

RANCH SCHEDULE  
JUNE 29-JULY 5, 2026



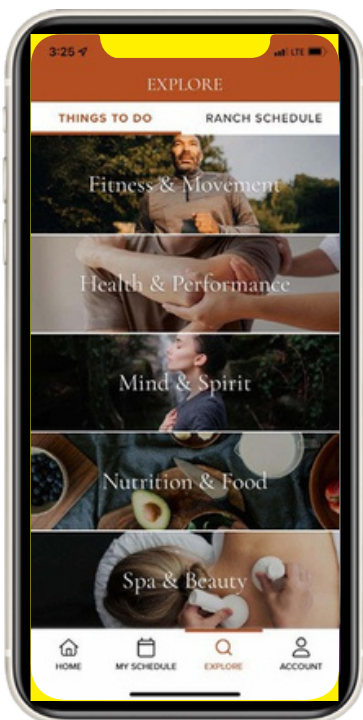
This schedule belongs to:

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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



## USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

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

DINNER: 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

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.**

# 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



## CAMP CANYON RANCH

JUNE 29-JULY 5

Join us for an elevated take on the classic summer camp experience — reimagined for adults. 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.

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



## STRENGTH & RECOVERY

JULY 6-12

All week long, enjoy special experiences designed to elevate your physical resilience — from strength training and mobility work to targeted recovery strategies and mindfulness practices. Led by expert trainers and performance scientists, these sessions support flexibility, core stability, cardiovascular health, and mindset, helping you recharge, stay motivated, and build lasting wellness. Join us for some or all of the week's activities.



## \*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 onsite 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
- Gifts for Women & Children



## CR® SHOPS

- Clothing & Swimwear
- Canyon Ranch® Souvenirs
- Outdoor Apparel
- Robes
- Gifts for Men
- Books



## SKIN CARE

Luxury skincare products from top selected brands such as:

- Augustinus Bader
- Biologique Recherche
- Environ®
- VENN®



## SALON

- KerastaseHair® Care Products
- Dazzle Dry Nails & More
- And More



## CANYON RANCH® GIFT CARDS

Ask our Guest Services representative at the Front Desk or visit our website to purchase for your loved ones.

# MONDAY June 29, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

- 5:30 AM **HIKE: LEVEL 4 - SKY ISLAND RIDGE\***  
7 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 **ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE\***  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 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 **HIKE: LEVEL 2 - LEMMON PARK\***  
5 hr • Outdoor Sports Lobby • Limit 12
- 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 **HIKE: LEVEL 2 - PECK BASIN OVERLOOK\***  
5 hr • Outdoor Sports Lobby • Limit 12
- 9:00 AM **SELF-COMPASSION IS YOUR SUPER POWER**  
50 min • Catalina Room • CME
- CORE CONDITIONING**  
45 min • Studio 1 • Limit 20
- DD 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
- 11:00 AM **BALANCE YOUR BRAIN THROUGH HANDWRITING**  
50 min • Cactus Room
- DD DJ DANCE PARTY**  
45 min • Studio 1 • Limit 30
- PEDAL, LIFT, FLOW**  
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT**  
45 min • Yoga Studio • Limit 18
- NOON **LUNCH & LEARN: PRETZEL CRUSTED CHICKEN**  
1 hr • Demo Kitchen • Limit 36
- AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- 1:00 PM **DD YES, AND: THE SACRED PLAY OF IMPROV**  
50 min • Sanctuary • CME
- PILATES REFORMER CLINIC: BEGINNING\***  
50 min • Pilates Studio • Limit 5 • \$80
- PILATES FOR BALANCE**  
45 min • Studio 1 • Limit 18
- WEARABLE RESISTANCE TRAINING\***  
50 min • Studio 3 • Limit 8 • \$80
- 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

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

STRIDE  
45 min • Cardio & Strength Gym •  
Limit 14

**NEW** CHAKRA SOUND & SCENT  
RESTORATIVE EXPERIENCE\*  
50 min • Studio 4 • Limit 8 • \$80

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

3:00 PM SACRAL CHAKRA HIP OPENING  
45 min • Yoga Studio • Limit 20

MUSCLE MAX  
45 min • Studio 3 • Limit 12

POSTURE & BALANCE  
45 min • Studio 1 • Limit 20

**NEW** PILATES CIRCUIT CLINIC\*  
50 min • Pilates Studio • Limit 5 • \$80

4:00 PM INSTANT GRATIFICATION:  
BEAUTIFY YOUR SKIN  
50 min • Spa Lobby • Limit 25

MEDITATION  
25 min • Sanctuary • Limit 30

RESTORATIVE YOGA  
45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION  
25 min • Studio 2 • Limit 20

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

5:00 PM INTRODUCTION TO  
VEDIC ASTROLOGY  
50 min • Cactus Room

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

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

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

7:00 PM HEALTH & HAPPINESS  
ARE IN YOUR HANDS  
50 min • Catalina Room

8:00 PM NIGHT VISION GOGGLES -  
CREEPY CRAWLY EDITION\*  
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

### FITNESS CLASS REMINDERS

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



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

# TUESDAY June 30, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

- 5:30 AM **HIKE: LEVEL 4 - HOLLIN BASIN\***  
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- BIKE RIDE: LEVEL 2 - CAFE RIDE\***  
4 hr • Outdoor Sports Lobby • Limit 12
- DD WILDLIFE PHOTOGRAPHY AT THE OASIS\***  
3 hr • Outdoor Sports Lobby • Limit 6 • \$140
- 5:45 AM **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 - PIMA CANYON\***  
4 hr • Outdoor Sports Lobby • Limit 12
- QI GONG IN THE MOUNTAINS\***  
3 hr 30 min • Outdoor Sports Lobby  
• Limit 8 • \$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
- PICKLEBALL DRILL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- PROPERTY TOUR**  
30 min • Eucalyptus Circle
- 10:00 AM **NEW AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR**  
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 8 • \$80
- CORE CONDITIONING**  
45 min • Studio 1 • Limit 20
- NUMEROLOGY: INTERPRETING THE NUMBERS OF NAMES**  
50 min • Cactus Room
- 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
- KARTCHNER CAVERNS LIVING CAVE TOUR\***  
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- 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 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 **FOUNDATIONS OF STRENGTH**  
50 min • Catalina Room • CME
- 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
- 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 • \$80
- THE ART OF IMPERMANENCE**  
1 hr • Art Studio 1 • Limit 8
- 4:00 PM **NEW CEREMONIAL CACAO EXPERIENCE\***  
1 hr 30 min • Sanctuary • Limit 12 • \$140
- UNDERSTANDING COMPLEX SYNDROMES**  
50 min • Catalina Room • CME
- 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
- 5:30 PM **COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- NEW RESTORATIVE SOUND BATH\***  
50 min • Yoga Studio • Limit 25 • \$80
- 6:00 PM **PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 7:00 PM **DD NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

### COMPLIMENTARY HIKING & BIKING

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

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

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



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 July 1, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

- 5:30 AM **DD** SABINO CANYON WALK\*  
2 hr • Outdoor Sports Lobby • Limit 12
- BIRD WALK\*  
2 hr • Outdoor Sports Lobby • Limit 8
- BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101\*  
4 hr • Outdoor Sports Lobby • Limit 4
- 5:45 AM HIKE: LEVEL 3 - LEMMON CREEK\*  
7 hr 15 min • 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 - PALISADES TRAIL\*  
4 hr 30 min • Outdoor Sports Lobby • Limit 12
- PICKLEBALL DRILL CLINIC\*  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 9:00 AM CYCLING  
45 min • Golf Performance Center • Limit 12
- DD** ROCKIN' RETRO  
45 min • Studio 1 • Limit 30
- STRIDE & STRENGTH  
45 min • Cardio & Strength Gym • Limit 14
- PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE\*  
50 min • Racquet Court 1 • Limit 4 • \$110
- PROPERTY TOUR  
30 min • Eucalyptus Circle
- NEW** COFFEE CHAT WITH A CR PERFORMANCE SCIENTIST  
50 min • Double U Cafe
- 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
- SYMBOLIC NUMEROLOGY AND INTUITION  
50 min • Spa Lobby
- 11:00 AM COMPASSION CIRCLE FOR GRIEF & GRATITUDE  
50 min • Sanctuary
- INTERMEDIATE YOGA  
45 min • Yoga Studio • Limit 30
- TRX STRONG  
45 min • Studio 3 • Limit 15
- ZUMBA®  
45 min • Studio 1 • Limit 30
- NOON AERIAL SWING YOGA CLINIC\*  
50 min • Studio 3 • Limit 5 • \$80
- CORE & MORE  
20 min • Studio 2 • Limit 16
- 1:00 PM CHINESE MEDICINE FOR SEASONAL WELLNESS  
50 min • Sanctuary
- GYROKINESIS  
45 min • Yoga Studio • Limit 15
- GLUTE TRANSFORMATION-CLINIC\*  
50 min • Cardio & Strength Gym • Limit 5 • \$80

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- 2:00 PM **KETTLEBELL WORKOUT**  
45 min • Studio 3 • Limit 12
- LONG & LEAN BARRE WORKOUT**  
45 min • Studio 2 • Limit 20
- STRIDE**  
45 min • Cardio & Strength Gym • Limit 14
- PILATES REFORMER CLINIC: BEGINNING\***  
50 min • Pilates Studio • Limit 5 • \$80
- NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE\***  
50 min • Studio 4 • Limit 8 • \$80
- 3:00 PM **DD GOOD VIBRATIONS**  
45 min • Studio 2 • Limit 14
- CHAIR YOGA**  
45 min • Yoga Studio • Limit 20
- PBF: POWER BLAST FITNESS**  
45 min • Studio 3 • Limit 20
- LEARNING SELF-REIKI**  
50 min • Cactus Room
- 4:00 PM **MEDITATION**  
25 min • Sanctuary • Limit 30
- RESTORATIVE YOGA**  
45 min • Yoga Studio • Limit 20
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- WEARABLE RESISTANCE TRAINING\***  
50 min • Studio 3 • Limit 8 • \$80
- NEW CANYON RANCH 101**  
30 min • The Snug
- 4:30 PM **PHONE-TOGRAPHY\***  
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 5:00 PM **A MEDICAL PERSPECTIVE ON LONGEVITY**  
50 min • Catalina Room • CME
- 5:30 PM **COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- 6:30 PM **FLOATING SOUND MEDITATION CLINIC\***  
50 min • T-Pool • Limit 20 • \$110
- 7:30 PM **DD COSMIC JOURNEY WITH THE TELESCOPE\***  
3 hr • Outdoor Sports Lobby • Limit 8 • \$140



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

# THURSDAY July 2, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

- 5:30 AM **HIKE: LEVEL 4 - BLACKETT'S RIDGE\***  
4 hr 30 min • Outdoor Sports Lobby  
• Limit 12
- 5:45 AM **HIKE: LEVEL 3 - PONTATOC RIDGE\***  
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 - SECRET TRAIL LOOP\***  
3 hr • Outdoor Sports Lobby • Limit 12
- ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS\***  
4 hr • Outdoor Sports Lobby  
• Limit 8 • \$140
- DD HIGH ROPES CHALLENGE COURSE\***  
3 hr • Outdoor Sports Lobby  
• Limit 8 • \$220
- 7:00 AM **YOGA NATURALLY**  
45 min • Flagstone Lawn • Limit 20
- PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 8 • \$80
- DD BOGA FITMAT® FITNESS CLINIC\***  
50 min • T-Pool • Limit 8 • \$80
- 8:00 AM **LANDSCAPE & ECOLOGY WALK**  
50 min • Clubhouse Lobby • Limit 30
- NEW COFFEE WITH THE MEMBERSHIP TEAM**  
30 min • Eucalyptus Circle
- PICKLEBALL DRILL CLINIC\***  
50 min • Pickleball Court 1 • Limit 8 • \$80
- CARDIO TENNIS CLINIC\***  
50 min • Tennis Court 1 • Limit 8 • \$80
- 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
- WALKING MEDITATION**  
50 min • Sanctuary • CME
- NEW PICKLEBALL HARMONY\***  
50 min • Pickleball Court 1 • Limit 8 • \$110
- 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
- CHANGE YOUR AURA, CHANGE YOUR LIFE**  
50 min • Cactus Room
- 11:00 AM **BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES**  
50 min • Catalina Room • CME
- 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
- HIKE & PAINT\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- NOON **AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- 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 **NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH\***  
50 min • Studio 3 • Limit 8 • \$80
- NEW PILATES CIRCUIT CLINIC\***  
50 min • Pilates Studio • Limit 5 • \$80
- ALTERNATIVE THERAPIES FOR MENOPAUSE**  
50 min • Catalina Room • CME
- 2:00 PM **CR STRENGTH**  
45 min • Golf Performance Center • Limit 10
- DD 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 **NEW QI GONG VOCAL HEALING SOUNDS PRACTICE\***  
50 min • Private Fitness Studio 4 • Limit 6 • \$80
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- NEW CANYON RANCH 101**  
30 min • The Snug
- 5:00 PM **SIP AND SHOP**  
2 hr • The Boutique at Canyon Ranch
- CANDLELIGHT YOGA**  
45 min • Yoga Studio • Limit 20
- 5:15 PM **DD 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

### 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 July 3, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

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- 5:30 AM **SABINO CANYON WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12
- DD NEW ART & ECHOES: BIKING THROUGH THE OLD PUEBLO\***  
3 hr 30 min • Outdoor Sports Lobby  
• Limit 4 • \$110
- 5:45 AM **HIKE: LEVEL 3 - BRIDAL WREATH TRAIL\***  
4 hr 45 min • Outdoor Sports Lobby  
• Limit 12
- 6:00 AM **MORNING WALK**  
45 min • Spa Lobby
- MORNING WALK**  
30 min • Spa Lobby
- CARDIO TENNIS CLINIC\***  
50 min • Tennis Court 1 • Limit 8 • \$80
- 7:00 AM **PICKLEBALL DRILL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:00 AM **PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM **DYNAMIC STRETCH**  
20 min • Yoga Studio • Limit 20
- HIKE: LEVEL 2 - SUNSET TRAIL\***  
5 hr 30 min • Outdoor Sports Lobby  
• Limit 12
- 9:00 AM **GLIDE AND BURN**  
45 min • Studio 1 • Limit 20
- INTERMEDIATE YOGA**  
45 min • Yoga Studio • Limit 30
- 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
- 11:00 AM **DD AQUA FIT**  
45 min • Aquatic Center • Limit 15
- YOGA SCULPT**  
45 min • Yoga Studio • Limit 18
- STRIDE**  
45 min • Cardio & Strength Gym • Limit 14
- ASK A PSYCHIC**  
50 min • Cactus Room
- NOON **CORE & MORE**  
20 min • Studio 2 • Limit 16
- 1:00 PM **KUNDALINI YOGA**  
45 min • Yoga Studio • Limit 20
- GLUTE TRANSFORMATION-CLINIC\***  
50 min • Cardio & Strength Gym  
• Limit 5 • \$80

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- |         |                                                                                                       |         |                                                                                                                   |
|---------|-------------------------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------|
| 2:00 PM | <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<br/>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                                           | 6:00 PM | <b>PICKLEBALL CLINIC*</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                                         |
|         | <b>DYE YOUR OWN SILK SCARF*</b><br>2 hr 30 min • Art Studio 2 • Limit 6 • \$75                        | 6:30 PM | <b>DD 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-<br/>SAGUARO NATIONAL PARK EDITION*</b><br>3 hr • Outdoor Sports Lobby • Limit 10 • \$140 |
|         | <b>DD GOOD VIBRATIONS</b><br>45 min • Studio 2 • Limit 14                                             | 8:30 PM | <b>DD 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<br/>RESTORATIVE EXPERIENCE*</b><br>50 min • Studio 4 • Limit 8 • \$80 |         |                                                                                                                   |
| 4:00 PM | <b>MEDITATION</b><br>25 min • Sanctuary • Limit 30                                                    |         |                                                                                                                   |
|         | <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.

# SATURDAY July 4, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

- 5:30 AM **HIKE: LEVEL 4 - TANQUE VERDE DOME SV\***  
5 hr • Outdoor Sports Lobby • Limit 12
- DD BIRD WALK\***  
2 hr • Outdoor Sports Lobby • Limit 8
- BIKE RIDE: LEVEL 3 - CANADA DEL ORO\***  
4 hr • Outdoor Sports Lobby • Limit 12
- 5:45 AM **HIKE: LEVEL 3 - MILAGROSA CANYON\***  
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 - GARWOOD DAM LOOP\***  
4 hr • Outdoor Sports Lobby • Limit 12
- 7:00 AM **PICKLEBALL DRILL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:00 AM **PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM **CENTERING MEDITATION**  
25 min • Sanctuary • Limit 30
- 9:00 AM **STRIDE & STRENGTH**  
45 min • Cardio & Strength Gym • Limit 14
- WATER WORKOUT**  
45 min • T-Pool • Limit 24
- ABOVE & BELOW THE BELT**  
45 min • Studio 3 • Limit 20
- PROPERTY TOUR**  
30 min • Eucalyptus Circle
- 10:00 AM **PERSONALIZED NUTRITION**  
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
- NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE\***  
50 min • Studio 4 • Limit 8 • \$80
- 11:00 AM **KARTCHNER CAVERNS LIVING CAVE TOUR\***  
5 hr • Outdoor Sports Lobby • Limit 6 • \$220
- 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 **BREATHING**  
20 min • Yoga Studio • Limit 30
- AERIAL SWING YOGA CLINIC\***  
50 min • Studio 3 • Limit 5 • \$80
- 12:30 PM **DD HIKE & PAINT\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 1:00 PM **PILATES MAT**  
45 min • Yoga Studio • Limit 30
- WEARABLE RESISTANCE TRAINING\***  
50 min • Studio 3 • Limit 8 • \$80
- MENOPAUSAL HORMONE REPLACEMENT THERAPY**  
50 min • Catalina Room • CME

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2:00 PM **CR STRENGTH**  
45 min • Golf Performance Center • Limit 10

**HEART CHAKRA YOGA**  
45 min • Yoga Studio • Limit 30

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

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

5:00 PM **PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80

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

**DD NEW RESTORATIVE SOUND BATH\***  
50 min • Yoga Studio • Limit 25 • \$80

6:00 PM **CHEF'S SEASONAL SHOWCASE DINNER\***  
2 hr • Demo Kitchen • Limit 36 • \$70

**MAHJONG GAME NIGHT**  
2 hr • The Snug • Limit 8

## 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.

# SUNDAY July 5, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

- 5:30 AM **HIKE & PAINT\***  
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 5:45 AM **HIKE: LEVEL 3 - VENTANA CANYON TRAIL\***  
4 hr 30 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 - ESPERERO TRAIL\***  
3 hr 45 min • Outdoor Sports Lobby • Limit 12
- YOGA IN THE MOUNTAINS\***  
4 hr • Outdoor Sports Lobby • Limit 12 • \$140
- WILDLIFE PHOTOGRAPHY AT THE OASIS\***  
3 hr • Outdoor Sports Lobby • Limit 6 • \$140
- 7:00 AM **DD PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:00 AM **NEW AWAKEN THE QI: TAPPING INTO  
ENERGY FLOW\***  
50 min • Private Fitness Studio 4  
• Limit 6 • \$80
- CARDIO TENNIS CLINIC\***  
50 min • Tennis Court 1 • Limit 8 • \$80
- 8:15 AM **DYNAMIC STRETCH**  
20 min • Studio 2 • Limit 20
- 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 **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
- VINYASA FLOW**  
45 min • Yoga Studio • Limit 30
- DD ZUMBA®**  
45 min • Studio 1 • Limit 30
- NEW BLOOD FLOW RESTRICTION  
TRAINING FOR STRENGTH\***  
50 min • Studio 3 • Limit 8 • \$80
- 11:30 AM **PHONE-TOGRAPHY\***  
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- NOON **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
- POWER STEP & TONE**  
45 min • Golf Performance Center • Limit 12
- VIPR SLAM**  
45 min • Studio 1 • Limit 20
- 3:00 PM **BUFF BOOTY**  
45 min • Studio 1 • Limit 20
- TRX FUSION**  
45 min • Studio 3 • Limit 15
- YIN YOGA**  
45 min • Yoga Studio • Limit 20
- NEW PILATES CIRCUIT CLINIC\***  
50 min • Pilates Studio • Limit 5 • \$80
- 4:00 PM **NEW INJURY-PROOF YOUR PROGRESS:  
KEY TO LASTING FITNESS**  
50 min • Catalina Room • CME
- DD DRUMMING CIRCLE**  
45 min • Studio 1 • Limit 20
- YOGA FOR DETOX**  
45 min • Yoga Studio • Limit 20
- NEW CANYON RANCH 101**  
30 min • The Snug
- STRETCH & RELAXATION**  
25 min • Studio 2 • Limit 20
- 5:30 PM **COMMUNITY TABLE**  
1 hr • Vaquero • Limit 6
- NEW RESTORATIVE SOUND BATH\***  
50 min • Yoga Studio • Limit 25 • \$80
- 6:00 PM **PICKLEBALL CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 7:00 PM **CRYSTAL SINGING BOWL  
IMMERSIVE CONCERT**  
50 min • Sanctuary • Limit 30
- NIGHT SKY WALK\***  
2 hr • Outdoor Sports Lobby • Limit 12 • \$80
- 8:30 PM **DD 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
- ⋯** 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.

