

RANCH SCHEDULE
OCT. 5-II, 2026

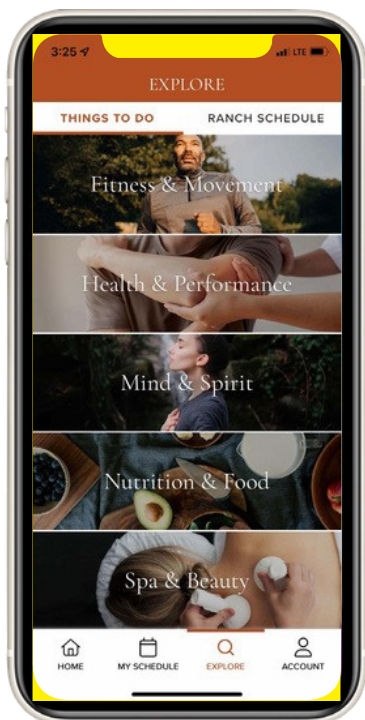


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

VAQUERO

BREAKFAST: Mon. – Sun. 7 – 9:30 a.m.

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

DINNER: 5 – 8 p.m.

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

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

DOUBLE U CAFE & FLAGSTONE POOL

DOUBLE U CAFÉ: 5:30 a.m. – 5 p.m.

HOT BREAKFAST: 6 – 9:30 a.m.

LUNCH: 11 a.m. – 2 p.m.

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

JAVELINA CANTINA

Located in The Snug

DAILY 5 – 9 p.m.

IN-ROOM WINE

Delivery Ext. 44312: 4 – 9 p.m.

SPA, CARDIO & STRENGTH GYM

DAILY: 6 a.m. – 9 p.m.

PROGRAM ADVISING

Located in the Spa

8 a.m. – 7 p.m.

Ext. 44338: 8 a.m. – 5 p.m.

CR® AESTHETICS

Located in the Spa

Mon.–Sat.: 10 a.m.–5 p.m.

CANYON RANCH BOUTIQUE

Located in the Clubhouse

DAILY: 9 a.m.–7 p.m.

CR SHOPS™

DAILY: 8 a.m.–6 p.m.

PRESENTATION ROOMS

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

OPEN 12-STEP RECOVERY MEETING

Mesquite Room

DAILY: 5 – 6 p.m.

CELL PHONE POLICY

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

Welcome to Canyon Ranch, Tucson!

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

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

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

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

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

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

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



David Craig
Managing Director



DECISIONS, DECISIONS ...

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

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



PERSONALIZED NUTRITION CONSULTATION

Nutrition Service | 50 min.

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

INTRODUCTION TO AYURVEDA

Personal Training | 50 min.

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

SAGUARO NATIONAL PARK DISCOVERY TOUR

Outdoor Sports Activity | 2 hr. 30 min.

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

GYROTONIC TRAINING

Personal Training | 50 min.

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

LUXE LIFT & GLOW HYDRAFACIAL

Skin Care Service | 50 min.

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

SKIN VITALITY MASSAGE

Spa Service | 50 min.

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

RESTORATIVE SOUND BATH

Fitness Activity | 50 min.

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

FIVE ELEMENTS RITUAL

Spa Service | 80 min.

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

FEATURED EVENTS

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



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.

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



CREATE RESILIENT RELATIONSHIPS

OCTOBER 8-11

Strengthen your partnership with Stan Tatkin and Tracey Boldemann-Tatkin during this week at our Sonoran Desert resort. Using their “Couple Bubble” system and PACT principles, you'll explore tools to deepen trust, increase intimacy, improve communication, and manage conflict with fairness and sensitivity. This program is designed for couples who need a reset as well as those looking to enrich an already strong relationship and build a lasting connection grounded in respect and security.

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



UPCOMING LONGEVITY8™

OCTOBER 18-22 & DECEMBER 6-10

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

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



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



ENJOY FOR A SIMPLE DAILY RATE | \$100

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

Daily from 9 a.m.–6 p.m.

FEATURED TOOLS & TECH

NEUROSTIMULATION

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

LIGHT THERAPY

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

INFRARED SAUNA POD

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

HYPERICE & THERABODY®

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

NEW: AMMORTAL CHAMBER

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

25 minutes | \$100

50 minutes | \$150

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



RETAIL THERAPY

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



CANYON RANCH BOUTIQUE

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



CR SHOPS

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



SKIN CARE & SALON

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

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

FUTURE FORTUNE



**MONDAY, OCT. 5 -
TUESDAY, OCT. 6**

California-based Future Fortune Jewelry is inspired by the belief that intentions create the future. Handcrafted using recycled 18k gold, ethically sourced gemstones, and conflict-free natural diamonds, each piece is designed to celebrate beauty, luck, love, and personal meaning.

ART OF CEREMONY



**FRIDAY, OCT. 9-
SATURDAY, OCT. 10**

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.

JENNIFER DEMORO



**SUNDAY, OCT. 11-
MONDAY, OCT. 12**

Discover the jewelry line made for women who were never meant to blend in. Jennifer DeMoro creates fine jewelry designed to be seen. Rooted in visibility, self-expression, and the confidence to take up space.

MONDAY

Oct. 5, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH

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 - BRIDAL WREATH TRAIL*
4 hr 45 min • Outdoor Sports Lobby • Limit 12

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

8:30 AM **HIKE: LEVEL 2 - BOX CAMP***
5 hr • Outdoor Sports Lobby • Limit 12

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

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

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

CYCLING
45 min • Golf Performance Center • Limit 12

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

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

NEW TOTALLY TUBING
45 min • Studio 2 • Limit 20

YOGA SCULPT
45 min • Yoga Studio • Limit 18

NOON **LUNCH & LEARN: GREEK SPICE CHICKEN**
1 hr • Demo Kitchen • Limit 36

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

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

BREATHING
20 min • Yoga Studio • Limit 30

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

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

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

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

1:30 PM **JEEP ADVENTURE***
4 hr • Outdoor Sports Lobby • Limit 3 • \$220

2:00 PM **DESERT DRUMMING**
45 min • Studio 2 • Limit 30

WATER WORKOUT
45 min • T Pool • Limit 24

SACRAL CHAKRA YOGA
45 min • Yoga Studio • 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.

- 3:00 PM

DD

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

INSTANT GRATIFICATION:
BEAUTIFY YOUR SKIN

50 min • Spa Lobby • Limit 25
- NEW

CANYON RANCH 101

30 min • The Snug
- MEDITATION

25 min • Sanctuary • Limit 30
- RESTORATIVE YOGA

45 min • Yoga Studio • Limit 20
- STRETCH & RELAXATION

25 min • Studio 2 • Limit 20

- 5:30 PM

COMMUNITY TABLE

1 hr • Vaquero • Limit 6
- FLOATING SOUND MEDITATION CLINIC*

50 min • T-Pool • Limit 25 • \$110
- 6:30 PM

NIGHT VISION GOGGLE EXPERIENCE*

2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- COSMIC JOURNEY WITH THE TELESCOPE*

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



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

TUESDAY

Oct. 6, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH

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

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

6:15 AM HIKE: LEVEL 4 - WINDY POINT VISTA*
6 hr • Outdoor Sports Lobby • Limit 12

6:30 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

BIKE RIDE: AZT LOOP MOUNTAIN
BIKING LEVEL 3*
4 hr • Outdoor Sports Lobby • Limit 6

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

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

9:00 AM PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

CORE CONDITIONING
45 min • Studio 1 • Limit 20

CYCLING
45 min • Golf Performance Center • Limit 12

WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15

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 POWER FLOW
45 min • Yoga Studio • Limit 30

TRX FUSION
45 min • Studio 3 • Limit 15

DD VIPR SLAM
45 min • Studio 1 • Limit 20

NOON LUNCH & LEARN:
CITRUS GRILLED SHRIMP
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 MEMBERSHIPS: CASUAL Q&A
30 min • Spa Lobby • Limit 20

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

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 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

WATER WORKOUT
45 min • T Pool • Limit 24

3:00 PM INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

DD BUFF BOOTY
45 min • Studio 1 • Limit 20

WALLYBALL
45 min • Racquet Court 1

YIN YOGA
45 min • Yoga Studio • Limit 20

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

UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME

NEW CANYON RANCH 101
30 min • The Snug

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

YOGA FOR DETOX
45 min • Yoga Studio • Limit 20

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

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

6:00 PM NIGHT SKY WALK*
2 hr • Outdoor Sports Lobby • Limit 12 • \$80

COMPLIMENTARY HIKING & BIKING

We offer a complimentary selection of Level 1-4 hikes, ranging from leisurely four-mile strolls to more challenging adventures of over ten miles.

We provide food, water, backpacks, and trekking poles. Please dress for the weather and wear suitable hiking shoes, boots, or cycling footwear.

Mountain hikes will run about 20 degrees cooler than Tucson temperatures, so bring layers!



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

WEDNESDAY

Oct. 7, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH

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

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

6:15 AM **HIKE: LEVEL 4 - GUTHRIE PEAK***
6 hr 30 min • Outdoor Sports Lobby
• Limit 12

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

MORNING WALK
45 min • Spa Lobby

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

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

8:00 AM **KUNDALINI YOGA**
45 min • Yoga Studio • Limit 20

8:30 AM **HIKE: LEVEL 3 - GREEN MT. TRAIL***
5 hr • Outdoor Sports Lobby • Limit 12

9:00 AM **NEW COFFEE CHAT WITH
A CR NUTRITIONIST**
50 min • Double U Café

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

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

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

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

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

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

ZUMBA®
45 min • Studio 1 • Limit 30

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

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

DD 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

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

LONG & LEAN BARRE WORKOUT
45 min • T Pool • Limit 24

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

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

3:00 PM **INTUITIVE ARCHERY***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

LEARNING SELF-REIKI*
2 hr • Cactus Room • Limit 8 • \$110

CHAIR YOGA
45 min • Yoga Studio • Limit 20

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

MUSCLE MAX
45 min • Studio 3 • Limit 12

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

NEW CANYON RANCH 101
30 min • The Snug

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

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

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

6:30 PM **NIGHT VISION GOGGLE EXPERIENCE***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110

9:00 PM **DRACANOIDS METEOR SHOWER VIEWING***
3 hr • Outdoor Sports Lobby • Limit 12 • \$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

Oct. 8, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH
DD – CREATE RESILIENT RELATIONSHIPS

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

6:30 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

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

6:45 AM HIKE: LEVEL 2 - GARWOOD DAM LOOP*
4 hr • Outdoor Sports Lobby • Limit 12

7:00 AM YOGA NATURALLY
45 min • Flagstone Lawn • Limit 20

8:00 AM AWAKEN THE QI:
TAPPING INTO ENERGY FLOW*
50 min • Studio 4 • Limit 6 • \$80

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

9:00 AM **DD** STRONG SPINE, SOFT BODY
WITH KRISTIN MCGEE
45 min • Yoga Studio • Limit 30

GUIDED LABYRINTH WALK
50 min • Sanctuary • Limit 12

PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

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

CYCLING
45 min • Golf Performance Center • Limit 12

YOGA IN THE WILD
4 hr • Outdoor Sports Lobby • Limit 8

10:00 AM 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

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

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

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

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

ZUMBA®
45 min • Studio 1 • Limit 30

NOON LUNCH & LEARN: KITCHARI
1 hr • Demo Kitchen • Limit 30

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

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

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

1:00 PM GOLF SPEED & POWER WORKSHOP*
50 min • Cardio & Strength Gym
• Limit 8 • \$80

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

NEW PILATES CIRCUIT CLINIC*
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 **WATER WORKOUT**
45 min • T Pool • Limit 24

DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

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

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

QI GONG AND YOGA
45 min • Yoga Studio • Limit 20

WALLYBALL
45 min • Racquet Court 1

4:00 PM **DD ESTABLISHING A COUPLE BUBBLE**
50 min • Cactus Room

NEW CANYON RANCH 101
30 min • The Snug

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

6:30 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. 9, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH
DD – CREATE RESILIENT RELATIONSHIPS

5:45 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
6:00 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:15 AM	HIKE: LEVEL 4 - BLACKETT'S RIDGE* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
6:30 AM	MORNING WALK 30 min • Spa Lobby	11:00 AM	DD SCULPT & RESTORE WITH KRISTIN MCGEE 45 min • Yoga Studio • Limit 20
	MORNING WALK 45 min • Spa Lobby		AQUA FIT 45 min • Aquatic Center • Limit 15
	HIKE: LEVEL 3 - FT. LOWELL HILLS* 4 hr 45 min • Outdoor Sports Lobby • Limit 12		PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20
	BIKE RIDE: LEVEL 3 - SAGUARO SPIN* 3 hr 30 min • Outdoor Sports Lobby • Limit 10	NOON	LUNCH & LEARN: SOY SEARED STEAK SANDWICH 1 hr • Demo Kitchen • Limit 36
8:00 AM	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	12:30 PM	JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220
9:00 AM	MIDLIFE MECHANICS: STAY STRONG THROUGH MENOPAUSE 50 min • Catalina Room • CME	1:00 PM	GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80
	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		KUNDALINI YOGA 45 min • Yoga Studio • Limit 20
	YOGA IN THE WILD* 2 hr • Outdoor Sports Lobby • Limit 8 • \$140		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		
	VINYASA FLOW 45 min • Yoga Studio • Limit 30		
9:30 AM	HIKE: LEVEL 2 - SUNSET TRAIL* 5 hr 30 min • Outdoor Sports Lobby • Limit 12		

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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> WATER WORKOUT
45 min • T Pool • Limit 24</p> <p> VENUS, THE PLANET OF LOVE & MONEY
50 min • Cactus Room</p> <p>3:00 PM ZONE 2 AND YOU
50 min • Catalina Room • CME</p> <p> CHAIR YOGA
45 min • Yoga Studio • Limit 20</p> <p> POSTURE & BALANCE
45 min • Studio 1 • Limit 20</p> <p> STRIDE
45 min • Cardio & Strength Gym • Limit 14</p> <p>4:00 PM BEYOND THE PHYSICAL:
METAPHYSICAL 101
50 min • Spa Lobby</p> <p> FACIAL LYMPHATICS: FLOW & GLOW
50 min • Cactus Room • Limit 15</p> <p> NEW CANYON RANCH 101
30 min • The Snug</p> <p> SKY ISLAND SUNSET AND
CITY LIGHTS TOUR*
3 hr • Outdoor Sports Lobby • Limit 10 • \$110</p> <p> MEDITATION
25 min • Sanctuary • Limit 30</p> <p> STRETCH & RELAXATION
25 min • Studio 2 • Limit 20</p> | <p>5:00 PM DD FIGHTING WELL & GETTING TO RELIEF
50 min • Cactus Room</p> <p>5:30 PM COMMUNITY TABLE
1 hr • Vaquero • Limit 6</p> <p> FLOATING SOUND MEDITATION CLINIC*
50 min • T-Pool • Limit 25 • \$110</p> <p>6:30 PM NIGHT VISION GOGGLES-SAGUARO
NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby • Limit 10 • \$140</p> <p>7:00 PM DD TREAT YOURSELF FIRESIDE
CHAT WITH KRISTIN MCGEE
50 min • Eucalyptus Circle • Limit 20</p> |
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SATURDAY

Oct. 10, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH
DD – CREATE RESILIENT RELATIONSHIPS

6:00 AM BIRD WALK*
2 hr • Outdoor Sports Lobby • Limit 8

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

BIKE RIDE: LEVEL 2 -
STEAM PUMP MARKET*
4 hr • Outdoor Sports Lobby • Limit 12

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

8:00 AM **DD** STABLE & POWERFUL
WITH KRISTIN MCGEE
45 min • Studio 1 • Limit 20

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

9:00 AM PROPERTY TOUR
45 min • Clubhouse Lobby • Limit 30

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

GLIDE AND BURN
45 min • Studio 1 • Limit 20

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

WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15

10:00 AM NOURISHING THE MIND: FOOD
FOR FOCUS AND RESILIENCE
50 min • Catalina Room • CME

CORE CONDITIONING
45 min • Studio 1 • Limit 20

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

PILATES- AERIAL CLINIC*
50 min • Studio 3 • Limit 5 • \$80

11:00 AM AQUA FIT
45 min • Aquatic Center • Limit 15

DD POWER FLOW
45 min • Yoga Studio • Limit 30

TRX STRONG
45 min • Studio 3 • Limit 15

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

1:00 PM MEMBERSHIPS: CASUAL Q&A
30 min • Spa Lobby • Limit 20

DD PILATES MAT
45 min • Yoga Studio • Limit 30

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

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

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2:00 PM	WATER WORKOUT 45 min • T Pool • Limit 24	4:00 PM	DD FROM CONFLICT TO QUICK REPAIR 50 min • Cactus Room
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30		NEW CANYON RANCH 101 30 min • The Snug
	PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
3:00 PM	DD CORE TO CALM WITH KRISTIN MCGEE 45 min • Yoga Studio • Limit 30		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
	VIPR SLAM 45 min • Studio 1 • Limit 20	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WALLYBALL 45 min • Racquet Court 1	6:30 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
			NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION* 3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SUNDAY

Oct. 11, 2026

DISCOVERY DAYS: **DD** – PILATES & STRENGTH
DD – CREATE RESILIENT RELATIONSHIPS

6:00 AM	NATURE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	11:00 AM	DD CLEAR AGREEMENTS & RITUALS IN RELATIONSHIPS 50 min • Cactus Room
6:30 AM	MORNING WALK 30 min • Spa Lobby		AQUA FIT 45 min • Aquatic Center • Limit 15
	MORNING WALK 45 min • Spa Lobby		VINYASA FLOW 45 min • Yoga Studio • Limit 30
	HIKE: LEVEL 3 - VENTANA MAIDEN POOLS* 4 hr 45 min • Outdoor Sports Lobby • Limit 12		ZUMBA® 45 min • Studio 1 • Limit 30
	BIKE RIDE: LEVEL 3 - AGUA CALIENTE* 3 hr • Outdoor Sports Lobby • Limit 12	NOON	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
6:45 AM	HIKE: LEVEL 2 - MILAGROSA OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12		FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
7:00 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	1:00 PM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
8:00 AM	DD YOGA PILATES SCULPT WITH KRISTIN MCGEE 45 min • Yoga Studio • Limit 30		MEDITATION IN THE MOUNTAINS* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110
	AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Studio 4 • Limit 6 • \$80		DD PILATES FOR BALANCE 45 min • Studio 1 • Limit 18
9:00 AM	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		QI GONG 45 min • Yoga Studio • Limit 30
	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30		FEMININE WISDOM: ASTROLOGY & CRYSTAL ENERGY 50 min • Cactus Room
	CYCLING 45 min • Golf Performance Center • Limit 12		
10:00 AM	TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140		
	CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20		
	H2O POWER 45 min • T-Pool • Limit 24		
	STRETCH 45 min • Yoga Studio • Limit 30		
	THE SCIENCE OF WEIGHT LOSS 50 min • Catalina Room • CME		

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

- 2:00 PM **YOUR PATH TO PAIN-FREE KNEES**
50 min • Catalina Room • CME
- HEART CHAKRA YOGA**
45 min • Yoga Studio • Limit 30
- POWER STEP & TONE**
45 min • Golf Performance Center • Limit 12
- WATER WORKOUT**
45 min • T Pool • Limit 24
- 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
- 4:00 PM **JOURNALING FOR MENTAL HEALTH**
50 min • Catalina Room • Limit 37
- NEW CANYON RANCH 101**
30 min • The Snug
- DRUMMING CIRCLE**
45 min • Studio 1 • Limit 20
- MEDITATION**
25 min • Sanctuary • Limit 30
- DD STRETCH & RELAXATION**
25 min • Studio 2 • Limit 20
- NEW CHAKRA SOUND & SCENT RESTORATIVE EXPERIENCE***
50 min • Private Fitness Studio 4
• Limit 12 • \$80

- 5:30 PM **COMMUNITY TABLE**
1 hr • Vaquero • Limit 6
- RESTORATIVE SOUND BATH***
50 min • Yoga Studio • Limit 18 • \$80
- 6:00 PM **NIGHT SKY WALK***
2 hr • Outdoor Sports Lobby • Limit 12 • \$80
- 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.

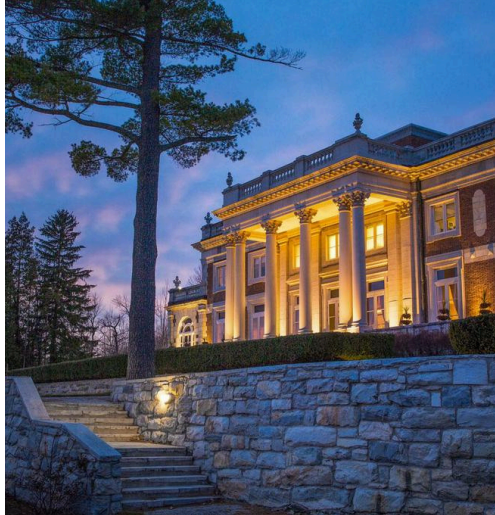
LIFE CHANGES AT CANYON RANCH

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

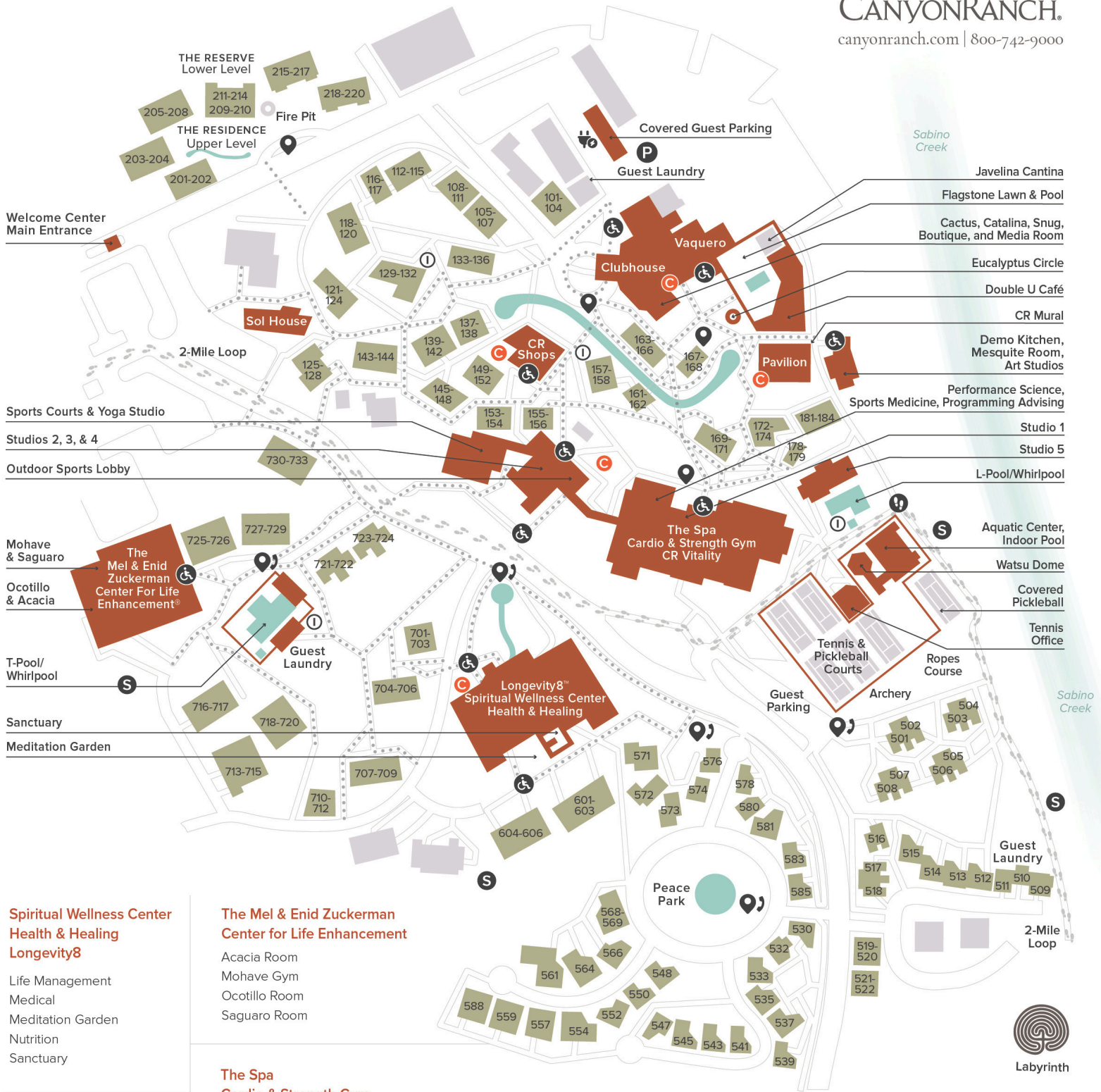
Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



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.



Spiritual Wellness Center Health & Healing Longevity8

Life Management
Medical
Meditation Garden
Nutrition
Sanctuary

The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room
Mohave Gym
Ocotillo Room
Saguaro Room

The Spa Cardio & Strength Gym CR Vitality

Beauty Salon
Skincare
Fitness
Foot Health Center
Locker Rooms
Massage
Outdoor Sports & Lobby
Performance Science
Pilates & Movement Therapy
Program Advising / Wellness Guides
Sports Courts
Sports Medicine
Studios 1-4
Yoga Studio

Clubhouse

Cactus Room
Canyon Ranch Boutique™
Catalina Room
Guest Computer Stations
Guest Services
Library
Living Room
Media Room
Registration
The Snug
Vaquero
Wicker Lounge

KEY

- C Cell Phone Area
- P Disabled Parking
- D Disabled Access
- S Smoking Area
- I Ice Machine
- 2-M 2-Mile Loop
- 2-M S 2-Mile Loop Start
- EVC Electric Vehicle Charging Station
- C Courtesy Phone
- D Directory
- D Disabled Access
- P Disabled Parking
- ... Disabled Route

RESTROOMS

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