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE*</b> 4 hr • Outdoor Sports Lobby • Limit 12		<b>STRETCH</b> 45 min • Yoga Studio • Limit 30
6:00 AM	<b>MORNING WALK</b> 45 min • Spa Lobby	11:00 AM	<b>DD READING THE LINES OF LIFE*</b> 1 hr 30 min • Cactus Room • Limit 10 • \$110
	<b>MORNING WALK</b> 30 min • Spa Lobby		<b>AQUA FIT</b> 45 min • Aquatic Center • Limit 15
	<b>HIKE: LEVEL 2 - LOWER BEAR CANYON*</b> 4 hr • Outdoor Sports Lobby • Limit 12		<b>VINYASA FLOW</b> 45 min • Yoga Studio
8:00 AM	<b>PICKLEBALL CLINIC*</b> 50 min • Pickleball Court 1 • Limit 4 • \$80		<b>ZUMBA®</b> 45 min • Studio 1 • Limit 30
	<b>NEW AWAKEN THE QI: TAPPING INTO ENERGY FLOW*</b> 50 min • Private Fitness Studio 4 • Limit 6 • \$80	NOON	<b>BREATHING</b> 20 min • Yoga Studio • Limit 30
8:15 AM	<b>DYNAMIC STRETCH</b> 20 min • Studio 2 • Limit 20		<b>FITNESS FOR YOUR FEET</b> 20 min • Studio 1 • Limit 20
8:30 AM	<b>QI GONG IN THE MOUNTAINS*</b> 3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140		<b>KARTCHNER CAVERNS LIVING CAVE TOUR*</b> 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
9:00 AM	<b>ABOVE &amp; BELOW THE BELT</b> 45 min • Studio 3 • Limit 20	1:00 PM	<b>DD WHAT IS YOUR REAL BIRTHSTONE</b> 50 min • Cactus Room
	<b>BUTI MOVEMENT®</b> 45 min • Yoga Studio • Limit 30		<b>QI GONG</b> 45 min • Yoga Studio • Limit 30
	<b>CYCLING</b> 45 min • Golf Performance Center • Limit 12		<b>PILATES REFORMER CLINIC: BEGINNING*</b> 50 min • Pilates Studio • Limit 5 • \$80
	<b>PROPERTY TOUR</b> 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 **HEART CHAKRA YOGA**  
45 min • Yoga Studio • Limit 30

**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

**SUPER STRENGTH\***  
50 min • Studio 3 • Limit 8 • \$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

**YOUR PATH TO PAIN-FREE KNEES**  
50 min • Catalina Room • CME

**MEDITATION**  
25 min • Sanctuary • Limit 30

**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

### 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
- ⋯** 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.

