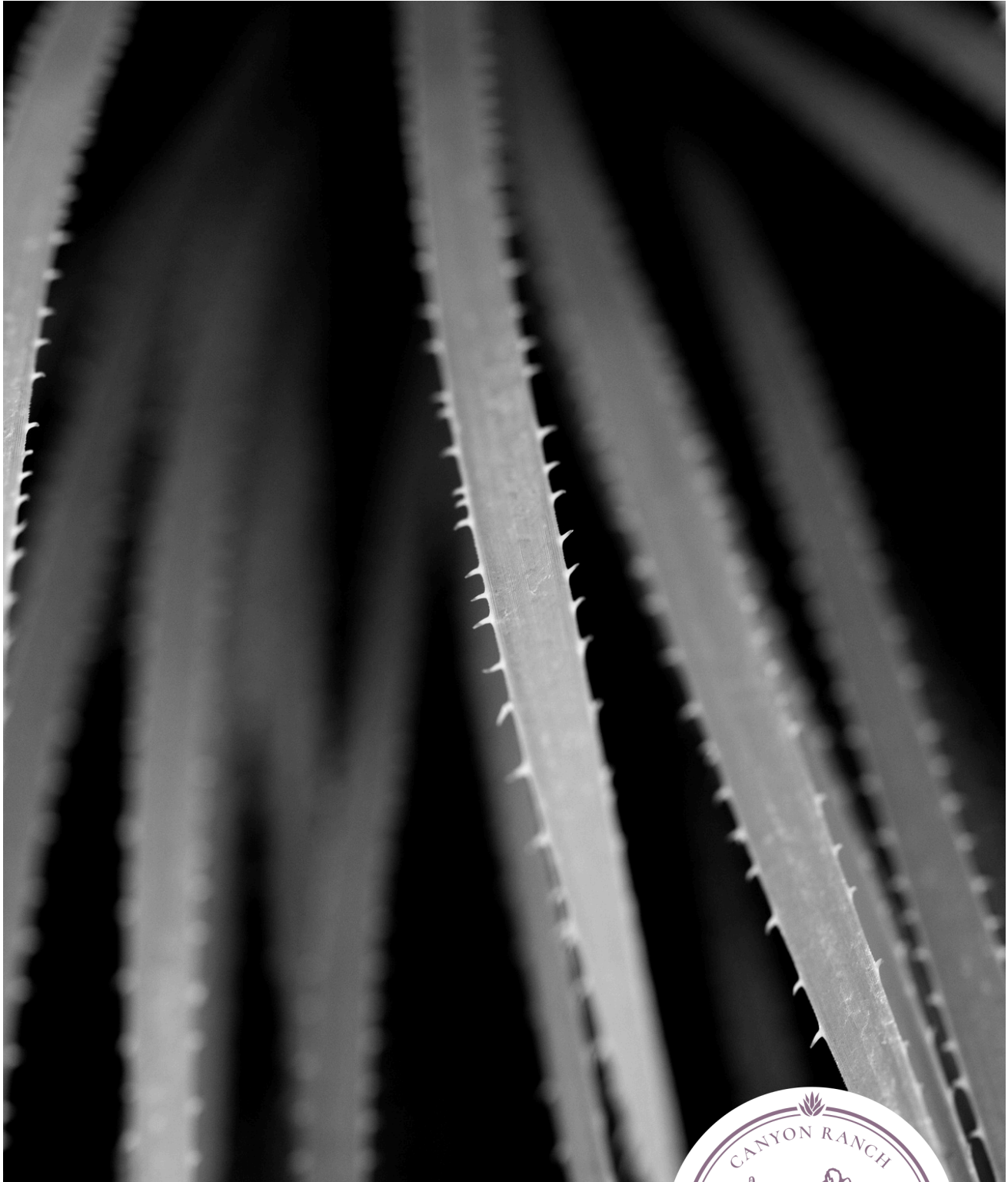


RANCH SCHEDULE
AUG. 31 - SEPT. 6, 2026

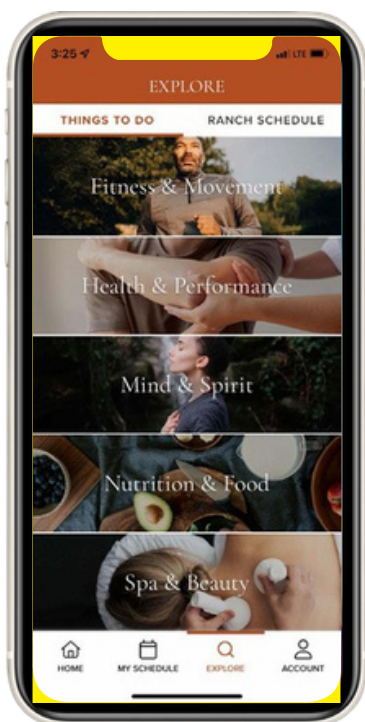


This schedule belongs to:



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

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



CAMP CANYON RANCH

AUGUST 31- SEPTEMBER 6

Join us for an elevated take on the classic summer camp experience — reimagined 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.

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



RESONANCE SOUND HEALING WITH KYLE LAM

SEPTEMBER 5-7

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.

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



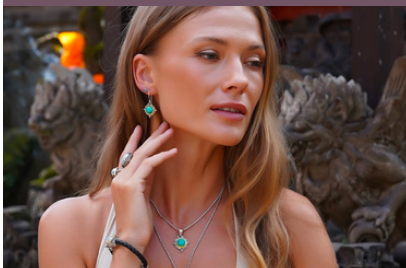
SKIN CARE & SALON

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

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

BLUEMOONSTONE CREATIONS



**THURSDAY, SEPT. 3-
SATURDAY, SEPT. 5**

Discover, BLUEMOONSTONE CREATIONS – a radiant world of handcrafted Sterling Silver and 18K Gold Vermeil jewelry, embellished with Rainbow Moonstones and other semi-precious gemstones with beneficial healing properties.

CRYSTAL ENERGY TRUNK SHOW



**SUNDAY, SEPT. 6-
WEDNESDAY, SEPT. 9**

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

MONDAY August 31, 2026

DISCOVERY DAYS: DD – CAMP CANYON RANCH

5:30 AM	DD SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
5:45 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		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	11:00 AM	INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Cactus Room
	MORNING WALK 30 min • Spa Lobby		DD DJ DANCE PARTY 45 min • Studio 1 • Limit 30
	HIKE: LEVEL 4 - FORT LOWELL TRAIL* 5 hr • Outdoor Sports Lobby • Limit 12		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
	BIRD WALK* 2 hr • Spa Lobby • Limit 8		YOGA SCULPT 45 min • Yoga Studio • Limit 18
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	NOON	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80	1:00 PM	DD YES, AND: THE SACRED PLAY OF IMPROV 50 min • Sanctuary • CME
8:15 AM	HIKE: LEVEL 3 - PECK BASIN* 5 hr 15 min • Outdoor Sports Lobby • Limit 12		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		PILATES FOR BALANCE 45 min • Studio 1 • Limit 18
8:30 AM	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
8:45 AM	HIKE: LEVEL 2 - LEMMON PARK* 5 hr • Outdoor Sports Lobby • Limit 12		
9:00 AM	SELF-COMPASSION IS YOUR SUPER POWER 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		

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

PBF: POWER BLAST FITNESS

45 min • Studio 3 • Limit 20

SACRAL CHAKRA HIP OPENING

45 min • Yoga Studio • Limit 20
- 3:00 PM

LONG & LEAN BARRE WORKOUT

45 min • Studio 2 • Limit 20

MUSCLE MAX

45 min • Studio 3 • Limit 12

POSTURE & BALANCE

45 min • Studio 1 • Limit 20

NEW PILATES CIRCUIT CLINIC*

50 min • Pilates Studio • Limit 5 • \$80
- 4:00 PM

NEW CANYON RANCH 101

30 min • The Snug

DD CREATE YOUR OWN BAG CHARM

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
- 5:00 PM

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
- 6:30 PM

FLOATING SOUND MEDITATION CLINIC*

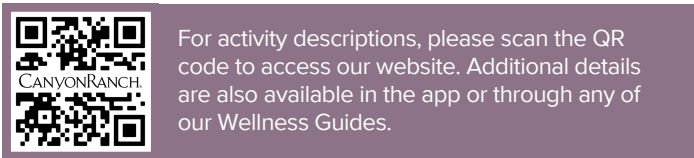
50 min • T-Pool • Limit 25 • \$110
- 7:00 PM

DD ISLANDS IN THE SKY & THE SOUTHWEST MONSOON

50 min • Cactus Room

COSMIC JOURNEY WITH THE TELESCOPE*

3 hr • Outdoor Sports Lobby • Limit 8 • \$140



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

September 1, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

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

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

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 4 - GUTHRIE PEAK*
6 hr 30 min • Outdoor Sports Lobby • Limit 12

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

BIKE RIDE: LEVEL 3 - BIGWASH BADLANDS MTB*
4 hr • Outdoor Sports Lobby • Limit 6

6:15 AM **HIKE: LEVEL 3 - TANQUE VERDE LEDGE***
4 hr 45 min • Outdoor Sports Lobby • Limit 12

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
45 min • Eucalyptus Circle

HIKE: LEVEL 2 - PALISADES TRAIL*
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

DD WATER WORKOUT
45 min • T-Pool • Limit 24

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

DD 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

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

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

DD THE POWER OF SOUND*
50 min • Sanctuary • Limit 15 • \$80

NOON **BREATHING**
20 min • Yoga Studio • Limit 30

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

1:00 PM **SKY ISLAND SUNSET AND CITY
LIGHTS 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.

2:00 PM **BOXER'S WORKOUT**
45 min • Studio 3 • Limit 8

CR STRENGTH
45 min • Golf Performance Center • Limit 10

PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

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

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

DD WALLYBALL
45 min • Racquet Court 1

YIN YOGA
45 min • Yoga Studio • Limit 20

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

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

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

DD RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 18 • \$80

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

6:30 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

September 2, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

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

6:00 AM MORNING WALK
45 min • Spa Lobby

MORNING WALK
30 min • Spa Lobby

HIKE: LEVEL 4 - LEMMON PARK*
7 hr • Outdoor Sports Lobby • Limit 12

BIKE RIDE: LEVEL 2 - CAFE RIDE*
4 hr • Outdoor Sports Lobby • Limit 12

6:30 AM HIKE: LEVEL 2 - LOWER BEAR CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

7:00 AM **DD** JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • \$220

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

8:15 AM HIKE: LEVEL 3 - BIGELOW PEAK*
6 hr • 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
SPIRITUAL WELLNESS EXPERT
50 min • Double U Café

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

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

DD 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

TRX STRONG
45 min • Studio 3 • Limit 15

ZUMBA®
45 min • Studio 1 • Limit 30

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

GYROKINESIS
45 min • Yoga Studio • Limit 15

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

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

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

September 3, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

5:30 AM **ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS***
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

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

MORNING WALK
30 min • Spa Lobby

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

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

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

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

6:15 AM **HIKE: LEVEL 3 - MCDOUGAL RIDGE***
4 hr 45 min • Outdoor Sports Lobby • Limit 12

7:00 AM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 8 • \$80

BOGA FITMAT® FITNESS CLINIC*
50 min • T-Pool • Limit 8 • \$80

YOGA NATURALLY
45 min • Flagstone Lawn • Limit 20

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

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

AWAKEN THE QI: TAPPING INTO ENERGY FLOW*
50 min • Private Fitness Studio 4 • Limit 6 • \$80

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

8:30 AM **HIKE: LEVEL 2 - HITCHCOCK OVERLOOK***
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

WALKING MEDITATION
50 min • Sanctuary • CME

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

CYCLING
45 min • Golf Performance Center • Limit 12

WATER WORKOUT
45 min • T-Pool • Limit 24

10:00 AM **THE SIXTH SENSE: HARNESSING YOUR INTUITION**
50 min • Cactus Room

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

11:00 AM **PBF: POWER BLAST FITNESS**
45 min • Studio 3 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

ZUMBA®
45 min • Studio 1 • Limit 30

NUTRITION MYTHS AND NUTRIENTS FOR AGING
50 min • Catalina Room

12:30 PM **DD HIKE & PAINT***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

1:00 PM **STRENGTH METRICS FOR LIFE: AN INTERACTIVE SESSION**
50 min • Cardio & Strength Gym • Limit 20

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

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

DD DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

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

AERIAL SWING YOGA CLINIC*
50 min • Studio 3 • 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

DD WALLYBALL
45 min • Racquet Court 1

4:00 PM STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

5:00 PM YOGA NIDRA
45 min • Yoga Studio • Limit 20

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

7:00 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

September 4, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH

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

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

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

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

MORNING WALK
30 min • Spa Lobby

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

6:15 AM HIKE: LEVEL 3 - BALANCED ROCK*
4 hr 30 min • Outdoor Sports Lobby • Limit 12

6:30 AM HIKE: LEVEL 2 - WILD HORSE CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

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

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

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

8:30 AM YOGA IN THE MOUNTAINS*
4 hr • Outdoor Sports Lobby • Limit 12 • \$140

9:00 AM 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

WEAR & TEAR TO REPAIR:
UNDERSTANDING ARTHRITIS
50 min • Catalina Room • CME

10:00 AM **DD** TUCSON BOTANICAL GARDEN TOUR*
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

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 ANGELS AMONG US
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

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

1:00 PM 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

PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

THE HEALING LANGUAGE OF
CRYSTAL BOWLS
50 min • Catalina Room

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

- 2:00 PM

KETTLEBELL WORKOUT

45 min • Studio 3 • Limit 12

LONG & LEAN BARRE WORKOUT

45 min • Studio 2 • Limit 20

PELVIC FLOOR YOGA

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

CHAIR YOGA

45 min • Yoga Studio • Limit 20

POSTURE & BALANCE

45 min • Studio 1 • Limit 20

STRIDE

45 min • Cardio & Strength Gym • Limit 14

THE POWER OF MOVEMENT FOR LONGEVITY

50 min • Catalina Room • CME
- 4:00 PM

MEDITATION

25 min • Sanctuary • Limit 30

STRETCH & RELAXATION

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

DD SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE*

1 hr • Javelina Cantina • Limit 8 • \$125

SKY ISLAND SUNSET AND CITY LIGHTS TOUR*

3 hr • Outdoor Sports Lobby • Limit 10 • \$110

YOGA NIDRA

45 min • Yoga Studio • Limit 20
- 5:30 PM

COMMUNITY TABLE

1 hr • Vaquero • Limit 6
- 6:00 PM

PICKLEBALL CLINIC*

50 min • Pickleball Court 1 • Limit 4 • \$80
- 6:30 PM

DD FLOATING SOUND MEDITATION CLINIC*

50 min • T-Pool • Limit 25 • \$110
- 6:45 PM

NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*

3 hr • Outdoor Sports Lobby • Limit 10 • \$140
- 8:00 PM

DD PRI-HEALING THE HEART GONG IMMERSION WITH KYLE LAM

1 hr • Mohave Gym • Limit 40



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

SATURDAY

September 5, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH
DD – RESONANCE SOUND HEALING WITH KYLE LAM

5:30 AM **DD BIRD WALK***
2 hr • Outdoor Sports Lobby • Limit 8

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

MORNING WALK
30 min • Spa Lobby

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

6:15 AM **HIKE: LEVEL 3 - FINGER ROCK***
4 hr • Outdoor Sports Lobby • Limit 12

6:30 AM **HIKE: LEVEL 2 - PHONELINE***
4 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

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

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

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

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

WATER WORKOUT
45 min • T-Pool • Limit 24

10:00 AM **CORE CONDITIONING**
45 min • Studio 1 • Limit 20

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

STRETCH
45 min • Yoga Studio • Limit 30

PERSONALIZED NUTRITION
50 min • Catalina Room • CME

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

11:30 AM **PHONE-TOGRAPHY***
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

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

BREATHING
20 min • Yoga Studio • Limit 30

1:00 PM **PILATES MAT**
45 min • Yoga Studio • Limit 30

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

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

1:30 PM **HIKE & PAINT***
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

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

2:00 PM	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		RESTORATIVE SOUND BATH* 50 min • Yoga Studio • Limit 25 • \$80
3:00 PM	DD MEMORY WIRE BRACELET 1 hr 30 min • Art Studio 1 • Limit 15	6:00 PM	CHEF'S SEASONAL SHOWCASE DINNER* 2 hr • Demo Kitchen • Limit 24 • \$70
	VIPR SLAM 45 min • Studio 1 • Limit 20	6:45 PM	DD NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	DD WALLYBALL 45 min • Racquet Court 1	7:00 PM	DD ROOTED AND RENEWED EARTH & WATER GONG IMMERSION 1 hr • Mohave Gym
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30		
4:00 PM	DD IGNITED BY FIRE GONG IMMERSION WITH KYLE LAM 1 hr • Mohave Gym		
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	STRETCH 45 min • Studio 2 • Limit 30		
	NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE* 50 min • Studio 4 • Limit 18 • \$80		



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SUNDAY

September 6, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH
DD – RESONANCE SOUND HEALING WITH KYLE LAM

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

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

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

VIPR SLAM
45 min • Studio 1 • Limit 20

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

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

3:00 PM DD EXPANDED IN AIR &
SPACE GONG IMMERSION
1 hr • Mohave Gym

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 DD DRUMMING CIRCLE
45 min • Studio 1 • Limit 20

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

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

5:30 PM RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • \$80

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

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

7:00 PM CRYSTAL SINGING BOWL
IMMERSIVE CONCERT
50 min • Sanctuary • Limit 30

THE ART OF ACRYLIC: PAINT A
COLOR WHEEL
1 hr 30 min • Art Studio 1 • Limit 10

8:30 PM DD 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.

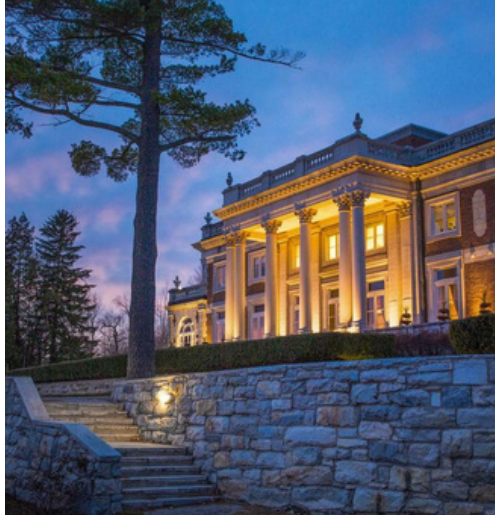
LIFE CHANGES AT CANYON RANCH

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.



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.