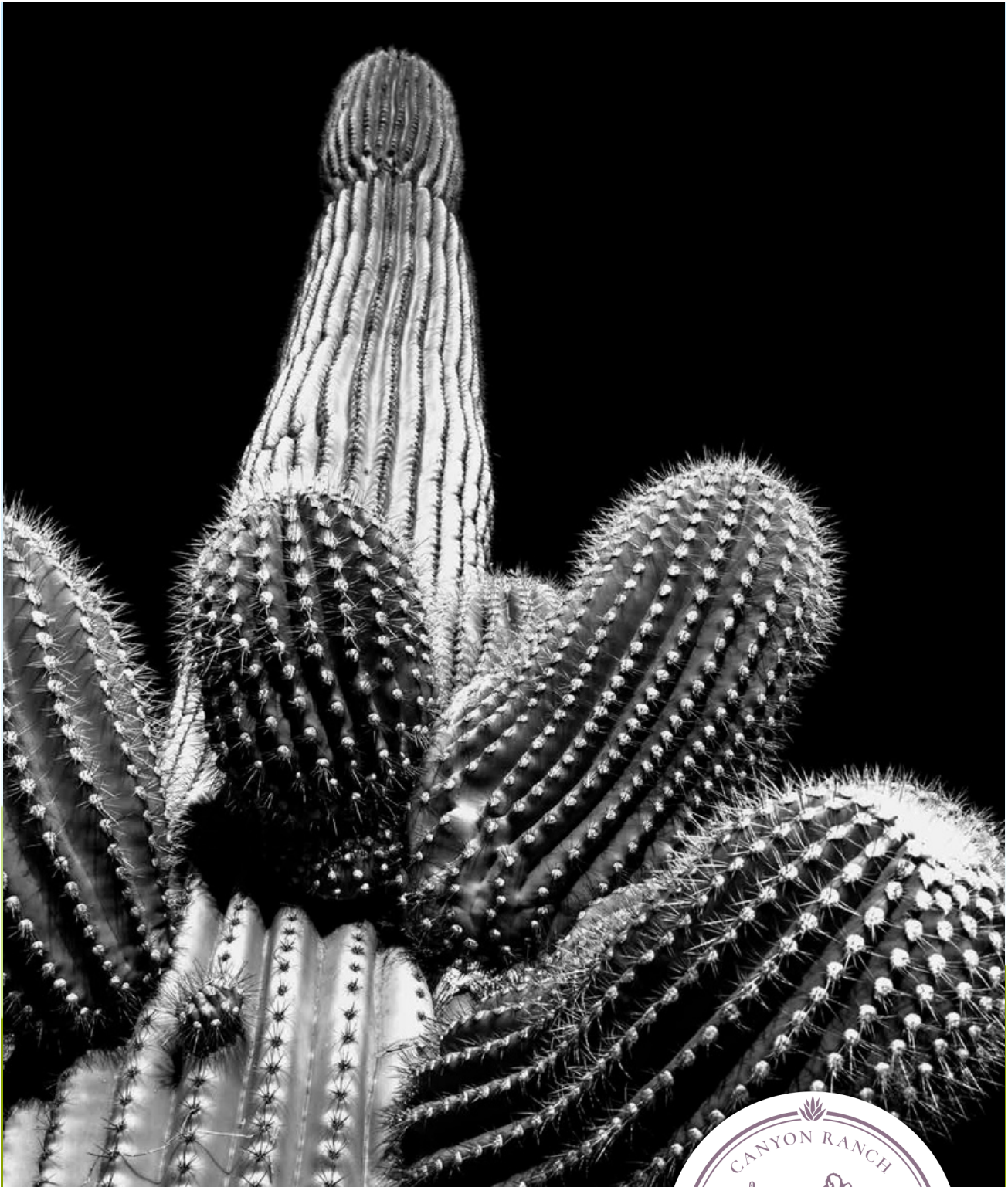


RANCH SCHEDULE
JULY 20-26, 2026

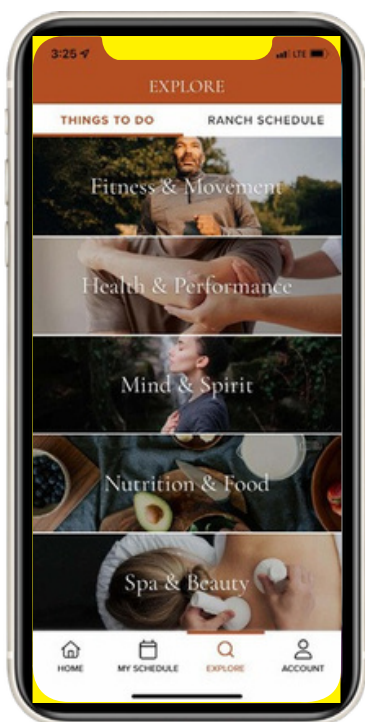


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

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

DINNER: 5 – 8 p.m.

BRUNCH: Sat. – Sun. 11:30 a.m. – 2 p.m.

Reservations are required for dinner at Vaquero. You can make reservations at the host stand or by using the Canyon Ranch App. You may also pick up a to-go meal. For in-room dining, please call Ext. 44313 to order from our room service menu.

DOUBLE U CAFE & FLAGSTONE POOL

DOUBLE U CAFE: 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



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://canyonranch.com) FOR MORE UPCOMING EVENTS



WAVES OF WELLNESS

JULY 20-26

This week-long experience focuses on how water can support recovery, relaxation, and overall well-being. Enjoy guided aqua yoga, water Pilates, and hot- and cold-therapy sessions that encourage circulation and ease muscle fatigue. Outdoor activities include kayaking and paddleboarding, while quieter moments are fostered through floating meditation, sound healing sessions, and a tranquil waterfall walk. By the end of the week, you'll gain a practical understanding of how water-based practices help restore physical energy and support mental clarity.

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



BESTIES WEEK

JULY 27-AUGUST 2

Besties Week brings you and your bestie together for experiences that spark laughter, creativity, and connection. Whether it's friends traveling together, sisters, mothers and daughters, or anyone seeking to share meaningful experiences with someone special, this week is filled with fun, engaging activities designed to help you relax, reconnect, and make lasting memories. Join one activity or dive into them all — Besties Week is all about enjoying quality time with the people who matter most.



UPCOMING MAHJONG + MINDFULNESS RETREAT

AUGUST 9-11

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



Elevate your wellness routine with our dedicated recovery spaces designed to replenish energy, improve sleep, accelerate regeneration, and enhance overall vitality. Explore advanced tools and techniques to help you feel better, *faster*.



ENJOY FOR A SIMPLE DAILY RATE | \$100

To book, please contact your Wellness Guide or visit us at CR Vitality in the Spa building.

Daily from 9 a.m.–6 p.m.

FEATURED TOOLS & TECH

NEUROSTIMULATION

Unwind with a Shiftwave zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

LIGHT THERAPY

Harness the whole-body benefits of red- and infrared-light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

INFRARED SAUNA POD

Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

HYPERICE & THERABODY®

Test out cutting-edge percussion and pneumatic compression therapy tools by Therabody® and Hyperice. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release therapies for easing muscle soreness, improving mobility, and more.

NEW: AMMORTAL CHAMBER

Located in our Spa building, this state-of-the-art wellness chamber combines several restorative modalities — red light, PEMF, guided breath work, and more — all in one session. Discover the latest in recovery technology, helping you reset, recharge, and rejuvenate.

25 minutes | \$100

50 minutes | \$150

Book in the Canyon Ranch App or contact your Wellness Guide.



RETAIL THERAPY

Take a piece of the Canyon Ranch experience home with you. Explore wellness essentials at our shops, including top-tier spa products, specialty apparel, and much more. Refer to pg. 2 for hours and locations.



CANYON RANCH BOUTIQUE

- Clothing & Swimwear
- Jewelry & Accessories
- Gems & Crystals



CR SHOPS

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



SKIN CARE & SALON

- Kerastase Hair Care Products
- Biologique Recherche
- Environ
- VENN

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

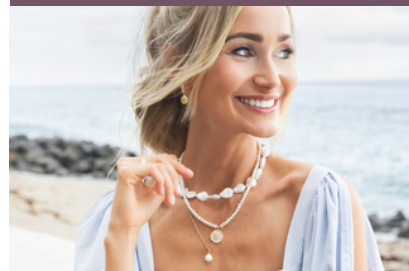
NINE DAUGHTERS OF EARTH



MONDAY, JULY 20

Discover Nine Daughters of Earth for a two-day trunkshow filled with timeless, elegant, one-of-a-kind silver and gemstone pieces--handcrafted with intention for the wearer who feels their deeper resonance.

UNIQ



**TUESDAY, JULY 21 -
THURSDAY, JULY 23**

UNIQ JEWELRY is a coastal-classic jewelry brand sea-sustainably handcrafted in Florida. Designed as your everlasting dose of summer, the collection features natural freshwater pearls, gemstones, and golden accents. Visit us during this trunk show to meet founder and designer Simone, discover their latest creations, and find a piece to accompany you wherever your travels take you.

MONDAY

July 20, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

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

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

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

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

PRIVATE BOGA FITMAT®
YOGA CLINIC*
50 min • T-Pool • Limit 5 • \$80

8:00 AM PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

CARDIO TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80

HIKE: LEVEL 2 - SUNSET TRAIL*
5 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

8:30 AM HIKE: LEVEL 4 - MINT SPRING TRAIL*
6 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

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

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

DINNER & LEARN:
GRILLED HALIBUT WITH SOFRITO
1 hr • Demo Kitchen • Limit 36

1:00 PM PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 5 • \$80

WEARABLE RESISTANCE TRAINING*
50 min • Studio 3 • Limit 8 • \$80

PILATES FOR BALANCE
45 min • Studio 1 • Limit 18

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

2:00 PM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	STRIDE 45 min • Cardio & Strength Gym • Limit 14	6:30 PM	DD FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 20 • \$110
2:30 PM	JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	7:30 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
3:00 PM	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	8:00 PM	NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	MUSCLE MAX 45 min • Studio 3 • Limit 12		
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		
4:00 PM	AYURVEDA TIPS FOR THE SUMMER 50 min • Cactus Room		
	NEW CANYON RANCH 101 30 min • The Snug		
	MEDITATION 25 min • Sanctuary • Limit 30		
	STRETCH & RELAXATION 25 min • Studio 2 • 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.

TUESDAY

July 21, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

- 5:30 AM

HIKE: LEVEL 4 - PONTATOC TRAIL*

5 hr • Outdoor Sports Lobby • Limit 12
- WILDLIFE PHOTOGRAPHY AT THE OASIS*

3 hr • Outdoor Sports Lobby • Limit 8 • \$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

PICKLEBALL CLINIC*

50 min • Pickleball Court 1 • Limit 4 • \$80
- BOGA FITMAT® FITNESS CLINIC*

50 min • T-Pool • Limit 8 • \$80
- 8:00 AM

CARDIO TENNIS CLINIC*

50 min • Tennis Court 1 • Limit 8 • \$80
- 9:00 AM

PICKLEBALL DRILL CLINIC*

50 min • Pickleball Court 1 • Limit 4 • \$80
- HIKE: LEVEL 3 - PECK BASIN*

5 hr 15 min • Outdoor Sports Lobby • Limit 12
- MUSCLE MAX

45 min • Studio 3 • 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

THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH

50 min • Catalina Room • CME
- NUMEROLOGY: INTERPRETING THE NUMBERS OF NAMES

50 min • Cactus Room
- PHONE-TOGRAPHY*

2 hr • Outdoor Sports Lobby • Limit 6 • \$110
- NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH*

50 min • Studio 3 • Limit 8 • \$80
- CORE CONDITIONING

45 min • Studio 1 • Limit 20
- DD H2O POWER

45 min • T-Pool • Limit 24
- STRETCH

45 min • Yoga Studio • Limit 30
- 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

BREATHING

20 min • Yoga Studio • Limit 30
- FITNESS FOR YOUR FEET

20 min • Studio 1 • Limit 20
- LUNCH & LEARN: SHRIMP CATALAN

1 hr • Demo Kitchen • Limit 36
- 1:00 PM

MEMBERSHIPS: CASUAL Q&A

30 min • Spa Lobby • Limit 20
- SKY ISLAND DISCOVERY TOUR*

3 hr • Outdoor Sports Lobby • Limit 6 • \$110
- PILATES REFORMER CLINIC: BEGINNING*

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 **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
- SUPER STRENGTH***
50 min • Studio 3 • Limit 8 • \$80
- 4:00 PM **CEREMONIAL CACAO EXPERIENCE***
1 hr 30 min • Sanctuary • Limit 12 • \$140
- NEW CANYON RANCH 101**
30 min • The Snug
- STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20

- 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 22, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

5:30 AM HIKE: LEVEL 4 - BLACKETT'S RIDGE*
4 hr 30 min • 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 PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

HIKE: LEVEL 3 - LEMMON PARK*
6 hr • Outdoor Sports Lobby • Limit 12

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

8:15 AM HIKE: LEVEL 2 - LEMMON CREEK*
6 hr 30 min • Outdoor Sports Lobby
• Limit 12

CENTERING MEDITATION
25 min • Sanctuary • Limit 30

9:00 AM PICKLEBALL SKILL CLINIC -
THE KITCHEN EDGE*
50 min • Racquet Court 1 • Limit 4 • \$110

ABOVE & BELOW THE BELT
45 min • Studio 3 • Limit 20

CYCLING
45 min • Golf Performance Center • Limit 12

VINYASA FLOW
45 min • Yoga Studio • Limit 30

PROPERTY TOUR
30 min • Eucalyptus Circle

JOURNALING FOR MENTAL HEALTH
50 min • Catalina Room

10:00 AM SYMBOLIC NUMEROLOGY
AND INTUITION
50 min • Spa Lobby

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

MUSCLE MAX
45 min • Studio 3 • Limit 12

STRETCH
45 min • Yoga Studio • Limit 30

NEW COFFEE CHAT WITH A CR
PERFORMANCE SCIENTIST
50 min • Double U Cafe

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

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

CORE & MORE
20 min • Studio 2 • Limit 16

LUNCH & LEARN: JERK CHICKEN
1 hr • Demo Kitchen • Limit 36

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

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

GYROKINESIS
45 min • Yoga Studio • Limit 15

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	4:30 PM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	STRIDE 45 min • Cardio & Strength Gym • Limit 14	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	PILATES REFORMER-INT/ADV CLINIC* 50 min • Pilates Studio • Limit 6 • \$80	6:30 PM	FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
3:00 PM	LEARNING SELF-REIKI 50 min • Cactus Room	8:00 PM	NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14	8:30 PM	BINGO 50 min • Pavilion
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		
	ROCKIN' RETRO 45 min • Studio 1 • Limit 30		
4:00 PM	NEW CANYON RANCH 101 30 min • The Snug		
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$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.

THURSDAY July 23, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

5:30 AM	HIKE: LEVEL 4 - GUTHRIE PEAK* 6 hr 30 min • Outdoor Sports Lobby • Limit 12 BIKE RIDE: LEVEL 4 - ROCKING COBBLER* 4 hr • Outdoor Sports Lobby • Limit 6	10:00 AM	CHANGE YOUR AURA, CHANGE YOUR LIFE 50 min • Cactus Room HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110 CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20 H2O POWER 45 min • T-Pool • Limit 24 STRETCH 45 min • Yoga Studio • Limit 30
5:45 AM	HIKE: LEVEL 3 - ESPERERO OVERLOOK* 4 hr 15 min • Outdoor Sports Lobby • Limit 12	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
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 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	NOON	AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80 FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20 LUNCH & LEARN: PARMESAN CRUSTED SEA BASS 1 hr • Demo Kitchen • Limit 36
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80 BOGA FITMAT® FITNESS CLINIC* 50 min • T-Pool • Limit 8 • \$80	1:00 PM	JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220 REST EASY — TIPS FOR A GOOD NIGHT'S SLEEP 50 min • Catalina Room NEW PILATES CIRCUIT CLINIC* 50 min • Pilates Studio • Limit 5 • \$80
8:00 AM	LANDSCAPE & ECOLOGY WALK 50 min • Clubhouse Lobby • Limit 30 PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80 CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		
9:00 AM	NEW PICKLEBALL HARMONY* 50 min • Pickleball Court 1 • Limit 8 • \$110 BOXER'S WORKOUT 45 min • Studio 3 • Limit 8 CYCLING 45 min • Golf Performance Center • Limit 12 WATER WORKOUT 45 min • T-Pool • Limit 24 PROPERTY TOUR 30 min • Eucalyptus Circle		

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

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

DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

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

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 CANYON RANCH 101
30 min • The Snug

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

STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

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

CANDLELIGHT YOGA
45 min • Yoga Studio • Limit 30

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

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

**7:30 PM COSMIC JOURNEY WITH
THE TELESCOPE***
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

FITNESS CLASS REMINDERS

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



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

FRIDAY

July 24, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

5:30 AM	HIKE: LEVEL 4 - FORT LOWELL TRAIL SV* 5 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	DD THE POWER OF HYDRATION 25 min • Catalina Room
	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
5:45 AM	HIKE: LEVEL 3 - TANQUE VERDE LEDGE* 4 hr 45 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		SUPER STRENGTH* 50 min • Studio 3 • Limit 8 • \$80
	ART & ECHOES: BIKING THROUGH THE OLD PUEBLO* 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110	11:00 AM	EXPLORATION IN SOUL CONSCIOUSNESS 50 min • Cactus Room
8:00 AM	HIKE: LEVEL 2 - HITCHCOCK OVERLOOK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		DD AQUA FIT 45 min • Aquatic Center • Limit 15
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
9:00 AM	WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	GLIDE AND BURN 45 min • Studio 1 • Limit 20	NOON	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		LUNCH & LEARN: ORANGE DIJON GLAZED MAHI 1 hr • Demo Kitchen • Limit 36
	TRX FUSION 45 min • Studio 3 • Limit 15		CORE & MORE 20 min • Studio 2 • Limit 16
	PROPERTY TOUR 30 min • Eucalyptus Circle	1:00 PM	THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Catalina Room
			GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
			KUNDALINI YOGA 45 min • Yoga Studio • Limit 20
			PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80

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.

- | | |
|--|---|
| <p>2:00 PM THE ROAD TO AUTHENTICITY
THROUGH ASTROLOGY
50 min • Cactus Room</p> <p> KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12</p> <p> LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p> PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30</p> <p>3:00 PM THE POWER OF MOVEMENT
FOR LONGEVITY
50 min • Catalina Room • CME</p> <p> INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30</p> <p> POSTURE & BALANCE
45 min • Studio 1 • Limit 20</p> <p> STRIDE
45 min • Cardio & Strength Gym • Limit 14</p> <p> HANDS-ON COOKING:
FAST & NOURISHED*
1 hr • Demo Kitchen • Limit 10 • \$125</p> <p>4:00 PM NEW CANYON RANCH 101
30 min • The Snug</p> <p> MEDITATION
25 min • Sanctuary • Limit 30</p> <p> STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20</p> | <p>5:30 PM COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p> SKY ISLAND SUNSET AND
CITY LIGHTS TOUR*
3 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p>6:30 PM DD FLOATING SOUND
MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>8:30 PM BINGO
50 min • Pavilion</p> |
|--|---|



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 25, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

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

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

DESERT BOTANICALS BEAUTY WALK*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

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 MIDLIFE MECHANICS: STAY STRONG
THROUGH MENOPAUSE
50 min • Catalina Room • CME

PILATES-AERIAL CLINIC*
50 min • Studio 3 • Limit 5 • \$80

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 12 • \$80

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

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

TRX STRONG
45 min • Studio 3 • Limit 15

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

BREATHING
20 min • Yoga Studio • Limit 30

1:00 PM MEMBERSHIPS: CASUAL Q&A
30 min • Spa Lobby • Limit 20

PILATES MAT
45 min • Yoga Studio • Limit 30

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

FOUNDATIONS OF STRENGTH

50 min • Catalina Room • CME

HIKE & PAINT*

4 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

NEW CANYON RANCH 101

30 min • The Snug

RESTORATIVE YOGA

45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION

25 min • Studio 2 • Limit 20

MEDITATION WITH WEVANA TABS CLINIC*

25 min • Studio 4 • Limit 8 • \$80
- 5:30 PM

COMMUNITY TABLE

1 hr • Vaquero • Limit 6

DD RESTORATIVE SOUND BATH*

50 min • Yoga Studio • Limit 25 • \$80
- 6:00 PM

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



CANYONRANCH

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 26, 2026

DISCOVERY DAYS: **DD** – WAVES OF WELLNESS

5:30 AM	WILDLIFE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	10:00 AM	EXERCISE & MENOPAUSE 50 min • Catalina Room • CME
5:45 AM	HIKE: LEVEL 3 - VENTANA CANYON TRAIL* 4 hr 45 min • Outdoor Sports Lobby • Limit 12		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE* 4 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
6:00 AM	MORNING WALK 45 min • Spa Lobby		DD H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 30 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	HIKE: LEVEL 2 - PIMA CANYON* 4 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	DD AQUA FIT 45 min • Aquatic Center • Limit 15
	YOGA IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140		ZUMBA® 45 min • Studio 1 • Limit 30
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		VINYASA FLOW 45 min • Yoga Studio • Limit 30
8:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80	NOON	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 2 • Limit 4 • \$80	1:00 PM	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
	AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Private Fitness Studio 4 • Limit 6 • \$80		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
9:00 AM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		QI GONG 45 min • Yoga Studio • Limit 30
	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30		
	CYCLING 45 min • Golf Performance Center • Limit 12		
	PROPERTY TOUR 30 min • Eucalyptus Circle		

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

2:00 PM **GOOD VIBRATIONS**
45 min • Studio 2 • Limit 14

HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30

VIPR SLAM
45 min • Studio 1 • Limit 20

3:00 PM **BUFF BOOTY**
45 min • Studio 1 • Limit 20

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

TRX FUSION
45 min • Studio 3 • Limit 15

YIN YOGA
45 min • Yoga Studio • Limit 20

4:00 PM **INJURY-PROOF YOUR PROGRESS:
KEY TO LASTING FITNESS**
50 min • Catalina Room • CME

NEW CANYON RANCH 101
30 min • The Snug

DRUMMING CIRCLE
45 min • Studio 1 • Limit 20

STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

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

RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 18 • \$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

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

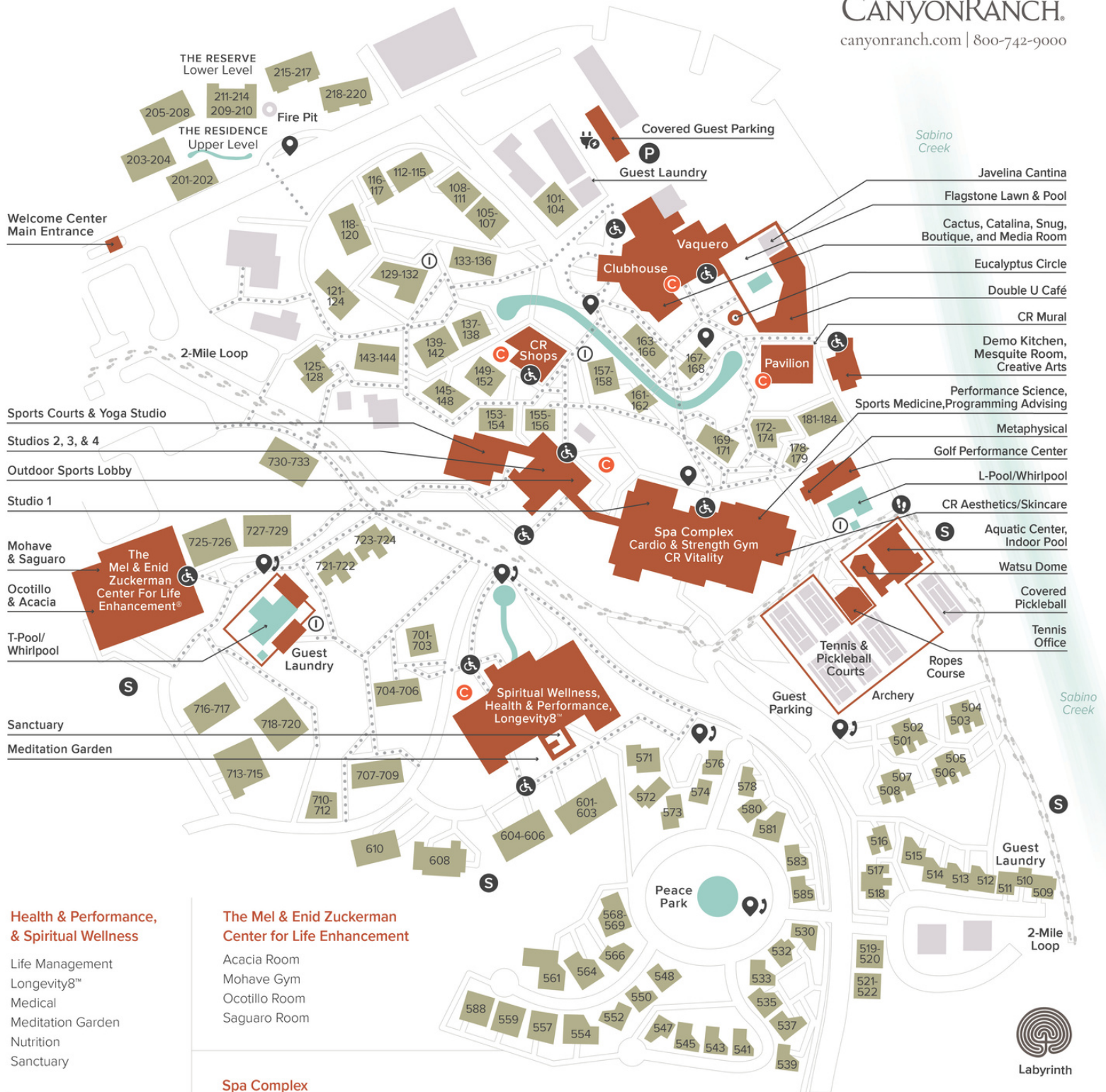
Located in the vibrant Cultural District, our club brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth Area.



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
- P Disabled Parking
- D Disabled Route
- E Electric Vehicle Charging Station
- I Ice Machine
- S Smoking Area
- L 2-Mile Loop
- L 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.



Labyrinth