RANCH SCHEDULE

NOVEMBER 9-15, 2026



CANYON RANCH

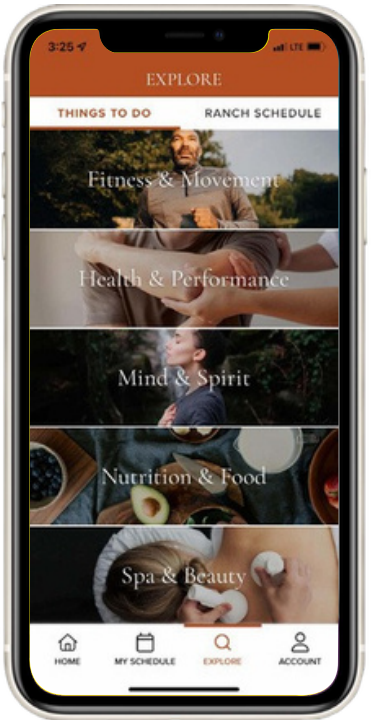
TUCSON

This schedule belongs to:

_____

SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



CANYON RANCH

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: 7 – 9:30 a.m.
LUNCH: 11:30 a.m. – 2 p.m.
DINNER: 5 – 8 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. – 7:30 p.m.
HOT BREAKFAST: 6 – 9:30 a.m.
LUNCH: 11 a.m. – 2 p.m.
DINNER: 5 – 7:30 p.m.
COLD ITEMS, SNACKS & DRINKS: 5:30 a.m. – 5 p.m.

JAVELINA CANTINA

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.–Thurs.: 9 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

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 FOR MORE UPCOMING EVENTS



FIND YOUR FLOW YOGA WEEK

NOVEMBER 9-15

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

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



THE POWER OF BELONGING

NOVEMBER 16-22

Explore the powerful role connection and belonging play in our well-being during a week of thoughtful conversation, guided reflection, and community-centered experiences. Discover how meaningful relationships can support emotional well-being, resilience, and fulfillment while gaining practical insights to strengthen your connection to yourself, others, and your community.



UPCOMING LONGEVITY8™

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.

CR VITALITY

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.

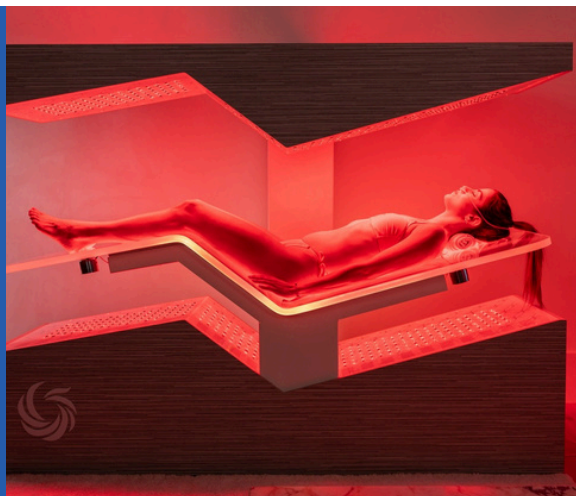
NEW: AMMORTAL CHAMBER

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

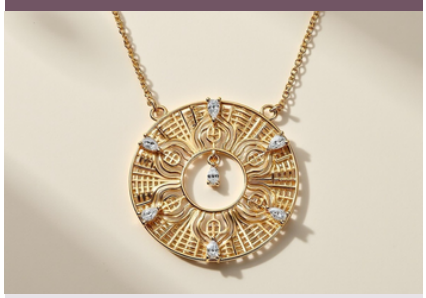
SKIN CARE & SALON

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

TRUNK SHOWS

Join us at the Boutique (located in the Clubhouse)

RUVEIL



MONDAY, NOV. 9-
TUESDAY, NOV. 10

Discover the Cymatics Collection by Ruveil, fine jewelry inspired by the geometry of sound. Drawing on vibrational patterns and healing frequencies, each piece transforms energy into timeless design, symbolizing balance, harmony, and inner alignment.

ART OF CEREMONY



FRIDAY, NOV. 13 -
SATURDAY, NOV. 14

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

MONDAY Nov. 9, 2026

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

4:30 AM
SANDHILL CRANE ASCENSION*
6 hr • Outdoor Sports Lobby • Limit 6 • $280

6:15 AM
DAWN QI GONG IN THE CANYON*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

6:45 AM
SABINO CANYON WALK*
2 hr • Outdoor Sports Lobby • Limit 12

7:00 AM
MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

7:15 AM
BIKE RIDE: LEVEL 3 - SAGUARO SPIN*
3 hr 30 min • Outdoor Sports Lobby • Limit 10

7:30 AM
HIKE: LEVEL 2 - DOUGLAS SPRINGS*
4 hr 15 min • Outdoor Sports Lobby • Limit 12

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

8:15 AM
DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20

CENTERING MEDITATION
25 min • Sanctuary • Limit 30

9:00 AM
PROPERTY TOUR
30 min • Eucalyptus Circle

EXPLORING NARCISSISM
50 min • Catalina Room • CME

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

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

9:15 AM
HIKE: LEVEL 3 - PALISADES TRAIL*
5 hr 45 min • Outdoor Sports Lobby • Limit 12

10:00 AM
PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

AQUA ZUMBA
45 min • T-Pool • Limit 24

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

STRETCH
45 min • Yoga Studio • Limit 30

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

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:
GRILLED HALIBUT WITH SOFRITO
1 hr • Demo Kitchen • Limit 36

BREATHING
20 min • Yoga Studio • Limit 30

HIIT IT
30 min • Studio 1 • Limit 12

AERIAL SWING YOGA CLINIC*
50 min • Studio 3 • Limit 6 • $80

GLUTE TRANSFORMATION-CLINIC*
50 min • Cardio & Strength Gym • Limit 5 • $80

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

PILATES FOR BALANCE
45 min • Studio 1 • Limit 18

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

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

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

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.

1:30 PM

JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • $220

2:00 PM

DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

WATER WORKOUT
45 min • T-Pool • Limit 24

3:00 PM

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

MUSCLE MAX
45 min • Studio 3 • Limit 12

POSTURE & BALANCE
45 min • Studio 1 • Limit 20

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

4:00 PM

INSTANT GRATIFICATION:
BEAUTIFY YOUR SKIN
50 min • Spa Lobby • Limit 25

SOUND MEDITATION THROUGH CYMATICS
1 hr 30 min • Sanctuary

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

BELLY DANCE
45 min • Studio 1

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

PROPERTY TOUR
30 min • Eucalyptus Circle

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

FLOATING SOUND MEDITATION CLINIC*
50 min • Aquatic Center • Limit 25 • $110

6:00 PM

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

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

6:30 PM

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

NIGHT VISION GOGGLE EXPERIENCE*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

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.

TUESDAY Nov. 10, 2026

6:15 AM SUNRISE YOGA IN THE WILD*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

6:30 AM NATURE PHOTOGRAPHY AT THE OASIS*
3 hr • Outdoor Sports Lobby • Limit 8 • $140

7:00 AM MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

HIKE: LEVEL 4 - ESPERERO*
5 hr • Outdoor Sports Lobby • Limit 12

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

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

7:15 AM HIKE: LEVEL 3 - FINGER ROCK*
4 hr 30 min • Outdoor Sports Lobby • Limit 12

7:30 AM HIKE: LEVEL 2 - LOWER BEAR CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

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

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

9:00 AM PROPERTY TOUR
30 min • Eucalyptus Circle

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

CORE CONDITIONING
45 min • Studio 1 • Limit 20

CYCLING
45 min • Golf Performance Center • Limit 12

POWER FLOW
45 min • Yoga Studio • Limit 30

10:00 AM THE SECOND BRAIN:
HOW YOUR GUT SHAPES HEALTH
50 min • Catalina Room • CME

PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

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

10:30 AM ARCHAEOLOGY 1 - HOHOKAM VILLAGE SITE*
2 hr 30 min • Outdoor Sports Lobby
• Limit 8 • $110

11:00 AM NEW TOTALLY TUBING
45 min • Studio 2 • Limit 20

TRX FUSION
45 min • Studio 3 • Limit 15

VIPR SLAM
45 min • Studio 1 • Limit 20

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

BREATHING
20 min • Yoga Studio • Limit 30

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

1:00 PM AI CHI
45 min • Aquatic Center • Limit 12

GLUTE TRANSFORMATION-CLINIC*
50 min • Cardio & Strength Gym • Limit 5 • $80

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

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

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

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

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

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

2:00 PM

STRENGTH LAB:
AN INTERACTIVE SESSION
50 min • Cardio & Strength Gym • Limit 20

CR STRENGTH
45 min • Golf Performance Center • Limit 10

PELVIC FLOOR YOGA
45 min • Yoga Studio • Limit 30

WATER WORKOUT
45 min • T-Pool • Limit 24

3:00 PM

FIT STRIP
45 min • Studio 1

WALLYBALL
45 min • Racquet Court 1

YIN YOGA
45 min • Yoga Studio • Limit 20

NURSE Q&A:
CAN CANYON RANCH HELP ME WITH...
25 min • Clubhouse

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

4:00 PM

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

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

CEREMONIAL CACAO EXPERIENCE*
1 hr 30 min • Cactus Room • Limit 12 • $140

PROPERTY TOUR
30 min • Eucalyptus Circle

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

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 Nov. 11, 2026

6:15 AM
DAWN QI GONG IN THE CANYON*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

6:45 AM
SABINO CANYON WALK*
2 hr • Outdoor Sports Lobby • Limit 12

7:00 AM
MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

7:15 AM
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

7:30 AM
HIKE: LEVEL 1 - BLACK HOLE*
3 hr 30 min • Outdoor Sports Lobby • Limit 12

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

9:00 AM
PROPERTY TOUR
30 min • Eucalyptus Circle

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

PICKLEBALL SKILL CLINIC - THE KITCHEN EDGE*
50 min • Pickleball Court 1 • Limit 4 • $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

9:15 AM
HIKE: LEVEL 2 - HITCHCOCK OVERLOOK*
4 hr 30 min • Outdoor Sports Lobby • Limit 12

9:30 AM
MEDITATION HIKE*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

10:00 AM
PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

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

SYNCHRONICITY: THE LANGUAGE OF MEANINGFUL MOMENTS
50 min • Cactus Room

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

ZUMBA®
45 min • Studio 1 • Limit 30

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

NOON
LUNCH & LEARN: CURRY CHICKEN LETTUCE WRAPS
1 hr • Demo Kitchen • Limit 36

AERIAL SWING YOGA CLINIC*
50 min • Studio 3 • Limit 6 • $80

CORE & MORE
20 min • Studio 2 • Limit 16

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

1:00 PM

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

SAGUARO NATIONAL PARK DISCOVERY TOUR*
2 hr 30 min • Outdoor Sports Lobby • Limit 10 • $110

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

PRIMITIVE FIRE-MAKING
2 hr • Outdoor Sports Lobby • Limit 8

DESERT TRAIL RUNNING*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

MOUNTAIN BIKE RIDE: LEVEL 2 - MOUNTAIN BIKE 101*
4 hr • Outdoor Sports Lobby • Limit 4

2:00 PM

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

ROCKIN' RETRO
45 min • Studio 1 • Limit 30

WATER WORKOUT
45 min • T-Pool • Limit 24

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

3:00 PM

LEARNING SELF-REIKI
50 min • Cactus Room

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

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
50 min • Studio 2 • Limit 20

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

PROPERTY TOUR
30 min • Eucalyptus Circle

5:00 PM

BRAIN HEALTH: UNDERSTANDING DEMENTIAS
50 min • Catalina Room

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

FLOATING SOUND MEDITATION CLINIC*
50 min • Aquatic Center • Limit 25 • $110

6:00 PM

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

6:30 PM

NIGHT VISION GOGGLE EXPERIENCE*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

8:00 PM

BARREL TO GLASS: A CURATED BOURBON JOURNEY*
1 hr • Javelina Cantina • Limit 6 • $125

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 Nov. 12, 2026

6:30 AM
ARCHAEOLOGY 2 - DISCOVERING HOHOKAM PETROGLYPHS*
4 hr • Outdoor Sports Lobby • Limit 8 • $140

7:00 AM
PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • $80

COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle

YOGA NATURALLY
45 min • Flagstone Lawn • Limit 20

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

HIKE: LEVEL 4 - BLACKETT'S RIDGE*
4 hr 30 min • Outdoor Sports Lobby • Limit 12

7:15 AM
HIKE: LEVEL 3 - PHONELINE*
5 hr 30 min • Outdoor Sports Lobby • Limit 12

MOUNTAIN BIKE RIDE: LEVEL 3 - ROCKING K*
4 hr • Outdoor Sports Lobby • Limit 6

7:30 AM
HIKE: LEVEL 2 - SECRET TRAIL LOOP*
3 hr • Outdoor Sports Lobby • Limit 12

8:00 AM
CARDIO TENNIS CLINIC*
50 min • Tennis Court 1 • Limit 8 • $80

AWAKEN THE QI: TAPPING INTO ENERGY FLOW*
50 min • Yoga Studio • Limit 6 • $80

YOGA IN THE WILD*
2 hr • Outdoor Sports Lobby • Limit 8 • $140

COFFEE WITH THE MEMBERSHIP TEAM
30 min • Eucalyptus Circle

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

9:00 AM
PROPERTY TOUR
30 min • Eucalyptus Circle

WALKING MEDITATION
50 min • Sanctuary • CME

PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • $80

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

PICKLEBALL HARMONY*
50 min • Pickleball Court 1 • Limit 8 • $110

DJ DANCE PARTY
45 min • Studio 1 • Limit 30

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

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

SYNCHRONICITY: THE LANGUAGE OF MEANINGFUL MOMENTS
50 min • Cactus Room

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

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 6 • $80

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

1:00 PM
KNOW YOUR STRENGTH: 10-MINUTE CHECK-IN
50 min • Cardio & Strength Gym • Limit 20

ASK AN ESTHETICIAN
50 min • Spa Lobby

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

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

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

1:30 PM

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

JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • $220

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

2:00 PM

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

DESERT DRUMMING
45 min • Studio 2 • Limit 30

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

WATER WORKOUT
45 min • T-Pool • Limit 24

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

3:00 PM

HANDS-ON COOKING: THE LONGEVITY TABLE*
1 hr • Demo Kitchen • Limit 8 • $125

BUFF BOOTY
45 min • Studio 1 • Limit 20

QI GONG
45 min • Yoga Studio • Limit 30

WALLYBALL
45 min • Racquet Court 1

4:00 PM

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • $80

STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

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

PROPERTY TOUR
30 min • Eucalyptus Circle

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

NIGHT VISION GOGGLE EXPERIENCE*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

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 Nov. 13, 2026

6:30 AM
BIRDING IN SABINO CANYON*
3 hr • Outdoor Sports Lobby • Limit 6 • $110

6:45 AM
SABINO CANYON WALK*
2 hr • Outdoor Sports Lobby • Limit 12

7:00 AM
COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

7:15 AM
HIKE: LEVEL 3 - DOUGLAS/ROCK SPRINGS*
4 hr 30 min • Outdoor Sports Lobby • Limit 12

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

8:15 AM
DYNAMIC STRETCH
20 min • Yoga Studio • Limit 20

8:30 AM
HIKE: LEVEL 2 - SUNSET TRAIL*
5 hr 30 min • Outdoor Sports Lobby
• Limit 12

9:00 AM
PROPERTY TOUR
30 min • Eucalyptus Circle

WHEN YOUR SHOULDERS SPEAK:
PAIN DECODED & TREATED
50 min • Catalina Room • CME

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

10:00 AM
PICKLEBALL SKILL DEVELOPMENT CLINIC*
1 hr 50 min • Pickleball Court 1
• Limit 8 • $200

SYNCHRONICITY: THE LANGUAGE OF
MEANINGFUL MOMENTS
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
INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

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

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

VIPR SLAM
45 min • Studio 1 • Limit 20

EXPLORATION IN SOUL CONSCIOUSNESS
50 min • Cactus Room

NOON
LUNCH & LEARN:
ORANGE DIJON GLAZED MAHI
1 hr • Demo Kitchen • Limit 36

CORE & MORE
20 min • Studio 2 • Limit 16

1:00 PM
AI CHI
45 min • Aquatic Center • Limit 12

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

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

DESERT TRAIL RUNNING*
2 hr • Outdoor Sports Lobby • Limit 8 • $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.

2:00 PM

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

WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15

WATER WORKOUT
45 min • T-Pool • Limit 24

VENUS, THE PLANET OF LOVE & MONEY
50 min • Cactus Room

3:00 PM

THE POWER OF MOVEMENT FOR LONGEVITY
50 min • Catalina Room • CME

HANDS-ON COOKING: FAST & NOURISHED*
1 hr • Demo Kitchen • Limit 8 • $125

CHAIR YOGA
45 min • Yoga Studio • Limit 20

KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

POSTURE & BALANCE
45 min • Studio 1 • Limit 20

PRIMITIVE FIRE-MAKING*
2 hr • Outdoor Sports Lobby • Limit 8

3:45 PM

SAGUARO NATIONAL PARK SUNSET DISCOVERY TOUR*
2 hr 30 min • Outdoor Sports Lobby • Limit 10 • $110

4:00 PM

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

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • $80

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Yoga Studio • Limit 20

PROPERTY TOUR
30 min • Eucalyptus Circle

5:00 PM

SPIRIT OF AGAVE: A TEQUILA TASTING EXPERIENCE*
1 hr • Javelina Cantina • Limit 15 • $125

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

FLOATING SOUND MEDITATION CLINIC*
50 min • Aquatic Center • Limit 25 • $110

6:30 PM

NIGHT VISION GOGGLES-SAGUARO NATIONAL PARK EDITION*
3 hr • Outdoor Sports Lobby • Limit 10 • $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.

SATURDAY Nov. 14, 2026

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

7:00 AM
COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

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

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

7:15 AM
HIKE: LEVEL 3 - MILAGROSA CANYON*
4 hr 45 min • Outdoor Sports Lobby • Limit 12

BIKE RIDE: LEVEL 3 - PANTANO RIVER PATH*
3 hr 30 min • Outdoor Sports Lobby • Limit 12

7:30 AM
HIKE: LEVEL 2 - VENTANA TRAIL*
4 hr • Outdoor Sports Lobby • Limit 12

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

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

9:00 AM
PROPERTY TOUR
30 min • Eucalyptus Circle

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

GLIDE AND BURN
45 min • Studio 1 • Limit 20

POWER FLOW
45 min • Yoga Studio • Limit 30

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

10:00 AM
PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • $80

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

QI GONG IN THE DESERT*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

10:30 AM
INTUITIVE ARCHERY*
2 hr • Outdoor Sports Lobby • Limit 8 • $110

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

CHAIR YOGA
45 min • Yoga Studio • Limit 20

TRX FUSION
45 min • Studio 3 • Limit 15

NOON
AERIAL SWING YOGA CLINIC*
50 min • Studio 3 • Limit 6 • $80

BREATHING
20 min • Yoga Studio • Limit 30

HIIT IT
30 min • Studio 1 • Limit 12

1:00 PM
PILATES MAT
45 min • Yoga Studio • Limit 30

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

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

1:30 PM
HIGH ROPES CHALLENGE COURSE*
3 hr • Outdoor Sports Lobby • Limit 8 • $220

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2:00 PM

EXERCISE AND FITNESS: MORE THAN JUST THE SCALE
50 min • Catalina Room • CME

CR STRENGTH
45 min • Golf Performance Center • Limit 10

HEART CHAKRA YOGA
45 min • Yoga Studio • Limit 30

WATER WORKOUT
45 min • T-Pool • Limit 24

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

3:00 PM

VIPR SLAM
45 min • Studio 1 • Limit 20

WALLYBALL
45 min • Racquet Court 1

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30

BUILT THIS WAY: WHY CHANGE IS HARD—AND WHAT WORKS
50 min • Cactus Room

4:00 PM

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 8 • $80

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

PROPERTY TOUR
30 min • Eucalyptus Circle

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

RESTORATIVE SOUND BATH*
50 min • Yoga Studio • Limit 18 • $80

6:30 PM

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.

SUNDAY Nov. 15, 2026

6:30 AM
NATURE PHOTOGRAPHY AT THE OASIS*
3 hr • Outdoor Sports Lobby • Limit 8 • $140

7:00 AM
COWBOY COFFEE
1 hr 30 min • Eucalyptus Circle

MORNING WALK
30 min • Spa Lobby

MORNING WALK
45 min • Spa Lobby

7:15 AM
BIKE RIDE: LEVEL 2 - RIVER PATH/MARKETPLACE*
4 hr • Outdoor Sports Lobby • Limit 12

HIKE: LEVEL 3 - VISTA DEL SOL*
5 hr 30 min • Outdoor Sports Lobby • Limit 12

7:30 AM
HIKE: LEVEL 2 - PIMA CANYON*
4 hr • Outdoor Sports Lobby • Limit 12

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

AWAKEN THE QI: TAPPING INTO ENERGY FLOW*
50 min • Yoga Studio • Limit 6 • $80

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

9:00 AM
PROPERTY TOUR
30 min • Eucalyptus Circle

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

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

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

PICKLEBALL DRILL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

YOGA IN THE WILD*
2 hr • Outdoor Sports Lobby • Limit 8 • $140

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

11:00 AM
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
QI GONG
45 min • Yoga Studio • Limit 30

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

1:30 PM
HIGH ROPES CHALLENGE COURSE*
3 hr • Outdoor Sports Lobby • Limit 8 • $220

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.

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

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

WATER WORKOUT
45 min • T-Pool • Limit 24

3:00 PM

ASK AN ESTHETICIAN
50 min • Spa Lobby

BUFF BOOTY
45 min • Studio 1 • Limit 20

TRX FUSION
45 min • Studio 3 • Limit 15

YIN YOGA
45 min • Yoga Studio • Limit 20

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

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

4:00 PM

ENVISION YOUR NEXT CHAPTER
50 min • Catalina Room • Limit 37

PICKLEBALL CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

DRUMMING CIRCLE
45 min • Studio 1 • Limit 20

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

PROPERTY TOUR
30 min • Eucalyptus Circle

5:00 PM

MEET & GREET WITH MELUZZA
2 hr • The Boutique

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

MELUZZA TRUNK SHOW



MONDAY, NOV. 16-
WEDNESDAY, NOV. 18

Founded in New York by Paula Doebrich in 2024, Meluzza creates sculptural jewelry inspired by heritage, femininity, and myth. Blending the symbolism of Melusine and Medusa, each piece is designed as a modern heirloom—timeless, distinctive, and quietly powerful.

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.

For more information or to purchase a Membership:

CONTACT

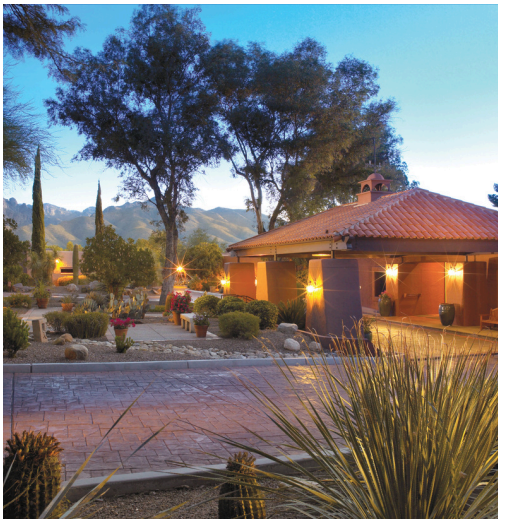
Memberships
TucsonMemberships@canyonranch.com
520-239-3293 or visit our Membership Sales Team in Tucson.

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.

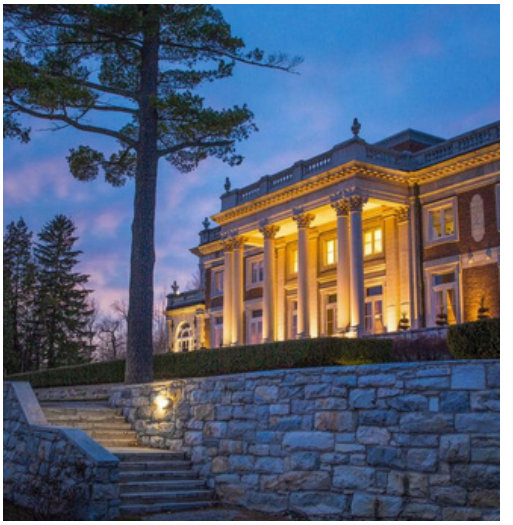
LIFE CHANGES AT CANYON RANCH

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.

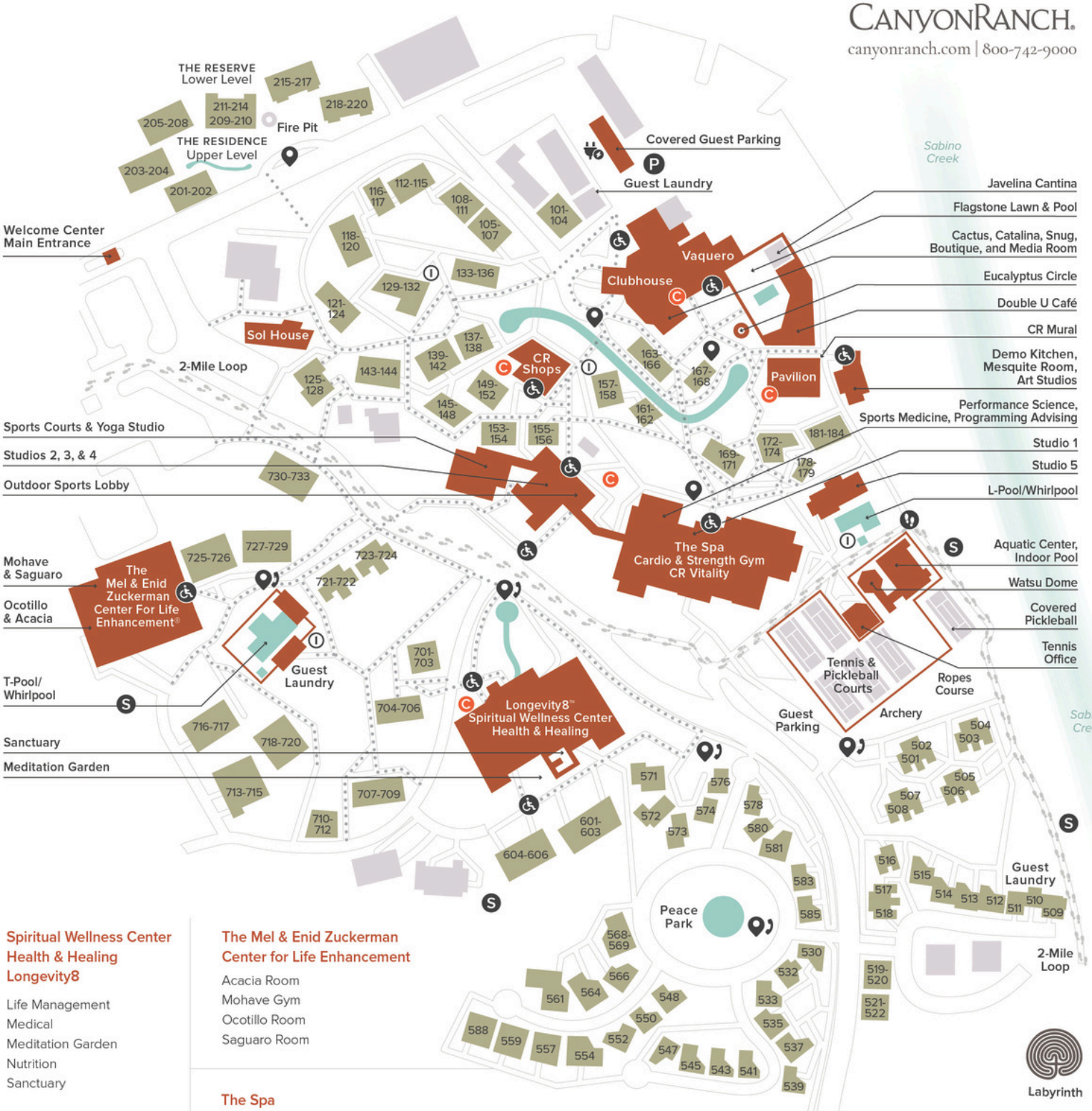


CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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.

CANYONRANCH.
canyonranch.com | 800-742-9000



Spiritual Wellness Center Health & Healing Longevity8

- Life Management
- Medical
- Meditation Garden
- Nutrition
- Sanctuary

Clubhouse

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

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

KEY

- Cell Phone Area
- Courtesy Phone
- Directory
- Disabled Access
- Disabled Parking
- Disabled Route
- Electric Vehicle Charing Station
- Ice Machine
- 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.