

RANCH SCHEDULE
SEPTEMBER 7-13, 2026

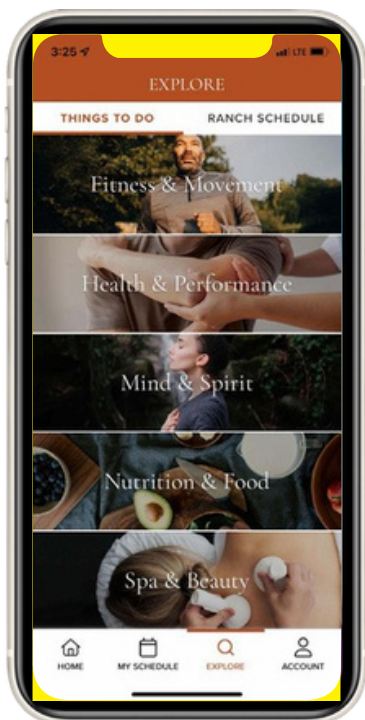


This schedule belongs to: _____



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

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

DINNER: 5 – 8 p.m.

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

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

DOUBLE U CAFE & FLAGSTONE POOL

DOUBLE U CAFÉ: 5:30 a.m. – 5 p.m.

HOT BREAKFAST: 6 – 9:30 a.m.

LUNCH: 11 a.m. – 2 p.m.

COLD ITEMS, SNACKS & DRINKS: 5:30 a.m. – 5 p.m.

JAVELINA CANTINA

Located in The Snug

DAILY 5 – 9 p.m.

IN-ROOM WINE

Delivery Ext. 44312: 4 – 9 p.m.

SPA, CARDIO & STRENGTH GYM

DAILY: 6 a.m. – 9 p.m.

PROGRAM ADVISING

Located in the Spa

8 a.m. – 7 p.m.

Ext. 44338: 8 a.m. – 5 p.m.

CR® AESTHETICS

Located in the Spa

Mon.–Sat.: 10 a.m.–5 p.m.

CANYON RANCH BOUTIQUE

Located in the Clubhouse

DAILY: 9 a.m.–7 p.m.

CR SHOPS™

DAILY: 8 a.m.–6 p.m.

PRESENTATION ROOMS

The Catalina, Cactus, and Media Rooms are located in the Clubhouse. The Acacia and Saguaro Rooms are located in the Mel and Enid Zuckerman Center for Life Enhancement.

OPEN 12-STEP RECOVERY MEETING

Mesquite Room

DAILY: 5 – 6 p.m.

CELL PHONE POLICY

To maintain a tranquil environment, we kindly ask guests to refrain from taking phone calls in public areas, especially dining spaces and locker rooms. Calls are welcome in your private room or patio, the Clubhouse and Spa phone booths, and other designated areas. Thank you for helping keep Canyon Ranch serene.

Welcome to Canyon Ranch, Tucson!

As Managing Director, it's my pleasure to welcome you to our inspiring oasis of wellness and renewal. Canyon Ranch is an ever-evolving destination, dedicated to supporting your health and well-being. Think of it as your sanctuary—a place for transformation, discovery, and joy.

We've recently completed several exciting upgrades to enhance your experience. Be sure to explore our reimagined dining venue, Vaquero, along with the refreshed spa lobby and treatment rooms. We've also made updates to the ladies' locker room, introduced The Snug, a cozy new game room off the clubhouse lobby, and enhanced the Sanctuary, to name a few highlights.

I encourage you to explore Longevity 8, our newest program offering a comprehensive 4-day immersion in health and wellness. Centered around eight principles of longevity, this once monthly program includes in-depth testing of over 200 biomarkers and personalized consultations with our team of experts.

During your stay, you'll find an array of cherished activities, classes, and services, as well as innovative spa and health experiences. Take a moment to immerse yourself in the beauty of our desert surroundings. Whether it's hiking, biking, or other guided outdoor adventures with our Outdoor Sports team, these activities are designed to inspire and rejuvenate.

Our goal is to exceed your expectations, and our team of compassionate, dedicated professionals is here to ensure every moment is exceptional. Please don't hesitate to let us know how we can personalize your visit and elevate your experience.

Whether this is your first visit, or a return journey, we are delighted to have you with us. Canyon Ranch truly comes to life when you're here, embracing healthy, joyful living.

You're in the perfect place to refresh your spirit, set new goals, and leave stress behind. Welcome!



David Craig
Managing Director



DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. You'll learn about exciting opportunities that fit your schedule and support your goal. And please, keep an open mind to trying new things. After all, the most exciting thing you do may be the one you haven't tried.

Stop by Program Advising in the Spa or call Ext. 44338.



PERSONALIZED NUTRITION CONSULTATION

Nutrition Service | 50 min.

Get expert advice on everyday nutrition and how best to feed yourself and your family for optimal health and wellbeing. This entry-level consultation is customized to suit your needs and interests.

INTRODUCTION TO AYURVEDA

Personal Training | 50 min.

In this introductory session, an Ayurvedic practitioner offers a Dosha assessment identifying your natural constitution (Prakruti) and current imbalances (Vikruti) using pulse reading, intake questions, tongue evaluation, and a physical exam. You'll receive personalized recommendations to restore balance in your body, mind, and spirit, along with suggestions for treatments available during your stay.

SAGUARO NATIONAL PARK DISCOVERY TOUR

Outdoor Sports Activity | 2 hr. 30 min.

Enjoy a guided drive through majestic Saguaro National Park! Discover the lushest and most diverse desert ecosystem on earth, with stops for stunning views and a stopover at the visitor center for passport stamps and souvenirs.

GYROTONIC TRAINING

Personal Training | 50 min.

This unique exercise system uses specialized equipment to support your fitness, flexibility, and more. Through a series of flowing, circular movements and breathwork, Gyrotonic® improves body alignment and function, offering a revitalizing workout that promotes overall wellness and balance.

LUXE LIFT & GLOW HYDRAFACIAL

Skin Care Service | 50 min.

This advanced HydraFacial deeply cleanses, exfoliates, and hydrates the skin with patented Vortex-Fusion technology. A personalized booster targets your unique skin needs, while LED light therapy refines tone, stimulates collagen, and reduces inflammation. Ideal for all skin types, this treatment leaves your complexion refreshed, revitalized, and radiant.

SKIN VITALITY MASSAGE

Spa Service | 50 min.

Experience a restorative massage that smooths, nourishes, and revives depleted skin. A concentrated vitamin D serum boosts immunity and protects against environmental stressors, while a gentle sugar cane-based exfoliant restores radiance. Then, a blend of anti-inflammatory oils hydrates and strengthens your moisture barrier, as bergamot, cardamom, and jasmine provide a calming aromatherapy experience.

RESTORATIVE SOUND BATH

Fitness Activity | 50 min.

Immerse yourself in a deeply restorative experience where sound meets stillness. Crystal singing bowls, gongs, and healing tones help guide you into deep relaxation, clearing blockages and bringing your whole being back into balance.

FIVE ELEMENTS RITUAL

Spa Service | 80 min.

This restorative treatment brings balance to the body and mind by aligning nature's five elements: Air, Fire, Water, Earth, and Space. Through targeted techniques and mindful touch, you'll experience a deep sense of harmony, grounding, and overall well-being.

FEATURED EVENTS

VISIT OUR TUCSON EVENTS PAGE ON [CANYONRANCH.COM](https://www.canyonranch.com) FOR MORE UPCOMING EVENTS



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'.

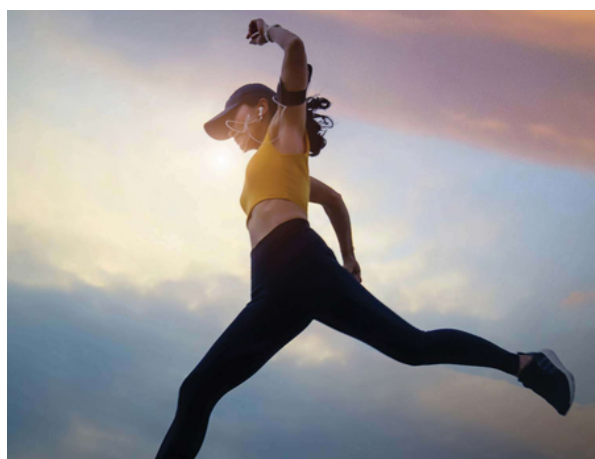


WAVES OF WELLNESS

SEPTEMBER 7-13

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

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



UPCOMING LONGEVITY8™

OCTOBER 18-22 & DECEMBER 6-10

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

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



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



ENJOY FOR A SIMPLE DAILY RATE | \$100

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

Daily from 9 a.m.–6 p.m.

FEATURED TOOLS & TECH

NEUROSTIMULATION

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

LIGHT THERAPY

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

INFRARED SAUNA POD

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

HYPERICE & THERABODY®

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

NEW: AMMORTAL CHAMBER

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

25 minutes | \$100

50 minutes | \$150

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



RETAIL THERAPY

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



CANYON RANCH BOUTIQUE

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



CR SHOPS

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



SKIN CARE & SALON

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

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

CRYSTAL ENERGY TRUNK SHOW



SUNDAY, 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.

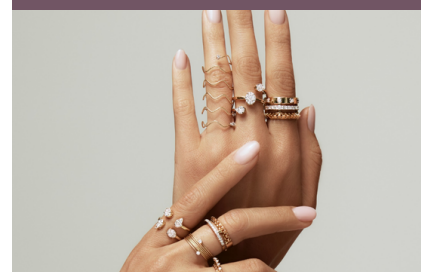
CAMPBELL AND CHARLOTTE



FRIDAY, SEPT. 11-
SATURDAY, SEPT. 12

Campbell + Charlotte is a 14k gold fine jewelry collection designed by Jenny McHugh to celebrate joy, color, and the journey of motherhood. Inspired by the birth of her daughter, Campbell, and created from her home in Charlotte, NC, each collection reflects a season of motherhood, weaving together meaningful stories through thoughtful design.

RITIQUE BY RITIKA ATWAL



SUNDAY, SEPT. 13-
MONDAY, SEPT. 14

Join us for a two day trunk show with Ritique. Inspired by the spaces between moments, this fine jewelry line celebrates personal expression through timeless design. Founded by designer Ritika Atwal, each collection explores strength, connection, and individuality—crafted to honor life's milestones, both extraordinary and quietly meaningful.

MONDAY

Sept. 7, 2026

DISCOVERY DAYS: **DD** – RESONANCE SOUND HEALING WITH KYLE LAM
DD – WAVES OF WELLNESS

5:45 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8		DD H2O POWER 45 min • T-Pool • Limit 24
	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		STRETCH 45 min • Yoga Studio • Limit 30
	ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE* 2 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$110	11:00 AM	DJ DANCE PARTY 45 min • Studio 1 • Limit 30
6:00 AM	HIKE: LEVEL 4 - PONTATOC TRAIL* 5 hr • Outdoor Sports Lobby • Limit 12		PEDAL, LIFT, FLOW 1 hr • Golf Performance Center • Limit 12
6:30 AM	MORNING WALK 30 min • Spa Lobby		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	MORNING WALK 45 min • Spa Lobby		INSIGHT & HEALING WITH GEMS & MINERALS 50 min • Cactus Room
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	NOON	LUNCH & LEARN: GREEK SPICE CHICKEN 1 hr • Demo Kitchen • Limit 36
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
8:15 AM	HIKE: LEVEL 2 - BOX CAMP* 5 hr • Outdoor Sports Lobby • Limit 12		BREATHING 20 min • Yoga Studio • Limit 30
8:30 AM	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110	1:00 PM	DD REPLENISHING THE WELL 50 min • Catalina Room • CME
8:45 AM	HIKE: LEVEL 3 - LEMMON CREEK* 7 hr 15 min • Outdoor Sports Lobby • Limit 12		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
9:00 AM	EXPLORING NARCISSISM 50 min • Catalina Room • CME		PILATES FOR BALANCE 45 min • Studio 1 • Limit 18
	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
	CORE CONDITIONING 45 min • Studio 1 • Limit 20		
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		
	PROPERTY TOUR 30 min • Eucalyptus Circle		

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

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| <p>2:00 PM DESERT DRUMMING
45 min • Studio 2 • Limit 30</p> <p> PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</p> <p> SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio • Limit 20</p> <p>3:00 PM LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p> MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p> POSTURE & BALANCE
45 min • Studio 1 • Limit 20</p> <p> NEW PILATES CIRCUIT CLINIC*
50 min • Pilates Studio • Limit 5 • \$80</p> <p>4:00 PM AYURVEDA TIPS FOR THE SUMMER
50 min • Cactus Room</p> <p> THE ART OF ORIGAMI
1 hr 30 min • Art Studio 1 • Limit 15</p> <p> INSTANT GRATIFICATION:
BEAUTIFY YOUR SKIN
50 min • Spa Lobby • Limit 25</p> <p> MEDITATION
25 min • Sanctuary • Limit 30</p> <p> DD RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p> DD STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p> NEW CANYON RANCH 101
30 min • The Snug</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>6:00 PM TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • \$80</p> <p>6:30 PM DD FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>7:00 PM COSMIC JOURNEY WITH
THE TELESCOPE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</p> <p> TUCSON: UNESCO CITY OF
GASTRONOMY
50 min • Catalina Room</p> |
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For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

TUESDAY

Sept. 8, 2026

DD – WAVES OF WELLNESS

6:00 AM	HIKE: LEVEL 4 - SKY ISLAND RIDGE* 7 hr 30 min • Outdoor Sports Lobby • Limit 12 QI GONG IN THE MOUNTAINS* 3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140 ART & ECHOES: BIKING THROUGH THE OLD PUEBLO* 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110 MOUNTAIN BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101* 4 hr • Outdoor Sports Lobby • Limit 4	10:00 AM	NUMEROLOGY: INTERPRETING THE NUMBERS OF NAMES 50 min • Cactus Room AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR 50 min • Catalina Room • CME 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
6:15 AM	HIKE: LEVEL 3 - BRIDAL WREATH TRAIL* 4 hr 45 min • Outdoor Sports Lobby • Limit 12	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
6:30 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110 MORNING WALK 30 min • Spa Lobby MORNING WALK 45 min • Spa Lobby		
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80 BOGA FITMAT® FITNESS CLINIC* 50 min • T-Pool • Limit 8 • \$80	NOON	LUNCH & LEARN: CITRUS GRILLED SHRIMP 1 hr • Demo Kitchen • Limit 36 BREATHING 20 min • Yoga Studio • Limit 30 FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
8:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	1:00 PM	DD MEDITATION WITH DHARMA DOCTOR CLINIC* 25 min • Private Fitness Studio 4 • Limit 8 • \$80 MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
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 PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110 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 PROPERTY TOUR 30 min • Eucalyptus Circle		

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

2:00 PM **SKY ISLAND SUNSET AND CITY LIGHTS TOUR***
3 hr • Outdoor Sports Lobby • Limit 10 • \$110

FOUNDATIONS OF STRENGTH
50 min • Catalina Room • CME

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

CR STRENGTH
45 min • Golf Performance Center • Limit 10

PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

3:00 PM **THE ART OF IMPERMANENCE**
1 hr • Art Studio 1 • Limit 8

BUFF BOOTY
45 min • Studio 1 • Limit 20

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

UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

NEW CANYON RANCH 101
30 min • The Snug

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

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

Sept. 9, 2026

DD – WAVES OF WELLNESS

5:30 AM **SUNRISE YOGA IN THE WILD***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

5:45 AM **SABINO CANYON WALK***
2 hr • Outdoor Sports Lobby • Limit 12

6:00 AM **HIKE: LEVEL 4 - SOLDIER TRAIL***
5 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 - PIMA CANYON***
4 hr • Outdoor Sports Lobby • Limit 12

MORNING WALK
45 min • Spa Lobby

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

8:30 AM **HIKE: LEVEL 3 - BEAR SADDLE***
5 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

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

**DD NEW COFFEE CHAT WITH A
CR NUTRITIONIST**
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

PROPERTY TOUR
30 min • Eucalyptus Circle

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

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

NEW 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

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

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

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

1:00 PM **CHINESE MEDICINE FOR
SEASONAL WELLNESS**
50 min • Sanctuary

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

GYROKINESIS
45 min • Yoga Studio • Limit 15

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2:00 PM **DD THE POWER OF HYDRATION**
25 min • Catalina Room

KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20

STRIDE
45 min • Cardio & Strength Gym • Limit 14

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

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

CHAIR YOGA
45 min • Yoga Studio • Limit 20

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

MUSCLE MAX
45 min • Studio 3 • Limit 12

4:00 PM **MEDITATION**
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

BEAUTY AND BUBBLES
1 hr • Spa Lobby

NEW CANYON RANCH 101
30 min • The Snug

5:00 PM **A MEDICAL PERSPECTIVE ON LONGEVITY**
50 min • Catalina Room • CME

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 **NIGHT SKY WALK***
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

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

Sept. 10, 2026

DD – WAVES OF WELLNESS

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

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

6:00 AM HIKE: LEVEL 4 - BUTTERFLY/
NOVIO SPRING*
6 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

MOUNTAIN BIKE RIDE: LEVEL 3 -
ROCKING K*
4 hr • Outdoor Sports Lobby • Limit 6

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

6:30 AM HIKE: LEVEL 2 - GARWOOD DAM LOOP*
4 hr • Outdoor Sports Lobby • Limit 12

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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 3 - PALISADES TRAIL*
5 hr 45 min • Outdoor Sports Lobby
• Limit 12

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

FINDING CALM: EASTERN WISDOM
FOR MODERN LIFE
50 min • Sanctuary

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

CYCLING
45 min • Golf Performance Center • Limit 12

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

PROPERTY TOUR
30 min • Eucalyptus Circle

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

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

ASK A PSYCHIC
50 min • Cactus Room

10:30 AM HIKE & PAINT*
4 hr • Outdoor Sports Lobby • Limit 8 • \$110

11:00 AM BREAKING BARRIERS: OVERCOME
WEIGHT LOSS CHALLENGES
50 min • Catalina Room • CME

NEW MINDFUL HATHA YOGA
1 hr 15 min • Yoga Studio • Limit 30

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

ZUMBA®
45 min • Studio 1 • Limit 30

NOON LUNCH & LEARN: KITCHARI
1 hr • Demo Kitchen • Limit 36

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 **AERIAL SWING YOGA CLINIC***
50 min • Studio 3 • 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

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 **STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20

NEW CANYON RANCH 101
30 min • The Snug

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

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

7:00 PM **COSMIC JOURNEY WITH THE TELESCOPE***
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

FITNESS CLASS REMINDERS

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



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

FRIDAY

Sept. 11, 2026

DD – WAVES OF WELLNESS

5:30 AM	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 DD H2O POWER 45 min • T-Pool • Limit 24 STRETCH 45 min • Yoga Studio • Limit 30
5:45 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	DD 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 CHANGE YOUR AURA, CHANGE YOUR LIFE 50 min • Cactus Room
6:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80 BIKE RIDE: LEVEL 3- SABINO CANYON* 3 hr • Outdoor Sports Lobby • Limit 12	NOON	LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36 CORE & MORE 20 min • Studio 2 • Limit 16
6:15 AM	HIKE: LEVEL 3 - BLACKETTS RIDGE* 4 hr • Outdoor Sports Lobby • Limit 12	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
6:30 AM	HIKE: LEVEL 2 - MILAGROSA OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12 MORNING WALK 30 min • Spa Lobby MORNING WALK 45 min • Spa Lobby		
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		
7:30 AM	TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		
8:00 AM	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 8 • \$140		
9:00 AM	WHEN YOUR SHOULDERS SPEAK: PAIN DECODED & TREATED 50 min • Catalina Room • CME 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 PROPERTY TOUR 30 min • Eucalyptus Circle		

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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

PLUTO, THE PLANET OF POWER & TRANSFORMATION

50 min • Cactus Room
- 3:00 PM

ZONE 2 AND YOU

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

TWILIGHT YOGA IN THE PINES*

4 hr • Outdoor Sports Lobby • Limit 8 • \$140
- 4:00 PM

STRETCH & RELAXATION

25 min • Studio 2 • Limit 20

MEDITATION

25 min • Sanctuary • Limit 30

FACIAL LYMPHATICS: FLOW & GLOW

50 min • Cactus Room • Limit 15

NEW CANYON RANCH 101

30 min • The Snug
- 4:45 PM

SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR*

2 hr 30 min • 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
- 6:30 PM

DD FLOATING SOUND MEDITATION CLINIC*

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

SUMMER MOVIE NIGHT

2 hr • Clubhouse Media Room • Limit 11



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SATURDAY

Sept. 12, 2026

DD – WAVES OF WELLNESS

5:45 AM	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8	10:00 AM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
6:00 AM	HIKE: LEVEL 4 - WINDY POINT VISTA* 6 hr • Outdoor Sports Lobby • Limit 12		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
	BIKE RIDE: LEVEL 3 - AGUA CALIENTE* 3 hr • Outdoor Sports Lobby • Limit 12		NUTRITION STRATEGIES FOR PERI- AND POST-MENOPAUSE 50 min • Catalina Room
6:15 AM	HIKE: LEVEL 3 - PONTATOC RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		CORE CONDITIONING 45 min • Studio 1 • Limit 20
6:30 AM	HIKE: LEVEL 2 - VENTANA TRAIL* 4 hr • Outdoor Sports Lobby • Limit 12		DD H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 30 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	MORNING WALK 45 min • Spa Lobby	11:00 AM	DD AQUA FIT 45 min • Aquatic Center • Limit 15
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		POWER FLOW 45 min • Yoga Studio • Limit 30
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		TRX STRONG 45 min • Studio 3 • Limit 15
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	NOON	AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
9:00 AM	GLIDE AND BURN 45 min • Studio 1 • Limit 20		DD BREATHING 20 min • Yoga Studio • Limit 30
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14	1:00 PM	PILATES MAT 45 min • Yoga Studio • Limit 30
	DD WATER WORKOUT 45 min • T-Pool • Limit 24		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
	PROPERTY TOUR 30 min • Eucalyptus Circle		MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
		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.

- | | |
|--|--|
| <p>2:00 PM DD STOP FORCING YOUR LIFE & LET IT FLOW
50 min • Catalina Room • CME</p> <p>CR STRENGTH
45 min • Golf Performance Center • Limit 10</p> <p>HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30</p> <p>PBF: POWER BLAST FITNESS
45 min • Studio 3 • Limit 20</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 RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p>NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE*
50 min • Private Fitness Studio 4
• Limit 12 • \$80</p> <p>NEW CANYON RANCH 101
30 min • The Snug</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>6:00 PM CHEF'S SEASONAL SHOWCASE DINNER*
2 hr • Demo Kitchen • Limit 24 • \$70</p> <p>6:45 PM NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby • Limit 10 • \$140</p> |
|--|--|



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SUNDAY

Sept. 13, 2026

DD – WAVES OF WELLNESS

- 6:00 AM **BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE***
4 hr • Outdoor Sports Lobby • Limit 12
- HIGH ROPES CHALLENGE COURSE***
3 hr • Outdoor Sports Lobby • Limit 8 • \$220
- 6:15 AM **HIKE: LEVEL 3 - FT. LOWELL HILLS***
4 hr 45 min • Outdoor Sports Lobby • Limit 12
- 6:30 AM **HIKE: LEVEL 2 - ESPERERO TRAIL***
3 hr 45 min • Outdoor Sports Lobby • Limit 12
- MORNING WALK**
30 min • Spa Lobby
- MORNING WALK**
45 min • Spa Lobby
- 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 **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
- PROPERTY TOUR**
30 min • Eucalyptus Circle
- 9:30 AM **TUCSON BOTANICAL GARDEN TOUR***
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

- 10:00 AM **YES, AND: THE SACRED PLAY OF IMPROV**
50 min • Sanctuary • CME
- 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 **DD MEDITATION IN THE MOUNTAINS***
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 **FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY**
50 min • Cactus Room
- PILATES REFORMER CLINIC: BEGINNING***
50 min • Pilates Studio • Limit 5 • \$80

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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

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 JOURNALING FOR MENTAL HEALTH
50 min • Catalina Room • Limit 37

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 • Private Fitness Studio 4
• Limit 12 • \$80

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

NEW CANYON RANCH 101
30 min • The Snug

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

DD RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 25 • \$80

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

7:00 PM 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.



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

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

A CanyonRanch Membership is the ultimate healthy habit, allowing you to explore all our life-enhancing possibilities at your own pace. Your Membership helps you maintain your commitment to healthy living with regular stays at our Sonoran Desert resort over the next five years. It's an invaluable path to health and vitality – all at an incredible value.



AN IDEAL PLAN IF YOU WANT TO:

- Return regularly to our world-class Tucson wellness resort.
- Share the experience with anyone of your choosing.
- Sustain your commitment to healthy, joyful living.
- Keep up with health and fitness trends and maintain your relationships with Canyon Ranch professionals.
- Enjoy a fabulous, rejuvenating getaway at least once a year.
- Invest in yourself and enjoy great savings.



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

- Five free Member Nights to use for overnight stays in Tucson.(Service allowance not included.)
- 45 Member Nights with a 50% discount on the nightly rate; discount applied to current “Stay Your Way” rate. (Service allowance not included.)
- Member pricing on all services, activities, and select retail in connection with your stays.
- Exclusive Member offers; offers will vary but may include special pricing, promotions, sneak previews of new services or programming, etc.

ADDITIONAL BENEFITS:

- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to
purchase a Membership:

CONTACT

Memberships
TucsonMemberships@canyonranch.com
520-239-3293 or visit our Membership
Sales Team in Tucson.

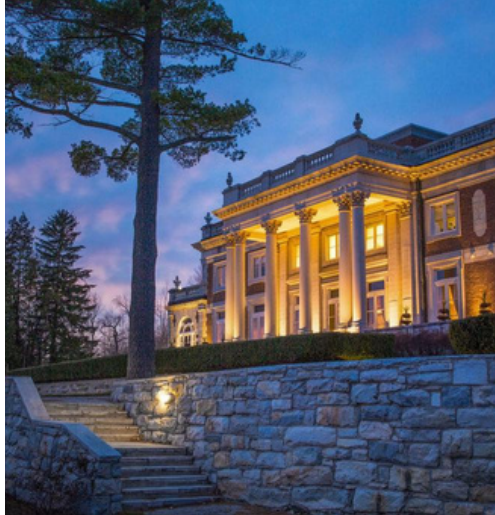
LIFE CHANGES AT CANYON RANCH

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

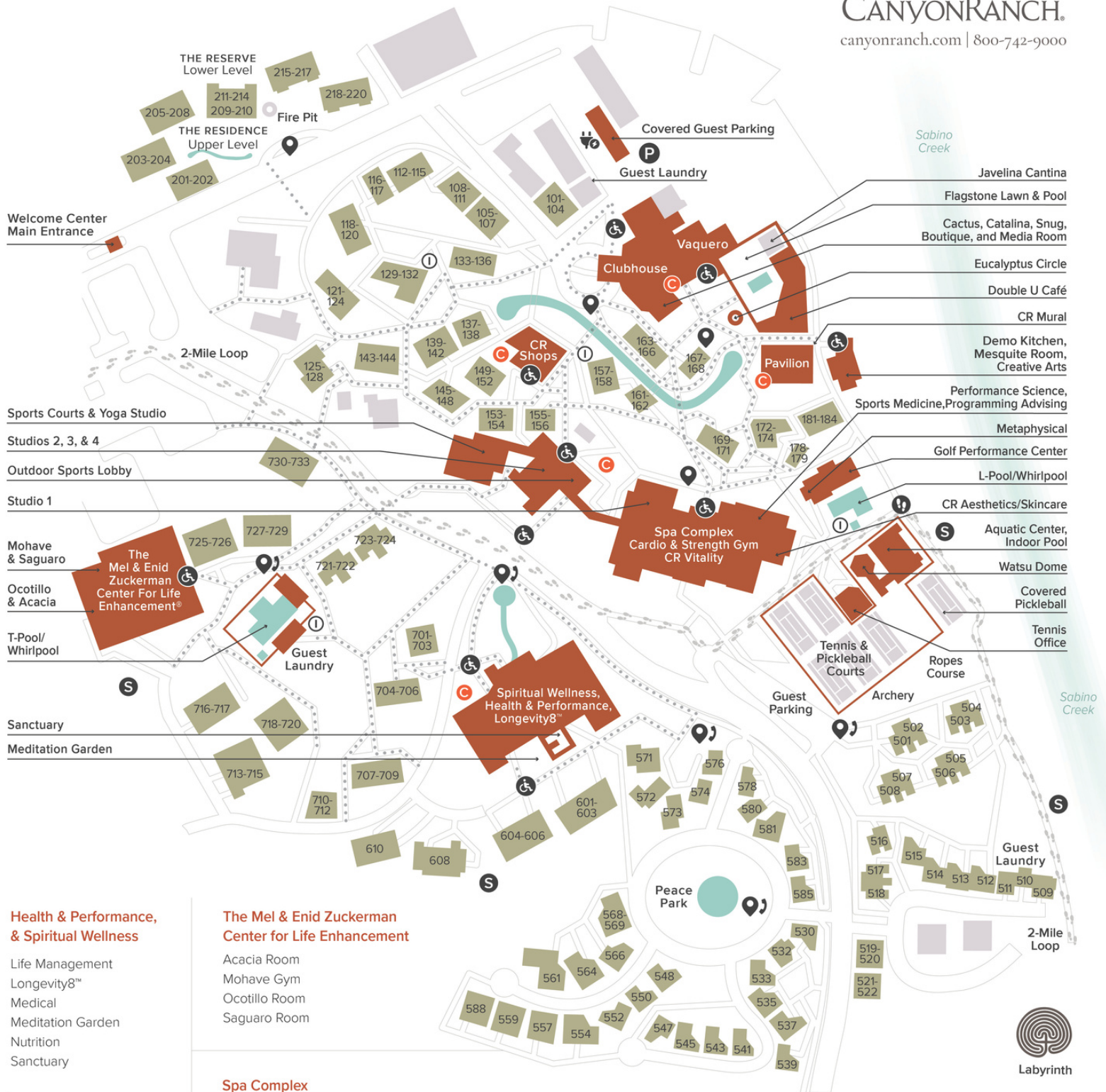
Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



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
- P Covered Guest Parking
- P Guest Laundry
- P Electric Vehicle Charging Station
- P Courtesy Phone
- P Directory
- P Disabled Access
- P Disabled Route
- P Ice Machine
- P Smoking Area
- P 2-Mile Loop
- P 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