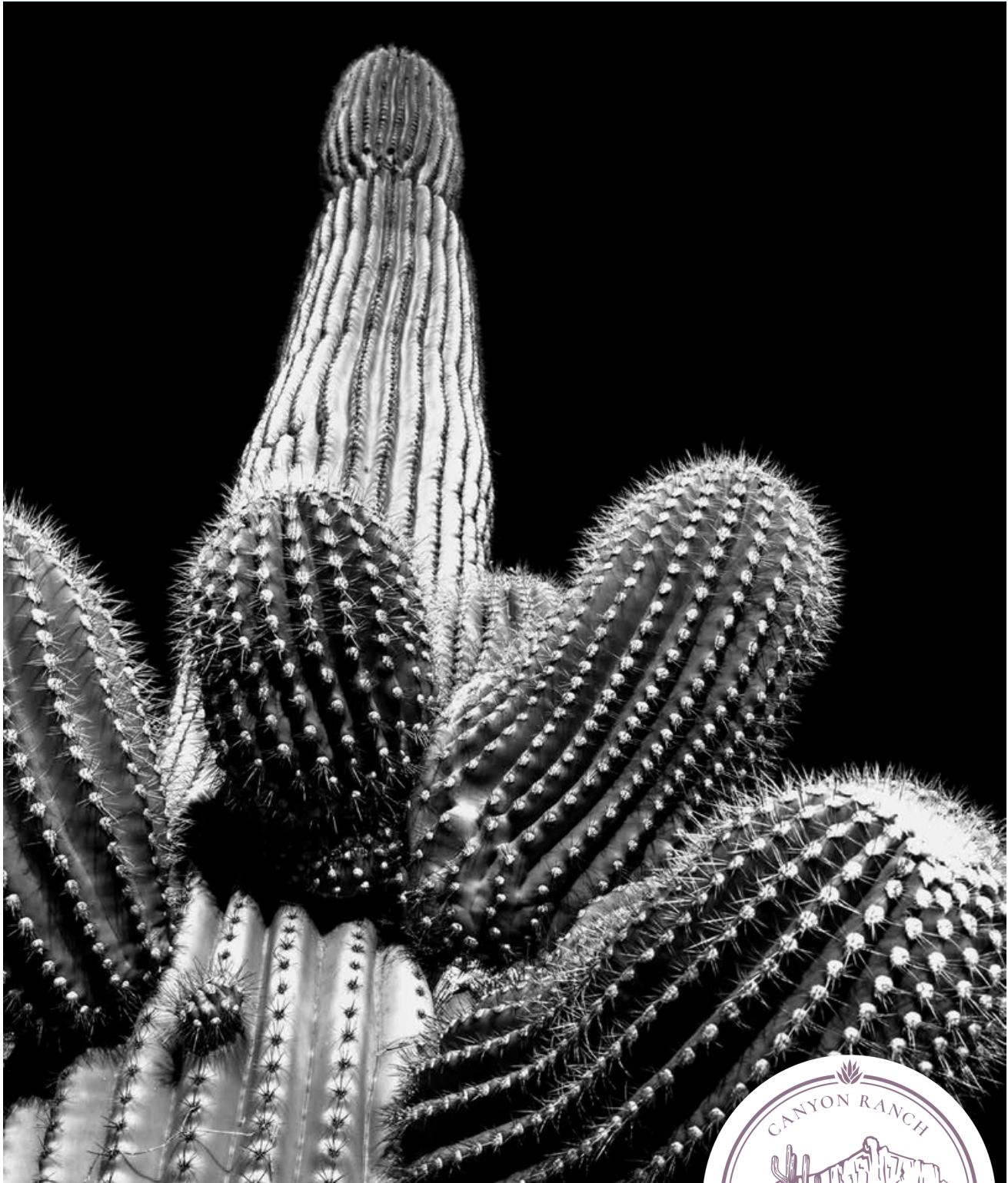


RANCH SCHEDULE
SEPTEMBER 21-27, 2026

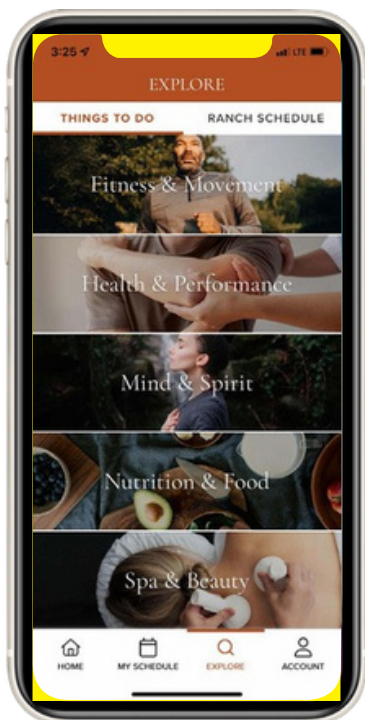


This schedule belongs to:



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



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.

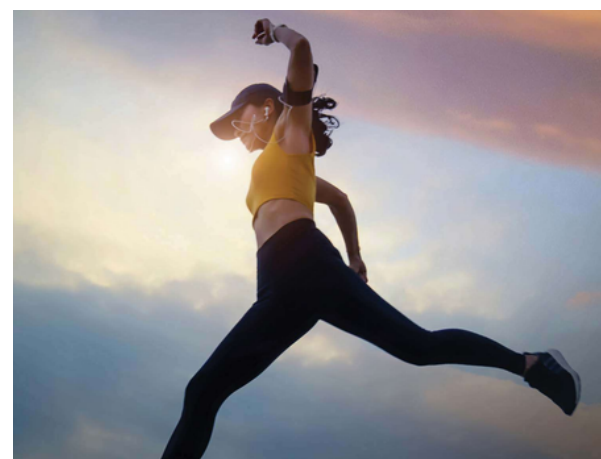
ALL ACTIVITIES FOR THIS EVENT ARE ANNOTATED WITH 'DD'.



CME SERIES FOR PHYSICIANS

SEPTEMBER 30-OCTOBER 4

Recharge at our Tucson resort while expanding your knowledge with expert-led courses. This event is ideal for physicians seeking professional growth or anyone interested in holistic health. During this week, you'll have the opportunity to earn a maximum of 40 AMA PRA Category 1 Credit(s). Return to your practice refreshed, inspired, and equipped with new skills to enhance your patients' care.



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)

RACHEL KATZ



**TUESDAY, SEPT. 22-
WEDNESDAY, SEPT. 23**

The Rachel Katz Jewelry collection appeals to women who desire classic pieces with a modern, architectural edge – all with a dose and the ease of California cool. Each piece is bold enough to make a statement, yet is wearable enough for everyday. Versatile and stackable, the collection easily integrates in with any wardrobe.

SATYA



**FRIDAY, SEPT. 25-
SUNDAY, SEPT. 27**

Discover everyday meaningful jewelry by Satya. Satya Jewelry is named for satya, the Sanskrit word for “truth.” Each piece of Satya Jewelry is designed to resonate deeply with its wearer-to connect to one’s own truth and empower a personal journey.

MONDAY

Sept. 21, 2026

DISCOVERY DAYS: **DD** – MYSTIC INSIGHTS

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

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

6:00 AM HIKE: LEVEL 4 - WEST SPRING TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12

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

BIKE RIDE: LEVEL 3 - CANADA DEL ORO*
30 min • Spa Lobby

6:15 AM HIKE: LEVEL 3 - SOLDIER TRAIL*
4 hr 15 min • 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

8:15 AM HIKE: LEVEL 2 - LEMMON PARK*
5 hr • Outdoor Sports Lobby • Limit 12

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

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

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

STRETCH
45 min • Yoga Studio • Limit 30

11:00 AM DJ DANCE PARTY
45 min • Studio 1 • Limit 30

TOTALLY TUBING
45 min • Studio 2 • Limit 20

YOGA SCULPT
45 min • Yoga Studio • Limit 18

NOON LUNCH & LEARN: SEARED SALMON
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

BREATHING
20 min • Yoga Studio • Limit 30

1:00 PM YES, AND: THE SACRED PLAY OF IMPROV
50 min • Sanctuary • CME

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

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

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

2:00 PM **JEEP ADVENTURE***
4 hr • Outdoor Sports Lobby • Limit 3 • \$220

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 6 • \$80

4:00 PM **THE ART OF ORIGAMI**
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

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

NEW CANYON RANCH 101
30 min • The Snug

AYURVEDA FOR FALL EQUINOX
50 min • Cactus Room

5:00 PM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80

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

6:00 PM **TENNIS CLINIC***
50 min • Tennis Court 1 • Limit 8 • \$80

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

6:30 PM **FLOATING SOUND MEDITATION CLINIC***
50 min • T-Pool • Limit 25 • \$110

7:00 PM **TUCSON: UNESCO CITY OF GASTRONOMY**
50 min • Catalina Room

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

**NIGHT VISION GOGGLES -
CREEPY CRAWLY EDITION***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110



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. 22, 2026

DISCOVERY DAYS: **DD** – MYSTIC INSIGHTS

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

6:00 AM HIKE: LEVEL 4 - LEMMON CREEK*
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 3 - ROCKING K*
4 hr • Outdoor Sports Lobby • Limit 6

6:15 AM HIKE: LEVEL 3 - VENTANA CANYON TRAIL*
4 hr 30 min • Outdoor Sports Lobby
• Limit 12

6:30 AM ARCHAEOLOGY 1 - HOHOKAM
VILLAGE SITE*
2 hr 30 min • 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 **DD** CENTERING MEDITATION
25 min • Sanctuary • Limit 30

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

HIKE: LEVEL 2 - BOX CAMP*
5 hr • Outdoor Sports Lobby • Limit 12

CORE CONDITIONING
45 min • Studio 1 • Limit 20

CYCLING
45 min • Golf Performance Center • Limit 12

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

AVOIDING THE CRASH:
HOW TO OPTIMIZE BLOOD SUGAR
50 min • Catalina Room • CME

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

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

11:00 AM THE POWER OF SOUND*
50 min • Sanctuary • Limit 15 • \$80

DD 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: BBQ CHICKEN TACOS
1 hr • Demo Kitchen • Limit 36

DD BREATHING
20 min • Yoga Studio • Limit 30

FITNESS FOR YOUR FEET
20 min • Studio 1 • 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.

1:00 PM SKY ISLAND DISCOVERY TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$110

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

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

MEMBERSHIPS: CASUAL Q&A
30 min • Spa Lobby • Limit 20

2:00 PM 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

DD YIN YOGA
45 min • Yoga Studio • Limit 20

WALLYBALL
45 min • Racquet Court 1

BUFF BOOTY
45 min • Studio 1 • 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

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

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

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. 23, 2026

DISCOVERY DAYS: **DD** – MYSTIC INSIGHTS

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 - PONTATOC 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 - WILD HORSE CANYON***
4 hr • Outdoor Sports Lobby • Limit 12

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

7:00 AM **DD SUNRISE YOGA**
1 hr • Yoga Studio • Limit 30

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 - CRYSTAL SPRINGS***
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 • Pickleball 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

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

PROPERTY TOUR
30 min • Eucalyptus Circle

10:00 AM **DD 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

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

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

ZUMBA®
45 min • Studio 1 • Limit 30

NOON **LUNCH & LEARN: CHICKEN TIKKA MASALA**
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 **NOURISHING THE MIND: FOOD FOR FOCUS AND RESILIENCE**
50 min • Catalina Room • CME

KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

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

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

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

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

DD CHAIR YOGA
45 min • Yoga Studio • Limit 20

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

MUSCLE MAX
45 min • Studio 3 • Limit 12

3:30 PM **PHONE-TOGRAPHY***
2 hr • Outdoor Sports Lobby • Limit 6 • \$110

4:00 PM **NEW BEAUTY AND BUBBLES**
1 hr • Spa Lobby

DD MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

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 **FLOATING SOUND MEDITATION CLINIC***
50 min • T-Pool • Limit 25 • \$110

7:00 PM **NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION***
2 hr • Outdoor Sports Lobby • Limit 8 • \$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. 24, 2026

DISCOVERY DAYS: DD – MYSTIC INSIGHTS

5:30 AM	ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$140	9:00 AM	PICKLEBALL HARMONY* 50 min • Pickleball Court 1 • Limit 8 • \$110
5:45 AM	MOUNTAIN BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD* 4 hr • Outdoor Sports Lobby • Limit 6		DD FINDING CALM: EASTERN WISDOM FOR MODERN LIFE 50 min • Sanctuary
6:00 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		HIKE: LEVEL 2 - PALISADES TRAIL 4 hr 30 min • Outdoor Sports Lobby • Limit 12
6:15 AM	HIKE: LEVEL 3 - ERNIE'S FALLS* 5 hr 15 min • Outdoor Sports Lobby • Limit 12		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
6:30 AM	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		BOXER'S WORKOUT 45 min • Studio 3 • Limit 8
	MORNING WALK 30 min • Spa Lobby		CYCLING 45 min • Golf Performance Center • Limit 12
	MORNING WALK 45 min • Spa Lobby		POWER FLOW 45 min • Yoga Studio • Limit 30
7:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80		PROPERTY TOUR 30 min • Eucalyptus Circle
	BOGA FITMAT® FITNESS CLINIC* 50 min • T-Pool • Limit 8 • \$80	10:00 AM	LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS 50 min • Catalina Room • CME
	YOGA NATURALLY 45 min • Flagstone Lawn • Limit 20		DD ASK A PSYCHIC 50 min • Cactus Room
8:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 8 • \$80		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		H2O POWER 45 min • T-Pool • Limit 24
	AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Yoga Studio • Limit 6 • \$80		STRETCH 45 min • Yoga Studio • Limit 30
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	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
			DD 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

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

NOON	LUNCH & LEARN: HERB GRILLED SALMON 1 hr • Demo Kitchen • Limit 36	3:00 PM	DD AN ART JOURNAL EXPERIENCE 1 hr 30 min • Art Studio 1 • Limit 15
	AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80		QI GONG AND YOGA 45 min • Yoga Studio • Limit 20
	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20		BUFF BOOTY 45 min • Studio 1 • Limit 20
1:00 PM	BLOOD FLOW RESTRICTION TRAINING FOR STRENGTH* 50 min • Studio 3 • Limit 8 • \$80		WALLYBALL 45 min • Racquet Court 1
	NEW PILATES CIRCUIT CLINIC* 50 min • Pilates Studio • Limit 6 • \$80	4:00 PM	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	GOLF SPEED & POWER WORKSHOP* 50 min • Cardio & Strength Gym • Limit 8 • \$80		NEW CANYON RANCH 101 30 min • The Snug
2:00 PM	BURNOUT & RESILIENCE 50 min • Catalina Room • CME	5:00 PM	SIP AND SHOP 2 hr • The Boutique at Canyon Ranch
	CR STRENGTH 45 min • Golf Performance Center • Limit 10	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	DESERT DRUMMING 45 min • Studio 2 • Limit 30	7:00 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20		
	PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80		

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. 25, 2026

DISCOVERY DAYS: DD – MYSTIC INSIGHTS

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
5:45 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		STRETCH 45 min • Yoga Studio • Limit 30
	BIKE RIDE: LEVEL 3 - SABINO CANYON* 3 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	STOP FORCING YOUR LIFE & LET IT FLOW 50 min • Catalina Room • CME
6:30 AM	HIKE: LEVEL 2 - MILAGROSA OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12		ANGELS AMONG US 50 min • Cactus Room
	MORNING WALK 30 min • Spa Lobby		AQUA FIT 45 min • Aquatic Center • Limit 15
	MORNING WALK 45 min • Spa Lobby		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
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	NOON	LUNCH & LEARN: TORTILLA CRUSTED CHICKEN 1 hr • Demo Kitchen • Limit 36
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220
	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		CORE & MORE 20 min • Studio 2 • Limit 16
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20	1:00 PM	KUNDALINI YOGA 45 min • Yoga Studio • Limit 20
8:30 AM	HIKE: LEVEL 3 - PECK BASIN* 5 hr 15 min • Outdoor Sports Lobby • Limit 12		GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
9:00 AM	WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		
	DD VINYASA FLOW 45 min • Yoga Studio • Limit 30		
	PROPERTY TOUR 30 min • Eucalyptus Circle		

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2:00 PM DYE YOUR OWN SILK SCARF*
2 hr 30 min • Art Studio 1 • 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

DD TAPPING INTO INNER
WISDOM THROUGH TAROT*
1 hr 40 min • Cactus Room • Limit 10 • \$175

3:00 PM ZONE 2 AND YOU
50 min • Catalina Room • CME

POSTURE & BALANCE
45 min • Studio 1 • Limit 20

STRIDE
45 min • Cardio & Strength Gym • Limit 14

DD CHAIR YOGA
45 min • Yoga Studio • Limit 20

4:00 PM FACIAL LYMPHATICS: FLOW & GLOW
50 min • Cactus Room • Limit 15

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

NEW CANYON RANCH 101
30 min • The Snug

INTRO TO NADIS, CHAKRAS
AND MARMA POINTS
50 min • Catalina Room

4:15 PM SKY ISLAND SUNSET AND
CITY LIGHTS TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$110

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

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

6:30 PM NIGHT VISION GOGGLES-SAGUARO
NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby • Limit 10 • \$140

FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110

7:00 PM SUMMER MOVIE NIGHT
2 hr • Clubhouse Media Room • Limit 11



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

Sept. 26, 2026

DISCOVERY DAYS: **DD** – MYSTIC INSIGHTS

5:45 AM	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8	10:00 AM	PERSONALIZED NUTRITION 50 min • Catalina Room • CME
6:00 AM	HIKE: LEVEL 3 - PONTATOC RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		CORE CONDITIONING 45 min • Studio 1 • Limit 20
	HIKE: LEVEL 4 - BLACKETT'S RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
	BIKE RIDE: LEVEL 3 - AGUA CALIENTE* 3 hr • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
6:30 AM	HIKE: LEVEL 2 - ESPERERO TRAIL* 3 hr 45 min • Outdoor Sports Lobby • Limit 12	11:00 AM	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
	MORNING WALK 30 min • Spa Lobby		AQUA FIT 45 min • Aquatic Center • Limit 15
	MORNING WALK 45 min • Spa Lobby		POWER FLOW 45 min • Yoga Studio • Limit 30
7:00 AM	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		TRX STRONG 45 min • Studio 3 • Limit 15
8:00 AM	PICKLEBALL CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80	NOON	DD BREATHING 20 min • Yoga Studio • Limit 30
	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
8:15 AM	DD CENTERING MEDITATION 25 min • Sanctuary • Limit 30	1:00 PM	NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Catalina Room • CME
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	GLIDE AND BURN 45 min • Studio 1 • Limit 20		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
	WATER WORKOUT 45 min • T-Pool • Limit 24		
	PROPERTY TOUR 30 min • Eucalyptus Circle		

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2:00 PM **GRIND, GRIT & GRACE**
50 min • Catalina Room • CME

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

CR STRENGTH
45 min • Golf Performance Center • Limit 10

DD HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30

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

3:00 PM **DD RAINBOW CRYSTAL SUNCATCHERS**
1 hr 30 min • Art Studio 1 • Limit 10

VIPR SLAM
45 min • Studio 1 • Limit 20

WALLYBALL
45 min • Racquet Court 1

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30

4:00 PM **NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE***
50 min • Private Fitness Studio 4 • Limit 18 • \$80

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

5:00 PM **PICKLEBALL CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80

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

6:00 PM **CHEF'S SEASONAL SHOWCASE DINNER***
2 hr • Demo Kitchen • Limit 24 • \$70

HARVEST FULL MOON WALK*
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

6:30 PM **NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION***
3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SUNDAY

Sept. 27, 2026

DISCOVERY DAYS: **DD** – MYSTIC INSIGHTS

5:30 AM	WILDLIFE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	10:00 AM	THE SCIENCE OF WEIGHT LOSS 50 min • Catalina Room • CME
6:00 AM	BIKE RIDE: LEVEL 2 - CAFE RIDE* 4 hr • Outdoor Sports Lobby • Limit 12		TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140
6:15 AM	HIKE: LEVEL 3 - FT. LOWELL HILLS* 4 hr 45 min • Outdoor Sports Lobby • Limit 12		INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
6:30 AM	HIKE: LEVEL 2 - PIMA CANYON* 4 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220		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 CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
8:00 AM	CARDIO TENNIS CLINIC* 50 min • Tennis Court 1 • Limit 8 • \$80		DD VINYASA FLOW 45 min • Yoga Studio • Limit 30
	PICKLEBALL DRILL CLINIC* 50 min • Pickleball Court 2 • Limit 4 • \$80	11:30 AM	MEDITATION IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	DD AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Yoga Studio • Limit 6 • \$80	NOON	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	WHAT IS YOUR REAL BIRTHSTONE 50 min • Cactus Room
	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	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		PILATES FOR BALANCE 45 min • Studio 1 • Limit 18
			QI GONG 45 min • Yoga Studio • Limit 30

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2:00 PM INJURY-PROOF YOUR PROGRESS:
KEY TO LASTING FITNESS
50 min • Catalina Room • CME

HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30

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

VIPR SLAM
45 min • Studio 1 • Limit 20

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

TRX FUSION
45 min • Studio 3 • Limit 15

DD YIN YOGA
45 min • Yoga Studio • Limit 20

NEW PILATES CIRCUIT CLINIC*
50 min • Pilates Studio • Limit 6 • \$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

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

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 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.

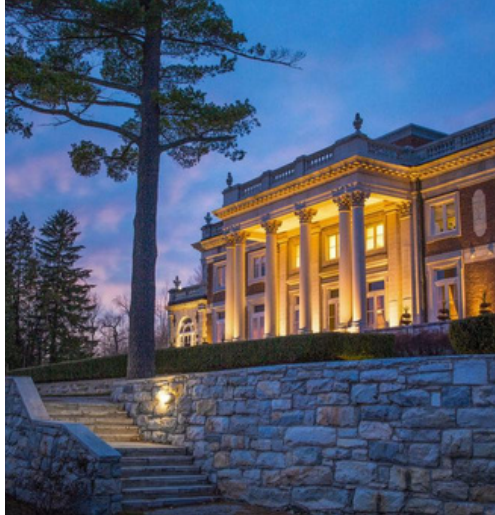
LIFE CHANGES AT CANYON RANCH

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.



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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.



Labyrinth