

RANCH SCHEDULE
AUGUST 3-9, 2026

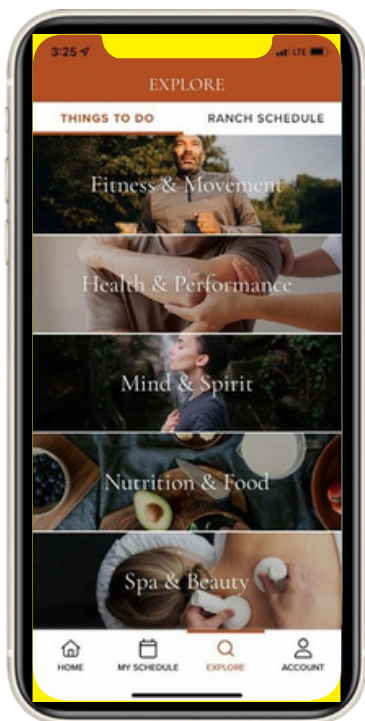


This schedule belongs to:



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 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

Located in The Snug

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.

WELCOME



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



GOTTA DANCE AT THE RANCH

AUGUST 2-7

Unleash the dancer in you. Experience doesn't matter—this is all about expression, movement, and the magic of music. Guests return year after year to our Arizona wellness center for the pure joy of this uplifting retreat set in Arizona's Sonoran Desert, surrounded by the serenity of the Santa Catalina Mountains. Guest choreographers offer inspired classes for all levels. Jump into hip hop, ballet, jazz, Bollywood, and much more. If you have dance shoes – ballet, tap, or jazz, please bring those with you.

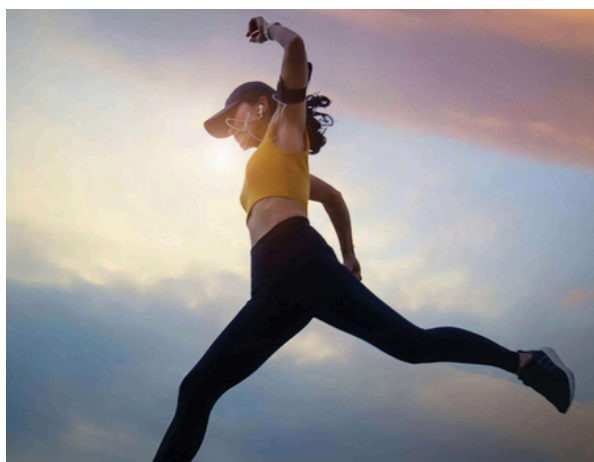
ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH 'DD'.



DESERT NIGHT SKIES

AUGUST 10-16

Beneath Tucson's wide-open night sky, experience the wonder of the Perseids meteor shower – one of the most spectacular celestial events of the year. Weather permitting, gather for guided evening viewing and learn about the science and stories behind the meteors. If skies are clear, watch brilliant streaks of light illuminate the night in an unforgettable celestial display.



UPCOMING LONGEVITY8™

OCTOBER 18-22 & DECEMBER 6-10

Join us for LONGEVITY8™, the most thorough and thoughtful longevity program offering an in-depth and personalized look at your health through our 8 principles of longevity. This cutting-edge 4-day experience includes 18 one-on-one consultations led by longevity experts. We'll review 15+ diagnostic tests and over 200 biomarkers to craft a plan to help you live younger, longer.

Your stay includes full accommodations, all meals, and access to 30+ daily activities.



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)

CRYSTAL ENERGY TRUNK SHOW



**SUNDAY, AUGUST 2 -
WEDNESDAY, AUGUST 5**

Join metaphysical, crystal, and gemstone expert Hapi Hara and discover how to harness the healing energies of rocks and crystals.

GREYSEN JEWELRY



**THURSDAY, AUGUST 6 -
SATURDAY, AUGUST 8**

Meet with Kristi Greysen- Bates and discover beautiful handmade, gold-filled and sterling silver jewelry inspired by coastal living.

NINE DAUGHTERS OF EARTH



**SUNDAY, AUGUST 9-
MONDAY, AUGUST 10**

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.

MONDAY

August 3, 2026

DISCOVERY DAYS: **DD** – GOTTA DANCE AT THE RANCH

5:30 AM	HIKE: LEVEL 4 - GUTHRIE PEAK* 6 hr 30 min • Outdoor Sports Lobby • Limit 12	9:00 AM	BURNOUT & RESILIENCE 50 min • Catalina Room • CME
	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 30 min • Eucalyptus Circle
	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8		ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20
	BIKE RIDE: LEVEL 3 - SAGUARO SPIN* 3 hr 30 min • Outdoor Sports Lobby • Limit 10		STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14
			DD BALLET 45 min • Studio 1 • Limit 30
5:45 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	H2O POWER 45 min • T-Pool • Limit 24
	ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE* 2 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$110		STRETCH 45 min • Yoga Studio • Limit 30
6:00 AM	MORNING WALK 45 min • Spa Lobby		DD HIP HOP 45 min • Studio 1 • Limit 30
	MORNING WALK 30 min • Spa Lobby	11:00 AM	INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Cactus Room
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		DD DJ DANCE PARTY 45 min • Studio 1 • Limit 30
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	HIKE: LEVEL 2 - BOX CAMP* 5 hr • Outdoor Sports Lobby • Limit 12	NOON	AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	DD CHOREOGRAPHY: RUNWAY 45 min • Studio 1 • Limit 30	1:00 PM	REPLENISHING THE WELL 50 min • Catalina Room • CME
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	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
8:45 AM	SUNSET EXTENSION HIKE: LEVEL 3* 6 hr • Outdoor Sports Lobby • Limit 12		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
			DD CHOREOGRAPHY: KING OF POP 45 min • Studio 1 • 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.

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| <p>2:00 PM DESERT DRUMMING
45 min • Studio 2 • Limit 30</p> <p> PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p> DD FULL BODY JAZZ WORKOUT
45 min • Studio 1 • Limit 30</p> <p>2:30 PM JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby
• Limit 3 • \$220</p> <p>3:00 PM LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p> MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p> NEW PILATES CIRCUIT CLINIC
50 min • Pilates Studio • Limit 5 • \$80</p> <p> DD POPSTAR!
45 min • Studio 1 • Limit 30</p> <p>4:00 PM NEW CANYON RANCH 101
30 min • The Snug</p> <p> CREATE YOUR OWN BAG CHARM
1 hr 30 min • Art Studio 1 • Limit 15</p> <p> MEDITATION
25 min • Sanctuary • Limit 30</p> <p> RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p> STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p> DD CHOREOGRAPHY: MAGIC TO DO
45 min • Studio 1 • Limit 30</p> | <p>5:00 PM PICKLEBALL CLINIC*
50 min • Pickleball Court 1
• Limit 4 • \$80</p> <p> YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> <p>5:30 PM COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p>6:00 PM TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>7:00 PM FLOATING SOUND
MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>7:30 PM COSMIC JOURNEY WITH
THE TELESCOPE*
3 hr • Outdoor Sports Lobby
• Limit 8 • \$140</p> <p>8:00 PM NIGHT VISION GOGGLES -
CREEPY CRAWLY EDITION*
2 hr • Outdoor Sports Lobby • Limit 8
• \$110</p> |
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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

August 4, 2026

DISCOVERY DAYS: **DD** – GOTTA DANCE AT THE RANCH

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

MOUNTAIN BIKE RIDE: LEVEL 3 -
HONEY BEE OFF-ROAD*
4 hr • Outdoor Sports Lobby • Limit 6

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

QI GONG IN THE MOUNTAINS*
3 hr 30 min • Outdoor Sports Lobby
• Limit 8 • \$140

6:30 AM INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

DD CHOREOGRAPHY: RUNWAY
45 min • Studio 1 • Limit 30

8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30

9:00 AM PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

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

PROPERTY TOUR
30 min • Eucalyptus Circle

CYCLING
45 min • Golf Performance Center • Limit 12

WATER WORKOUT
45 min • T-Pool • Limit 24

DD HAPPINESS THROUGH MOVEMENT
45 min • Studio 1 • Limit 30

10:00 AM PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

DD JAZZ FUNK
45 min • Studio 1 • 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

DD FOSSE STYLE
45 min • Studio 1 • Limit 30

NOON BREATHING
20 min • Yoga Studio • Limit 30

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

1:00 PM MEMBERSHIPS: CASUAL Q&A
30 min • 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

DD CHOREOGRAPHY: KING OF POP
45 min • Studio 1 • Limit 30

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

PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

DD DISCO
45 min • Studio 1 • Limit 30

**STRENGTH LAB:
AN INTERACTIVE SESSION**
50 min • Cardio & Strength Gym • Limit 20

3:00 PM **WALLYBALL**
45 min • Racquet Court 1

YIN YOGA
45 min • Yoga Studio • Limit 20

DD TAP
45 min • Studio 1 • Limit 30

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

NEW CANYON RANCH 101
30 min • The Snug

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

DD CHOREOGRAPHY: MAGIC TO DO
45 min • Studio 1 • Limit 30

5:00 PM **DD URBAN LINE DANCING**
45 min • Studio 1 • Limit 30

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

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 August 5, 2026

DISCOVERY DAYS: **DD** – GOTTA DANCE AT THE RANCH

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

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

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

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

HIKE: LEVEL 2 - PIMA CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

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

HIKE: LEVEL 3 - GREEN MT. TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12

MEDITATION IN THE MOUNTAINS*
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

DD CHOREOGRAPHY: RUNWAY
45 min • Studio 1 • Limit 30

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

NEW COFFEE CHAT WITH A CR SPORTS MEDICINE SPECIALIST
50 min • Double U Café

PROPERTY TOUR
30 min • Eucalyptus Circle

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

VINYASA FLOW
45 min • Yoga Studio • Limit 30

DD BALLET
45 min • Studio 1 • Limit 30

10:00 AM **CRYSTAL MEDITATION**
30 min • Sanctuary • Limit 30

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

DD PERCUSSIONS JAZZ
45 min • Studio 1 • Limit 30

JOURNALING FOR MENTAL HEALTH
50 min • Catalina Room

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

TRX STRONG
45 min • Studio 3 • Limit 15

DD JAZZ FUNK
45 min • Studio 1 • Limit 30

MINDFUL HATHA YOGA
1 hr 15 min • Yoga Studio • 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

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

GYROKINESIS
45 min • Yoga Studio • Limit 15

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

DD CHOREOGRAPHY: KING OF POP
45 min • Studio 1 • Limit 30

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2:00 PM **KETTLEBELL WORKOUT**
45 min • Studio 3 • Limit 12

STRIDE
45 min • Cardio & Strength Gym
• Limit 14

**NEW CHAKRA SOUND & SCENT
RESTORATIVE EXPERIENCE***
50 min • Private Fitness Studio 4
• Limit 12 • \$80

PILATES REFORMER-INT/ADV CLINIC*
50 min • Pilates Studio • Limit 6 • \$80

DD HIP HOP
45 min • Studio 1 • Limit 30

3:00 PM **LEARNING SELF-REIKI**
50 min • Cactus Room

CHAIR YOGA
45 min • Yoga Studio • Limit 20

MUSCLE MAX
45 min • Studio 3 • Limit 12

DD FIT STRIP
45 min • Studio 1 • Limit 30

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

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

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

DD CHOREOGRAPHY: MAGIC TO DO
45 min • Studio 1 • Limit 30

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

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

YOGA NIDRA
45 min • Yoga Studio • Limit 20

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

6:00 PM **TENNIS CLINIC***
50 min • Tennis Court 1 • Limit 8 • \$80

7:00 PM **FLOATING SOUND MEDITATION CLINIC***
50 min • T-Pool • Limit 25 • \$110

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

**BARREL TO GLASS: A CURATED
BOURBON JOURNEY***
1 hr • Javelina Cantina • Limit 8 • \$125

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

August 6, 2026

DISCOVERY DAYS: **DD** – GOTTA DANCE AT THE RANCH

5:30 AM HIKE: LEVEL 4 - BLACKETT'S RIDGE*
4 hr 30 min • Outdoor Sports Lobby
• Limit 12

ARCHAEOLOGY 2 - DISCOVERING
HOHOKAM PETROGLYPHS*
4 hr • Outdoor Sports Lobby
• Limit 8 • \$140

MOUNTAIN BIKE RIDE: LEVEL 4 -
ROCKING COBBLER*
4 hr • Outdoor Sports Lobby • Limit 6

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 - DOUGLAS SPRINGS*
4 hr 15 min • Outdoor Sports Lobby
• Limit 12

HIGH ROPES CHALLENGE COURSE*
3 hr • Outdoor Sports Lobby
• Limit 8 • \$220

7:00 AM SUNRISE YOGA
1 hr • Yoga Studio • Limit 30

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • \$80

BOGA FITMAT® FITNESS CLINIC*
50 min • T-Pool • Limit 8 • \$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

DD CHOREOGRAPHY: RUNWAY
45 min • Studio 1 • Limit 30

8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30

9:00 AM **NEW** PICKLEBALL HARMONY*
50 min • Pickleball Court 1 • Limit 8 • \$110

WALKING MEDITATION
50 min • Sanctuary • CME

PROPERTY TOUR
30 min • Eucalyptus Circle

BOXER'S WORKOUT
45 min • Studio 3 • Limit 8

WATER WORKOUT
45 min • T-Pool • Limit 24

DD CONTEMPORARY
45 min • Studio 1 • Limit 30

10:00 AM STRETCH
45 min • Yoga Studio • Limit 30

H2O POWER
45 min • T-Pool • Limit 24

DD MODERN SOUL
45 min • Studio 1 • Limit 30

10:30 AM PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby
• Limit 6 • \$110

11:00 AM HIKE & PAINT*
4 hr • Outdoor Sports Lobby
• Limit 8 • \$110

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

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

DD ZUMBA®
45 min • Studio 1 • Limit 30

1:00 PM JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • \$220

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

DD CHOREOGRAPHY: KING OF POP
45 min • Studio 1 • 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 **PILATES REFORMER CLINIC: BEGINNING***
50 min • Pilates Studio • Limit 5 • \$80

CR STRENGTH
45 min • Golf Performance Center • Limit 10

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

DD DANCING QUEEN
45 min • Studio 1 • Limit 30

3:00 PM **AN ART JOURNAL EXPERIENCE**
1 hr 30 min • Art Studio 1 • Limit 15

QI GONG
45 min • Yoga Studio • Limit 30

WALLYBALL
45 min • Racquet Court 1

DD COUNTRY CLOGGING
45 min • Studio 1 • Limit 30

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

STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

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

DD CHOREOGRAPHY: MAGIC TO DO
45 min • Studio 1 • Limit 30

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

YOGA NIDRA
45 min • Yoga Studio • Limit 20

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

August 7, 2026

DISCOVERY DAYS: **DD** – GOTTA DANCE AT THE RANCH

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

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

BIRDING IN SABINO CANYON*
2 hr 30 min • Outdoor Sports Lobby
• Limit 6 • \$110

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

HIKE: LEVEL 2 - LOWER BEAR CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

**ART & ECHOES: BIKING THROUGH
THE OLD PUEBLO***
3 hr 30 min • Outdoor Sports Lobby
• Limit 4 • \$110

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

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

INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$120

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

9:00 AM **MIDLIFE MECHANICS: STAY STRONG
THROUGH MENOPAUSE**
50 min • Catalina Room • CME

PROPERTY TOUR
30 min • Eucalyptus Circle

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

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

DD LYRICAL
45 min • Studio 1 • Limit 30

10:00 AM **H2O POWER**
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

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

KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

YOGA SCULPT
45 min • Yoga Studio • Limit 18

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

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

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

2:00 PM **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

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- 3:00 PM

THE POWER OF MOVEMENT
FOR LONGEVITY

50 min • Catalina Room • CME
- CHAIR YOGA

45 min • Yoga Studio • Limit 20
- POSTURE & BALANCE

45 min • Studio 1 • Limit 20
- STRIDE

45 min • Cardio & Strength Gym • Limit 14
- YOGA NIDRA

45 min • Yoga Studio • Limit 20
- 4:00 PM

NEW CANYON RANCH 101

30 min • The Snug
- MEDITATION

25 min • Sanctuary • Limit 30
- STRETCH & RELAXATION

25 min • Yoga Studio • Limit 20
- 5:00 PM

SPIRIT OF AGAVE: A TEQUILA
TASTING EXPERIENCE*

1 hr • Javelina Cantina • Limit 8 • \$125
- 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
- 7:00 PM

FLOATING SOUND
MEDITATION CLINIC*

50 min • T-Pool • Limit 25 • \$110
- 7:30 PM

NIGHT VISION GOGGLES-SAGUARO
NATIONAL PARK EDITION*

3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SATURDAY

August 8, 2026

5:30 AM	HIKE: LEVEL 4 - WINDY POINT VISTA* 6 hr • Outdoor Sports Lobby • Limit 12 BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8	10:00 AM	NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE 50 min • Catalina Room • CME CORE CONDITIONING 45 min • Studio 1 • Limit 20 H2O POWER 45 min • T-Pool • Limit 24 STRETCH 45 min • Yoga Studio • Limit 30
5:45 AM	HIKE: LEVEL 3 - VENTANA CANYON TRAIL* 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15 POWER FLOW 45 min • Yoga Studio • Limit 30 TRX STRONG 45 min • Studio 3 • Limit 15
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	NOON	BREATHING 20 min • Yoga Studio • Limit 30 AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	1:00 PM	NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Catalina Room • CME WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80 PILATES MAT 45 min • Yoga Studio • Limit 30
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		
9:00 AM	PROPERTY TOUR 30 min • Eucalyptus Circle 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		

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- 2:00 PM

HOW TO MAKE EVERY DAY SACRED

50 min • Sanctuary

HIKE & PAINT*

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

CR STRENGTH

45 min • Golf Performance Center • Limit 10

PBF: POWER BLAST FITNESS

45 min • Studio 3 • Limit 20

HEART CHAKRA YOGA

45 min • Yoga Studio • Limit 30
- 3:00 PM

MEMORY WIRE BRACELET

1 hr 30 min • Art Studio 1 • Limit 15

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

THE NEUROSCIENCE OF TECH ADDICTION

50 min • Catalina Room
- 5:00 PM

PICKLEBALL CLINIC*

50 min • Pickleball Court 1 • Limit 4 • \$80
- 5:30 PM

COMMUNITY TABLE

1 hr • Vaquero • Limit 6

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



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SUNDAY

August 9, 2026

5:30 AM WILDLIFE PHOTOGRAPHY AT THE OASIS*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

5:45 AM HIKE: LEVEL 3 - FT. LOWELL HILLS*
4 hr 45 min • Outdoor Sports Lobby
• Limit 12

BIKE RIDE: LEVEL 2 - RIVER PATH/
MARKETPLACE*
4 hr • Outdoor Sports Lobby • Limit 12

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 2 - WILD HORSE CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

YOGA IN THE MOUNTAINS*
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

7:00 AM PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

8:00 AM CARDIO TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80

PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 2 • Limit 4 • \$80

AWAKEN THE QI: TAPPING
INTO ENERGY FLOW*
50 min • Yoga Studio • Limit 6 • \$80

9:00 AM PROPERTY TOUR
30 min • Eucalyptus Circle

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

10:00 AM EXERCISE & MENOPAUSE
50 min • Catalina Room • CME

PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby • Limit 6 • \$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

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

ZUMBA®
45 min • Studio 1 • Limit 30

VINYASA FLOW
45 min • Yoga Studio • Limit 30

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

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

1:00 PM FEMININE WISDOM: ASTROLOGY
& CRYSTAL ENERGY
50 min • Cactus Room

QI GONG
45 min • Yoga Studio • Limit 30

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

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

REWIRE FOR RELIEF:
RELIEVING CHRONIC PAIN
50 min • Catalina Room

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3:00 PM **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

BUFF BOOTY
45 min • Studio 1 • Limit 20

4:00 PM **YOUR PATH TO PAIN-FREE KNEES**
50 min • Catalina Room • CME

NEW CANYON RANCH 101
30 min • The Snug

DRUMMING CIRCLE
45 min • Studio 1 • Limit 20

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

**MEDITATION WITH
WEVANA TABS CLINIC***
25 min • Studio 4 • Limit 8 • \$80

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

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

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 **THE ART OF WATERCOLOR:
BASIC TECHNIQUE**
1 hr 30 min • Art Studio 1 • Limit 15

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.



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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

WHEREVER 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 AUSTIN, TEXAS

Opening October 2026, Canyon Ranch Austin brings to life an unparalleled experience designed to nourish body, mind, and spirit – all yours to discover.



CANYON RANCH FORT WORTH, TEXAS

Located in the vibrant Cultural District, our urban club and spa 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 Access
- E Electric Vehicle Charging Station
- I Ice Machine
- S Smoking Area
- L 2-Mile Loop
- L 2-Mile Loop Start
- ... Disabled Route

RESTROOMS

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