

RANCH SCHEDULE
AUGUST 10-16, 2026

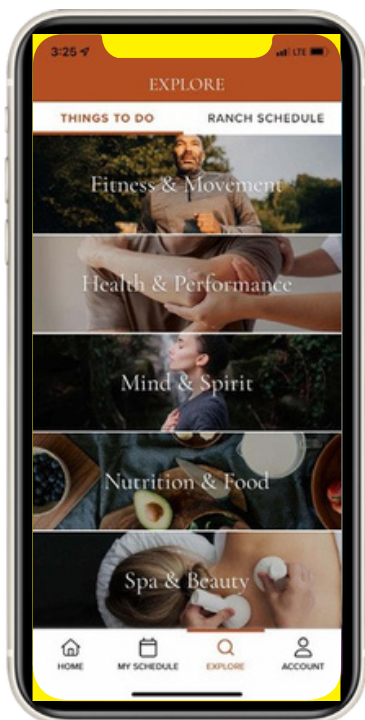


This schedule belongs to:



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

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



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.

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

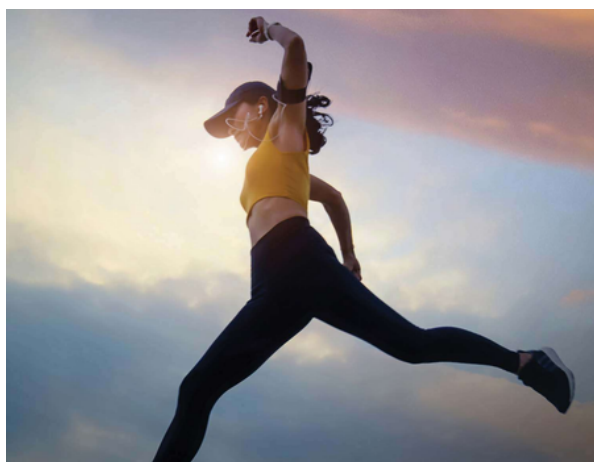


RESONANCE SOUND HEALING WITH KYLE LAM

AUGUST 13-18

Harness the power of sound, mindfulness, and meditation to ground the body and calm the mind during this transformative week. Join guest sound healing expert Kyle Lam as he guides you through a powerful practice, using the vibrations of sound bowls, gongs, and guided meditation to promote deep relaxation. Complementing Kyle's sessions, we've curated a unique blend of classes and experiences designed to foster emotional healing, relaxation, and mindfulness. Ideal for those seeking stress relief and a sensory reset.

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



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)

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.

LEANDER D'AMBROSIA



**SATURDAY, AUGUST 15-
SUNDAY, AUGUST 16**

Inspired by rustic old world charm and nature's boundless beauty, Leander D'Ambrosia pieces are designed to elevate your everyday. Leander D'Ambrosia employs a richness of color with gorgeous gemstones, 24k gold vermeil and solid sterling silver. Minimalist motifs are highlighted by artful texture and form, all while maintaining a stylistic dedication to timeless elegance.

MONDAY

August 10, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES

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 3 - COLOSSAL
CAVE LOOP*
4 hr • Outdoor Sports Lobby • Limit 12

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

INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

DD ARCHAEOLOGY 1 -
HOHOKAM VILLAGE SITE*
2 hr 30 min • Outdoor Sports Lobby
• Limit 8 • \$110

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

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

8:00 AM 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 - PECK BASIN
OVERLOOK*
5 hr • Outdoor Sports Lobby • Limit 12

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

8:30 AM HIKE & PAINT*
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

9:00 AM SELF-COMPASSION IS
YOUR SUPER POWER
50 min • Catalina Room • CME

PROPERTY TOUR
30 min • Eucalyptus Circle • Limit 30

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

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

CORE CONDITIONING
45 min • Studio 1 • Limit 20

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

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 EMPOWERING INTENTION: LUNAR
ASTROLOGY & CRYSTALS
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 KARTCHNER CAVERNS
LIVING CAVE TOUR*
5 hr • Outdoor Sports Lobby • Limit 6 • \$220

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

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

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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|---------|--|---------|--|
| 1:00 PM | <p>YES, AND: THE SACRED PLAY OF IMPROV
50 min • Sanctuary • CME</p> <p>PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 5 • \$80</p> <p>PILATES FOR BALANCE
45 min • Studio 1 • Limit 18</p> <p>WEARABLE RESISTANCE TRAINING*
50 min • Studio 3 • Limit 8 • \$80</p> | 5:00 PM | <p>PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>YOGA NIDRA
45 min • Yoga Studio • Limit 20</p> |
| 2:00 PM | <p>PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p>DESERT DRUMMING
45 min • Studio 2 • Limit 30</p> <p>SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio • Limit 20</p> | 5:30 PM | <p>COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> |
| 2:30 PM | <p>JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • \$220</p> | 6:00 PM | <p>TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80</p> |
| 3:00 PM | <p>LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p>MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p>POSTURE & BALANCE
45 min • Studio 1 • Limit 20</p> <p>NEW PILATES CIRCUIT CLINIC*
50 min • Pilates Studio • Limit 5 • \$80</p> | 7:00 PM | <p>FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>AN EVENING OF SOUND: MUSICAL PRAYERPERFORMANCE
50 min • Sanctuary • Limit 20</p> <p>TUCSON: UNESCO CITY OF GASTRONOMY
50 min • Cactus Room</p> |
| 4:00 PM | <p>COOLING PITTA IN THE SUMMER WITH AYURVEDA
50 min • Cactus Room</p> <p>NEW CANYON RANCH 101
30 min • The Snug</p> <p>THE ART OF ORIGAMI
1 hr 30 min • Art Studio 1 • Limit 15</p> <p>MEDITATION
25 min • Sanctuary • Limit 30</p> <p>STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20</p> | 7:15 PM | <p>DD COSMIC JOURNEY WITH THE TELESCOPE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> |
| | | 7:30 PM | <p>NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</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.

TUESDAY August 11, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES

5:30 AM **HIKE: LEVEL 4 - ESPERERO/LIPSTICK***
4 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

MOUNTAIN BIKE RIDE: LEVEL 4 - HOHOKAM*
5 hr • Outdoor Sports Lobby • Limit 6

5:45 AM **HIKE: LEVEL 3 - BALANCED ROCK***
4 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

MORNING WALK
30 min • Spa Lobby

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

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

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

PROPERTY TOUR
30 min • Eucalyptus Circle • Limit 30

HIKE: LEVEL 2 - HITCHCOCK OVERLOOK*
4 hr 30 min • Outdoor Sports Lobby
• Limit 12

CYCLING
45 min • Golf Performance Center • Limit 12

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

WATER WORKOUT
45 min • T-Pool • Limit 24

10:00 AM **NUMEROLOGY: INTERPRETING THE NUMBERS OF NAMES**
50 min • Cactus Room

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 **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:
CITRUS GRILLED SHRIMP**
1 hr • Demo Kitchen • Limit 36

1:00 PM **UNDERSTANDING COMPLEX SYNDROMES**
50 min • Catalina Room • CME

DD SKY ISLAND DISCOVERY TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$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.

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| <p>2:00 PM BOXER'S WORKOUT
45 min • Studio 3 • Limit 8</p> <p>CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p>LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p>FOUNDATIONS OF STRENGTH
50 min • Catalina Room • CME</p> <p>3:00 PM BUFF BOOTY
45 min • Studio 1 • Limit 20</p> <p>WALLYBALL
45 min • Racquet Court 1</p> <p>YIN YOGA
45 min • Yoga Studio • Limit 20</p> <p>THE ART OF IMPERMANENCE
1 hr • Art Studio 1 • Limit 8</p> <p>4:00 PM DD CEREMONIAL CACAO EXPERIENCE*
1 hr 30 min • Sanctuary • Limit 12 • \$140</p> <p>NEW CANYON RANCH 101
30 min • The Snug</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>YOGA FOR DETOX
45 min • Yoga Studio • Limit 20</p> | <p>5:30 PM COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p>RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:00 PM PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>7:00 PM EMERGING ARIZONA ARTISTS
50 min • Cactus Room</p> <p>DD NIGHT SKY WALK*
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> |
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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 12, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES

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

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

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

8:15 AM HIKE: LEVEL 3 - BOX CAMP*
5 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

NEW COFFEE CHAT WITH
A CR NUTRITIONIST
50 min • Double U Café

PROPERTY TOUR
30 min • Eucalyptus Circle • Limit 30

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

CORE CONDITIONING
45 min • Studio 1 • Limit 20

VINYASA FLOW
45 min • Yoga Studio • Limit 30

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

ENVISION YOUR NEXT CHAPTER
50 min • Catalina Room • Limit 37

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 COMPASSION CIRCLE FOR
GRIEF & GRATITUDE
50 min • Sanctuary

AQUA FIT
45 min • Aquatic Center • Limit 15

ZUMBA®
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

LUNCH & LEARN:
MONGOLIAN BBQ SALMON
1 hr • Demo Kitchen • Limit 36

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

NEW BLOOD FLOW RESTRICTION
TRAINING FOR STRENGTH*
50 min • Studio 3 • Limit 8 • \$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	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	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 5 • \$80	6:00 PM	TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80
	NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE* 50 min • Private Fitness Studio 4 • Limit 12 • \$80	7:00 PM	FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 20 • \$110
3:00 PM	LEARNING SELF-REIKI 50 min • Cactus Room		DD ISLANDS IN THE SKY & THE SOUTHWEST MONSOON 50 min • Cactus Room
	CHAIR YOGA 45 min • Yoga Studio • Limit 20	7:30 PM	DD NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14	8:00 PM	BARREL TO GLASS: A CURATED BOURBON JOURNEY* 1 hr • Javelina Cantina • Limit 8 • \$125
	MUSCLE MAX 45 min • Studio 3 • Limit 12		
4:00 PM	NEW CANYON RANCH 101 30 min • The Snug		
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	MEDITATION 25 min • Sanctuary • Limit 30		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	SUPER STRENGTH* 50 min • Studio 3 • Limit 8 • \$80		
4:30 PM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		

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 13, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES
DD – RESONANCE SOUND HEALING WITH KYLE LAM

3:00 AM	DD METEOR SHOWER VIEWING 3 hr • Outdoor Sports Lobby • Limit 12	9:00 AM	NEW PICKLEBALL HARMONY* 50 min • Pickleball Court 1 • Limit 8 • \$110
5:00 AM	SUNRISE YOGA IN THE WILD* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		WALKING MEDITATION 50 min • Sanctuary • CME
5:30 AM	HIKE: LEVEL 4 - LEMMON CREEK* 7 hr 30 min • Outdoor Sports Lobby • Limit 12		PROPERTY TOUR 30 min • Eucalyptus Circle • Limit 30
	DD ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140		BOXER'S WORKOUT 45 min • Studio 3 • Limit 8
	BADLANDS LOOP MTB LEVEL 4 hr • Outdoor Sports Lobby • Limit 6		CYCLING 45 min • Golf Performance Center • Limit 12
5:45 AM	HIKE: LEVEL 3 - FINGER ROCK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		WATER WORKOUT 45 min • T-Pool • Limit 24
6:00 AM	MORNING WALK 45 min • Spa Lobby	10:00 AM	ASK A PSYCHIC 50 min • Cactus Room
	MORNING WALK 30 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	HIKE: LEVEL 2 - GARWOOD DAM LOOP* 4 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		STRETCH 45 min • Yoga Studio • Limit 30
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	BOGA FITMAT® FITNESS CLINIC* 50 min • T-Pool • Limit 8 • \$80	10:30 AM	DD HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	SUNRISE YOGA 60 min • Yoga Studio • Limit 30	11:00 AM	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
8:00 AM	LANDSCAPE & ECOLOGY WALK 50 min • Clubhouse Lobby • Limit 30		YOGA FOR DETOX 45 min • Yoga Studio • Limit 20
	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80	NOON	LUNCH & LEARN: KITCHARI 1 hr • Demo Kitchen • Limit 36
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	1:00 PM	ALTERNATIVE THERAPIES FOR MENOPAUSE 50 min • Catalina Room • CME
			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 **PILATES REFORMER CLINIC: BEGINNING***
50 min • Pilates Studio • Limit 5 • \$80

CR STRENGTH
45 min • Golf Performance Center • Limit 10

DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

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

BUFF BOOTY
45 min • Studio 1 • Limit 20

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

WALLYBALL
45 min • Racquet Court 1

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

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

**DD BECOMING MINDFUL SOUND
BATH WITH KYLE LAM**
1 hr • Mohave Gym • Limit 40

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

YOGA NIDRA
45 min • Yoga Studio • Limit 20

5:15 PM **PICKLE & PLAY**
50 min • Pickleball Court 1 • Limit 24

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

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

**THE MAGIC OF CULTIVATING
POSITIVE EMOTIONS**
1 hr • Cactus Room

7:15 PM **DD 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 14, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES
DD – RESONANCE SOUND HEALING WITH KYLE LAM

5:30 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12 BIKE RIDE: LEVEL 3 - SAGUARO SPIN* 3 hr 30 min • Outdoor Sports Lobby • Limit 10 BIRDING IN SABINO CANYON* 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110	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
5:45 AM	HIKE: LEVEL 3 - ROCK SPRINGS TRAIL* 5 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	DD CHANGE YOUR AURA, CHANGE YOUR LIFE 50 min • Cactus Room AQUA FIT 45 min • Aquatic Center • Limit 15 PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20 YOGA SCULPT 45 min • Yoga Studio • Limit 18
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	NOON	CORE & MORE 20 min • Studio 2 • Limit 16 LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	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
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$120		
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		
8:30 AM	HIKE: LEVEL 2 - LEMMON PARK* 5 hr • Outdoor Sports Lobby • Limit 12 YOGA IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140		
9:00 AM	WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME PROPERTY TOUR 30 min • Eucalyptus Circle • Limit 30 ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20 GLIDE AND BURN 45 min • Studio 1 • Limit 20 GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		

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2:00 PM DYE YOUR OWN SILK SCARF*
2 hr 30 min • Art Studio 2 • Limit 6 • \$75

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 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

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

DD HEALING THE HEART GONG
IMMERSION WITH KYLE LAM
1 hr • Mohave Gym • Limit 40

5:00 PM SPIRIT OF AGAVE: A TEQUILA
TASTING EXPERIENCE*
1 hr • Javelina Cantina • Limit 8 • \$125

YOGA NIDRA
45 min • Yoga Studio • Limit 20

5:15 PM DD SKY ISLAND SUNSET
AND CITY LIGHTS TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$110

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

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



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SATURDAY August 15, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES
DD – RESONANCE SOUND HEALING WITH KYLE LAM

5:30 AM HIKE: LEVEL 4 - FORT LOWELL TRAIL SV*
5 hr • Outdoor Sports Lobby • Limit 12

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

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

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

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

BIKE RIDE: LEVEL 3 - AGUA CALIENTE*
3 hr • Outdoor Sports Lobby • Limit 12

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

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

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 • Limit 30

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

10:00 AM PERSONALIZED NUTRITION
50 min • Catalina Room • CME

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

CORE CONDITIONING
45 min • Studio 1 • 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

POWER FLOW
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

MENOPAUSAL HORMONE
REPLACEMENT THERAPY*
50 min • Catalina Room • CME

PILATES MAT
45 min • Yoga Studio • Limit 30

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

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| <p>2:00 PM GRIND, GRIT & GRACE
50 min • Catalina Room • CME</p> <p> HIKE & PAINT*
4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p> PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p> CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p> HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30</p> <p>3:00 PM RAINBOW CRYSTAL SUNCATCHERS
1 hr 30 min • Art Studio 1 • Limit 10</p> <p> VIPR SLAM
45 min • Studio 1 • Limit 20</p> <p> WALLYBALL
45 min • Racquet Court 1</p> <p> YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30</p> <p>4:00 PM NEW CANYON RANCH 101
30 min • The Snug</p> <p> STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p> DD BECOMING GROUNDED : EARTH
ELEMENTAL SOUND BATH WITH KYLE LAM
1 hr • Mohave Gym</p> <p> MEDITATION WITH WEVANA
TABS CLINIC*
25 min • Studio 4 • Limit 8 • \$80</p> | <p>5:00 PM PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>5:30 PM COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p> RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • \$80</p> <p>6:00 PM MAHJONG GAME NIGHT
2 hr • The Snug • Limit 8</p> <p>7:00 PM DD NIGHT VISION GOGGLES-
SAGUARO NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby • Limit 10 • \$140</p> |
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SUNDAY August 16, 2026

DISCOVERY DAYS: **DD** – DESERT NIGHT SKIES
DD – RESONANCE SOUND HEALING WITH KYLE LAM

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

5:45 AM **HIKE: LEVEL 3 - TANQUE VERDE LEDGE***
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 - VENTANA TRAIL*
4 hr • Outdoor Sports Lobby • Limit 12

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

9:00 AM **PROPERTY TOUR**
30 min • Eucalyptus Circle • Limit 30

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 **THE SCIENCE OF WEIGHT LOSS**
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 **MOUNTAIN MEDITATION HIKE***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

AQUA FIT
45 min • Aquatic Center • Limit 15

VINYASA FLOW
45 min • Yoga Studio • Limit 30

ZUMBA®
45 min • Studio 1 • Limit 30

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

1:00 PM **DD ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH**
50 min • Cactus Room

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

2:00 PM **HEART CHAKRA YOGA**
45 min • Yoga Studio • Limit 30

VIPR SLAM
45 min • Studio 1 • Limit 20

POWER STEP & TONE
45 min • Golf Performance Center • Limit 12

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

TRX FUSION
45 min • Studio 3 • Limit 15

YIN YOGA
45 min • Yoga Studio • Limit 20

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

4:00 PM **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 • Studio 2 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

**DD IGNITED BY FIRE GONG
IMMERSION WITH KYLE LAM**
1 hr • Mohave Gym

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

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

RESTORATIVE SOUND BATH CLINIC*
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.

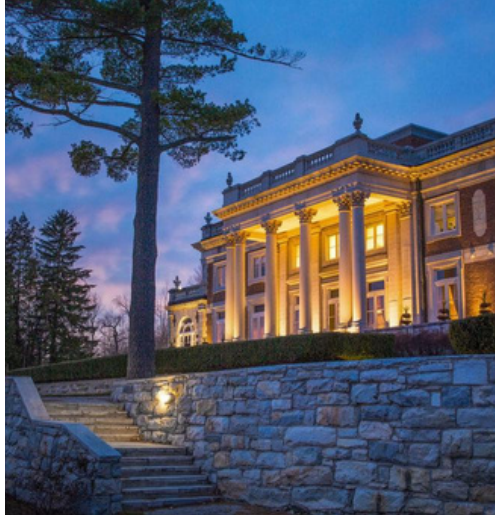
LIFE CHANGES AT CANYON RANCH

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

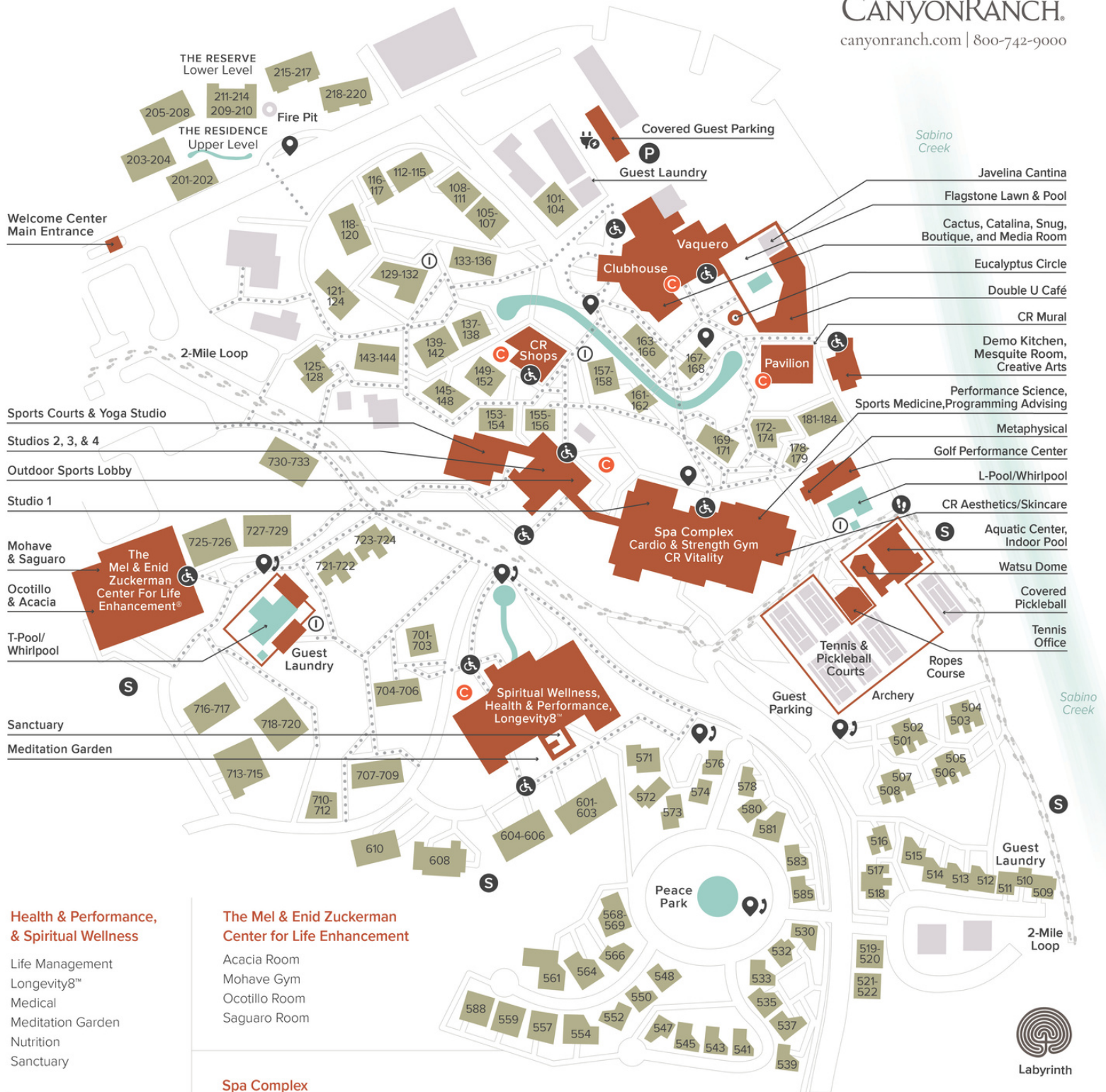
Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



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
- ... Disabled Route
- ⚡ Electric Vehicle Charging Station
- 📞 Courtesy Phone
- 📍 Directory
- ♿ Disabled Access
- ❄️ Ice Machine
- 🚬 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.