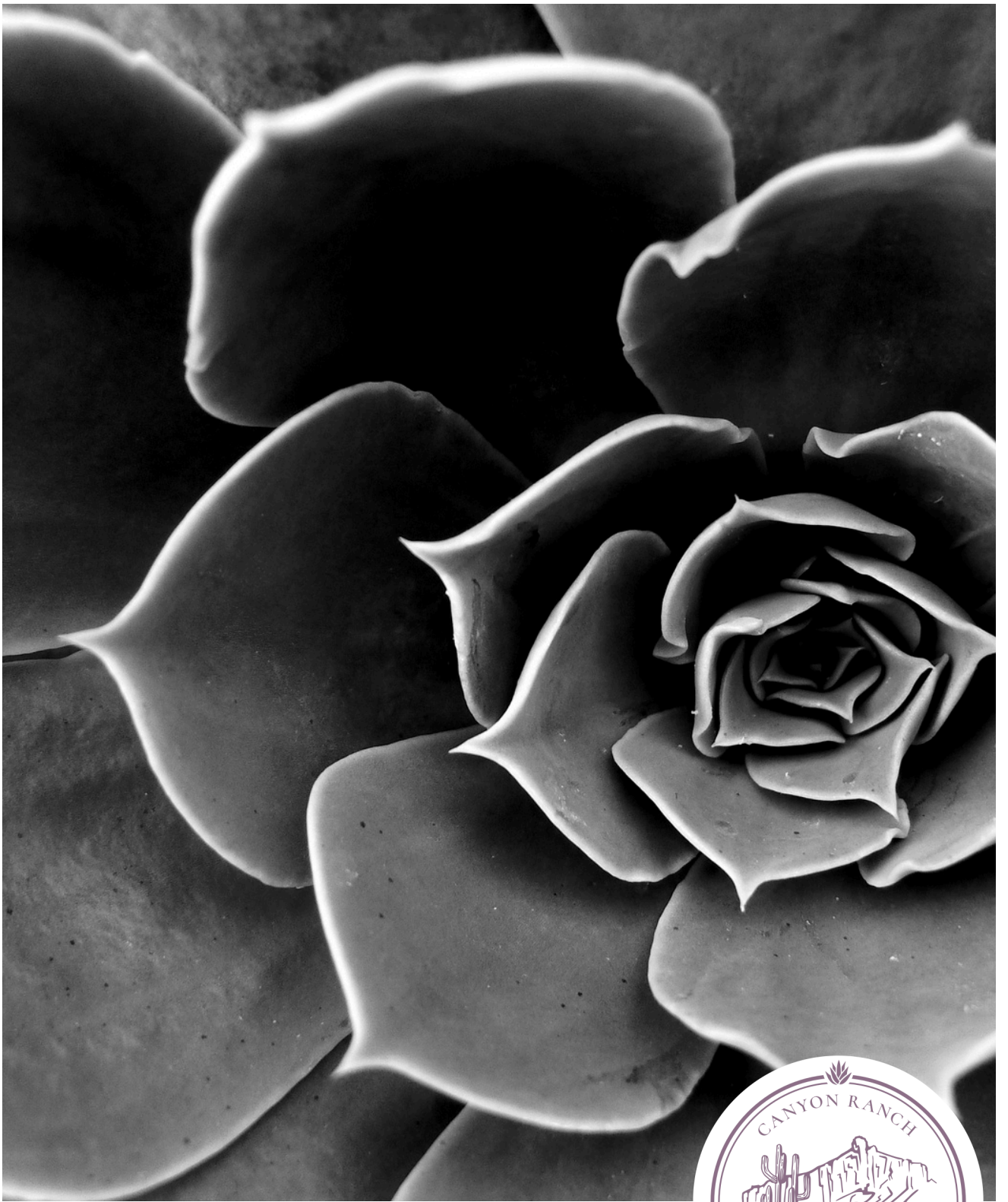
RANCH SCHEDULE

NOVEMBER 16-22, 2026

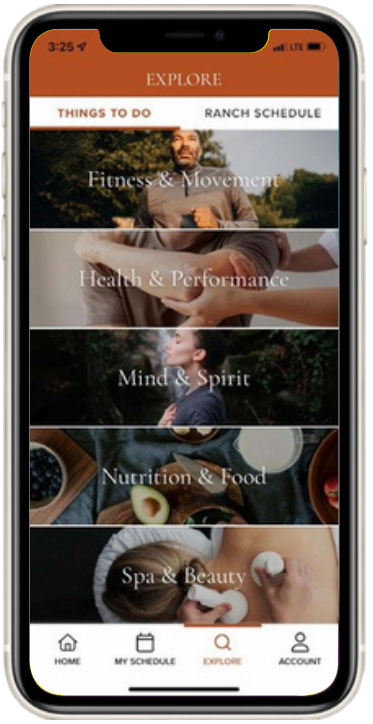


This schedule belongs to:

_____

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



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.

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



THREE DESERT NIGHTS WITH ADAM DOLEAC

NOVEMBER 20-22

Celebrate music and community under the desert sky with Adam Doleac. Enjoy an intimate acoustic performance and seasonal Southwestern cuisine in the heart of the Sonoran Desert.

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



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.

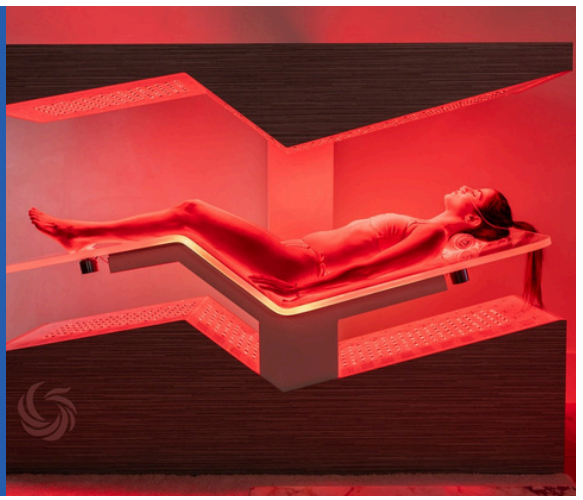
NEW: AMMORTAL CHAMBER

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)

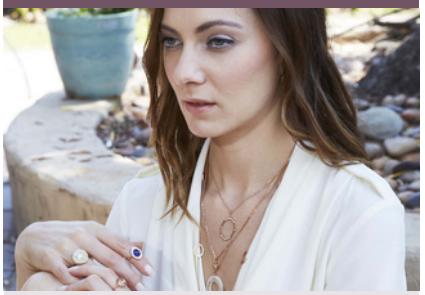
MELUZZA



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.

IRTHLY



FRIDAY, NOV. 20 -
SATURDAY, NOV. 21

Irthly By David Alvarado creates jewelry inspired by the earth, heritage, and the beauty of organic forms. Each piece is thoughtfully designed and crafted with distinctive textures, sculptural silhouettes, and meaningful details. Rooted in artistry and individuality, Irthly jewelry is made to tell a story and become uniquely yours.

CRYSTAL ENERGY



SUNDAY, NOV. 22-
WEDNESDAY, NOV. 25

Join metaphysical, crystal, and gemstone expert Hapi Hara and discover how to harness the healing energies of rocks and crystals.

MONDAY Nov. 16, 2026

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

6:30 AM
BIKE RIDE: LEVEL 3 - SABINO CANYON*
3 hr • Outdoor Sports Lobby • Limit 12

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 - PONTATOC TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12

7:15 AM
HIKE: LEVEL 3 - SYCAMORE DAM*
4 hr 45 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

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

BURNOUT & RESILIENCE
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

9:30 AM
HIKE: LEVEL 2 - PECK BASIN OVERLOOK*
5 hr • Outdoor Sports Lobby • Limit 12

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

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

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

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

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

TOTALLY TUBING
45 min • Studio 2 • Limit 20

YOGA SCULPT
45 min • Yoga Studio • Limit 18

VORTEXES AND SACRED SITES
50 min • Cactus Room

NOON
LUNCH & LEARN: SEARED SALMON
1 hr • Demo Kitchen • Limit 36

DD BREATHING
20 min • Yoga Studio • Limit 30

HIIT IT
30 min • Studio 1 • Limit 12

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

AERIAL SWING YOGA CLINIC*
50 min • Studio 3 • 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.

1:00 PM

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 6 • $80

DD YES, AND: THE SACRED PLAY OF IMPROV
50 min • Sanctuary • CME

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

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

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

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

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

AGING GRACEFULLY WITH AYURVEDA
50 min • Cactus Room

BELLY DANCE
45 min • Studio 1 • Limit 30

MEDITATION
25 min • Sanctuary • Limit 30

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

DD CREATE YOUR OWN BAG CHARM
1 hr 30 min • Art Studio 1 • Limit 15

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

FLOATING SOUND MEDITATION CLINIC*
50 min • Aquatic Center • Limit 20 • $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

7:00 PM

THE ART OF WATERCOLOR: BASIC TECHNIQUE
1 hr 30 min • Art Studio 1 • 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 Nov. 17, 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 - SOLDIER TRAIL*
5 hr • Outdoor Sports Lobby • Limit 12

7:15 AM
HIKE: LEVEL 3 - BLACKETTS RIDGE*
4 hr• Outdoor Sports Lobby • Limit 12

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

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

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

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
45 min • Clubhouse Lobby • Limit 30

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
AVOIDING THE CRASH: HOW TO OPTIMIZE BLOOD SUGAR
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
JEEP ADVENTURE*
4 hr • Outdoor Sports Lobby • Limit 3 • $220

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

TRX FUSION
45 min • Studio 3 • Limit 15

VIPR SLAM
45 min • Studio 1 • Limit 20

THE ART OF BELONGING: A SPIRITUAL CONNECTION
50 min • Sanctuary

NOON
LUNCH & LEARN: BBQ CHICKEN TACOS
1 hr • Demo Kitchen • Limit 36

BREATHING
20 min • Yoga Studio • Limit 30

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

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

1:00 PM

UNDERSTANDING COMPLEX SYNDROMES
50 min • Catalina Room • CME

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 Studio 4 • Limit 8 • $80

PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 6 • $80

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

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

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

2:00 PM

FOUNDATIONS OF STRENGTH
50 min • Catalina Room • CME

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 • Limit 30

WALLYBALL
45 min • Racquet Court 1

YIN YOGA
45 min • Yoga Studio • Limit 20

THE ART OF IMPERMANENCE
1 hr • Art Studio 1 • Limit 8

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

4:00 PM

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

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

6:00 PM

DD BEAD BY BEAD: HOPE + HEALING BRACELETS
50 min • Art Studio 1 • Limit 20

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. 18, 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 - UPPER BEAR CANYON*
7 hr 30 min • Outdoor Sports Lobby • Limit 12

7:15 AM
BIKE RIDE: LEVEL 2 - CAFE RIDE*
4 hr • Outdoor Sports Lobby • Limit 12

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

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

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
45 min • Clubhouse Lobby • Limit 30

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

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

DD WHAT'S RIGHT WITH ME?
WITH GINA BRENNAN
50 min • Catalina Room

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

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

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

11:00 AM
DD COMPASSION CIRCLE FOR
GRIEF & GRATITUDE
50 min • Sanctuary

DD 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

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

NOON
LUNCH & LEARN: CHICKEN TIKKA MASALA
1 hr • Demo Kitchen • Limit 36

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

CORE & MORE
20 min • Studio 2 • Limit 16

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

1:00 PM
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

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

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

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

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

4:00 PM

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
25 min • Studio 2 • Limit 20

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

BINGO
50 min • Pavilion

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

FLOATING SOUND MEDITATION CLINIC*
50 min • Aquatic Center • Limit 20 • $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

9:00 PM

LEONIDS 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 Nov. 19, 2026

DISCOVERY DAYS: **DD** – THE POWER OF BELONGING

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 - MILAGROSA LOOP*
5 hr • Outdoor Sports Lobby • Limit 12

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

7:15 AM
HIKE: LEVEL 3 - TANQUE VERDE DOME*
5 hr • Outdoor Sports Lobby • Limit 12

AZT MOUNTAIN BIKING LEVEL 3*
4 hr • Outdoor Sports Lobby • Limit 6

7:30 AM
HIKE: LEVEL 2 - SUTHERLAND TRAIL*
5 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 • Private Fitness Studio 4 • 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
45 min • Clubhouse Lobby • Limit 30

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

DD GUIDED LABYRINTH WALK
50 min • Sanctuary • Limit 12

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

THE SIXTH SENSE: HARNESSING YOUR INTUITION
50 min • Cactus Room

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

11:00 AM
PICKLEBALL HARMONY*
50 min • Pickleball Court 1 • Limit 8 • $110

DJ DANCE PARTY
45 min • Studio 1 • Limit 30

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

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

NOON
LUNCH & LEARN: HERB GRILLED SALMON
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 5 • $80

1:00 PM
ASK AN ESTHETICIAN
50 min • Spa Lobby

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

GOLF SPEED & POWER WORKSHOP*
50 min • Cardio & Strength Gym • Limit 8 • $80

INTUITIVE ARCHERY*
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.

1:30 PM

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

BIKE RIDE: LEVEL 1 - RILLITO RIVER PATH*
2 hr 30 min • Outdoor Sports Lobby • Limit 12

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

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

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

3:00 PM

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

BUFF BOOTY
45 min • Studio 1 • Limit 20

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

WALLYBALL
45 min • Racquet Court 1

AN ART JOURNAL EXPERIENCE
1 hr 30 min • Art Studio 1 • Limit 15

4:00 PM

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

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

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

7:00 PM

THE MAGIC OF CULTIVATING POSITIVE EMOTIONS
1 hr • Cactus Room

DD DIFFERENT BY DESIGN WITH GINA BRENNAN
50 min • Catalina Room

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. 20, 2026

6:15 AM
SUNRISE YOGA IN THE WILD*
2 hr • Outdoor Sports Lobby • Limit 8 • $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 - DOUGLAS SPRINGS*
6 hr 30 min • Outdoor Sports Lobby • Limit 12

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

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

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

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

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

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 3 - BIGELOW PEAK*
6 hr • Outdoor Sports Lobby • Limit 12

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

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

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

PERSONALIZED NUTRITION
50 min • Catalina Room • CME

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

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

ASK A PSYCHIC
50 min • Cactus Room

DD BRINGING YOUR BEST HOME WITH GINA BRENNAN
50 min • Catalina Room

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

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

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

KUNDALINI YOGA
45 min • Yoga Studio • Limit 20

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

PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 6 • $80

THE HEALING LANGUAGE OF CRYSTAL BOWLS
50 min • Catalina Room

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

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

MUSCLE RELIEF: ROLL WITH IT!
45 min • Studio 2 • Limit 18

WALK YOUR WORKOUT
45 min • Spa Lobby • Limit 15

WATER WORKOUT
45 min • T-Pool • Limit 24

CONTEMPLATION & HEALING
50 min • Catalina Room

3:00 PM

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

KETTLEBELL WORKOUT
45 min • Studio 3 • Limit 12

POSTURE & BALANCE
45 min • Studio 1 • Limit 20

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

YOGA FOR ATHLETES
45 min • Yoga Studio • Limit 30

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

DD MEDITATION
25 min • Sanctuary • Limit 30

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

DD FLOATING SOUND MEDITATION CLINIC*
50 min • Aquatic Center • Limit 20 • $110

6:00 PM

DD HEALING THE HEART THROUGH SONG
1 hr • Eucalyptus Circle

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. 21, 2026

DISCOVERY DAYS: **DD** – THE POWER OF BELONGING
DD – THREE DESERT NIGHTS WITH ADAM DOLEAC

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 - FORT LOWELL TRAIL*
5 hr 30 min • Outdoor Sports Lobby • Limit 12

7:15 AM
HIKE: LEVEL 3 - WEST SPRING*
4 hr 15 min • Outdoor Sports Lobby • Limit 12

7:30 AM
HIKE: LEVEL 2 - ESPERERO TRAIL*
3 hr 45 min • Outdoor Sports Lobby • Limit 12

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

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

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

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

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

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

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

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

CORE CONDITIONING
45 min • Studio 1 • Limit 20

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

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

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

TOTALLY TUBING
45 min • Studio 2 • Limit 20

YOGA SCULPT
45 min • Yoga Studio • Limit 18

DD REFLECTION CAPSULE
1 hr 30 min • Art Studio 1 • Limit 20

NOON
BREATHING
20 min • Yoga Studio • Limit 30

HIIT IT
30 min • Studio 1 • Limit 12

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

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

1:00 PM
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

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

THE BODY-SPIRIT CONNECTION
50 min • Sanctuary

CR STRENGTH
45 min • Golf Performance Center • Limit 10

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

WATER WORKOUT
45 min • T-Pool • Limit 24

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

3:00 PM

GOOD VIBRATIONS
45 min • Studio 2 • Limit 14

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

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

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

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

7:30 PM

DD SONGS UNDER THE STARS WITH ADAM DOLEAC
1 hr • Flagstone Lawn

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. 22, 2026

DISCOVERY DAYS: **DD** – THE POWER OF BELONGING

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

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

7:15 AM
HIKE: LEVEL 3 - BROWN MOUNTAIN*
5 hr • Outdoor Sports Lobby • Limit 12

7:30 AM
HIKE: LEVEL 2 - SWEETWATER TRAIL*
4 hr 45 min • Outdoor Sports Lobby • Limit 12

BIKE RIDE: LEVEL 3 - AGUA CALIENTE*
3 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 • Private Fitness Studio 4
• Limit 6 • $80

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

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

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

THE SCIENCE OF WEIGHT LOSS
50 min • Catalina Room • CME

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

H2O POWER
45 min • T-Pool • Limit 24

STRETCH
45 min • Yoga Studio • Limit 30

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

VINYASA FLOW
45 min • Yoga Studio • Limit 30

ZUMBA®
45 min • Studio 1 • Limit 30

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

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

1:00 PM
DD QI GONG
45 min • Yoga Studio • Limit 30

PILATES REFORMER CLINIC: BEGINNING*
50 min • Pilates Studio • Limit 6 • $80

NAVIGATE YOUR LIFE PATH USING
ASTROLOGY & CRYSTALS
50 min • Cactus Room

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

Because we continually refine our experiences, offerings may vary. The most up-to-date information is always available on our website, on-property digital boards, and in the Canyon Ranch app.

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

2:30 PM

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

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

4:00 PM

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

DD JOURNALING FOR MENTAL HEALTH
50 min • Catalina Room • Limit 37

DRUMMING CIRCLE
45 min • Studio 1 • Limit 20

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20

STRETCH & RELAXATION
25 min • Studio 2 • Limit 20

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

5:00 PM

LINE DANCING
1 hr • Studio 1 • Limit 30

5:30 PM

COMMUNITY TABLE
1 hr • Vaquero • Limit 6

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

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

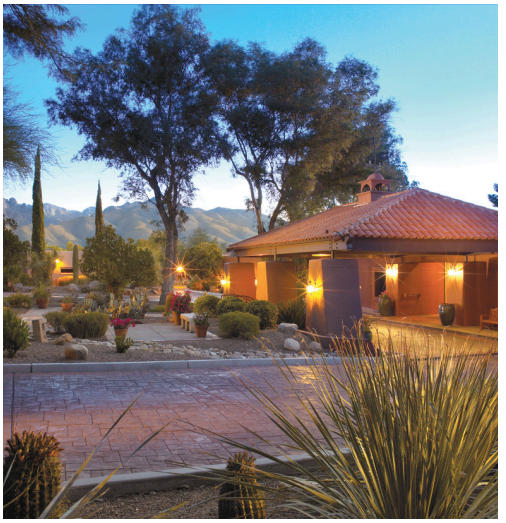
Memberships
TucsonMemberships@canyonranch.com
520-239-3293 or visit our Membership Sales Team in Tucson.

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.

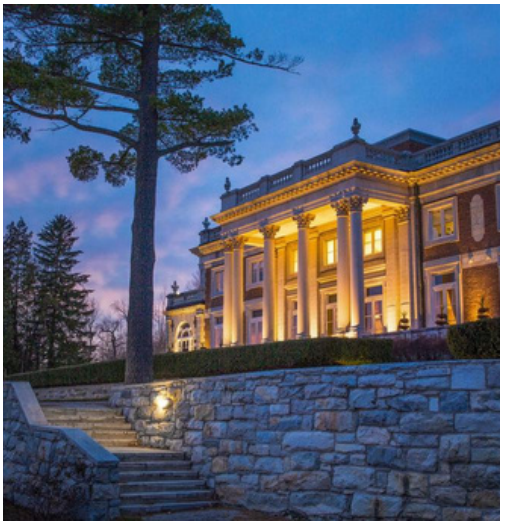
LIFE CHANGES AT CANYON RANCH

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.

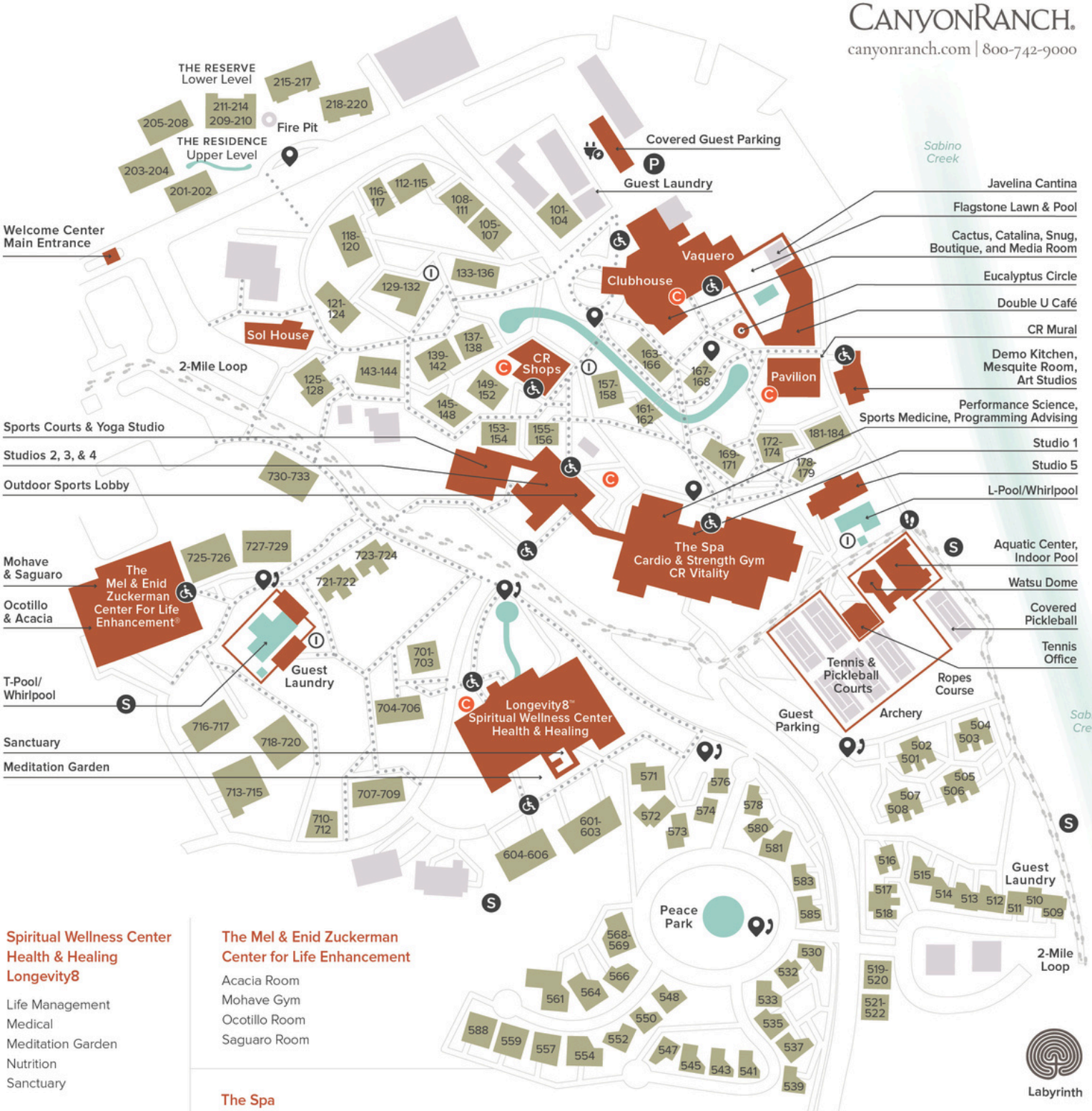


CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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.