

RANCH SCHEDULE
SEPTEMBER 14-20, 2026

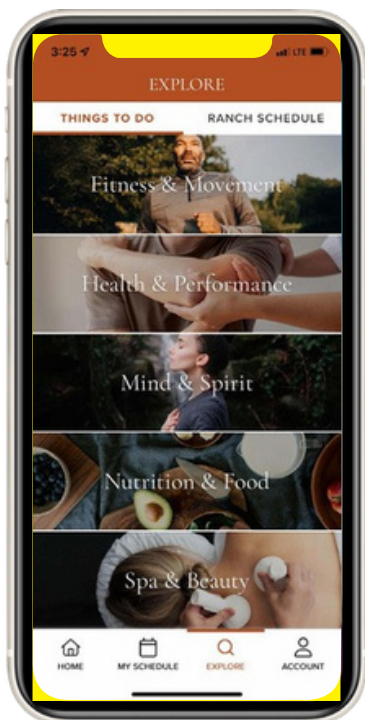


This schedule belongs to: _____



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

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

DINNER: 5 – 8 p.m.

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

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

DOUBLE U CAFE & FLAGSTONE POOL

DOUBLE U CAFÉ: 5:30 a.m. – 5 p.m.

HOT BREAKFAST: 6 – 9:30 a.m.

LUNCH: 11 a.m. – 2 p.m.

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

JAVELINA CANTINA

Located in The Snug

DAILY 5 – 9 p.m.

IN-ROOM WINE

Delivery Ext. 44312: 4 – 9 p.m.

SPA, CARDIO & STRENGTH GYM

DAILY: 6 a.m. – 9 p.m.

PROGRAM ADVISING

Located in the Spa

8 a.m. – 7 p.m.

Ext. 44338: 8 a.m. – 5 p.m.

CR® AESTHETICS

Located in the Spa

Mon.–Sat.: 10 a.m.–5 p.m.

CANYON RANCH BOUTIQUE

Located in the Clubhouse

DAILY: 9 a.m.–7 p.m.

CR SHOPS™

DAILY: 8 a.m.–6 p.m.

PRESENTATION ROOMS

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

OPEN 12-STEP RECOVERY MEETING

Mesquite Room

DAILY: 5 – 6 p.m.

CELL PHONE POLICY

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

Welcome to Canyon Ranch, Tucson!

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

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

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

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

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

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

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



David Craig
Managing Director



DECISIONS, DECISIONS ...

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

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

WELCOME



PERSONALIZED NUTRITION CONSULTATION

Nutrition Service | 50 min.

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

INTRODUCTION TO AYURVEDA

Personal Training | 50 min.

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

SAGUARO NATIONAL PARK DISCOVERY TOUR

Outdoor Sports Activity | 2 hr. 30 min.

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

GYROTONIC TRAINING

Personal Training | 50 min.

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

LUXE LIFT & GLOW HYDRAFACIAL

Skin Care Service | 50 min.

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

SKIN VITALITY MASSAGE

Spa Service | 50 min.

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

RESTORATIVE SOUND BATH

Fitness Activity | 50 min.

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

FIVE ELEMENTS RITUAL

Spa Service | 80 min.

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

FEATURED EVENTS

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



FIND YOUR YOGA FLOW

SEPTEMBER 14-20

Step onto your mat and into movement, breath, and balance during a week-long celebration of yoga in all its forms, with a special focus on flow-based practices. Explore different styles, deepen your connection to your body, and discover the rhythm that feels right for you. Every class offers options and modifications, creating a welcoming space for all levels. Come for one class or flow through the entire week!

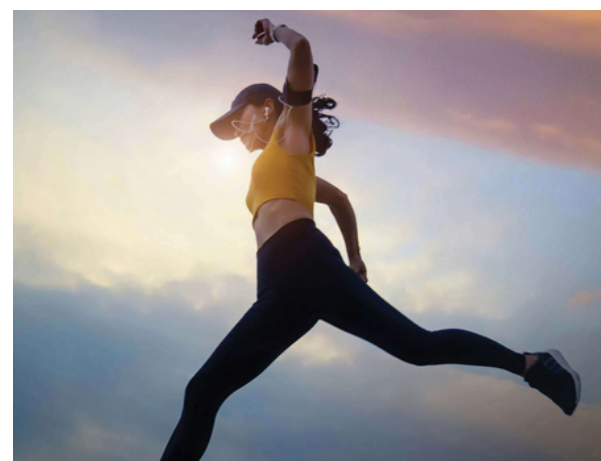
ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH 'DD'.



MYSTIC INSIGHTS

SEPTEMBER 21-27

Step into a week of metaphysical exploration and insight during the fall equinox. Discover handwriting analysis, Vedic astrology, crystal work, reiki, tarot, and more through engaging presentations and experiential sessions. Deepen self-awareness, spark intuition, and explore new perspectives in a supportive, inspiring setting designed to nurture curiosity and connection.



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)

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.

BURCAK TOLAN



**WEDNESDAY, SEPT. 16-
THURSDAY, SEPT. 17**

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.

ART OF CEREMONY



**FRIDAY, SEPT. 18
SATURDAY, SEPT. 19**

The Art of Ceremony brings to life the art of ritual in jewelry design. Each necklace, earring, and bracelet is made with intention. All delight the eye and spark the soul.

MONDAY

Sept. 14, 2026

DISCOVERY DAYS: **DD** – FIND YOUR YOGA FLOW

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

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

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

6:00 AM HIKE: LEVEL 4 - GUTHRIE PEAK*
6 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

BIKE RIDE: LEVEL 3 -
COLOSSAL CAVE LOOP*
4 hr • Outdoor Sports Lobby • Limit 12

6:30 AM 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 PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • \$80

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

8:30 AM HIKE: LEVEL 2 - PECK BASIN OVERLOOK*
5 hr • Outdoor Sports Lobby • Limit 12

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

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

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

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

CYCLING
45 min • Golf Performance Center • Limit 12

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

PROPERTY TOUR
30 min • Eucalyptus Circle

10:00 AM CARDIO CIRCUIT
45 min • Cardio & Strength Gym • Limit 20

H2O POWER
45 min • T-Pool • Limit 24

DD STRETCH
45 min • Yoga Studio • Limit 30

11:00 AM EMPOWERING INTENTION: LUNAR
ASTROLOGY & CRYSTALS
50 min • Cactus Room

DJ DANCE PARTY
45 min • Studio 1 • Limit 30

DD YOGA SCULPT
45 min • Yoga Studio • Limit 18

TOTALLY TUBING
45 min • Studio 2 • Limit 20

NOON DINNER & LEARN: GRILLED HALIBUT
WITH SOFRITO
1 hr • Demo Kitchen

BREATHING
20 min • Yoga Studio • Limit 30

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

1:00 PM REPLENISHING THE WELL
50 min • Catalina Room • CME

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

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

WEARABLE RESISTANCE
TRAINING CLINIC*
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	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	6:00 PM	TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80
2:30 PM	JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220	6:30 PM	DD FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
3:00 PM	NEW PILATES CIRCUIT CLINIC* 50 min • Pilates Studio • Limit 5 • \$80	7:00 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20		NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	MUSCLE MAX 45 min • Studio 3 • Limit 12		
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		
4:00 PM	CREATE YOUR OWN BAG CHARM 1 hr 30 min • Art Studio 1 • Limit 15		
	INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN 50 min • Spa Lobby • Limit 25		
	MEDITATION 25 min • Sanctuary • Limit 30		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	DD RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	NEW CANYON RANCH 101 30 min • The Snug		



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. 15, 2026

DISCOVERY DAYS: DD – FIND YOUR YOGA FLOW

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

6:00 AM HIKE: LEVEL 4 - MILAGROSA LOOP*
5 hr • Outdoor Sports Lobby • Limit 12

DD 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

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

6:15 AM HIKE: LEVEL 3 - ROCK SPRINGS TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12

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

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

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

CYCLING
45 min • Golf Performance Center • Limit 12

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

WATER WORKOUT
45 min • T-Pool • Limit 24

PROPERTY TOUR
30 min • Eucalyptus Circle

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

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

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

11:00 AM 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

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

DD BREATHING
20 min • Yoga Studio • Limit 30

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

1:00 PM DD MEDITATION WITH WEVANA CLINIC*
25 min • Yoga Studio • Limit 8 • \$80

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

MEMBERSHIPS: CASUAL Q&A
30 min • Spa Lobby • 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 **STRENGTH LAB:
AN INTERACTIVE SESSION**
50 min • Cardio & Strength Gym • Limit 20

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

CR STRENGTH
45 min • Golf Performance Center • Limit 10

DD PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

3:00 PM **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

A MEDICAL APPROACH TO WEIGHT LOSS
50 min • Catalina Room • CME

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

DD 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 • Private Fitness Studio 4
• 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

7:00 PM **LIVING & CREATING WITH REVERENCE**
50 min • Cactus Room

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. 16, 2026

DISCOVERY DAYS: **DD** – FIND YOUR YOGA FLOW

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 - BLACKETT'S RIDGE***
4 hr 30 min • 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

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

DD KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

8:30 AM **HIKE: LEVEL 3 - BIGELOW PEAK***
6 hr • 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

**NEW COFFEE CHAT WITH A CR
PERFORMANCE SCIENTIST**
50 min • Double U Café

PEDAL, LIFT & FLOW
1 hr • Golf Performance Center • Limit 12

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

VINYASA FLOW
45 min • Yoga Studio

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

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

DD 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 **LUNCH & LEARN: JERK CHICKEN**
1 hr • Demo Kitchen • Limit 36

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

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

GYROKINESIS
45 min • Yoga Studio • Limit 15

**BLOOD FLOW RESTRICTION
TRAINING FOR STRENGTH***
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	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 1 • Limit 20	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
	PILATES REFORMER-INT/ADV CLINIC* 50 min • Pilates Studio • Limit 6 • \$80	6:30 PM	NIGHT SKY WALK* 2 hr • Outdoor Sports Lobby • Limit 12 • \$80
3:00 PM	LEARNING SELF-REIKI 50 min • Cactus Room		DD FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
	BUFF BOOTY 45 min • Studio 1 • Limit 20	7:00 PM	HEALTH & HAPPINESS ARE IN YOUR HANDS 50 min • Cactus Room
3:30 PM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110	8:00 PM	ISLANDS IN THE SKY & THE SOUTHWEST MONSOON 50 min • Catalina Room
4:00 PM	BEAUTY AND BUBBLES 1 hr • Spa Lobby		
	MEDITATION 25 min • Sanctuary • Limit 30		
	STRETCH & RELAXATION 25 min • Yoga Studio • Limit 20		
	SUPER STRENGTH* 50 min • Studio 3 • Limit 8 • \$80		
	NEW CANYON RANCH 101 30 min • The Snug		

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. 17, 2026

DISCOVERY DAYS: **DD** – FIND YOUR YOGA FLOW

5:30 AM	ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
6:00 AM	HIKE: LEVEL 4 - MINT SPRING TRAIL* 7 hr • Outdoor Sports Lobby • Limit 12		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
	AZT LOOP MOUNTAIN BIKE* 4 hr • Outdoor Sports Lobby • Limit 6		EXPLORATION IN SOUL CONSCIOUSNESS 50 min • Cactus Room
	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220	11:00 AM	NUTRITION MYTHS AND NUTRIENTS FOR AGING 50 min • Catalina Room
6:30 AM	HIKE: LEVEL 2 - TANQUE VERDE SADDLE* 4 hr • Outdoor Sports Lobby • Limit 12		TOTALLY TUBING 45 min • Studio 2 • Limit 20
	HIKE: LEVEL 1 - SABINO LOOP* 3 hr 30 min • Outdoor Sports Lobby • Limit 12		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	MORNING WALK 30 min • Spa Lobby		ZUMBA® 45 min • Studio 1 • Limit 30
	MORNING WALK 45 min • Spa Lobby	NOON	LUNCH & LEARN: PARMESAN CRUSTED SEA BASS 1 hr • Demo Kitchen • Limit 36
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80		HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	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	DD CENTERING MEDITATION 25 min • Sanctuary • Limit 30		FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
8:30 AM	HIKE: LEVEL 3 - BOX CAMP 5 hr 30 min • Outdoor Sports Lobby • Limit 12		
9:00 AM	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		
	POWER FLOW 45 min • Yoga Studio • Limit 30		
	PROPERTY TOUR 30 min • Eucalyptus Circle		

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

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

2:00 PM **PILATES REFORMER CLINIC: BEGINNING***
50 min • Pilates Studio • Limit 5 • \$80

CR STRENGTH
45 min • Golf Performance Center • Limit 10

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

CORE CONDITIONING
45 min • Studio 1 • Limit 20

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

WALLYBALL
45 min • Racquet Court 1

BUFF BOOTY
45 min • Studio 1 • Limit 20

CHAIR YOGA
45 min • Yoga Studio • Limit 20

3:30 PM **TWILIGHT YOGA IN THE PINES***
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

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.



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FRIDAY

Sept. 18, 2026

DISCOVERY DAYS: **DD** – FIND YOUR YOGA FLOW

5:30 AM	BIRDING IN SABINO CANYON* 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110	9:00 AM	MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE 50 min • Catalina Room • CME
5:45 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20
6:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		GLIDE AND BURN 45 min • Studio 1 • Limit 20
	HIKE: LEVEL 4 - ESPERERO/LIPSTICK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		DD VINYASA FLOW 45 min • Yoga Studio
	BIKE RIDE: LEVEL 3 - SAGUARO SPIN* 3 hr 30 min • Outdoor Sports Lobby • Limit 10		PROPERTY TOUR 30 min • Eucalyptus Circle
6:15 AM	HIKE: LEVEL 3 - FINGER ROCK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12	10:00 AM	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
6:30 AM	HIKE: LEVEL 2 - PONTATOC OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12		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	AQUA FIT 45 min • Aquatic Center • Limit 15
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		DD YOGA SCULPT 45 min • Yoga Studio • Limit 18
7:30 AM	TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		THE SIXTH SENSE: HARNESSING YOUR INTUITION 50 min • Cactus Room
	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	NOON	LUNCH & LEARN: ORANGE DIJON GLAZED MAHI 1 hr • Demo Kitchen • Limit 36
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20		CORE & MORE 20 min • Studio 2 • Limit 16
8:30 AM	YOGA IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140	1:00 PM	THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Catalina Room
			JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220
			GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
			PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
			DD KUNDALINI YOGA 45 min • Yoga Studio • Limit 20

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2:00 PM	MINDFUL MANDALA DOT PAINTING 1 hr 30 min • Art Studio 1 • Limit 12	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	KETTLEBELL WORKOUT 45 min • Studio 3 • Limit 12	6:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20	6:30 PM	NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	PELVIC FLOOR YOGA 45 min • Yoga Studio • Limit 30		DD FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
3:00 PM	THE POWER OF MOVEMENT FOR LONGEVITY 50 min • Catalina Room • CME	7:00 PM	OPEN STUDIO 2 hr • Art Studio 1 • Limit 15
	DD CHAIR YOGA 45 min • Yoga Studio • Limit 20		
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		
	STRIDE 45 min • Cardio & Strength Gym • Limit 14		
4:00 PM	FACIAL LYMPHATICS: FLOW & GLOW 50 min • Cactus Room • Limit 15		
	DD MEDITATION 25 min • Sanctuary • Limit 30		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	NEW CANYON RANCH 101 30 min • The Snug		
4:30 PM	SKY ISLAND SUNSET AND CITY LIGHTS TOUR* 3 hr • Outdoor Sports Lobby • Limit 10 • \$110		



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SATURDAY

Sept. 19, 2026

DISCOVERY DAYS: **DD** – FIND YOUR YOGA FLOW

5:45 AM	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8	10:00 AM	CORE CONDITIONING 45 min • Studio 1 • Limit 20
6:00 AM	HIKE: LEVEL 4 - FORT LOWELL TRAIL SV* 5 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
	BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH* 3 hr 30 min • Outdoor Sports Lobby • Limit 12		DD STRETCH 45 min • Yoga Studio • Limit 30
6:15 AM	HIKE: LEVEL 3 - MCDOUGAL RIDGE* 4 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
6:30 AM	HIKE: LEVEL 2 - PHONELINE OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12		POWER FLOW 45 min • Yoga Studio • Limit 30
	MORNING WALK 30 min • Spa Lobby		TRX STRONG 45 min • Studio 3 • Limit 15
	MORNING WALK 45 min • Spa Lobby	NOON	BREATHING 20 min • Yoga Studio • Limit 30
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		DD AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	1:00 PM	NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Catalina Room • CME
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
8:30 AM	QI GONG IN THE MOUNTAINS* 3 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$140		PILATES MAT 45 min • Yoga Studio • Limit 30
9:00 AM	NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE 50 min • Catalina Room • CME		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14	1:30 PM	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	WATER WORKOUT 45 min • T-Pool • Limit 24		
	PROPERTY TOUR 30 min • Eucalyptus Circle		

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2:00 PM	HOW TO MAKE EVERY DAY SACRED 50 min • Sanctuary	5:00 PM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	DD HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30		DD RESTORATIVE SOUND BATH* 50 min • Yoga Studio • Limit 25 • \$80
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20	6:00 PM	CHEF'S SEASONAL SHOWCASE DINNER* 2 hr • Demo Kitchen • Limit 24 • \$70
3:00 PM	MEMORY WIRE BRACELET 1 hr 30 min • Art Studio 1 • Limit 15	6:30 PM	NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140
	VIPR SLAM 45 min • Studio 1 • Limit 20		
	WALLYBALL 45 min • Racquet Court 1		
	DD YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30		
4:00 PM	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		
	NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE* 50 min • Private Fitness Studio 4 • Limit 12 • \$80		
	NEW CANYON RANCH 101 30 min • The Snug		



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SUNDAY

Sept. 20, 2026

DISCOVERY DAYS: **DD** – FIND YOUR YOGA FLOW

5:45 AM	WILDLIFE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	10:00 AM	EXERCISE & MENOPAUSE 50 min • Catalina Room • CME
6:00 AM	BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE 4 hr • Outdoor Sports Lobby • Limit 12		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
6:15 AM	HIKE: LEVEL 3 - BALANCED ROCK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:30 AM	HIKE: LEVEL 2 - SECRET TRAIL LOOP SV* 3 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	MORNING WALK 30 min • Spa Lobby	11:00 AM	MEDITATION IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	MORNING WALK 45 min • Spa Lobby		AQUA FIT 45 min • Aquatic Center • Limit 15
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		DD VINYASA FLOW 45 min • Yoga Studio • Limit 30
8:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 2 • Limit 4 • \$80	NOON	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	ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH 50 min • Cactus Room
	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30		QI GONG 45 min • Yoga Studio • Limit 30
	CYCLING 45 min • Golf Performance Center • Limit 12		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	PROPERTY TOUR 30 min • Eucalyptus Circle		
9:30 AM	TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		

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2:00 PM **YOUR PATH TO PAIN-FREE KNEES**
50 min • Catalina Room • CME

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

DD YIN YOGA
45 min • Yoga Studio • Limit 20

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

4:00 PM **ENVISION YOUR NEXT CHAPTER**
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

DD YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

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

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

7:00 PM **THE ART OF ACRYLIC:
PAINT A COLOR WHEEL**
1 hr 30 min • Art Studio 1 • Limit 10

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.

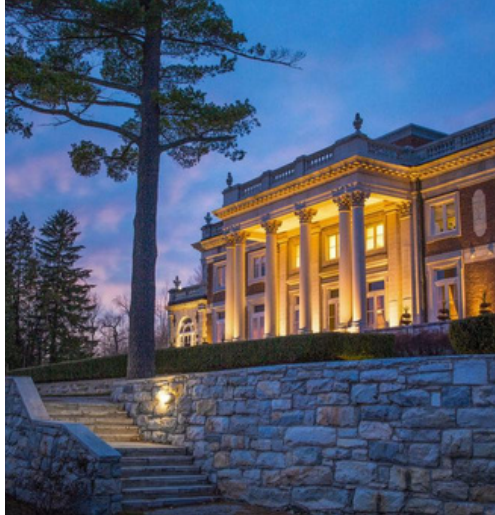
LIFE CHANGES AT CANYON RANCH

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

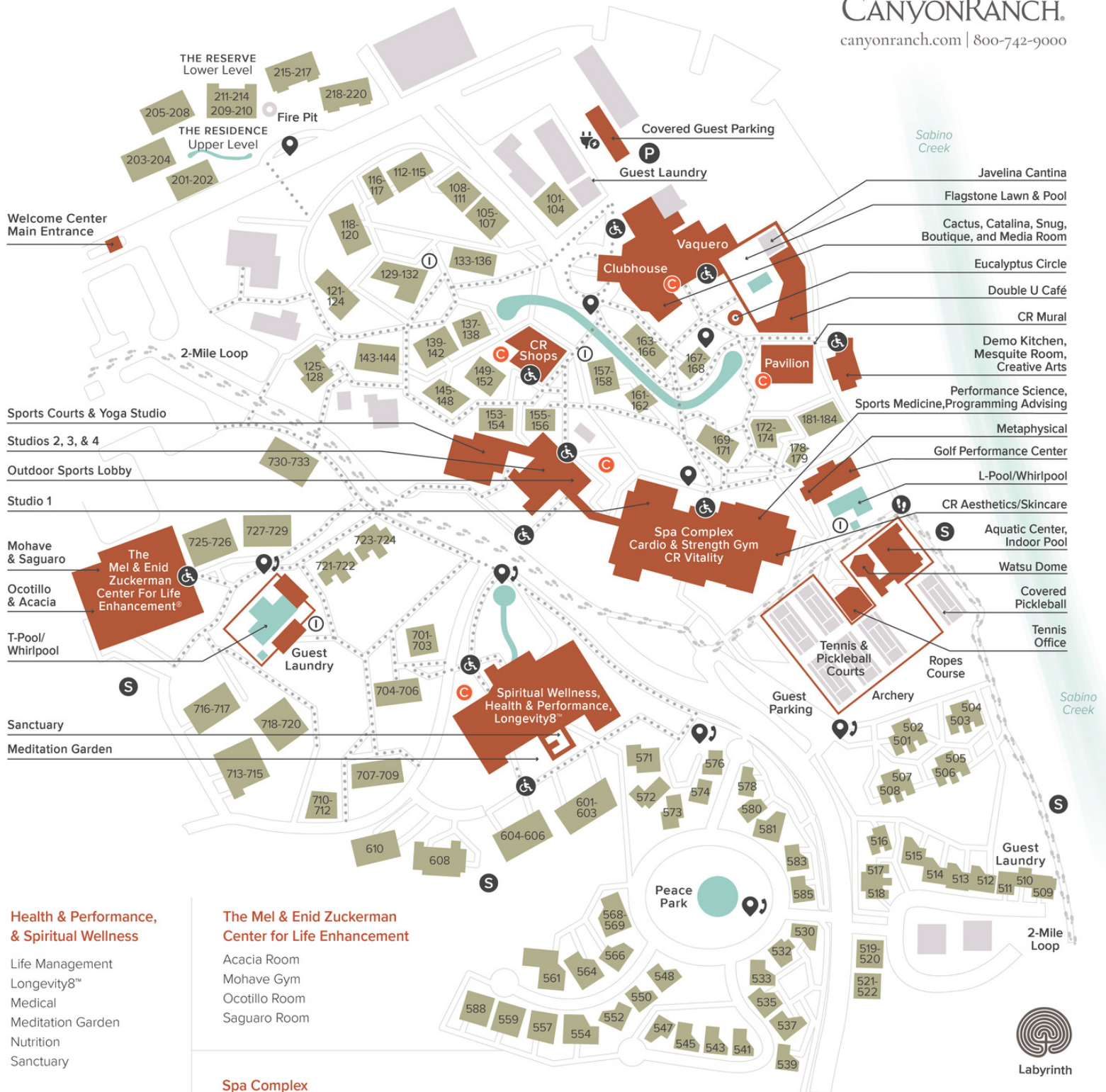
Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



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 Courtesy Phone
- D Directory
- A Disabled Access
- P Disabled Parking
- ... Disabled Route
- E Electric Vehicle Charging Station
- I Ice Machine
- S Smoking Area
- L 2-Mile Loop
- L 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.