

RANCH SCHEDULE
JULY 6-12, 2026

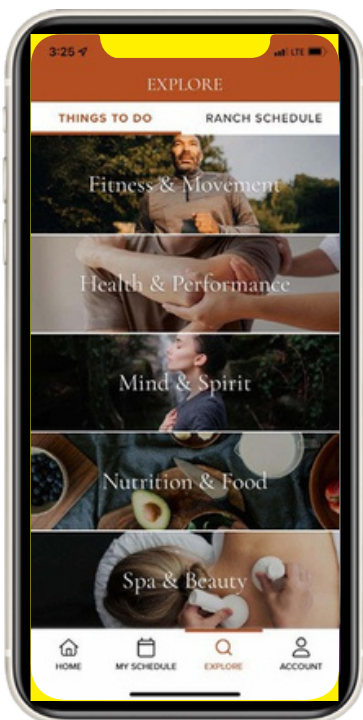


This schedule belongs to:



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

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



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.



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

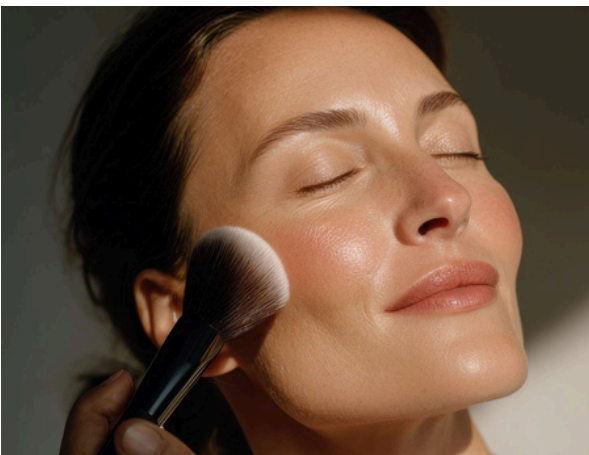


STRENGTH & RECOVERY

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.

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



THE ART OF BEAUTY

JULY 13-19

Celebrate the beauty of well-being during this week of expert insights, engaging experiences, and inspiring conversations. Discover how skincare, self-care, and daily rituals work together to support confidence and vitality from the inside out. Whether you're passionate about wellness, curious about whole-body beauty practices, or simply looking to refresh your routine, this immersive experience offers practical tips, inspiration, and new ways to nurture both your inner balance and outer glow.



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 July 6, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

- 5:30 AM **HIKE: LEVEL 4 - SOLDIER TRAIL***
5 hr • Outdoor Sports Lobby • Limit 12
- SABINO CANYON WALK***
2 hr • Outdoor Sports Lobby • Limit 12
- BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD***
4 hr • Outdoor Sports Lobby • Limit 6
- 5:45 AM **ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE***
2 hr 30 min • 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
- HIKE & PAINT***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 7:00 AM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:00 AM **PICKLEBALL DRILL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM **DYNAMIC STRETCH**
20 min • Yoga Studio • Limit 20
- HIKE: LEVEL 2 - BOX CAMP***
5 hr • Outdoor Sports Lobby • Limit 12
- 8:30 AM **HIKE: LEVEL 3 - CRYSTAL SPRINGS***
6 hr • Outdoor Sports Lobby • Limit 12
- 9:00 AM **EXERCISE & MENOPAUSE**
50 min • Catalina Room • CME
- CORE CONDITIONING**
45 min • Studio 1 • Limit 20
- DESERT DRUMMING**
45 min • Studio 2 • Limit 30
- DD TRX STRONG**
45 min • Studio 3 • Limit 15
- PROPERTY TOUR**
30 min • Clubhouse Lobby • Limit 30
- 10:00 AM **DD 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 **DJ DANCE PARTY**
45 min • Studio 1 • Limit 30
- DD PEDAL, LIFT, FLOW**
1 hr • Golf Performance Center • Limit 12
- YOGA SCULPT**
45 min • Yoga Studio • Limit 18
- INSIGHT & HEALING WITH GEMS & MINERALS**
50 min • The Boutique at Canyon Ranch
- NOON **AERIAL SWING YOGA CLINIC***
50 min • Studio 3 • Limit 5 • \$80
- 1:00 PM **MENOPAUSE: A RITUAL FOR TRANSITION**
50 min • Sanctuary
- PILATES REFORMER CLINIC: BEGINNING***
50 min • Pilates Studio • Limit 5 • \$80
- PILATES FOR BALANCE**
45 min • Studio 1 • Limit 18
- DD WEARABLE RESISTANCE TRAINING***
50 min • Studio 3 • Limit 8 • \$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 ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20

STRIDE
45 min • Cardio & Strength Gym • Limit 14

CHAIR YOGA
45 min • Yoga Studio • Limit 20

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

DD 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 MEDITATION
25 min • Sanctuary • Limit 30

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

NEW CANYON RANCH 101
30 min • The Snug

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 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 July 7, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

5:30 AM **HIKE: LEVEL 4 - FINGER ROCK SV***
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

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

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

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 2 - LOWER BEAR 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 **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

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

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

WATER WORKOUT
45 min • T-Pool • Limit 24

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

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

PROPERTY TOUR
30 min • Clubhouse Lobby • Limit 30

10:00 AM **THE SECOND BRAIN:
HOW YOUR GUT SHAPES HEALTH**
50 min • Catalina Room • CME

**DD NEW BLOOD FLOW RESTRICTION
TRAINING FOR STRENGTH***
50 min • Studio 3 • Limit 8 • \$80

H2O POWER
45 min • T-Pool • Limit 24

CORE CONDITIONING
45 min • Studio 1 • Limit 20

STRETCH
45 min • Yoga Studio • Limit 30

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

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

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

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

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 MEMBERSHIPS: CASUAL Q&A
30 min • The Snug • Limit 20
- PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- SKY ISLAND DISCOVERY TOUR*
3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- 2:00 PM DD 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
- 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
- DD SUPER STRENGTH*
50 min • Studio 3 • Limit 8 • \$80
- 4:00 PM CEREMONIAL CACAO EXPERIENCE*
1 hr 30 min • Sanctuary • Limit 12 • \$140
- A MEDICAL APPROACH
TO WEIGHT LOSS
50 min • Catalina Room • CME
- DD 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
- DD 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 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 8, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

- 5:30 AM **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
- 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 **MEDITATION IN THE MOUNTAINS***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- INTUITIVE ARCHERY***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- PICKLEBALL DRILL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- 8:15 AM **HIKE: LEVEL 2 - PECK BASIN OVERLOOK***
5 hr • Outdoor Sports Lobby • Limit 12
- 9:00 AM **CYCLING**
45 min • Golf Performance Center • Limit 12
- VINYASA FLOW**
45 min • Yoga Studio • Limit 30
- PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE***
50 min • Racquet Court 1 • Limit 4 • \$110
- ABOVE & BELOW THE BELT**
45 min • Studio 3 • Limit 20
- PROPERTY TOUR**
30 min • Clubhouse Lobby • Limit 30
- NEW COFFEE CHAT WITH A CR SPIRITUAL WELLNESS EXPERT**
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
- JOURNALING FOR MENTAL HEALTH**
50 min • Catalina Room
- 11:00 AM **COMPASSION CIRCLE FOR GRIEF & GRATITUDE**
50 min • Sanctuary
- INTERMEDIATE YOGA**
45 min • Yoga Studio • Limit 30
- DD TRX STRONG**
45 min • Studio 3 • Limit 15
- VIPR SLAM**
45 min • Studio 1 • Limit 20
- NOON **AERIAL SWING YOGA CLINIC***
50 min • Studio 3 • Limit 5 • \$80
- CORE & MORE**
20 min • Studio 2 • Limit 16
- 1:00 PM **DD ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS**
50 min • Sanctuary • CME
- GLUTE TRANSFORMATION-CLINIC***
50 min • Cardio & Strength Gym • 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 **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
- 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
- PBF: POWER BLAST FITNESS**
45 min • Studio 3 • Limit 20
- ROCKIN' RETRO**
45 min • Studio 1 • Limit 30
- LEARNING SELF-REIKI**
50 min • Cactus Room
- HANDS-ON COOKING: COCOA & CRAFT***
1 hr • Demo Kitchen • Limit 10 • \$125
- 4:00 PM **DD 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 **COSMIC JOURNEY WITH THE TELESCOPE***
3 hr • Outdoor Sports Lobby
• Limit 8 • \$140

CME ACCREDITATION

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

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



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

THURSDAY July 9, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

- 5:30 AM **HIKE: LEVEL 4 - MINT SPRING TRAIL***
7 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 - 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 **BOGA FITMAT® FITNESS CLINIC***
50 min • T-Pool • Limit 8 • \$80
- YOGA NATURALLY**
45 min • Flagstone Lawn • Limit 20
- PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • 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 **ABOVE & BELOW THE BELT**
45 min • Studio 3 • Limit 20
- DD CORE CONDITIONING**
45 min • Studio 1 • Limit 20
- NEW PICKLEBALL HARMONY***
50 min • Pickleball Court 1 • Limit 8 • \$110
- FINDING CALM: EASTERN WISDOM FOR MODERN LIFE**
50 min • Sanctuary
- WATER WORKOUT**
45 min • T Pool • Limit 24
- PROPERTY TOUR**
30 min • Clubhouse Lobby • Limit 30
- 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
- HIKE & PAINT***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- ANGELS AMONG US**
50 min • Cactus Room
- 11:00 AM **BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES**
50 min • Catalina Room • CME
- DD 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
- 1:00 PM **DD REST EASY — TIPS FOR A GOOD NIGHT'S SLEEP**
50 min • Catalina Room
- 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

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

- | | | | |
|---------|--|---------|--|
| 2:00 PM | DD BOXER'S WORKOUT
45 min • Studio 3 • Limit 8 | 4:00 PM | NEW QI GONG VOCAL HEALING SOUNDS PRACTICE*
50 min • Private Fitness Studio 4
• Limit 6 • \$80 |
| | DESERT DRUMMING
45 min • Studio 2 • Limit 30 | | DD STRETCH & RELAXATION
25 min • Studio 2 • Limit 20 |
| | SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio • Limit 20 | | NEW CANYON RANCH 101
30 min • The Snug |
| | PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 5 • \$80 | 5:00 PM | SIP AND SHOP
2 hr • The Boutique at Canyon Ranch |
| 3:00 PM | DD BUFF BOOTY
45 min • Studio 1 • Limit 20 | 5:30 PM | COMMUNITY TABLE
1 hr • Vaquero • Limit 6 |
| | QI GONG AND YOGA
45 min • Yoga Studio • Limit 20 | 7:00 PM | NIGHT SKY WALK*
2 hr • Outdoor Sports Lobby • Limit 12 • \$80 |
| | WALLYBALL
45 min • Racquet Court 1 | | |

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 July 10, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

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

BIKE RIDE: LEVEL 2 -
MOUNTAIN BIKE 101*
4 hr • Outdoor Sports Lobby • Limit 4

5:45 AM HIKE: LEVEL 3 -
DOUGLAS/ROCK SPRINGS*
4 hr 30 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 **DD** DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20

HIKE: LEVEL 2 - LEMMON PARK*
5 hr • Outdoor Sports Lobby • Limit 12

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

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

TRX FUSION
45 min • Studio 3 • Limit 15

DD WHEN YOUR SHOULDERS SPEAK:
PAIN DECODED & TREATED
50 min • Catalina Room • CME

PROPERTY TOUR
30 min • Clubhouse Lobby • Limit 30

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

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

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

STRIDE
45 min • Cardio & Strength Gym • Limit 14

YOGA SCULPT
45 min • Yoga Studio • Limit 18

EXPLORATION IN
SOUL CONSCIOUSNESS
50 min • Cactus Room

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

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

1:00 PM THE HEALING LANGUAGE
OF CRYSTAL BOWLS
50 min • Catalina Room

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

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

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2:00 PM **ASTROLOGY: BEYOND THE BASICS**
50 min • Cactus Room

DD KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

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

PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

3:00 PM **DD THE POWER OF MOVEMENT
FOR LONGEVITY**
50 min • Catalina Room • CME

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

POSTURE & BALANCE
45 min • Studio 1 • Limit 20

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

**HANDS-ON COOKING:
FAST & NOURISHED***
1 hr • Demo Kitchen • Limit 10 • \$125

4:00 PM **MEDITATION**
25 min • Sanctuary • Limit 30

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

NEW CANYON RANCH 101
30 min • The Snug

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

**SKY ISLAND SUNSET
AND CITY LIGHTS TOUR***
3 hr • Outdoor Sports Lobby • Limit 6 • \$110

6:00 PM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80

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

7:30 PM **NIGHT VISION GOGGLES-
SAGUARO NATIONAL PARK EDITION***
3 hr • Outdoor Sports Lobby • Limit 10 • \$140

8:30 PM **BINGO**
50 min • Pavilion



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SATURDAY July 11, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

5:30 AM	HIKE: LEVEL 4 - MILAGROSA LOOP* 5 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	PILATES-AERIAL CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH* 3 hr 30 min • Outdoor Sports Lobby • Limit 12		CORE CONDITIONING 45 min • Studio 1 • Limit 20
5:45 AM	HIKE: LEVEL 3 - ESPERERO OVERLOOK* 4 hr 15 min • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:00 AM	MORNING WALK 45 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	MORNING WALK 30 min • Spa Lobby		HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	HIKE: LEVEL 2 - VENTANA TRAIL* 4 hr • Outdoor Sports Lobby • Limit 12		NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE 50 min • Catalina Room
	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8		NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE* 50 min • Studio 4 • Limit 8 • \$80
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		TRX STRONG 45 min • Studio 3 • Limit 15
9:00 AM	GLIDE AND BURN 45 min • Studio 1 • Limit 20	NOON	AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		BREATHING 20 min • Yoga Studio • Limit 30
	WATER WORKOUT 45 min • T-Pool • Limit 24	1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • The Snug • Limit 20
	PROPERTY TOUR 30 min • Clubhouse Lobby • Limit 30		PILATES MAT 45 min • Yoga Studio • Limit 30
			WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
			NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Catalina Room • CME

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|---------|---|---------|---|
| 2:00 PM | NEW STOP FORCING YOUR LIFE & LET IT FLOW
50 min • Catalina Room • CME | 5:00 PM | PICKLEBALL CLINIC*
50 min • Pickleball Court 1
• Limit 4 • \$80 |
| | ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20 | 5:30 PM | COMMUNITY TABLE
1 hr • Vaquero • Limit 6 |
| | CR STRENGTH
45 min • Golf Performance Center • Limit 10 | | RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • \$80 |
| | HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30 | 6:00 PM | CHEF'S SEASONAL SHOWCASE DINNER*
2 hr • Demo Kitchen • Limit 36 • \$70 |
| 3:00 PM | WALLYBALL
45 min • Racquet Court 1 | | MAHJONG GAME NIGHT
2 hr • The Snug • Limit 8 |
| | VIPR SLAM
45 min • Studio 1 • Limit 20 | 7:30 PM | NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby
• Limit 10 • \$140 |
| | 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 | | |



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SUNDAY July 12, 2026

DISCOVERY DAYS: **DD** – STRENGTH & RECOVERY

5:30 AM	MEDITATION HIKE* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	WILDLIFE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		H2O POWER 45 min • T-Pool • Limit 24
5:45 AM	HIKE: LEVEL 3 - PONTATOC RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE* 4 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
6:00 AM	MORNING WALK 45 min • Spa Lobby		VINYASA FLOW 45 min • Yoga Studio • Limit 30
	MORNING WALK 30 min • Spa Lobby		ZUMBA® 45 min • Studio 1 • Limit 30
	HIKE: LEVEL 2 - PIMA CANYON* 4 hr • Outdoor Sports Lobby • Limit 12	NOON	BREATHING 20 min • Yoga Studio • Limit 30
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
8:00 AM	AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Private Fitness Studio 4 • Limit 6 • \$80	1:00 PM	PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		QI GONG 45 min • Yoga Studio • Limit 30
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
8:30 AM	QI GONG IN THE MOUNTAINS* 3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140		FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY 50 min • Cactus Room
9:00 AM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		
	CYCLING 45 min • Golf Performance Center • Limit 12		
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		
	PROPERTY TOUR 30 min • Clubhouse Lobby • 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 **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

4:00 PM **DD LOW BACK PAIN: MYTHS, SCIENCE
& SURPRISING TRUTHS**
50 min • Catalina Room • CME

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

NEW CANYON RANCH 101
30 min • The Snug

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

6:00 PM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80

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

8:30 PM **BINGO**
50 min • Pavilion

THE MORE, THE MERRIER

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

Contact GroupLeadsTucson@canyonranch.com.



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

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

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

For more information or to
purchase a Membership:

CONTACT

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

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH FORT WORTH, TEXAS

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

Visit canyonranch.com to learn more about all of our locations.



Health & Performance, & Spiritual Wellness

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

The Mel & Enid Zuckerman Center for Life Enhancement

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

Spa Complex

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

Clubhouse

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

KEY

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

RESTROOMS

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

