

RANCH SCHEDULE
SEPT. 28-OCT. 4, 2026

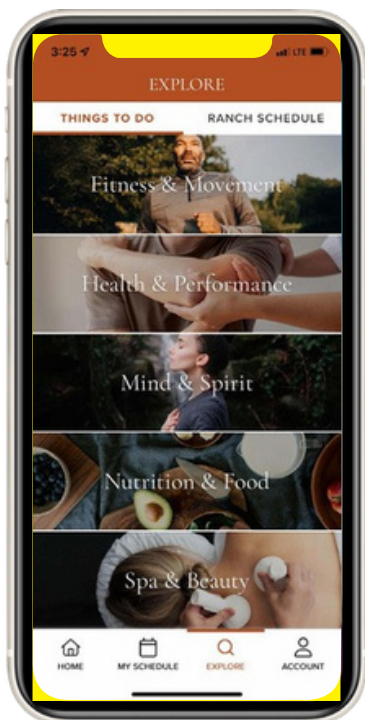


This schedule belongs to:



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://canyonranch.com) FOR MORE UPCOMING EVENTS



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.

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



PILATES & STRENGTH WEEK

OCTOBER 5-11

Build strength and move with greater intention during this immersive week dedicated to Pilates and performance-based movement. Through a mix of Pilates, strength, and cardio classes, you'll build core stability, improve flexibility, and refine alignment. Between workouts, enjoy restorative stretch sessions, meditation, and opportunities for personalized guidance in private sessions. Along the way, explore the science of sustainable fitness through expert-led presentations that help you understand how to train smarter, recover effectively, and support long-term performance.



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)

IN₂ DESIGN



**TUESDAY, SEPT. 29 -
WEDNESDAY, SEPT. 30**

Meet with Swedish-American designer, Inga "Louise" Baldwin as she showcases her hand-crafted jewelry. Come explore unique Swedish designed jewelry using freshwater pearls, precious metals and semi-precious stones.

KATHY KAMEI



**FRIDAY, OCT. 2-
SATURDAY, OCT. 3**

At Kathy Kamei Designs, discover jewelry that illuminates the divine and shares a story with the world. Each piece hand crafted with the intention to celebrate and adorn the wearer.

MONDAY

Sept. 28, 2026

5:45 AM **SUNRISE YOGA IN THE WILD***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

6:00 AM **SABINO CANYON WALK***
2 hr • Outdoor Sports Lobby • Limit 12

6:30 AM **MORNING WALK**
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

BIKE RIDE: LEVEL 3 - SAGUARO SPIN*
3 hr 30 min • Outdoor Sports Lobby
• Limit 10

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

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 - PALISADES TRAIL***
4 hr 30 min • Outdoor Sports Lobby
• Limit 12

9:00 AM **EXPLORING NARCISSISM**
50 min • Catalina Room • CME

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
45 min • Clubhouse Lobby • Limit 30

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 **NEW VORTEXES AND SACRED SITES**
50 min • Cactus Room

DJ DANCE PARTY
45 min • Studio 1 • Limit 30

NEW TOTALLY TUBING
45 min • Studio 2 • Limit 20

YOGA SCULPT
45 min • Yoga Studio • Limit 18

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

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

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

1:00 PM **MENOPAUSE: A RITUAL FOR TRANSITION**
50 min • Sanctuary

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

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

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

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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>JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • \$220</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 6 • \$80</p> <p>4:00 PM INTRO TO AYURVEDA:
WHAT'S YOUR DOSHA?
50 min • Cactus Room</p> <p>CREATE YOUR OWN BAG CHARM
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>RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20</p> <p>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 FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>7:00 PM NIGHT VISION GOGGLES -
CREEPY CRAWLY EDITION*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> <p>COSMIC JOURNEY WITH THE TELESCOPE*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140</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. 29, 2026

5:45 AM DAWN QI GONG IN THE CANYON*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

6:00 AM WILDLIFE PHOTOGRAPHY AT THE OASIS*
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

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

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

MOUNTAIN BIKE RIDE: LEVEL 4 - HOHOKAM*
5 hr • Outdoor Sports Lobby • Limit 6

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

6:30 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

6:45 AM HIKE: LEVEL 2 - TANQUE VERDE SADDLE*
4 hr • Outdoor Sports Lobby • Limit 12

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

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
45 min • Clubhouse Lobby • Limit 30

9:15 AM HIKE: LEVEL 3 - BEAR SADDLE*
5 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

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

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

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 BREATHING
20 min • Yoga Studio • Limit 30

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

12:30 PM TUCSON BOTANICAL GARDEN TOUR*
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

1:00 PM MEDITATION WITH WEVANA TABS CLINIC*
25 min • Private Fitness Studio 4
• Limit 8 • \$80

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

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

**2:00 PM 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

PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

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

YIN YOGA
45 min • Yoga Studio • Limit 20

WALLYBALL
45 min • Racquet Court 1

4:00 PM CEREMONIAL CACAO EXPERIENCE*
1 hr 30 min • Sanctuary • Limit 12 • \$140

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

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. 30, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

6:00 AM SABINO CANYON WALK*
2 hr • Outdoor Sports Lobby • Limit 12

6:15 AM HIKE: LEVEL 4 - MILAGROSA LOOP*
5 hr • Outdoor Sports Lobby • Limit 12

6:30 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

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

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

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 2 - LEMMON PARK*
5 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

DD YOUR PATH TO PAIN-FREE KNEES
50 min • Catalina Room • CME

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 TABS CLINIC*
25 min • Private Fitness Studio 4
• Limit 8 • \$80

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

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

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

ZUMBA®
45 min • Studio 1 • Limit 30

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

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

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

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

1:00 PM **DD** ACUPRESSURE: WELL-BEING
AT YOUR FINGERTIPS
50 min • Sanctuary • CME

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

GYROKINESIS
45 min • Yoga Studio • Limit 15

SKY ISLAND DISCOVERY TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$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.

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|---|---|
| <p>2:00 PM KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12</p> <p> LONG & LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 20</p> <p> ROCKIN' RETRO
45 min • Studio 1 • Limit 30</p> <p> PILATES REFORMER-INT/ADV CLINIC*
50 min • Pilates Studio • Limit 6 • \$80</p> <p>3:00 PM LEARNING SELF-REIKI
50 min • Cactus Room</p> <p> CHAIR YOGA
45 min • Yoga Studio • Limit 20</p> <p> GOOD VIBRATIONS
45 min • Studio 2 • Limit 14</p> <p> MUSCLE MAX
45 min • Studio 3 • Limit 12</p> <p>4:00 PM NEW BEAUTY AND BUBBLES
1 hr • Spa Lobby</p> <p> MEDITATION
25 min • Sanctuary • Limit 30</p> <p> STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> <p> SUPER STRENGTH*
50 min • Studio 3 • Limit 8 • \$80</p> <p> NEW CANYON RANCH 101
30 min • The Snug</p> <p>4:30 PM PHONE-TOGRAPHY*
2 hr • Outdoor Sports Lobby
• Limit 6 • \$110</p> | <p>5:00 PM DD A MEDICAL PERSPECTIVE
ON LONGEVITY
50 min • Catalina Room • CME</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 FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>7:00 PM NIGHT VISION GOGGLES -
CREEPY CRAWLY EDITION*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110</p> |
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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

Oct. 1, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

5:45 AM **ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS***
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

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

6:15 AM **HIKE: LEVEL 4 - MINT SPRING TRAIL***
7 hr • Outdoor Sports Lobby • Limit 12

6:30 AM **MORNING WALK**
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

6:45 AM **HIKE: LEVEL 2 - LOWER BEAR CANYON***
4 hr • Outdoor Sports Lobby • Limit 12

7:00 AM **BOGA FITMAT® FITNESS CLINIC***
50 min • T-Pool • Limit 8 • \$80

8:00 AM **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

9:00 AM **DD 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
45 min • Clubhouse Lobby • Limit 30

10:00 AM **COMMUNICATING WITH YOUR PET**
50 min • Cactus Room

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

11:00 AM **DD 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 **AERIAL SWING YOGA CLINIC***
50 min • Studio 3 • Limit 5 • \$80

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

12:30 PM **TUCSON BOTANICAL GARDEN TOUR***
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

1:00 PM **DD SELF-COMPASSION IS YOUR SUPER POWER**
50 min • Catalina Room • CME

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

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

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

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

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

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

DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

3:30 PM NEW TWILIGHT YOGA IN THE PINES*
4 hr • Outdoor Sports Lobby • Limit 12 • \$140

4:00 PM STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

Oct. 2, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

5:45 AM	BIRDING IN SABINO CANYON* 2 hr 30 min • Outdoor Sports Lobby • Limit 6 • \$110	11:00 AM	CHANGE YOUR AURA, CHANGE YOUR LIFE 50 min • Cactus Room
	DAWN QI GONG IN THE CANYON* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110		AQUA FIT 45 min • Aquatic Center • Limit 15
6:00 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
6:15 AM	HIKE: LEVEL 4 - THIMBLE VIEW* 6 hr 30 min • Outdoor Sports Lobby • Limit 12		YOGA SCULPT 45 min • Yoga Studio • Limit 18
6:30 AM	MORNING WALK 30 min • Spa Lobby	NOON	CORE & MORE 20 min • Studio 2 • Limit 16
	MORNING WALK 45 min • Spa Lobby		JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220
	HIKE: LEVEL 3 - BLACKETTS RIDGE* 4 hr • Outdoor Sports Lobby • Limit 12	1:00 PM	DD AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR 50 min • Catalina Room • CME
8:00 AM	HIKE: LEVEL 2 - HITCHCOCK OVERLOOK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		KUNDALINI YOGA 45 min • Yoga Studio • Limit 20
8:45 AM	YOGA IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 12 • \$140		GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
9:00 AM	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	GLIDE AND BURN 45 min • Studio 1 • Limit 20		THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Cactus Room
	VINYASA FLOW 45 min • Yoga Studio • Limit 30		
	DD WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME		
	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		
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		

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



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SATURDAY

Oct. 3, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

5:45 AM	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8	10:00 AM	CORE CONDITIONING 45 min • Studio 1 • Limit 20
6:30 AM	MORNING WALK 30 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	MORNING WALK 45 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	HIKE: LEVEL 3 - WEST SPRING* 4 hr 15 min • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15
	BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH* 3 hr 30 min • Outdoor Sports Lobby • Limit 12		POWER FLOW 45 min • Yoga Studio • Limit 30
6:45 AM	HIKE: LEVEL 2 - VENTANA TRAIL* 4 hr • Outdoor Sports Lobby • Limit 12		TRX STRONG 45 min • Studio 3 • Limit 15
8:00 AM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110		KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30	NOON	BREATHING 20 min • Yoga Studio • Limit 30
9:00 AM	DD HABITS FOR SUCCESS: LIFE BY DESIGN 50 min • Catalina Room • CME		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	GLIDE AND BURN 45 min • Studio 1 • Limit 20	1:00 PM	PILATES MAT 45 min • Yoga Studio • Limit 30
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
	WATER WORKOUT 45 min • T-Pool • Limit 24		DD WHEN YOUR SHOULDERS SPEAK: PAIN DECODED & TREATED 50 min • Catalina Room • CME
	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		

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

- 2:00 PM

DD STOP FORCING YOUR LIFE & LET IT FLOW

50 min • Catalina Room • CME
- CR STRENGTH

45 min • Golf Performance Center • Limit 10
- HEART CHAKRA YOGA

45 min • Yoga Studio • Limit 30
- PBF: POWER BLAST FITNESS

45 min • Studio 3 • Limit 20
- HIKE & PAINT*

4 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 3:00 PM

TOTALLY TUBING

45 min • Studio 2 • Limit 20
- WALLYBALL

45 min • Racquet Court 1
- 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 CANYON RANCH 101

30 min • The Snug
- 5:30 PM

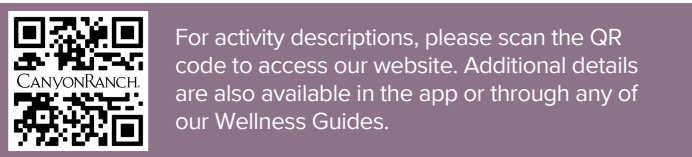
COMMUNITY TABLE

1 hr • Vaquero • Limit 6
- RESTORATIVE SOUND BATH*

50 min • Yoga Studio • Limit 25 • \$80
- 6:30 PM

NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*

3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SUNDAY

Oct. 4, 2026

DISCOVERY DAYS: **DD** – CME SERIES FOR PHYSICIANS

6:00 AM **WILDLIFE PHOTOGRAPHY AT THE OASIS***
3 hr • Outdoor Sports Lobby • Limit 8 • \$140

MEDITATION HIKE*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

6:30 AM **MORNING WALK**
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

HIKE: LEVEL 3 - ESPERERO OVERLOOK*
4 hr 15 min • Outdoor Sports Lobby • Limit 12

**BIKE RIDE: LEVEL 2 - RIVER PATH/
MARKETPLACE***
4 hr • Outdoor Sports Lobby • Limit 12

6:45 AM **HIKE: LEVEL 2 - PONTATOC OVERLOOK***
4 hr • Outdoor Sports Lobby • Limit 12

8:00 AM **AWAKEN THE QI:
TAPPING INTO ENERGY FLOW***
50 min • Private Fitness Studio 4
• Limit 6 • \$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

TUCSON BOTANICAL GARDEN TOUR*
3 hr • Outdoor Sports Lobby • Limit 6 • \$140

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

10:00 AM **DD EXERCISE & MENOPAUSE**
50 min • Catalina Room • 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

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

11:00 AM **DD YES, AND: THE SACRED
PLAY OF IMPROV**
50 min • Sanctuary • CME

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 **PILATES FOR BALANCE**
45 min • Studio 1 • Limit 18

QI GONG
45 min • Yoga Studio • Limit 30

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

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2:00 PM **DD LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS**
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

YIN YOGA
45 min • Yoga Studio • Limit 20

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

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

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

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

8:30 PM **BINGO**
50 min • Pavilion

THE MORE, THE MERRIER

Interested in bringing a group of 8 guests or more to the Ranch? An all inclusive group experience is ideal for milestone events such as birthday celebrations, family reunions, friend getaways, social clubs, and corporate retreats.

Contact GroupLeadsTucson@canyonranch.com.



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MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

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

For more information or to
purchase a Membership:

CONTACT

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

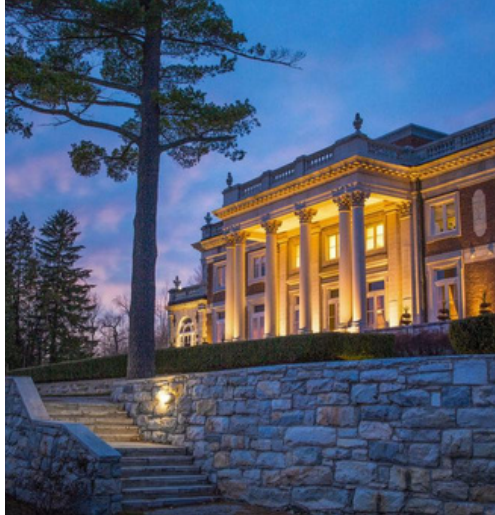
LIFE CHANGES AT CANYON RANCH

WHEREVER YOU ARE ON YOUR LIFE LONG JOURNEY, FIND
PERSONALIZED GUIDANCE AND PROVEN EXPERTISE TO
INSPIRE YOUR WELL WAY OF LIFE.



CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



CANYON RANCH AUSTIN, TEXAS

Opening October 2026, Canyon Ranch Austin brings to life an unparalleled experience designed to nourish body, mind, and spirit – all yours to discover.



CANYON RANCH FORT WORTH, TEXAS

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit canyonranch.com to learn more about all of our locations.



Located in the Clubhouse, Spa, Center for Life Enhancement, Aquatic Center, Health & Performance & Spiritual Wellness, near the Demo Kitchen, and in the Double U Café.