

RANCH SCHEDULE
OCT. 12-18, 2026

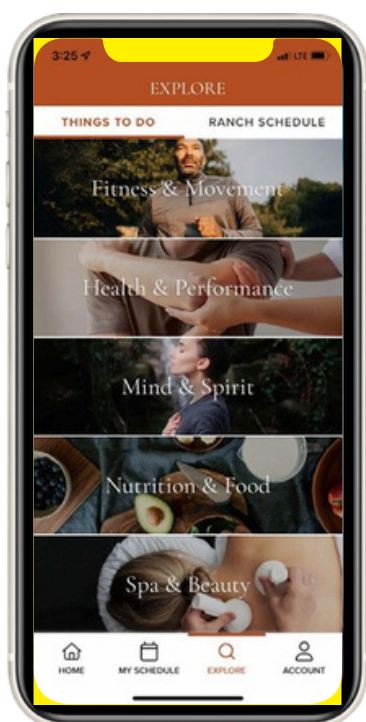


This schedule belongs to:



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



AYURVEDIC WISDOM

OCTOBER 12-18

Immerse yourself in a transformative week devoted to the wisdom of Ayurveda. Discover your unique constitution, explore personalized daily rituals, and gain practical tools to restore balance and vitality. With expert-led talks and hands-on sessions, this retreat is perfect for anyone interested in mindful living — whether you're new to Ayurveda or looking to expand your knowledge. Leave with a clear understanding of the doshas plus simple, actionable ways to support lasting well-being for your body, mind, and spirit.

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



SMASH + SERVE

OCTOBER 19-25

Elevate your pickleball game with an unforgettable week in the Sonoran Desert. Enjoy daily clinics led by expert racquet sports pros, with focused instruction on serving, returns, movement, positioning, and strategy. Hone your skills, make new friends, then unwind at our renowned spa while taking in breathtaking Catalina Mountain views and enjoying our all-inclusive amenities.



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)

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.

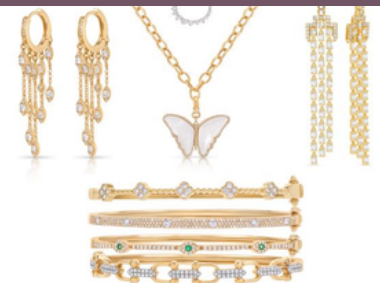
RACHEL KATZ



**TUESDAY, OCT. 13 -
WEDNESDAY, OCT. 14**

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 every day. Versatile and stackable, the collection easily integrates in with any wardrobe.

LORI BARROS



**FRIDAY, OCT. 16-
SATURDAY, OCT. 17**

Join jewelry designer, Lori Barros for a two day trunk show. Do not miss the opportunity to see the diamonds and gemstone custom fine jewelry designed with a fusion of elegance and edge.

5:45 AM	SUNRISE YOGA IN THE WILD* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
6:00 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • 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 - BEAR CANYON* 5 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	DJ DANCE PARTY 45 min • Studio 1 • Limit 30
	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		NEW TOTALLY TUBING 45 min • Studio 2 • Limit 20
	ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE* 2 hr 30 min • Outdoor Sports Lobby • Limit 8 • \$110		YOGA SCULPT 45 min • Yoga Studio • Limit 18
	BIKE RIDE: LEVEL 3 - SABINO CANYON* 3 hr • Outdoor Sports Lobby • Limit 12	11:30 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
8:30 AM	HIKE: LEVEL 2 - LEMMON PARK* 5 hr • Outdoor Sports Lobby • Limit 12	NOON	DINNER & LEARN: GRILLED HALIBUT WITH SOFRITO 1 hr • Demo Kitchen
9:00 AM	SELF-COMPASSION IS YOUR SUPER POWER 50 min • Catalina Room • CME		DD BREATHING 20 min • Yoga Studio • Limit 30
	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		AERIAL SWING YOGA CLINIC* 50 min • Studio 3 • Limit 5 • \$80
	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20		EMPOWERING INTENTION: LUNAR ASTROLOGY & CRYSTALS 50 min • Cactus Room
	CYCLING 45 min • Golf Performance Center • Limit 12	1:00 PM	YES, AND: THE SACRED PLAY OF IMPROV 50 min • Sanctuary • CME
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
			WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
			PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
		1:30 PM	JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220

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

2:00 PM	DESERT DRUMMING 45 min • Studio 2 • Limit 30	5:30 PM	COMMUNITY TABLE 1 hr • Vaquero • Limit 6
	WATER WORKOUT 45 min • T Pool • Limit 24		FLOATING SOUND MEDITATION CLINIC* 50 min • T-Pool • Limit 25 • \$110
	DD SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio • Limit 20	6:00 PM	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220
3:00 PM	NEW PILATES CIRCUIT CLINIC* 50 min • Pilates Studio • Limit 6 • \$80	6:30 PM	COSMIC JOURNEY WITH THE TELESCOPE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140
	LONG & LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 20		NIGHT VISION GOGGLE EXPERIENCE* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	MUSCLE MAX 45 min • Studio 3 • Limit 12		
	POSTURE & BALANCE 45 min • Studio 1 • Limit 20		
4:00 PM	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		
	DD RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		
	STRETCH & RELAXATION 25 min • Studio 2 • Limit 20		



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. 13, 2026

DISCOVERY DAYS: DD – AYURVEDIC WISDOM

5:45 AM	DAWN QI GONG IN THE CANYON* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	10:00 AM	DD NUMEROLOGY: INTERPRETING THE NUMBERS OF NAMES 50 min • Catalina Room
6:00 AM	NATURE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140		PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
6:15 AM	HIKE: LEVEL 4 - WEST SPRING TRAIL* 5 hr • Outdoor Sports Lobby • Limit 12		THE SECOND BRAIN: HOW YOUR GUT SHAPES HEALTH 50 min • Cactus Room • CME
6:30 AM	MORNING WALK 30 min • Spa Lobby		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • Limit 20
	MORNING WALK 45 min • Spa Lobby		H2O POWER 45 min • T-Pool • Limit 24
	HIKE: LEVEL 3 - DOUGLAS/ROCK SPRINGS* 4 hr 30 min • Outdoor Sports Lobby • Limit 12		STRETCH 45 min • Yoga Studio • Limit 30
	ART & ECHOES: BIKING THROUGH THE OLD PUEBLO* 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110	11:00 AM	POWER FLOW 45 min • Yoga Studio • Limit 30
	MOUNTAIN BIKE RIDE: LEVEL 3 - ROCKING K* 4 hr • Outdoor Sports Lobby • Limit 6		TRX FUSION 45 min • Studio 3 • Limit 15
6:45 AM	HIKE: LEVEL 2 - PONTATOC OVERLOOK* 4 hr • Outdoor Sports Lobby • Limit 12		VIPR SLAM 45 min • Studio 1 • Limit 20
8:15 AM	DD CENTERING MEDITATION 25 min • Sanctuary • Limit 30	NOON	LUNCH & LEARN: SHRIMP CATALAN 1 hr • Demo Kitchen • Limit 36
9:00 AM	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		BREATHING 20 min • Yoga Studio • Limit 30
	CORE CONDITIONING 45 min • Studio 1 • Limit 20		FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
	CYCLING 45 min • Golf Performance Center • Limit 12	1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
	WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15		MEDITATION WITH WEVANA CLINIC* 25 min • Studio 4 • Limit 8 • \$80
			PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80

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- 2:00 PM **STRENGTH LAB:
AN INTERACTIVE SESSION**
50 min • Cardio & Strength Gym • Limit 20
- WATER WORKOUT**
45 min • T Pool • Limit 24
- CR STRENGTH**
45 min • Golf Performance Center • Limit 10
- PELVIC FLOOR YOGA**
45 min • Yoga Studio • Limit 30
- 3:00 PM **INTUITIVE ARCHERY***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 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
- DD INTRO TO AYURVEDA:
WHAT'S YOUR DOSHA?**
50 min • Cactus Room
- A MEDICAL APPROACH TO WEIGHT LOSS**
50 min • Catalina Room • CME
- NEW CANYON RANCH 101**
30 min • The Snug
- YOGA FOR DETOX**
45 min • Yoga Studio • Limit 20
- STRETCH & RELAXATION**
25 min • Studio 2 • 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. 14, 2026

DISCOVERY DAYS: **DD** – AYURVEDIC WISDOM

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

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

6:15 AM HIKE: LEVEL 4 - PONTATOC TRAIL*
5 hr • 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 - SECRET TRAIL LOOP*
3 hr • Outdoor Sports Lobby • Limit 12

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

8:30 AM HIKE: LEVEL 3 - BIGELOW PEAK*
6 hr • Outdoor Sports Lobby • Limit 12

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

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

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

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

DD VINYASA FLOW
45 min • Yoga Studio • Limit 30

10:00 AM SYMBOLIC NUMEROLOGY
AND INTUITION
50 min • Sol House 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 LUNCH & LEARN: JERK 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

CORE & MORE
20 min • Studio 2 • Limit 16

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

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2:00 PM **WATER WORKOUT**
45 min • T Pool • Limit 24

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

INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • 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

DD MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

5:00 PM **BRAIN HEALTH:
UNDERSTANDING DEMENTIAS**
50 min • Catalina Room

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

DD 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

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. 15, 2026

DISCOVERY DAYS: **DD** – AYURVEDIC WISDOM

6:00 AM **ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS***
4 hr • Outdoor Sports Lobby • Limit 8 • \$140

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 - BLACKETTS RIDGE*
4 hr • Outdoor Sports Lobby • Limit 12

MOUNTAIN BIKE RIDE: LEVEL 3 - HONEY BEE OFF-ROAD*
4 hr • Outdoor Sports Lobby • Limit 6

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

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

YOGA NATURALLY
45 min • Flagstone Lawn • Limit 20

8:00 AM **HIKE: LEVEL 1 - LOWER SABINO***
3 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

WALKING MEDITATION
50 min • Sanctuary • CME

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

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

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

ANGELS AMONG US
50 min • Cactus Room

11:00 AM **NUTRITION MYTHS AND NUTRIENTS FOR AGING**
50 min • Catalina Room

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

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

VINYASA FLOW
45 min • Yoga Studio • Limit 30

ZUMBA®
45 min • Studio 1 • Limit 30

NOON **LUNCH & LEARN: PARMESAN CRUSTED SEA BASS**
1 hr • Demo Kitchen • Limit 36

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

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

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

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

NEW PILATES CIRCUIT CLINIC*
50 min • Pilates Studio • Limit 6 • \$80

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 CR STRENGTH
45 min • Golf Performance Center • Limit 10

WATER WORKOUT
45 min • T Pool • Limit 24

KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

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

**THE POWER OF AT-HOME
BEAUTY DEVICES**
50 min • Spa Lobby

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

MUSCLE MAX
45 min • Studio 3 • Limit 12

WALLYBALL
45 min • Racquet Court 1

**4:00 PM DD GROUNDING THE VATA
MIND WITH AYURVEDA**
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. 16, 2026

DISCOVERY DAYS: DD – AYURVEDIC WISDOM

6:00 AM	SABINO CANYON WALK* 2 hr • Outdoor Sports Lobby • Limit 12 BIRDING IN SABINO CANYON* 3 hr • Outdoor Sports Lobby • Limit 6 • \$110	10:30 AM	HIKE: LEVEL 2 - HITCHCOCK OVERLOOK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12
6:15 AM	HIKE: LEVEL 4 - MILAGROSA LOOP* 5 hr • Outdoor Sports Lobby • Limit 12	11:00 AM	AQUA FIT 45 min • Aquatic Center • Limit 15 PBF: POWER BLAST FITNESS 45 min • Studio 3 • Limit 20 YOGA SCULPT 45 min • Yoga Studio • Limit 18 ASK A PSYCHIC 50 min • Cactus Room
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 ART & ECHOES: BIKING THROUGH THE OLD PUEBLO* 3 hr 30 min • Outdoor Sports Lobby • Limit 4 • \$110	NOON	LUNCH & LEARN: ORANGE DIJON GLAZED MAHI 1 hr • Demo Kitchen • Limit 36 SKY ISLAND DISCOVERY TOUR* 3 hr • Outdoor Sports Lobby • Limit 10 • \$110 CORE & MORE 20 min • Studio 2 • Limit 16
8:15 AM	DYNAMIC STRETCH 20 min • Yoga Studio • Limit 20	1:00 PM	THE HEALING LANGUAGE OF CRYSTAL BOWLS 50 min • Catalina Room JEEP ADVENTURE* 4 hr • Outdoor Sports Lobby • Limit 3 • \$220 GLUTE TRANSFORMATION-CLINIC* 50 min • Cardio & Strength Gym • Limit 5 • \$80 KUNDALINI YOGA 45 min • Yoga Studio • Limit 20 PILATES REFORMER CLINIC: BEGINNING* 50 min • Pilates Studio • Limit 5 • \$80
9:00 AM	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30 WEAR & TEAR TO REPAIR: UNDERSTANDING ARTHRITIS 50 min • Catalina Room • CME YOGA IN THE WILD* 2 hr • Outdoor Sports Lobby • Limit 8 • \$140 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		
10:00 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$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		

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 • Studio 2 • Limit 20

WATER WORKOUT
45 min • T Pool • Limit 24

PLUTO THE PLANET OF POWER
& TRANSFORMATION
50 min • Cactus Room

3:00 PM THE POWER OF MOVEMENT
FOR LONGEVITY
50 min • Catalina Room • CME

CHAIR YOGA
45 min • Yoga Studio • Limit 20

POSTURE & BALANCE
45 min • Studio 1 • Limit 20

STRIDE
45 min • Cardio & Strength Gym • Limit 14

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

DD FOOD AS MEDICINE IN AYURVEDA
50 min • Catalina Room

NEW CANYON RANCH 101
30 min • The Snug

MEDITATION
25 min • Sanctuary • Limit 30

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 GOGGLES-SAGUARO
NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby • Limit 10 • \$140



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SATURDAY

Oct. 17, 2026

DISCOVERY DAYS: **DD** – AYURVEDIC WISDOM

6:00 AM	BIRD WALK* 2 hr • Outdoor Sports Lobby • Limit 8	10:00 AM	PERSONALIZED NUTRITION 50 min • Catalina Room • CME
	HIKE & PAINT* 4 hr • Outdoor Sports Lobby • Limit 8 • \$110		CORE CONDITIONING 45 min • Studio 1 • Limit 20
6:15 AM	HIKE: LEVEL 4 - FORT LOWELL TRAIL* 5 hr 30 min • Outdoor Sports Lobby • Limit 12		H2O POWER 45 min • T-Pool • Limit 24
6:30 AM	MORNING WALK 30 min • Spa Lobby		STRETCH 45 min • Yoga Studio • Limit 30
	MORNING WALK 45 min • Spa Lobby		AERIAL PILATES* 50 min • Studio 3 • Limit 5 • \$80
	HIKE: LEVEL 3 - ESPERERO OVERLOOK* 4 hr 15 min • Outdoor Sports Lobby • Limit 12	11:00 AM	INTUITIVE ARCHERY* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110
	BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH* 3 hr 30 min • Outdoor Sports Lobby • Limit 12		AQUA FIT 45 min • Aquatic Center • Limit 15
6:45 AM	HIKE: LEVEL 2 - VENTANA TRAIL* 4 hr • Outdoor Sports Lobby • Limit 12		POWER FLOW 45 min • Yoga Studio • Limit 30
8:15 AM	CENTERING MEDITATION 25 min • Sanctuary • Limit 30		TRX STRONG 45 min • Studio 3 • Limit 15
8:30 AM	QI GONG IN THE DESERT* 2 hr • Outdoor Sports Lobby • Limit 8 • \$110	NOON	KARTCHNER CAVERNS LIVING CAVE TOUR* 5 hr • Outdoor Sports Lobby • Limit 6 • \$220
9:00 AM	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30		BREATHING 20 min • Yoga Studio • Limit 30
	GLIDE AND BURN 45 min • Studio 1 • Limit 20	1:00 PM	MEMBERSHIPS: CASUAL Q&A 30 min • Spa Lobby • Limit 20
	STRIDE & STRENGTH 45 min • Cardio & Strength Gym • Limit 14		NEW SCIENTIFIC STUDIES IN MEDICINE 50 min • Catalina Room • CME
	WALK YOUR WORKOUT 45 min • Spa Lobby • Limit 15		PILATES MAT 45 min • Yoga Studio • Limit 30
			WEARABLE RESISTANCE TRAINING* 50 min • Studio 3 • Limit 8 • \$80
		1:30 PM	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220

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2:00 PM	GRIND, GRIT & GRACE 50 min • Catalina Room • CME	4:00 PM	DD AYURVEDIC TIPS FOR FALL Tucson • Cactus Room
	HEART CHAKRA YOGA 45 min • Yoga Studio • Limit 30		NEW CANYON RANCH 101 30 min • The Snug
	WATER WORKOUT 45 min • T Pool • Limit 24		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20
	NEW TOTALLY TUBING 45 min • Studio 2 • Limit 20		STRETCH & RELAXATION 25 min • Studio 2 • Limit 20
3:00 PM	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
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30		



CANYONRANCH.

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.

SUNDAY

Oct. 18, 2026

DISCOVERY DAYS: **DD** – AYURVEDIC WISDOM

6:00 AM	NATURE PHOTOGRAPHY AT THE OASIS* 3 hr • Outdoor Sports Lobby • Limit 8 • \$140	10:00 AM	EXERCISE & MENOPAUSE 50 min • Catalina Room • CME
6:15 AM	HIKE: LEVEL 4 - TANQUE VERDE RIDGE* 6 hr • Outdoor Sports Lobby • Limit 12		CARDIO CIRCUIT 45 min • Cardio & Strength Gym • 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 - BALANCED ROCK* 4 hr 30 min • Outdoor Sports Lobby • Limit 12	11:00 AM	TUCSON BOTANICAL GARDEN TOUR* 3 hr • Outdoor Sports Lobby • Limit 6 • \$140
	BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE* 4 hr • Outdoor Sports Lobby • Limit 12		AQUA FIT 45 min • Aquatic Center • Limit 15
6:45 AM	HIKE: LEVEL 2 - PIMA CANYON* 4 hr • Outdoor Sports Lobby • Limit 12		VINYASA FLOW 45 min • Yoga Studio • Limit 30
8:00 AM	AWAKEN THE QI: TAPPING INTO ENERGY FLOW* 50 min • Private Fitness Studio 4 • Limit 6 • \$80		ZUMBA® 45 min • Studio 1 • Limit 30
9:00 AM	PROPERTY TOUR 45 min • Clubhouse Lobby • Limit 30	11:30 AM	HIGH ROPES CHALLENGE COURSE* 3 hr • Outdoor Sports Lobby • Limit 8 • \$220
	ABOVE & BELOW THE BELT 45 min • Studio 3 • Limit 20	NOON	FITNESS FOR YOUR FEET 20 min • Studio 1 • Limit 20
	BUTI MOVEMENT® 45 min • Yoga Studio • Limit 30	1:00 PM	PHONE-TOGRAPHY* 2 hr • Outdoor Sports Lobby • Limit 6 • \$110
	CYCLING 45 min • Golf Performance Center • Limit 12		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
			ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH 50 min • Cactus Room

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 **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
- WATER WORKOUT**
45 min • T Pool • Limit 24
- 3:00 PM **MEDITATION HIKE***
2 hr • Outdoor Sports Lobby • Limit 8 • \$110
- 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 **DD AGING GRACEFULLY WITH AYURVEDA**
50 min • Cactus Room
- NEW CANYON RANCH 101**
30 min • The Snug
- 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 • Studio 4 • Limit 12 • \$80

- 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 **DD THE ART OF ACRYLIC:
PAINT A COLOR WHEEL**
1 hr 30 min • Art Studio 1 • Limit 10
- 8:30 PM **BINGO**
50 min • Pavilion

THE MORE, THE MERRIER

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

Contact GroupLeadsTucson@canyonranch.com.



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

MEMBERSHIP

THE ULTIMATE HEALTHY HABIT



LOVE THE WAY YOU FEEL AT CANYON RANCH

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



AN IDEAL PLAN IF YOU WANT TO:

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



YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

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

ADDITIONAL BENEFITS:

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

For more information or to
purchase a Membership:

CONTACT

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

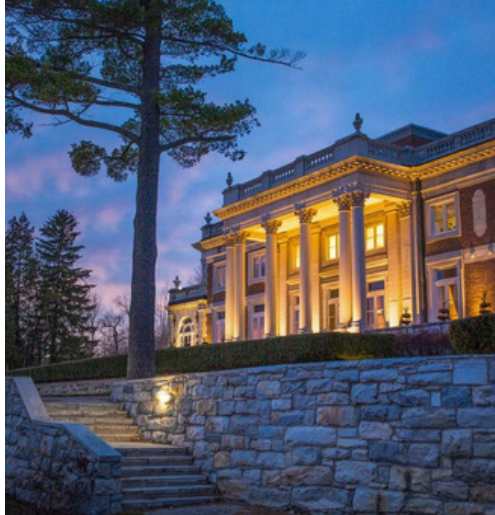
LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH AUSTIN, TEXAS

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



CANYON RANCH FORT WORTH, TEXAS

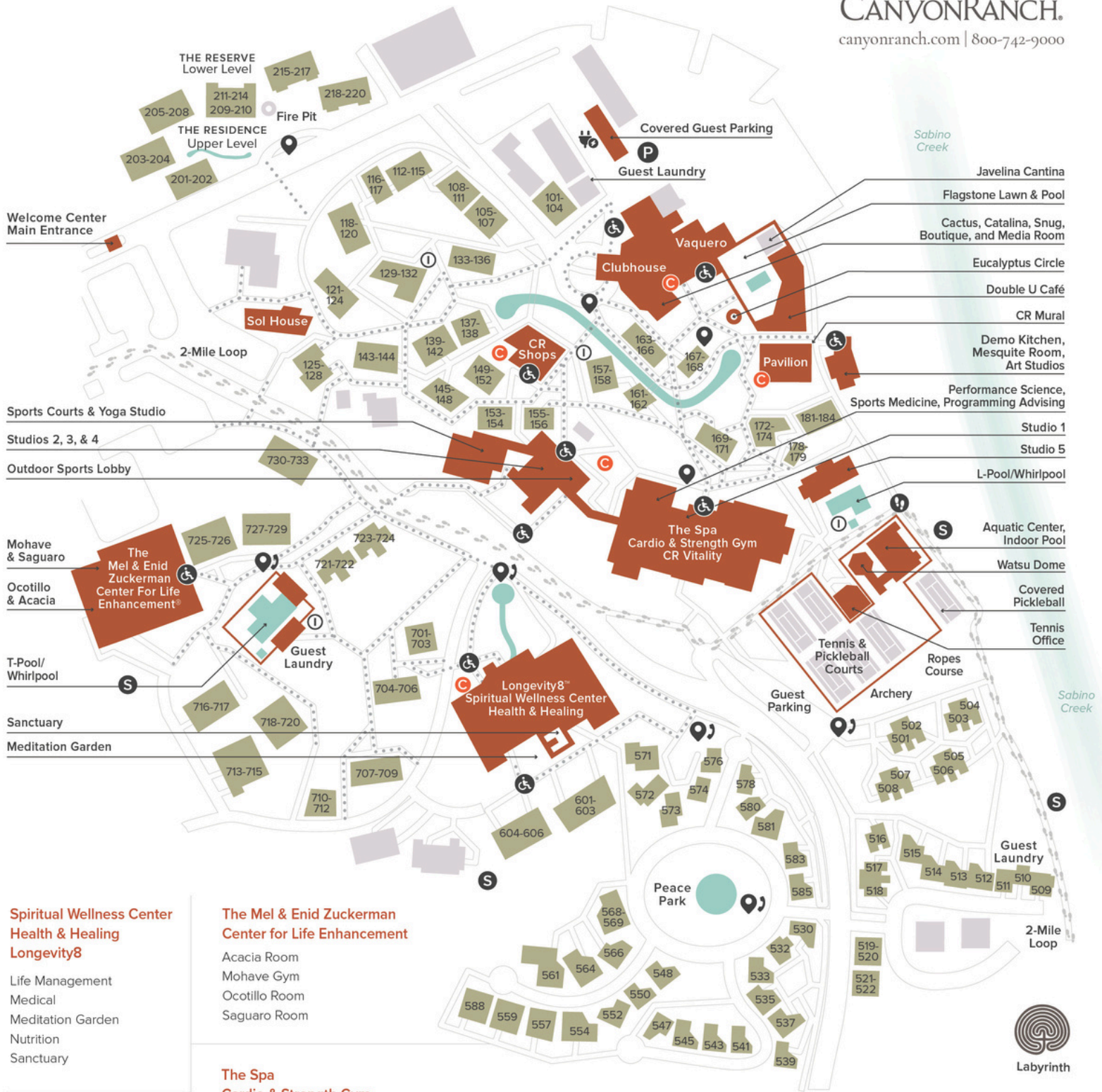
Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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



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-Mile Loop
- 2-Mile Loop Start
- ... Disabled Route
- E Electric Vehicle Charging Station
- D Directory
- S Smoking Area
- 2-Mile Loop
- 2-Mile Loop Start

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.