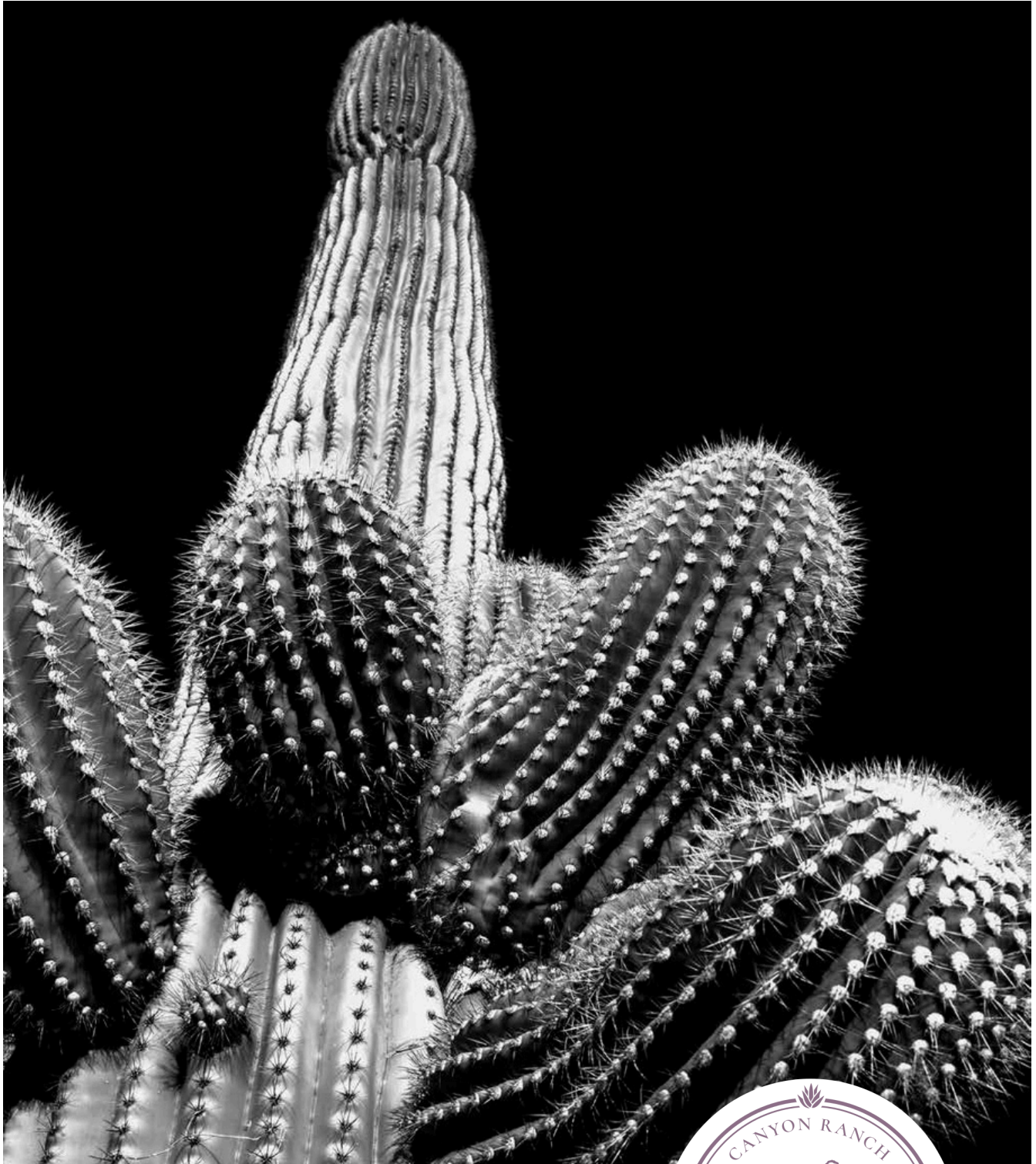


RANCH SCHEDULE
AUGUST 24 - 30, 2026

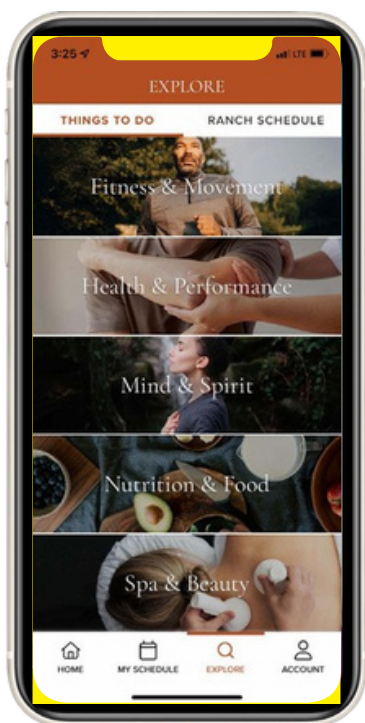


This schedule belongs to:



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: 11:30 a.m. – 2 p.m.

DINNER: 5 – 8 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://canyonranch.com) FOR MORE UPCOMING EVENTS



EASTERN HEALING TRADITIONS

AUGUST 24-30

Experience a week of activities inspired by Eastern wellness practices. Through expert-led sessions, explore the foundations of Ayurveda and Traditional Chinese Medicine while learning how these time-honored systems support balance, vitality, and well-being. Yoga, meditation, and qi gong offer practical ways to boost your energy, reduce stress, and restore harmony to your body, mind, and spirit. After booking your stay, a Wellness Guide will contact you to help you sign up for your preferred activities before they fill up.

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



CAMP CANYON RANCH

AUGUST 31- SEPTEMBER 6

Join us for an elevated take on the classic summer camp experience — reimaged for adults in the beauty of the Sonoran Desert. Spend a long weekend rediscovering the carefree spirit of summer through outdoor adventures, friendly competition, live music, and meaningful connection. From sunrise hikes along cactus-lined trails to afternoons relaxing poolside and guided stargazing beneath an expansive night sky, each day blends movement, laughter, and time to unwind. Evenings bring music, storytelling, and the magic of summer nights with new friends, creating an experience that leaves you refreshed, inspired, and connected — to yourself, to others, and to the rhythms of the desert.



UPCOMING

RESONANCE SOUND HEALING WITH KYLE LAM

SEPTEMBER 3-7

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.



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)



BURCAK TOLAN

THURSDAY, AUGUST 27-
SATURDAY, AUGUST 29

Meet with Burcak Tolan as she showcases her European style jewelry that inspires elegance in everyday life. Designed in Tucson, AZ and handcrafted in Istanbul.

MONDAY August 24, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

5:30 AM HIKE: LEVEL 4 - FINGER ROCK SV*
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

5:45 AM INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

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 - BOX CAMP*
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

8:45 AM HIKE: LEVEL 3 - SUNSET EXTENSION*
6 hr • Outdoor Sports Lobby • Limit 12

9:00 AM BURNOUT & RESILIENCE
50 min • Catalina Room • CME

PROPERTY TOUR
45 min • Eucalyptus Circle

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 VORTEXES AND SACRED SITES
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

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

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

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

REPLENISHING THE WELL
50 min • Catalina Room • CME

PILATES FOR BALANCE
45 min • Studio 1 • Limit 18

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	DESERT DRUMMING 45 min • Studio 2 • Limit 30	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:30 PM	JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	6:00 PM	TENNIS CLINIC * 50 min • Tennis Court 1 • Limit 8 • \$80
3:00 PM	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	7:00 PM	FLOATING SOUND MEDITATION CLINIC* 50 min • T Pool • Limit 25 • \$115
	MUSCLE MAX 45 min • Studio 3 • Limit 12	7:30 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		NIGHT VISION GOGGLE EXPERIENCE* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	NEW PILATES CIRCUIT CLINIC* 50 min • Pilates Studio • Limit 5 • \$80		
4:00 PM	DD EAST MEETS EAST: AYURVEDA & CHINESE MEDICINE 50 min • Cactus Room		
	NEW CANYON RANCH 101 30 min • The Snug		
	THE ART OF ORIGAMI 1 hr 30 min • Art Studio 1 • Limit 15		
	MEDITATION 25 min • Sanctuary • Limit 30		
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		



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 25, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

5:30 AM	HIKE: LEVEL 4 - MINT SPRING TRAIL* 6 hr • Outdoor Sports Lobby • Limit 12 WILDLIFE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140 MOUNTAIN BIKE RIDE: LEVEL 3 - ROCKING K* 4 hr • Outdoor Sports Lobby • Limit 6	10:00 AM	AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR 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 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 - VENTANA CANYON TRAIL* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		
6:00 AM	MORNING WALK 45 min • Spa Lobby MORNING WALK 30 min • Spa Lobby DD 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	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
8:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80	NOON	LUNCH & LEARN: BBQ CHICKEN TACOS 1 hr • Demo Kitchen • Limit 36 BREATHING 20 min • Yoga Studio • Limit 30 FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
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 PARK* 5 hr • Outdoor Sports Lobby • Limit 12 PROPERTY TOUR 45 min • Eucalyptus Circle CYCLING 45 min • Golf Performance Center • Limit 12 WATER WORKOUT 45 min • T-Pool • Limit 24 STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		

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>1:00 PM MEMBERSHIPS: CASUAL Q&A
30 min • Spa Lobby • Limit 20</p> <p> SKY ISLAND DISCOVERY TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$110</p> <p> PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 5 • \$80</p> <p>2:00 PM FOUNDATIONS OF STRENGTH
50 min • Catalina Room • CME</p> <p> CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p> BOXER'S WORKOUT
45 min • Studio 3 • Limit 8</p> <p> PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30</p> <p>3:00 PM BUFF BOOTY
45 min • Studio 1 • Limit 20</p> <p> YIN YOGA
45 min • Yoga Studio • Limit 20</p> <p> WALLYBALL
45 min • Racquet Court 1</p> | <p>4:00 PM CEREMONIAL CACAO EXPERIENCE*
1 hr 30 min • Sanctuary • Limit 12 • \$140</p> <p> UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME</p> <p> DD AYURVEDA FOR DIGESTIVE IMBALANCES
50 min • Cactus Room</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>6:30 PM NIGHT SKY WALK*
2 hr • Outdoor Sports Lobby • Limit 12 • \$80</p> <p>7:00 PM IT'S ABOUT TIME
50 min • Catalina Room</p> |
|--|--|

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 26, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

5:30 AM	HIKE: LEVEL 4 - HOLLIN BASIN* 4 hr 45 min • 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	10:00 AM	SYMBOLIC NUMEROLOGY AND INTUITION 50 min • Spa Lobby 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 - DOUGLAS/ROCK SPRINGS* 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	COMPASSION CIRCLE FOR GRIEF & GRATITUDE 50 min • Sanctuary MINDFUL HATHA YOGA 1 hr 15 min • Yoga Studio • Limit 30 TRX STRONG 45 min • Studio 3 • Limit 15 ZUMBA® 45 min • Studio 1 • Limit 30
6:00 AM	MORNING WALK 45 min • Spa Lobby MORNING WALK 30 min • Spa Lobby	NOON	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220 LUNCH & LEARN: CHICKEN TIKKA MASALA 1 hr • Demo Kitchen • Limit 36 CORE & MORE 20 min • Studio 2 • Limit 16 AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 MEDITATION IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110 KUNDALINI YOGA 45 min • Yoga Studio • Limit 20	1:00 PM	DD CHINESE MEDICINE FOR SEASONAL WELLNESS 50 min • Sanctuary NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH* 50 min • Studio 3 • Limit 8 • \$80 GYROKINESIS 45 min • Yoga Studio • Limit 15
8:15 AM	HIKE: LEVEL 2 - HITCHCOCK OVERLOOK* 4 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 45 min • Eucalyptus Circle 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		

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	A MEDICAL PERSPECTIVE ON LONGEVITY 50 min • Catalina Room • CME
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	PILATES REFORMER-INT/ADV CLINIC* 50 min • Pilates Studio • Limit 6 • \$80	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	STRIDE 45 min • Cardio & Strength Gym • Limit 14	6:00 PM	TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80
3:00 PM	LEARNING SELF-REIKI 50 min • Cactus Room	6:30 PM	NIGHT SKY WALK* 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	CHAIR YOGA 45 min • Yoga Studio • Limit 20	7:00 PM	FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
	GOOD VIBRATIONS 45 min • Studio 2 • Limit 14		
	MUSCLE MAX 45 min • Studio 3 • Limit 12		
4:00 PM	DD AYURVEDA FOR MIND IMBALANCES 50 min • Cactus Room		
	NEW CANYON RANCH 101 30 min • The Snug		
	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		
	SUPER STRENGTH* 50 min • Studio 3 • Limit 8 • \$80		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	MEDITATION 25 min • Sanctuary • Limit 30		

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 27, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

- | | |
|--|--|
| <p>5:30 AM HIKE: LEVEL 4 - LEMMON CREEK*
7 hr 30 min • Outdoor Sports Lobby • Limit 12</p> <p> ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS*
4 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p> WILDLIFE PHOTOGRAPHY AT THE OASIS*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p> MOUNTAIN BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD*
4 hr • Outdoor Sports Lobby • Limit 6</p> <p>6:00 AM MORNING WALK
45 min • Spa Lobby</p> <p> MORNING WALK
30 min • Spa Lobby</p> <p> HIKE: LEVEL 2 - PHONELINE OVERLOOK*
4 hr • Outdoor Sports Lobby • Limit 12</p> <p> INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p> HIGH ROPES CHALLENGE COURSE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$220</p> <p>7:00 AM BOGA FITMAT® FITNESS CLINIC*
50 min • T-Pool • Limit 8 • \$80</p> <p> SUNRISE YOGA
1 hr • Yoga Studio • Limit 30</p> <p>8:00 AM LANDSCAPE & ECOLOGY WALK
50 min • Clubhouse Lobby • Limit 30</p> <p> PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • \$80</p> <p> CARDIO TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p> AWAKEN THE QI: TAPPING INTO ENERGY FLOW*
50 min • Studio 4 • Limit 6 • \$80</p> <p>8:15 AM CENTERING MEDITATION
25 min • Sanctuary • Limit 30</p> <p>8:30 AM HIKE: LEVEL 3 - GREEN MT. TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12</p> | <p>9:00 AM NEW PICKLEBALL HARMONY*
50 min • Pickleball Court 1 • Limit 8 • \$110</p> <p> DD FINDING CALM: EASTERN WISDOM FOR MODERN LIFE
50 min • Sanctuary</p> <p> PROPERTY TOUR
45 min • Eucalyptus Circle</p> <p> BOXER'S WORKOUT
45 min • Studio 3 • Limit 8</p> <p> CYCLING
45 min • Golf Performance Center • Limit 12</p> <p> WATER WORKOUT
45 min • T-Pool • Limit 24</p> <p>10:00 AM CHANGE YOUR AURA, CHANGE YOUR LIFE
50 min • Cactus Room</p> <p> PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby • Limit 6 • \$110</p> <p> CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20</p> <p> H2O POWER
45 min • T-Pool • Limit 24</p> <p> STRETCH
45 min • Yoga Studio • Limit 30</p> <p>10:30 AM HIKE & PAINT*
4 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>11:00 AM BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Catalina Room • CME</p> <p> PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p> YOGA FOR DETOX
45 min • Yoga Studio • Limit 20</p> <p> ZUMBA®
45 min • Studio 1 • Limit 30</p> |
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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.

NOON	LUNCH & LEARN: HERB GRILLED SALMON 1 hr • Demo Kitchen • Limit 36	5:00 PM	SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
	AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20	5:15 PM	PICKLE & PLAY 50 min • Pickleball Court 1 • Limit 24
1:00 PM	NEW BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH* 50 min • Studio 3 • Limit 8 • \$80	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10	7:00 PM	THE MAGIC OF CULTIVATING POSITIVE EMOTIONS 1 hr • Cactus Room
	DESERT DRUMMING 45 min • Studio 2 • Limit 30		ECLIPSE FULL MOON WALK* 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	7:15 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80		
3:00 PM	AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15		
	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		
	STRETCH & RELAXATION 25 min • Yoga Studio • Limit 20		

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 28, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

5:30 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	BIRDING IN SABINO CANYON* 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110		H2O POWER 45 min • T-Pool • Limit 24
5:45 AM	HIKE: LEVEL 3 - BLACKETTS RIDGE* 4 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
6:00 AM	MORNING WALK 45 min • Spa Lobby	11:00 AM	THE SIXTH SENSE: HARNESSING YOUR INTUITION 50 min • Cactus Room
	MORNING WALK 30 min • Spa Lobby		AQUA FIT 45 min • Aquatic Center • Limit 15
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	HIKE: LEVEL 2 - GARWOOD DAM LOOP* 4 hr • Outdoor Sports Lobby • Limit 12		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	ART & ECHOES: BIKING THROUGH THE OLD PUEBLO* 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110	NOON	LUNCH & LEARN: TORTILLA CRUSTED CHICKEN 1 hr • Demo Kitchen • Limit 36
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		CORE & MORE 20 min • Studio 2 • Limit 16
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	1:00 PM	THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Catalina Room
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220
8:30 AM	YOGA IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 12 • \$140		GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
9:00 AM	MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE 50 min • Catalina Room • CME		KUNDALINI YOGA 45 min • Yoga Studio • Limit 20
	PROPERTY TOUR 45 min • Eucalyptus Circle		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	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	5:00 PM	SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE* 1 hr • Javelina Cantina • Limit 8 • \$125
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12		YOGA NIDRA 45 min • Yoga Studio • Limit 20
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	5:15 PM	SKY ISLAND SUNSET AND CITY LIGHTS TOUR* 3 hr • Outdoor Sports Lobby • Limit 10 • \$110
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
3:00 PM	ZONE 2 AND YOU 50 min • Catalina Room • CME	6:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	CHAIR YOGA 45 min • Yoga Studio • Limit 20	7:00 PM	NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
	STRIDE 45 min • Cardio & Strength Gym • Limit 14		
4:00 PM	DD AYURVEDA FOR MENOPAUSE 50 min • Cactus Room		
	NEW CANYON RANCH 101 30 min • The Snug		
	MEDITATION 25 min • Sanctuary • Limit 30		
	STRETCH & RELAXATION 25 min • Yoga Studio • Limit 20		



CANYONRANCH.

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SATURDAY

August 29, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

5:30 AM	HIKE: LEVEL 4 - MILAGROSA LOOP* 5 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE 50 min • Catalina Room • CME
	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8		CORE CONDITIONING 45 min • Studio 1 • Limit 20
5:45 AM	HIKE: LEVEL 3 - PONTATOC RIDGE* 4 hr 30 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	11:00 AM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	HIKE: LEVEL 2 - PIMA CANYON* 4 hr • Outdoor Sports Lobby • Limit 12		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN 50 min • Catalina Room • CME
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		AQUA FIT 45 min • Aquatic Center • Limit 15
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		POWER FLOW 45 min • Yoga Studio • Limit 30
8:30 AM	QI GONG IN THE MOUNTAINS* 3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140		TRX STRONG 45 min • Studio 3 • Limit 15
9:00 AM	PROPERTY TOUR 45 min • Eucalyptus Circle	NOON	BREATHING 20 min • Yoga Studio • Limit 30
	GLIDE AND BURN 45 min • Studio 1 • Limit 20	1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		PILATES MAT 45 min • Yoga Studio • Limit 30
	WATER WORKOUT 45 min • T-Pool • Limit 24		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80

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2:00 PM	DD ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS 50 min • Sanctuary • CME	4:00 PM	NEW CANYON RANCH 101 30 min • The Snug
	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	CR STRENGTH 45 min • Golf Performance Center • Limit 10		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30		NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE* 50 min • Studio 4 • Limit 18 • \$80
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
3:00 PM	RAINBOW CRYSTAL SUNCATCHERS 1 hr 30 min • Art Studio 1 • Limit 10	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	VIPR SLAM 45 min • Studio 1 • Limit 20	6:00 PM	DD MAHJONG GAME NIGHT 2 hr • The Snug • Limit 8
	WALLYBALL 45 min • Racquet Court 1		CHEF'S SEASONAL SHOWCASE DINNER* 2 hr • Demo Kitchen • Limit 24 • \$70
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30	7:00 PM	NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SUNDAY

August 30, 2026

DISCOVERY DAYS: **DD** EASTERN HEALING TRADITIONS

5:45 AM	HIKE: LEVEL 3 - ESPERERO OVERLOOK* 4 hr 15 min • Outdoor Sports Lobby • Limit 12	10:00 AM	THE SCIENCE OF WEIGHT LOSS 50 min • Catalina Room • CME
	BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE* 4 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:00 AM	MORNING WALK 45 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	MORNING WALK 30 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	HIKE: LEVEL 2 - DOUGLAS SPRINGS* 4 hr 15 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		VINYASA FLOW 45 min • Yoga Studio • Limit 30
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		ZUMBA® 45 min • Studio 1 • 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	NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS 50 min • Cactus Room
	AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Studio 4 • Limit 6 • \$80		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
9:00 AM	PROPERTY TOUR 45 min • Eucalyptus Circle		QI GONG 45 min • Yoga Studio • 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		
9:30 AM	TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		

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

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

VIPR SLAM
45 min • Studio 1 • Limit 20

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

TRX FUSION
45 min • Studio 3 • Limit 15

YIN YOGA
45 min • Yoga Studio • Limit 20

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

4:00 PM 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

NEW CHAKRA SOUND & SCENT
RESTORATIVE EXPERIENCE*
50 min • Studio 4 • Limit 18 • \$80

DD 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 **DD** 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
- S Smoking Area
- I Ice Machine
- 2-Mile Loop
- 2-Mile Loop Start
- ... Disabled Route
- EV Electric Vehicle Charging Station
- C Courtesy Phone
- D Directory
- S 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.



Labyrinth