

RANCH SCHEDULE

APRIL 30 - MAY 6, 2025



This schedule belongs to:

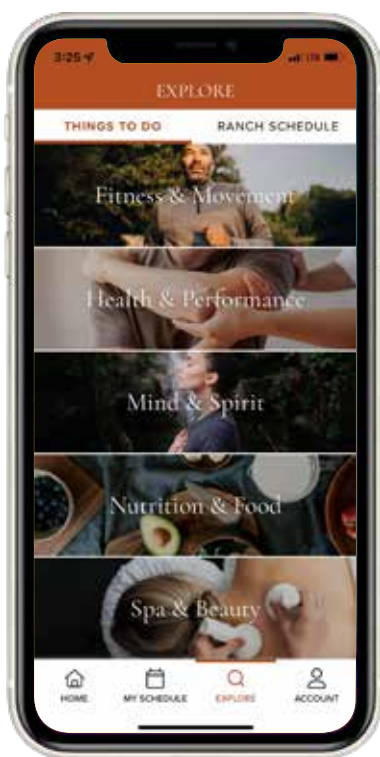
---





# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



Scan the QR Code to download the Official Canyon Ranch App, then register.

#### WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### Vaquero

Breakfast: 7:00 am – 9:30 am

Lunch: 11:30 am – 2:00 pm

Dinner: 5:00 pm – 8:00 pm

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 at Vaquero or have your meals delivered to your room for an additional fee. For in Room Dining, please call Ext. 44313, in which you can order from our Vaquero menu—available at the host stand and on the Canyon Ranch App.

### Double U Café & Flagstone Pool

Double U Café: 5:30 am – 5:00 pm

Hot Breakfast: Served 6:00 am – 9:30 am

Lunch: 11:00 am – 2:00 pm

Cold Items, Snacks, & Drinks: 5:30 am – 5:00 pm

### Javelina Cantina

Daily: 5:00 pm – 8:00 pm

### In-Room Wine Delivery

Ext. 44312: Nightly 4:00 pm – 9:00 pm

### Spa and Strength & Cardio Gym

6:00 am – 9:00 pm

### Canyon Ranch® Foot Health Center

Located in the Spa

Daily: 12:00 pm – 5:00 pm

### Program Advising

Located in the Spa

8:00 am – 7:00 pm

Ext. 44338: 8:00 am – 5:00 pm

### CR® Aesthetics

Located in the Spa

Monday – Saturday: 10:00 am – 5:00 pm

### Canyon Ranch® Boutique

Located in the Clubhouse

Daily: 9:00 am – 7:00 pm

### CR® Shops

Daily: 8:00 am – 6:00 pm

### 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®.



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.

# HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



## DIET SCORE

**Two-part service | 100 min.**

Put your current diet to the test with the Canyon Ranch Diet Score. Your diet is first analyzed with our specialized software to provide insights into your nutrient intake and diet as a whole. Then, you receive a personalized score, gauging both your health span and life span potential, before collaborating with our expert team of nutritionists to develop strategies for improvement based on the results.

**Part I** (50 minutes) – A Nutrition Expert analyzes your diet.

**Part II** (50 minutes) – Meet with a Nutrition Expert who interprets the data and helps you set personalized goals.

## VEDIC PALMISTRY

**Metaphysical Service | 50 min.**

Integrative Wisdom Practice of Vedic Palmistry offers self-discovery to tell your story using the lines shapes and formations found in your hands.

## SPIRITUALTY & LONGEVITY

**Spirituality Service | 50 min.**

How you handle life's challenges can impact your lifespan, health, and well-being. Discover evidence-based spiritual practices linked to longevity and learn how to integrate them into your life. This service helps you feel more present, build lasting relationships, age gracefully with loved ones, and enhance your overall well-being.

## THERAPEUTIC CBD PAIN RELIEF MASSAGE

**Massage Service | 50 min. | 100 min.**

Traditional massage with a powerful blend of broad-spectrum CBD and therapeutic plant extracts. This healing spa treatment will relax the nervous system and help provide relief from aches, pains, sore muscles, arthritis, and inflammation.

## PHONE-TOGRAPHY

**Wednesday & Sunday 5 pm | 2 hr.**

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing.

## AKAR NOURISHING FACIAL

**Skincare Service | 50 min.**

Indulge in our transformative facial for hydrated, soothed, and nourished skin. Let the calming power of Superfoods and Superflowers like Arctic Cranberry and Edelweiss Flower work their magic. This rejuvenating treatment blends nature's bounty with advanced skincare science, leaving you relaxed and revitalized.

## AYURVEDIC CONSULTATION

**Two-part service | 100 min.**

This two-part consultation begins with a thorough Dosha assessment to determine your Prakriti (constitution) and Vikriti (imbalances).

**Part I** (50 minutes) – An Ayurvedic practitioner will use four diagnostic methods—pulse reading (Nadi Vigyan), intake questions (Prashanna), tongue evaluation, and physical examination (Darshan)—to assess your state of balance.

**Part II** (50 minutes) – Receive a detailed report of findings and personalized recommendations for diet, herbs, yoga, and lifestyle changes tailored to your symptoms and root causes.

A follow-up email will include a full report with actionable steps to maintain balance.



# FEATURED EVENTS

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



## GOTTA DANCE AT THE RANCH™

**APRIL 27 - MAY 2**

Unleash the dancer in you. Experience doesn't matter—this is all about expression, movement, and the magic of music. Gotta Dance is always one of the most popular events at Canyon Ranch Tucson. Guests return year after year to our Arizona wellness center for the pure joy of this uplifting retreat set in Arizona's Sonoran Desert, surrounded by the serenity of the Santa Catalina Mountains.

Guest choreographers offer inspired classes for all levels. Jump into hip hop, ballet, jazz, and much more. If you have dance shoes – ballet, tap, or jazz, please bring those with you.

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



## SUSTAINABLE WEIGHT LOSS WEEKEND

**MAY 2 - MAY 4**

Get the tools you need for lasting weight loss. Join us for a 3-day event full of science-backed research and expert guidance for achieving your healthiest weight without relying on drugs or fad diets.

In the age of semaglutides, we offer a path to sustainable weight loss results. Our team of world-class experts from a broad range of disciplines — like medicine, nutrition, fitness performance science, mental health, spiritual wellness, and more — will guide you through insights and practical skills for living life at your healthiest weight.

THIS EVENT IS ANNOTATED WITH '**SP**'.



## \*UPCOMING\* MOTHERS DAY WEEKEND

**MAY 10 - MAY 12**

Celebrate Mother's Day Weekend at our Tucson resort with a perfect blend of relaxation, adventure, and heartfelt connection. From luxurious spa treatments and indulgent brunches to invigorating hikes and creative arts sessions, this weekend is designed for shared moments and cherished memories.

Deepen your bond through soulful workshops and mindfulness practices, creating lasting connections and rejuvenation. Join us for an unforgettable weekend honoring the special woman in your life – whether you call her Mom, Ma, Mum, Mother, or Mama.

# GOTTA DANCE AT THE RANCH™

UNLEASH THE DANCER IN YOU.

APRIL 27 – MAY 2



TERA-LEE POLLIN



KYLE PLEASANT



TAMARA DYKE-COMPTON

\*FEATURING SOCIAL MEDIA SENSATIONS RICK COFFEY AND AMANDA LACOUNT

	SUNDAY 4.27	MONDAY 4.28	TUESDAY 4.29	WEDNESDAY 4.30	THURSDAY 5.1	FRIDAY 5.2
8 AM	11:30 AM - 12:30 AM	CHOREOGRAPHY: '80S JAZZ	CHOREOGRAPHY: '80S JAZZ	CHOREOGRAPHY: '80S JAZZ	CHOREOGRAPHY: '80S JAZZ	
9 AM		BALLET	BROADWAY JAZZ	BALLET	RHYTHM TAP	LYRICAL
10 AM	HIP-HOP VIBES	HIP-HOP	DISCO	SINGLE PEOPLE	WITCHY BROADWAY JAZZ	
11 AM	ZUMBA	FOSSE STYLE	DJ DANCE PARTY	MUSICAL THEATRE DANCE	DJ DANCE PARTY	
12 PM						
1 PM		CHOREOGRAPHY: '60S BROADWAY MUSICAL	CHOREOGRAPHY: '60S BROADWAY MUSICAL	CHOREOGRAPHY: '60S BROADWAY MUSICAL	CHOREOGRAPHY: '60S BROADWAY MUSICAL	
2 PM	DJ COUNTRY LINE DANCE	MOTOWN	LATIN BALLROOM	ZUMBA	GUIDED MEDITATION AND CREATIVE MOVEMENT	
3 PM		BROADWAY TAP	MODERN DANCE	JAZZ BASICS	SWING	
4 PM	HULA	CHOREOGRAPHY: SING, SING, SWING	CHOREOGRAPHY: SING, SING, SWING	CHOREOGRAPHY: SING, SING, SWING	CHOREOGRAPHY: SING, SING, SWING	
5 PM		DANCE FITNESS WITH RICK COFFEY	DANCE FITNESS WITH RICK COFFEY	JAZZ FUNK WITH AMANDA LACOUNT	HIP-HOP STYLE WITH AMANDA LACOUNT	
6 PM	CHOREOGRAPHER MEET & GREET DINNER					

ALL DANCE CLASSES ARE LOCATED IN STUDIO 1.  
SIGN UP TO DINE WITH OUR GUEST CHOREOGRAPHERS AT VAQUERO.

Tag us on social media: #gottadanceattheranch #canyonranchtucson

# RETAIL THERAPY

Take a piece of the Canyon Ranch experience home with you. Explore wellness essentials at our onsite 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
- Gifts for Women & Children



## CR® SHOPS

- CanyonRanch® Souvenirs
- Outdoor Apparel
- Robes
- Gifts for Men
- Books



## SKIN CARE

Luxury skincare products from top selected brands such as:

- Augustinus Bader
- Biologique Recherche
- Environ®
- VENN®



## SALON

- Kerastase® Hair Care products
- Dazzle Dry Nails
- And more



## CANYON RANCH® GIFT CARDS

Ask our Guest Services representative at the Front Desk or visit our website to purchase for your loved ones.



## IN<sub>2</sub> DESIGN TRUNK SHOW

TUESDAY, APRIL 29 | 9 AM–6 PM

**JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)**

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



## MERCURIUS JEWELRY TRUNK SHOW

FRIDAY, MAY 2 | 9 AM–6 PM  
SATURDAY, MAY 3 | 9 AM–6 PM

**JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)**

Founded in 2007 by husband-and-wife duo Alisa and David Thorp, this brand takes its name and inspiration from the alchemical tradition, transforming nature's elements into wearable magic.



## SONJA PICARD TRUNK SHOW

TUESDAY, MAY 6 | 9 AM–6 PM

**JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)**

"It is in our nature to be drawn to beauty. Adorning ourselves with exquisite jewels elevates our soul and enhances our well-being. Jewelry is more than decoration; it reflects our personal evolution and cosmology." - Sonja Picard

# WEDNESDAY

## April 30, 2025

Find more information on our classes and activities on pages 22-27.

(FE) EVENT: GOTTA DANCE AT THE RANCH™

### 5:30 AM

**SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr.

### 5:45 AM

**BIKE RIDE: LEVEL 2**

**CAFE RIDE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Desert Ride. 15 mi.

### 6:00 AM

**HIKE: LEVEL 2**

**WILD HORSE CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Saguaro National Park. 4.25 mi. 480 ft. elev.

**BIRD WALK** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr.

**DESERT TRAIL**

**RUNNING—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

### 6:30 AM

**MORNING WALK**

30 min. / 45 min. Spa Lobby

### 8:00 AM

**KUNDALINI YOGA** Limit: 20 Yoga Studio  
45 min.

**CHOREOGRAPHY: '80S JAZZ** Limit: 40 FE Studio 1  
45 min.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

### 8:15 AM

**CORE & MORE** Limit: 16 Studio 2  
20 min.

### 8:30 AM

**HIGH ROPES CHALLENGE**

**COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220

### 8:45 AM

**HIKE: LEVEL 3**

**GREEN MT. TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Mountain Hike. 4 mi. 1700 ft. elev.

### 9:00 AM

**BALLET** Limit: 40 FE Studio 1  
45 min.

**BUTI MOVEMENT®** Limit: 30 Yoga Studio  
45 min.

### 9:00 AM

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**LANDSCAPE TOUR**

Clubhouse  
60 min. Learn about desert landscaping practices, plants, design and more on a tour with a Canyon Ranch landscape expert.

**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

### 10:00 AM

**SINGLE PEOPLE** Limit: 30 FE Studio 1  
45 min.

**H2O POWER** Limit: 24 T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

**OPTIMIZE BRAIN HEALTH WITH**

**NUTRITION** CME Catalina Room  
50 min. Brain health and longevity are affected by numerous factors, many of which can be influenced by dietary choices. Learn how to choose foods and eating patterns that work to support optimizing brain health for today and tomorrow.

**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

### 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**MUSICAL THEATRE DANCE** Limit: 40 FE Studio 1  
45 min.

**LONG & LEAN BARRE WORKOUT** Limit: 20 Studio 2  
45 min.

**TRX STRONG** Limit: 9 Studio 3  
45 min.

**COMPASSION CIRCLE FOR GRIEF & GRATITUDE**

Sanctuary  
50 min. Enter a compassionate space that welcomes both your grief and your gratitude. Give yourself permission to grieve and start moving forward with renewed purpose and greater wholeness.

### NOON

**FITNESS FOR YOUR FEET** Limit: 20 Studio 1  
20 min.

**LUNCH & LEARN: TUSCAN CHICKEN**

Demo Kitchen  
60 min. Enjoy Tuscan chicken with Greek farro salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.



All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

**1:00 PM**

**CHOREOGRAPHY: '60S BROADWAY**

**MUSICAL** Limit: 30 FE Studio 1  
45 min.

**GLUTE TRANSFORMATION**

**CLINIC** Limit: 5 ▲ Cardio & Strength Gym  
50 min. \$80

**PILATES FOR BALANCE** Limit: 18 Studio 2  
45 min.

**MAKEUP REFRESH—NEW** Limit: 20 Spa Lobby  
50 min. Join a Canyon Ranch skincare expert to update your makeup and skincare routine with fresh techniques, trends, and products. Get practical tips on refreshing your essentials. Discover the perfect shade of foundation for your unique skin coloring.

**MEDITATION HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

**2:00 PM**

**ZUMBA®** Limit: 30 FE Studio 1  
45 min.

**GOOD VIBRATIONS** Limit: 14 Studio 2  
45 min.

**PILATES REFORMER INT/ADV**

**CLINIC** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

**MINDFULNESS: STRESS ANTIDOTE TO ENHANCE**

**LIFESPAN** CME Catalina Room  
50 min. Discuss how stress, longevity, and mindfulness impact telomeres. Delve into mindfulness practices, address common barriers, and gain tools for successful adoption.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**3:00 PM**

**JAZZ BASICS** Limit: 30 FE Studio 1  
45 min.

**SACRAL CHAKRA HIP OPENING** Limit: 20 Yoga Studio  
45 min.

**STRIDE & STRENGTH** Limit: 14 Cardio & Strength Gym  
45 min.

**4:00 PM**

**CHOREOGRAPHY: SING, SING,**

**SWING** Limit: 40 FE Studio 1  
45 min.

**MEDITATION** Limit: 30 Sanctuary  
25 min.

**4:00 PM**

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**5:00 PM**

**JAZZ FUNK** Limit: 30 FE Studio 1  
45 min.

**PHONE-TOGRAPHY—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
2 hr. \$110

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

**5:30 PM**

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

**LONGEVITY THROUGH THE MEDICAL**

**LENS—NEW** CME Catalina Room  
50 min. Join Dr. Brewer to explore the scientific and lifestyle factors behind longevity as we delve into the secrets of living a longer, healthier life.

**6:00 PM**

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**6:15 PM**

**12-STEP EATING DISORDERS ANONYMOUS MEETING**

Mesquite Room  
60 min. Hosted by the local community, this meeting based on 12-step principles, welcomes all people who seek a balanced relationship with food. Join us in-person in the Mesquite Room, or via Zoom Meeting ID: 813 1518 6491, Password: Serenity20.

**7:00 PM**

**ISLANDS IN THE SKY & THE SOUTHWEST MONSOON**

Cactus Room  
50 min. What makes the Southwest so special? Mitch Stevens and Russell Lowes give a visual presentation of the Sonoran Desert, from sky-island mountain ranges to the Grand Canyon and beyond.

**7:30 PM**

**NIGHT VISION GOGGLE**

**EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

# THURSDAY

May 1, 2025

Find more information on our classes and activities on pages 22-27.

(FE) EVENT: GOTTA DANCE AT THE RANCH™

## 5:30 AM

### HIKE: LEVEL 4

**BLACKETT'S RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Sabino Canyon. 6.2 mi. 1926 ft. elev.

## 5:45 AM

### HIKE: LEVEL 3

**MCDUGAL RIDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min. Desert Hike. 4.6 mi. 1170 ft. elev.

## 6:00 AM

### HIKE: LEVEL 2

**PHONELINE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Sabino Canyon. 5.2 mi. 850 ft. elev.

**ARCHEOLOGY HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
5 hr. \$110

### BIKE RIDE: LEVEL 3

**HONEY BEE OFF-ROAD** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Mountain Biking. 14 mi.

## 6:30 AM

### MORNING WALK

30 min. / 45 min. Spa Lobby

## 7:00 AM

### SUNRISE YOGA

Limit: 30 Yoga Studio  
60 min.

### COWBOY COFFEE

Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

## 8:00 AM

### CHOREOGRAPHY: '80S JAZZ

Limit: 40 FE Studio 1  
45 min.

## 8:15 AM

### CENTERING MEDITATION

Limit: 30 Sanctuary  
25 min.

### DYNAMIC STRETCH

Limit: 20 Yoga Studio  
20 min.

## 9:00 AM

### RHYTHM TAP

Limit: 40 FE Studio 1  
45 min.

### CYCLING

Limit: 12 Golf Performance Center  
45 min.

### DESERT DRUMMING

Limit: 22 Studio 2  
45 min.

### PROPERTY TOUR

Limit: 20 Clubhouse Lobby  
45 min.

## 9:00 AM

### WALKING MEDITATION

CME Sanctuary  
50 min. Yes, you CAN move when you meditate! Walking meditation is the art of arriving with each step. Contemporary research reveals the health and wellness benefits of walking meditation for the mind, body, and spirit.

### TENNIS CLINIC

Limit: 8 ▲ Tennis Court 1  
50 min. \$80

## 10:00 AM

### WITCHY BROADWAY JAZZ

Limit: 40 FE Studio 1  
45 min.

### CARDIO CIRCUIT

Limit: 20 Cardio & Strength Gym  
45 min.

### STRETCH

Limit: 30 Yoga Studio  
45 min.

## 11:00 AM

### PROPERTY TOUR

Limit: 20 Clubhouse Lobby  
45 min.

### DJ DANCE PARTY

Limit: 30 FE Studio 1  
45 min.

### PBF: POWER BLAST FITNESS

Limit: 20 Studio 3  
45 min.

### YOGA FOR DETOX

Limit: 20 Yoga Studio  
45 min.

## WEIGHT LOSS: NUTRITION FOR BREAKING

### BARRIERS—NEW

CME Catalina Room  
50 min. Straighten out the facts on nutrition for weight loss with a seasoned nutritionist and learn to avoid common mistakes that derail progress. Gain practical, science-backed strategies designed for sustainable success.

## NOON

### AERIAL SWING YOGA CLINIC

Limit: 5 ▲ Studio 3  
50 min. \$80

### CORE & MORE

Limit: 16 Studio 2  
20 min.

### FITNESS FOR YOUR FEET

Limit: 20 Studio 1  
20 min.

### CAPTAIN'S TABLE: MEMBERSHIPS

Limit: 6 Vaquero  
60 min. Join a Canyon Ranch expert for a casual lunch discussion about the benefits and special offers available to Canyon Ranch Members, and how you can become one yourself!

## LUNCH & LEARN: KOREAN BBQ FLANK

### STEAK

Demo Kitchen  
60 min. Enjoy Korean BBQ flank steak with kimchi fried rice, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

### 1:00 PM

#### CHOREOGRAPHY: '60S BROADWAY

**MUSICAL** Limit: 30 FE Studio 1  
45 min.

**GYROKINESIS** Limit: 15 Yoga Studio  
45 min.

**SECRETS TO SLEEPING SOUNDLY** CME Catalina Room  
50 min. Good sleep is not a luxury – it is a necessity. Learn about the importance of getting good sleep and how to achieve it.

**HIKE & PAINT** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

### 2:00 PM

#### GUIDED MEDITATION & CREATIVE

**MOVEMENT** Limit: 40 FE Studio 1  
45 min.

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

### 3:00 PM

**AN ART JOURNAL EXPERIENCE** Limit: 15 ▲ Art Studio 1  
1 hr. 30 min. Join us for a multigenre art adventure, where you'll craft an origami mini book and fill it with sensory delights like poetry, feathers, drawings, and more. Feel free to bring your own personal journal and make the most of this creative opportunity.

**SWING** Limit: 40 FE Studio 1  
45 min.

**TRX STRONG** Limit: 9 Studio 3  
45 min.

**WALLYBALL** Racquet Court 1  
45 min.

**ENDURANCE, ZONE 2 AND YOU** CME Catalina Room  
50 min. Join us for an in-depth analysis of Zone 2 endurance training. Uncover how this method revolutionizes fitness, enhancing cardiovascular capacity and overall athletic achievements. Your journey to optimal endurance starts here.

### 4:00 PM

#### CHOREOGRAPHY: SING, SING,

**SWING** Limit: 40 FE Studio 1  
45 min.

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

### 5:00 PM

**HIP-HOP STYLE** Limit: 40 FE Studio 1  
45 min.

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

**YOUR PAST AND YOUR PURPOSE WITH LAUREL DONNELLAN** Cactus Room  
50 min. Discover how your past shapes your future in this reflective session. Gain tools to navigate change, build confidence to dream bigger, and create a stronger connection to the path ahead with clarity and purpose.

### 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

### 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

### 6:15 PM

**PICKLE & PLAY** Limit: 24 Pickleball Court 1  
50 min.

### 7:00 PM

**THE MAGIC OF CULTIVATING POSITIVE EMOTIONS** Catalina Room  
50 min.

### 8:00 PM

**NIGHT SKY WALK—NEW** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr. \$80

# FRIDAY

## May 2, 2025

Find more information on our classes and activities on pages 22-27.

(FE) EVENT: GOTTA DANCE AT THE RANCH™

### 5:30 AM

#### HIKE: LEVEL 4

**MINT SPRING TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
7 hr. Mountain Hike. 6.2 mi. 1845 ft. elev.

**SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr.

### 5:45 AM

#### HIKE: LEVEL 3 - DOUGLAS/

**ROCK SPRINGS** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min. Saguaro National Park. 5 mi. 1050 ft. elev.

### 6:00 AM

#### BIKE RIDE: LEVEL 3

**CANADA DEL ORO** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Desert Ride. 16 mi.

### 6:30 AM

#### ROCK CLIMBING

**NATURALLY** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$400

#### MORNING WALK

30 min. / 45 min. Spa Lobby

### 7:00 AM

#### COWBOY COFFEE

Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

### 7:30 AM

**BOGA FITMAT® FITNESS CLINIC** Limit: 8 ▲ T-Pool  
50 min. \$80

### 8:00 AM

**CARDIO TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

### 8:15 AM

**CORE & MORE** Limit: 16 Studio 2  
20 min.

#### HIKE: LEVEL 2

**PALISADES TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Mountain Hike. 3.5 mi. 600 ft elev.

### 9:00 AM

**LYRICAL** Limit: 40 FE Studio 1  
45 min.

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

### 9:00 AM

**YOGA SCULPT** Limit: 18 Yoga Studio  
45 min.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**NEW MEDICAL ADVANCEMENTS** CME Cactus Room  
50 min. Join Canyon Ranch Medical Director Stephen Brewer as he introduces you to the newest evidence-supported medical advancements that are emerging for the new year.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

### 10:00 AM

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**H2O POWER** Limit: 24 T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

#### CONQUER YOUR FOOD

**CRAVINGS** CME Catalina Room  
50 min. Dive into the science of cravings and why certain foods seem so hard to resist. Learn everyday strategies to combat cravings, and in turn have better energy throughout the day, feel more in control of your nutrition, and eat with greater intention.

#### PICKLEBALL SKILL DEVELOPMENT

**CLINIC** Limit: 8 ▲ Pickleball Court 1  
1 hr. 50 min. \$200

### 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

**LONG & LEAN BARRE WORKOUT** Limit: 20 Studio 2  
45 min.

**WALK YOUR WORKOUT** Limit: 15 Spa Lobby  
45 min.

#### ANGELS AMONG US

Cactus Room  
50 min. Do guardian angels exist, and what role do they play in our lives? A Canyon Ranch clairvoyant discusses angel energy in the modern age.



All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## NOON

**AI CHI** Limit: 12 Aquatic Center  
45 min.

**BREATHING** Limit: 30 Yoga Studio  
20 min.

**LUNCH & LEARN: TUSCAN CHICKEN** Demo Kitchen  
60 min. Enjoy Tuscan chicken with Greek farro salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

## 12:30 PM

**KARTCHNER CAVERNS LIVING CAVE TOUR—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$220

## 1:00 PM

**GLUTE TRANSFORMATION CLINIC** Limit: 5 ▲ Cardio & Strength Gym  
50 min. \$80

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

**KUNDALINI YOGA** Limit: 20 Yoga Studio  
45 min.

**GRIND, GRIT & GRACE** CME Catalina Room  
50 min. The 'hustle and bustle', 'hurry and worry' mindset is mainstream madness. Contemplate the concepts of grind, grit, and grace, and learn practices to help design your well way of life.

## 2:00 PM

**TAROT: THE 78 KEYS OF WISDOM—NEW** Cactus Room  
50 min. Join us for a fun, informative session on choosing the perfect tarot deck and unlocking the power of the cards. Explore the Major and Minor Arcana, learn simple spreads, and tap into your inner wisdom for clarity and insight.

**KETTLEBELL WORKOUT** Limit: 12 Studio 3  
45 min.

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

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 3:00 PM

**WATSU AQUATIC MASSAGE DEMO** Limit: 20 Watsu Pools  
45 min.

**BUFF BOOTY** Limit: 20 Studio 1  
45 min.

**WALLYBALL** Racquet Court 1  
45 min.

**YOGA FOUNDATIONS** Limit: 30 Yoga Studio  
45 min.

## 4:00 PM

**RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC—NEW** Limit: 6 ▲ Studio 3  
50 min. \$80

**MEDITATION** Limit: 30 Sanctuary  
25 min.

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

**PRESENCE AND PURPOSE WITH LAUREL DONNELLAN** Catalina Room  
50 min. Explore how purpose connects to your well-being. Gain clarity on your interests, talents, and style, and understand how relationships, time, and money shape your next chapter in this insightful session with Laurel Donnellan.

## 5:00 PM

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**CHEF'S WINE DINNER** Limit: 20 ▲ Demo Kitchen  
2 hr. \$175 Enjoy this elevated, exclusive dining experience presented by our talented culinary team featuring a five-course menu, mocktails, and wine pairings.

## 7:30 PM

**NIGHT VISION GOGGLE EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

## 8:00 PM

**MUSIC BINGO!** Pavilion  
50 min. A new twist on an old favorite! Listen to clips of popular music and match them to your bingo card to win big.

# SATURDAY

## May 3, 2025

Find more information on our classes and activities on pages 22-27.

### 5:30 AM

#### HIKE: LEVEL 4

**FORT LOWELL TRAIL SV** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Desert Hike. 6 mi. 1772 ft. elev.

### 5:45 AM

#### HIKE: LEVEL 3

**BALANCED ROCK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Mountain Hike. 4.5 mi. 1145 ft. elev.

### 6:00 AM

**BIRD WALK** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr.

#### BIKE RIDE: LEVEL 3

**AGUA CALIENTE** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. Desert Ride. 14 mi. 400 ft. climb.

#### HIGH ROPES CHALLENGE

**COURSE** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$220

### 6:30 AM

**MORNING WALK** SP Spa Lobby  
30 min. / 45 min.

### 7:00 AM

#### COWBOY COFFEE

Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

### 8:00 AM

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

### 8:15 AM

**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

### 9:00 AM

**ABOVE & BELOW THE BELT** Limit: 20 Studio 3  
45 min.

**STRIDE & STRENGTH** Limit: 14 Cardio & Strength Gym  
45 min.

**YOGA SCULPT** Limit: 18 Yoga Studio  
45 min.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

### 10:00 AM

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**CORE CONDITIONING** Limit: 15 Studio 1  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

#### PERSONALIZED

**NUTRITION—NEW** CME SP Catalina Room  
50 min. Join a nutritionist and begin to understand how your personal lifestyle dictates what foods and supplements will help you obtain optimal health.

#### HIKE: LEVEL 2

**PECK BASIN OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Mountain Hike. 3.5 mi. 700 ft. elev.

### 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**INTERMEDIATE YOGA** Limit: 20 Yoga Studio  
45 min.

**PEDAL, LIFT, FLOW** Limit: 12 Golf Performance Center  
60 min.

**WALK YOUR WORKOUT** Limit: 15 Spa Lobby  
45 min.

#### NEW APPROACHES TO WEIGHT

**LOSS** CME SP Catalina Room  
50 min. By normalizing your metabolic response to food, you can improve your weight and decrease your risk for disease. Discover current scientific research to guide you to a healthy weight.

### NOON

**CORE & MORE** Limit: 16 Studio 2  
20 min.

**FITNESS FOR YOUR FEET** Limit: 20 Studio 1  
20 min.

### 1:00 PM

**PILATES MAT** Limit: 30 Yoga Studio  
45 min.

**MEMBERSHIPS: CASUAL Q&A** Limit: 20 The Snug  
30 min. Meet Fawn Cisco, Membership Coordinator & Sales, for a casual chat about all the benefits of becoming a Canyon Ranch Member. Bring your questions!

(SP) SPECIAL PROGRAMMING: SUSTAINABLE WEIGHT LOSS WEEKEND

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

2:00 PM

- BOXER'S WORKOUT      Limit: 8      Studio 3  
45 min.
- FLUID FLEXIBILITY      Limit: 20      Aquatic Center  
45 min.
- HEART CHAKRA YOGA      Limit: 20      Yoga Studio  
45 min.
- CR VITALITY TOUR      Limit: 20      Center for Life Enhancement  
30 min.

3:00 PM

- PILATES-AERIAL CLINIC      Limit: 5      ▲      Studio 3  
50 min. \$80
- BUFF BOOTY      Limit: 20      Studio 1  
45 min.
- CHAIR YOGA      Limit: 20      Yoga Studio  
45 min.
- WALLYBALL      Racquet Court 1  
45 min.
- OVERCOMING FITNESS  
SETBACKS      CME      SP      Catalina Room  
50 min.    Join a Sports Medicine Specialist to discover how to overcome obstacles, seek the care you need, and get back on track.
- THE ART OF ORIGAMI      Limit: 10      ▲      Art Studio 1  
1 hr. 30 min.    Learn the peaceful Japanese art of paper folding, known as Origami. This step-by-step practice requires precision, patience, and perseverance with the understanding that perfect lines may not exist.

4:00 PM

- PICKLEBALL CLINIC      Limit: 4      ▲      Pickleball Court 1  
50 min. \$80
- MEDITATION      Limit: 30      Sanctuary  
25 min.
- RESTORATIVE YOGA      Limit: 20      Yoga Studio  
45 min.
- STRETCH & RELAXATION      Limit: 20      SP      Studio 2  
25 min.
- YOUR FUTURE ON PURPOSE WITH LAUREL  
DONNELLAN      Cactus Room  
50 min.    Craft a personal purpose statement, envision a future aligned with your dreams—whether a career, business, or cause—and create a practical plan to bring it to life in this purpose-driven session with Laurel Donnellan.

5:00 PM

- OPEN 12-STEP RECOVERY MEETING      Mesquite Room  
60 min.    Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.
- PHONE-TOGRAPHY—NEW      Limit: 6      ▲      Outdoor Sports Lobby  
2 hr. \$110

5:30 PM

- COMMUNITY TABLE      Limit: 6      ▲      Vaquero  
60 min.

6:00 PM

- CR VITALITY TOUR      Limit: 20      Center for Life Enhancement  
30 min.

7:00 PM

- TOTALLY TRIVIA!      Pavilion  
50 min.    Compete against fellow guests in a fun night of trivia. You'll walk away knowing more than you did when you began, and may win Canyon Ranch prizes for what you already know!

7:30 PM

- NIGHT VISION GOGGLE  
EXPERIENCE      Limit: 8      ▲      Outdoor Sports Lobby  
2 hr. \$110

9:45 PM

- METEOR SHOWER  
VIEWING      Limit: 12      ▲      Outdoor Sports Lobby  
2 hr. \$110

# SUNDAY

## May 4, 2025

Find more information on our classes and activities on pages 22-27.

### 5:30 AM

#### HIKE: LEVEL 4

**FINGER ROCK SV** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 15 min. Desert Hike. 4 mi. 1380 ft. elev.

#### DESERT TRAIL

**RUNNING—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

### 5:45 AM

#### HIKE: LEVEL 3

**TANQUE VERDE LEDGE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 45 min. Saguaro National Park. 5.25 mi. 1300 ft. elev.

### 6:00 AM

#### HIKE: LEVEL 2

**MILAGROSA OVERLOOK** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Desert Hike. 4 mi. 635 ft. elev.

**PHOTOGRAPHY HIKE** Limit: 6 ▲ Outdoor Sports Lobby  
3 hr. \$110

### 6:30 AM

**MORNING WALK** SP Spa Lobby  
30 min. / 45 min.

#### BIKE RIDE: LEVEL 2 - RIVER PATH/

**MARKETPLACE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Desert Ride. 12 mi.

### 7:00 AM

**COWBOY COFFEE** Eucalyptus Circle  
1 hr. 30 min. Learn more about Canyon Ranch while enjoying a fresh cup of coffee, hot chocolate, or tea with Canyon Ranch cowboys.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**SUNRISE YOGA** Limit: 30 Yoga Studio  
60 min.

### 8:00 AM

**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**CARDIO TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

### 8:15 AM

**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

**DYNAMIC STRETCH** Limit: 20 Yoga Studio  
20 min.

### 9:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**BUTI MOVEMENT®** Limit: 30 Yoga Studio  
45 min.

**CORE CONDITIONING** Limit: 15 Studio 1  
45 min.

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

### 10:00 AM

**THE SCIENCE OF WEIGHT LOSS** CME SP Catalina Room  
50 min. A performance scientist will take a scientific look at metabolism and weight loss. Bring your questions and watch some weight-loss myths get blown out of the water.

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**MUSCLE MAX** Limit: 12 Studio 3  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

### 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

**SACRAL CHAKRA HIP OPENING** Limit: 20 Yoga Studio  
45 min.

**ZUMBA®** Limit: 30 SP Studio 1  
45 min.

#### VEDIC PALMISTRY: IT'S ALL IN OUR HANDS

50 min. Vedic Palmistry is an integrative wisdom practice where you can discover the meaning of the lines, markings, and topography of your hands through this ancient tradition.

### NOON

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80



All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

### 1:00 PM

#### CHINESE MEDICINE FOR DIGESTION AND METABOLISM

CME SP Sanctuary  
50 min. Delve into how Chinese Medicine intertwines physical, emotional, and energetic elements as we recognize digestion and metabolism as a holistic experience.

#### PILATES REFORMER CLINIC:

**BEGINNING** Limit: 5 ▲ Pilates Studio  
50 min. \$80

**QI GONG** Limit: 30 Yoga Studio  
45 min.

#### NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS—NEW

Cactus Room  
50 min. Learn how astrology offers guidance about your life path and how to use crystal and gemstone alignment to activate and actualize your life purpose.

### 2:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

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

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

### 3:00 PM

#### THE BODY-SPIRIT CONNECTION

SP Sanctuary  
50 min. A Spiritual Wellness expert discusses how integrative wellness empowers us to honor the wisdom of mind, body, and spirit. Explore evidence-based practices like self-compassion, mindfulness, and hope.

**DRUMMING CIRCLE** Limit: 17 Studio 1  
45 min.

**TRX FUSION** Limit: 9 Studio 3  
45 min.

**YIN YOGA** Limit: 20 Yoga Studio  
45 min.

### 4:00 PM

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**STRETCH & RELAXATION** Limit: 20 SP Studio 2  
25 min.

**YOGA NIDRA** Limit: 20 Yoga Studio  
45 min.

### 5:00 PM

#### OPEN 12-STEP RECOVERY MEETING

Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

### 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

### 6:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

### 7:00 PM

#### CRYSTAL SINGING BOWL

MEDITATION Limit: 30 Sanctuary  
50 min. Immerse yourself in the healing harmonies of gemstone and mineral-infused Alchemy Crystal Singing Bowls under the guidance of spiritual wellness provider Tryshe Dhevney.

### 8:00 PM

#### BINGO

Pavilion  
50 min. Join in the fun with a rousing game of bingo and snacks. Win Canyon Ranch prizes!

# MONDAY

May 5, 2025

Find more information on our classes and activities on pages 22-27.

## 5:30 AM

### HIKE: LEVEL 4

**PONTATOC TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Desert Hike. 5.4 mi. 1725 ft. elev.

**SABINO CANYON WALK** Limit: 12 ▲ Outdoor Sports Lobby  
2 hr.

**YOGA IN THE WILD—NEW** Limit: 8 ▲ Outdoor Sports Lobby  
3 hr. \$140 Embark on a short hike to a serene spot, where you'll connect with nature and your body through an all levels Hatha yoga session. Surrounded by inspiring views, this experience offers the perfect blend of movement, mindfulness, and natural beauty.

## 6:00 AM

### HIKE: LEVEL 2

**TANQUE VERDE SADDLE** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Saguaro National Park. 3.5 mi. 970 ft. elev.

### BIKE RIDE: LEVEL 3

**COLOSSAL CAVE LOOP** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. Desert Ride. 14.4 mi.

## 6:30 AM

### MORNING WALK

30 min. / 45 min. Spa Lobby

### ROCK CLIMBING

**NATURALLY** Limit: 6 ▲ Outdoor Sports Lobby  
5 hr. \$400

## 7:00 AM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

## 8:00 AM

**PICKLEBALL DRILL CLINIC** Limit: 4 ▲ Pickleball Court 1  
50 min. \$80

**TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

## 8:15 AM

**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

### HIKE: LEVEL 3

**LEMMON CREEK** Limit: 12 ▲ Outdoor Sports Lobby  
7 hr. 15 min. Mountain Hike. 6.4 mi. 1160 ft. elev.

## 9:00 AM

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

## 9:00 AM

### SELF-COMPASSION IS YOUR SUPER

**POWER** CME Catalina Room  
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

**DESERT DRUMMING** Limit: 22 Studio 2  
45 min.

**TRX STRONG** Limit: 9 Studio 3  
45 min.

## 9:30 AM

**MEDITATION HIKE** Limit: 8 ▲ Outdoor Sports Lobby  
4 hr. \$110

## 10:00 AM

**HOW TO MAKE EVERY DAY SACRED** CME Sanctuary  
50 min. How often do you get a chance to sit with something, look at it, feel it, and hold it in your heart? Embrace your life in a sacred way and it will speak in a sacred way.

**CARDIO CIRCUIT** Limit: 20 Cardio & Strength Gym  
45 min.

**H2O POWER** Limit: 24 T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

## 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**PEDAL, LIFT, FLOW** Limit: 12 Golf Performance Center  
60 min.

**YOGA SCULPT** Limit: 18 Yoga Studio  
45 min.

**ZUMBA®** Limit: 30 Studio 1  
45 min.

### INSIGHT & HEALING WITH GEMS & MINERALS

Cactus Room  
50 min. Heidi Harralson, member of the Tucson Gem & Mineral Society, will show you how to harness the subtle energies of rocks and crystals for healing.

## NOON

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80

**CORE & MORE** Limit: 16 Studio 2  
20 min.

**LUNCH & LEARN: POACHED SHRIMP** Demo Kitchen  
60 min. Enjoy poached shrimp with chickpea summer salad, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## 1:00 PM

### NUTRITION, GUT HEALTH & IMMUNITY

CME

Catalina Room

50 min. With over 70% of immune cells residing in the gut, there is a dynamic relationship between gut health and immune system function. Support optimal health with every day nutrition strategies that target both gut and immune function.

### PILATES REFORMER CLINIC:

#### BEGINNING

Limit: 5 ▲

Pilates Studio

50 min. \$80

### HIKE & PAINT

Limit: 8 ▲

Outdoor Sports Lobby

4 hr. \$110

## 2:00 PM

### CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

### GOOD VIBRATIONS

Limit: 14

Studio 2

45 min.

### LET'S DANCE

Limit: 30

Studio 1

45 min.

### YOGA FOUNDATIONS

Limit: 30

Yoga Studio

45 min.

## 3:00 PM

### ENHANCING NATURAL BEAUTY—NEW

Catalina Room

50 min. Meet our expert nurse injector and learn about Botox, dermal fillers, and non-surgical treatments that enhance your natural beauty and achieve a refreshed look.

### FREEFORM FUSION

Limit: 14

Studio 3

45 min.

### POSTURE & BALANCE

Limit: 20

Studio 2

45 min.

### STRIDE & STRENGTH

Limit: 14

Cardio & Strength Gym

45 min.

### JEEP ADVENTURE—NEW

Limit: 3 ▲

Outdoor Sports Lobby

4 hr. \$220

## 4:00 PM

### PICKLEBALL CLINIC

Limit: 4 ▲

Pickleball Court 1

50 min. \$80

### STRETCH & RELAXATION

Limit: 20

Studio 2

25 min.

### AYURVEDA FOR PHYSICAL AND EMOTIONAL HEART HEALTH

Cactus Room

50 min. Ayurveda, an ancient Indian system, offers a holistic approach to heart health by addressing physical and emotional imbalances in the doshas: Vata, Pitta, and Kapha. These imbalances can lead to issues like irregular heartbeats, high blood pressure, and cholesterol buildup.

### INSTANT GRATIFICATION: BEAUTIFY YOUR

#### SKIN

Limit: 16

Spa Lobby

50 min. Learn quick beauty fixes for instant results with aesthetician Rene Clark from our Skin Care department.

## 4:00 PM

### CHAKRA BALANCING YOGA & SOUND

#### HEALING

Limit: 20

Yoga Studio

45 min.

### THE ART OF WATERCOLOR: BASIC

#### TECHNIQUE

Limit: 15 ▲

Art Studio 1

1 hr. 30 min. Begin your creative journey with the basics of watercolor painting. This class will teach you different techniques to incorporate the watercolor medium into your artistic adventures.

## 5:00 PM

### INTRODUCTION TO VEDIC ASTROLOGY

Cactus Room

50 min. Compare and contrast Vedic and western astrology and discover what a Vedic chart can tell you about your karmic journey. Focus on strengths, growth, and the importance of strategic awareness.

### OPEN 12-STEP RECOVERY MEETING

Mesquite Room

60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

### AUTHENTIC TAQUERIA

Double U Café

2 hr. 15 min.

## 5:30 PM

### COMMUNITY TABLE

Limit: 6 ▲

Vaquero

60 min.

## 6:00 PM

### CR VITALITY TOUR

Limit: 20

Center for Life Enhancement

30 min.

## 6:30 PM

### HIGH ROPES CHALLENGE

#### COURSE

Limit: 8 ▲

Outdoor Sports Lobby

3 hr. \$220

## 7:00 PM

### PUBLIC SPEAKING: BE EMPOWERED!

Catalina Room

50 min. A lively and nonthreatening lesson on freeing your butterflies and speaking confidently to groups of two or 200. International speaker Eileen Shenker tells you how to deliver any message with impact.

## 7:30 PM

### NIGHT VISION GOGGLE

#### EXPERIENCE

Limit: 8 ▲

Outdoor Sports Lobby

2 hr. \$110

# TUESDAY May 6, 2025

Find more information on our classes and activities on pages 22-27.

## 5:30 AM

### HIKE: LEVEL 4

**GUTHRIE PEAK** Limit: 12 ▲ Outdoor Sports Lobby  
6 hr. 30 min. Mountain Hike. 7.4 mi. 1700 ft. elev.

**PHOTOGRAPHY HIKE** Limit: 6 ▲ Outdoor Sports Lobby  
3 hr. \$110

### BIKE RIDE: LEVEL 3

**SABINO CANYON** Limit: 12 ▲ Outdoor Sports Lobby  
3 hr. Desert Ride. 13 mi.

### GRAVEL BIKING IN

**PATAGONIA—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
7 hr. \$400

## 5:45 AM

### HIKE: LEVEL 3

**VENTANA CANYON TRAIL** Limit: 12 ▲ Outdoor Sports Lobby  
4 hr. 30 min. Desert Hike. 5.5 mi. 1025 ft. elev.

## 6:30 AM

**MORNING WALK** Spa Lobby  
30 min. / 45 min.

## 7:00 AM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

## 7:30 AM

**BOGA FITMAT® YOGA CLINIC** Limit: 8 ▲ T-Pool  
50 min. \$80

## 8:00 AM

**CARDIO TENNIS CLINIC** Limit: 8 ▲ Tennis Court 1  
50 min. \$80

## 8:15 AM

**CENTERING MEDITATION** Limit: 30 Sanctuary  
25 min.

## 9:00 AM

**CYCLING** Limit: 12 Golf Performance Center  
45 min.

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

**HEART CHAKRA YOGA** Limit: 36 Yoga Studio  
45 min.

**WATER WORKOUT** Limit: 24 T-Pool  
45 min.

### ARTHRITIS AND REGENERATIVE

**MEDICINE—NEW** CME Catalina Room  
50 min. With a Sports Medicine Provider, discuss Osteoarthritis and learn what the newest research says is the cause! What can be done to halt it and the newest information on regenerative therapies to treat it.

## 10:00 AM

### PICKLEBALL SKILL DEVELOPMENT

**CLINIC—NEW** Limit: 8 ▲ Pickleball Court 1  
1 hr. 50 min. \$200

**CR STRENGTH** Limit: 10 Golf Performance Center  
45 min.

**H2O POWER** Limit: 24 T-Pool  
45 min.

**STRETCH** Limit: 30 Yoga Studio  
45 min.

### MEDICALLY UNEXPLAINED

**SYNDROMES** CME Catalina Room  
50 min. Dr. Brewer, Medical Director for Canyon Ranch, offers an innovative look at understanding complex syndromes such as Long COVID and fibromyalgia.

### HIKE: LEVEL 2

**BOX CAMP** Limit: 12 ▲ Outdoor Sports Lobby  
5 hr. Mountain Hike. 3.4 mi. 600 ft. elev.

## 11:00 AM

**PROPERTY TOUR** Limit: 20 Clubhouse Lobby  
45 min.

### CHANGE YOUR AURA, CHANGE YOUR LIFE

Cactus Room  
50 min. Join a Canyon Ranch clairvoyant to learn about auras and chakras and how you can improve your state of well-being.

**AQUA FIT** Limit: 15 Aquatic Center  
45 min.

**DJ DANCE PARTY** Limit: 30 Studio 1  
45 min.

**TRX FUSION** Limit: 9 Studio 3  
45 min.



All activities are FIRST COME, FIRST SERVED unless marked with a SIGN UP REQUIRED triangle ▲. Please arrive early to secure your spot at FCFS activities, as space may be limited. CME indicates a lecture qualifies for Continuing Medical Education Credits.

## NOON

**AERIAL SWING YOGA CLINIC** Limit: 5 ▲ Studio 3  
50 min. \$80

**LUNCH & LEARN: SALMON TERIYAKI** Demo Kitchen  
60 min. Enjoy salmon teriyaki with cauliflower fried rice, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

## 12:30 PM

**SKY ISLAND DISCOVERY TOUR—NEW** Limit: 6 ▲ Outdoor Sports Lobby  
3 hr. \$110

## 1:00 PM

**REPLENISHING THE WELL** CME Catalina Room  
50 min. Feeling depleted, exhausted or overwhelmed? Learn 10 simple, evidence-based practices for replenishing your mind and spirit so you can live from fullness, peace and joy.

**PILATES REFORMER CLINIC: BEGINNING** Limit: 2 ▲ Pilates Studio  
50 min. \$80

**QI GONG** Limit: 20 Yoga Studio  
45 min.

## 2:00 PM

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

**BOXER'S WORKOUT** Limit: 8 Studio 3  
45 min.

**FLUID FLEXIBILITY** Limit: 20 Aquatic Center  
45 min.

**GLIDE AND BURN** Limit: 20 Studio 1  
45 min.

## 3:00 PM

**ACUPRESSURE: WELL-BEING AT YOUR FINGERTIPS** CME Sanctuary  
50 min. Acupressure has been practiced for thousands of years. By putting this knowledge to use, it is possible to create simple and effective tools for well-being that are literally at your fingertips.

**CHAIR YOGA** Limit: 20 Yoga Studio  
45 min.

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

**WALLYBALL** Racquet Court 1  
45 min.

## 4:00 PM

**STRETCH & RELAXATION** Limit: 20 Studio 2  
25 min.

## 5:00 PM

**PICKLEBALL CLINIC** Limit: 8 ▲ Pickleball Court 1  
50 min. \$80

**OPEN 12-STEP RECOVERY MEETING** Mesquite Room  
60 min. Hosted by the local community, this meeting welcomes members of all 12-step fellowships, their families, and those who are just curious. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

**PICKLEBALL CLINIC** Limit: 4 ▲ Pickleball Court 2  
50 min. \$80

## 5:15 PM

**INTUITIVE ARCHERY** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

## 5:30 PM

**COMMUNITY TABLE** Limit: 6 ▲ Vaquero  
60 min.

## 6:00 PM

**CHEF'S WINE DINNER** Limit: 20 ▲ Demo Kitchen  
2 hr. \$175 Enjoy this elevated, exclusive dining experience presented by our talented culinary team featuring a five-course menu, mocktails, and wine pairings.

**CR VITALITY TOUR** Limit: 20 Center for Life Enhancement  
30 min.

## 6:30 PM

**FLOATING SOUND MEDITATION CLINIC** Limit: 20 ▲ T-Pool  
50 min. \$110

## 7:00 PM

**LIVING & CREATING WITH REVERENCE** Catalina Room  
50 min. Explore how a life-giving sense of reverence can be more fully integrated into your daily life through reflections on the wisdom of women and craftsmen from many cultures, with Claire Campbell Park.

## 7:45 PM

**NIGHT VISION GOGGLE EXPERIENCE** Limit: 8 ▲ Outdoor Sports Lobby  
2 hr. \$110

# CLASSES & ACTIVITIES

## CARDIO & STRENGTH GYM:

6:00 am - 9:00 pm Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. We want you to find classes that suit your needs. If you have any questions about a class, please ask the instructor or call Fitness at Ext. 48513.

---

## GOTTA DANCE AT THE RANCH™

### Ballet

Start at the barre with exercises set to classical music, inspired by Tera-Lee Pollin's study at the Joffrey Ballet School. Ballet shoes or socks are recommended. We 9:00am

### Choreography: '60s Broadway Musical

This class with Tamara Dyke-Compton will build on choreography over 4 days. You will learn the choreography for a Broadway musical song, and it will finish on Thursday with an in studio performance! We 1:00pm, Th 1:00pm

### Choreography: '80s Jazz

This class with Tera-Lee Pollin will build on choreography over 4 days. You will learn the choreography for an entire song, and it will finish on Thursday with an in studio performance! We 8:00am, Th 8:00am

### Choreography: Sing, Sing, Swing

This class with Kyle Pleasant will build on choreography over 4 days. You will learn the choreography for an entire song, and it will finish on Thursday with an in studio performance! We 4:00pm, Th 4:00pm

### Guided Meditation & Creative Movement

A guided meditation exploring self, intention and embodiment will progress into a session of movement exploration. Allow your body and spirit to explore space and discover the full range of embodiment and expression. Th 2:00pm

### Hip-Hop Style

Learn some hip-hop choreography from Amanda LaCount. A class meant to get you out of your shell and channel your alter ego, with a heavy focus on hip-hop grooves. Th 5:00pm

### Jazz Basics

Discover the basics of jazz dance technique and master a lively, upbeat combination with choreographer Tamara Dyke-Compton, leaving you feeling energized. We 3:00pm

### Jazz Funk

Learn some beginning and intermediate friendly moves from Amanda LaCount, catered to make you feel like the most confident version of you! This class is all about attitude, performance, and high energy! We 5:00pm

### Lyrical

Let the music move you and dance from your heart with guest choreographer Tera Lee-Pollin. Fr 9:00am

### Musical Theatre Dance

Join guest choreographer Tamara Dyke-Compton in a jazz dance class and immerse yourself in a delightful blend of fun and storytelling with a captivating musical theatre narrative. We 11:00am

### Single People

Join guest choreographer Kyle Pleasant and learn the iconic choreography to a hit song. Get ready to sweat it out and discover the origins and inspiration behind the moves that became social dance sensations! We 10:00am

### Swing

Dance the day away with guest choreographer Tamar Dyke-Compton, swinging, jiving, and lindy-hopping to songs from the 30s and 40s Big Band Era with fun original choreography. Th 3:00pm

### Rhythm Tap

Explore Rhythm Tap with guest choreographer, Kyle Pleasant. This tap style focuses on unique rhythms, time steps, warm-ups, and choreography. Perfect for advanced tappers and beginners alike! Th 9:00am

### Witchy Broadway Jazz

Become a Broadway star in this fun class featuring choreography from a popular musical, led by guest choreographer Tera-Lee Pollin. Th 10:00am

## CULINARY

### Authentic Taqueria

Entice your taste buds with our freshly made ingredients and build your own tacos while unwinding to music and a view of the Santa Catalina mountains. Mo 5:00pm

### Community Table

We believe that well-being extends beyond individual practices to the connections we make with others. Our Community Table is a space where guests can come together, share nourishing meals, and cultivate a sense of community. Daily 5:30pm

## FITNESS

### Above & Below The Belt

Use various types of props in this 10-station circuit-based endurance class. Sa 9:00am

### Aqua Fit

In warm water, focus on muscular endurance and range of motion. Fr 11:00am, Su 11:00am, Tu 11:00am

### BOGA Fitmat® Fitness Clinic

This isn't your regular boot camp. Hop into the pool and onto a floating FITMAT, where you'll workout with balance and strength exercises. Fr 7:30am

### BOGA Fitmat® Yoga Clinic

Move through challenging yoga poses as you balance on the floating FITMAT, all while having a blast in the pool. This aquatic yoga class is a one-of-a-kind workout experience! Tu 7:30am

### Boxer's Workout

Punch, jab and hook your way through this aerobic workout. Jumping rope and heavy bag work included. Sa 2:00pm, Tu 2:00pm

### Buff Booty

Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance. Fr 3:00pm, Sa 3:00pm

### **Buti Movement®**

Primal movement, cardio dance, and conditioning are seamlessly woven throughout balanced yoga sequencing to give you an all-in-one workout that helps you transform your body and soul. We 9:00am, Su 9:00am

### **CR Strength**

Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetitions. Th 2:00pm, Su 2:00pm, Tu 10:00am

### **Cardio Circuit**

Aerobic circuit workout using cardio machines and strength equipment. Th 10:00am, Fr 10:00am, Sa 10:00am, Su 10:00am, Mo 10:00am

### **Core & More**

Twenty minutes focused on strengthening your abs and lower back. We 8:15am, Th 12:00pm, Fr 8:15am, Sa 12:00pm, Mo 12:00pm

### **Core Conditioning**

Challenge your ability to stabilize outside your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. Sa 10:00am, Su 9:00am

### **Cycling**

Experience a cardiovascular-, endurance-, or interval-focused class on a stationary bike. We 9:00am, Th 9:00am, Fr 9:00am, Su 9:00am, Tu 9:00am

### **DJ Dance Party**

It's the can't-miss, high-energy cardio party. Dance instructors teach you to move and groove in this workout with attitude. Th 11:00am, Tu 11:00am

### **Desert Drumming**

Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Th 9:00am, Mo 9:00am

### **Drumming Circle**

Experience the spirit and magic of rhythm by playing percussion instruments in this don't-miss class. No musical training necessary. Instruments provided. Su 3:00pm

### **Dynamic Stretch**

Perform powerful dynamic stretches, moving through a challenging yet comfortable range of motion, followed by static stretches to improve your functional range for sports and daily living. Th 8:15am, Su 8:15am

### **Fitness For Your Feet**

20 minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength, and increase function and flexibility using our exercise dome. We 12:00pm, Th 12:00pm, Sa 12:00pm

### **Glide and Burn**

Use the power and grace of the Gliding™ discs to enhance muscular endurance, balance, flexibility and core stabilization. Progressive movements are used to strengthen the muscles, challenge the core and provide a fun and unique workout. Tu 2:00pm

### **Glute Transformation Clinic**

Training your glutes is about more than just aesthetics. Learn how you can prevent injury, improve athletic performance, and enhance your general fitness by targeting the glutes. We 1:00pm, Fr 1:00pm

### **Good Vibrations**

Awaken your muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole body integration using a combination of vibration with Theragun massage tools and classic foam rolling. We 2:00pm, Mo 2:00pm

### **H2O Power**

A challenging aerobic conditioning class in shallow water. We 10:00am, Fr 10:00am, Mo 10:00am, Tu 10:00am

### **Kettlebell Workout**

This class integrates strength movements to provide a cardiovascular-based, full-body workout. Challenge your muscle endurance and core stability, and experience kettlebells in a safe environment. Fr 2:00pm

### **Let's Dance**

A different dance form each week emphasizing fun, rhythmic movement. Mo 2:00pm

### **Long & Lean Barre Workout**

High-repetition exercises and mat work combine to strengthen, tone and balance your whole body in this workout at the ballet barre. We 11:00am, Fr 11:00am

### **Morning Walk 30m**

This walk is on relatively flat terrain that will accommodate all paces up to 15 minutes per mile, equivalent to 4 mph on a treadmill. Please bring your water bottle. Daily 6:30am

### **Morning Walk 45m**

This walk includes inclines on both trails and pavement that will accommodate all paces up to 13 minutes per mile, equivalent to 4-5 mph on a treadmill. Please bring your water bottle. Daily 6:30am

### **Muscle Max**

Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment. Su 10:00am

### **Muscle Relief: Roll with It!**

Learn the basics of foam rolling and myofascial release to reduce soreness. Fr 2:00pm, Su 2:00pm, Tu 3:00pm

### **PBF: Power Blast Fitness**

Challenge your muscle power and strength with this intense circuit style class that utilizes TRX®, kettlebells, slam balls, and more! Th 11:00am

### **Pedal, Lift, Flow**

This invigorating class seamlessly blends cycling, strength training, and flexibility. Transitioning smoothly from one 20-minute segment to the next, this class offers a comprehensive total body experience. Sa 11:00am, Mo 11:00am

### **Pickle & Play**

Dive into pickleball fun with host Jude McCarthy. All skill levels are invited to partake in this guided playtime while enjoying court-side refreshments and light snacks. Th 6:15pm

### **Posture & Balance**

Learn the importance of training the muscles on the back of your body—known as the posterior chain. Explore balance exercises with various pieces of equipment to improve your posture and balance. Mo 3:00pm

### **Property Tour**

A Canyon Ranch staff member will show you our dining, spa, fitness, outdoor sports, health and wellness facilities, and more. Daily 9:00am, 11:00am

### **Stride & Strength**

Treadmill work followed by strength and muscular endurance. We 3:00pm, Sa 9:00am, Mo 3:00pm

### **TRX Fusion**

Advanced fusion workout using TRX® and kettlebell equipment. Strength, cardio and core training are the focus in this dynamic-duo class. TRX® and kettlebell experience recommended. Su 3:00pm, Tu 11:00am

### **TRX Strong**

Focus on developing strength in this challenging full-body workout using the TRX® straps. TRX® experience is recommended before attending. We 11:00am, Th 3:00pm, Mo 9:00am

### **Walk Your Workout**

Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll. Resistance strength work will be integrated to teach you how you can take this workout on the road. Fr 11:00am, Sa 11:00am

### **Wallyball**

Fast-paced athletic sport challenge similar to volleyball, using four walls of an indoor court. Th 3:00pm, Fr 3:00pm, Sa 3:00pm, Tu 3:00pm

### **Water Workout**

Combine aerobic conditioning and muscular endurance work in the pool. We 2:00pm, Th 2:00pm, Fr 2:00pm, Su 2:00pm, Mo 9:00am, Tu 9:00am

### **Yoga Sculpt**

Power yoga and strength training combined to create a full-body workout. Fr 9:00am, Sa 9:00am, Mo 11:00am

### **Zumba®**

Feel the energy and move your body to fun and easy-to-follow Latin rhythms. We 2:00pm, Su 11:00am, Mo 11:00am

## **MIND-BODY**

### **Aerial Swing Yoga Clinic**

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. Please see a Program Advisor for restrictions. Th 12:00pm, Su 12:00pm, Mo 12:00pm, Tu 12:00pm

### **Ai Chi**

A meditative series of tai chi like movements that utilizes the resistance of the warm water to strengthen and relax the body. Fr 12:00pm

### **Breathing**

Learn proper breathing techniques for relaxation and stress reduction. Fr 12:00pm

### **CR Vitality Tour**

An exclusive tour of the brand-new CR Vitality. Learn about the self-led specialty spaces thoughtfully designed to help guests maximize their time at Canyon Ranch. Daily 2:00pm, 6:00pm

### **Centering Meditation**

Take 30 minutes to start your day by getting in touch with your daily intention and connecting with your breath. Th 8:15am, Sa 8:15am, Su 8:15am, Mo 8:15am, Tu 8:15am

### **Chair Yoga**

This class uses chairs and incorporates balancing and other standing poses, ideal if you don't want to sit on the floor, or would like to try chair yoga for breaks at work. Sa 3:00pm, Tu 3:00pm

### **Chakra Balancing Yoga & Sound Healing**

In this gentle Yin chakra balancing practice, experience the vibrational healing of crystal bowls moving through & around you. Mo 4:00pm

### **Floating Sound Meditation Clinic 50m**

Experience inner transformation through Guided Meditation and Sound Healing while floating in water on an airbed. Tu 6:30pm

### **Fluid Flexibility**

Experience gentle stretching in heated water, promoting flexibility, joint mobility, and muscle relaxation for a soothing, restorative effect. Sa 2:00pm, Tu 2:00pm

### **Freeform Fusion**

This Pilates-inspired class features the Freeform board—a core-conditioning system on wheels: an unstable surface to challenge sense of body position, flexibility, balance and core stability. Mo 3:00pm

### **Gyrokinesis**

Release neck and shoulder tension using rhythmic, spiraling movements to open energy pathways, open your joints and improve your posture. Th 1:00pm

### **Heart Chakra Yoga**

In this challenging class, we will focus on backbends and forward folds to open the heart chakra with advanced poses (such as camel pose) to let go of sadness and grief in the heart. Sa 2:00pm, Tu 9:00am

### **Intermediate Yoga**

This class will deepen your practice as we move into more challenging postures with focus on alignment and form. Sa 11:00am

### **Kundalini Yoga**

Awaken your divine energy in this energetic style of yoga that emphasizes breathing and chanting exercises connected to poses. We 8:00am, Fr 1:00pm

### **Meditation**

Learn techniques to help reduce stress, increase mindfulness, calm your mind and emotions and help your body relax. We 4:00pm, Fr 4:00pm, Sa 4:00pm

### **Pilates Mat**

Learn the fundamentals and the beginning exercises of the Pilates mat discipline. Sa 1:00pm

### **Pilates Reformer Clinic: Beginning**

Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body and lengthening the spine. Fr 1:00pm, Su 1:00pm, Mo 1:00pm, Tu 1:00pm

### **Pilates Reformer Int/Adv Clinic**

This invigorating workout focuses on enhancing core strength and lengthening muscles. Prior Pilates reformer experience is required. We 2:00pm

### **Pilates for Balance**

Take your Pilates Magic Circle class to another level by incorporating exercises on an unstable surface. Challenge your mobility, core strength and balance all at once. We 1:00pm

### **Pilates-Aerial Clinic 50m**

A playful Pilates class using a fabric hammock suspended from the ceiling. Experience creative variations of Reformer and Mat exercises designed to strengthen and lengthen your entire body. Please wear fitted clothing and a shirt with sleeves. Not suitable for pregnant women. Sa 3:00pm

### **Qi Gong**

This ancient art uses breath to strengthen internal organs and gentle movement for calming the mind. Su 1:00pm, Tu 1:00pm

### **Restorative Aerial Yoga and Sound Healing Clinic**

Experience deep relaxation while suspended. Gentle stretches and supported poses are paired with the healing vibrations of sound bowls, helping you release tension, restore balance, and find inner peace in a serene, soothing environment. Fr 4:00pm

### **Restorative Yoga**

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. Sa 4:00pm



### **Sacral Chakra Hip Opening**

Practice a hip opening sequence while diving deeper into the sacral chakra. We 3:00pm, Su 11:00am

### **Stretch**

Improve total body flexibility. Daily 10:00am

### **Stretch & Relaxation**

Promotes flexibility and breathing and relaxes tense muscles. Daily 4:00pm

### **Sunrise Yoga**

Energize your day with an early-morning yoga practice (preferably before breakfast) including inversions, arm balances and backbends in your flow practice. Th 7:00am, Su 7:00am

### **Watsu Aquatic Massage Demo**

Watsu can address a number of concerns including stress, range of motion issues, and emotional release. Discover more about the profound experience in this educational demonstration of our Watsu aquatic massage. Fr 3:00pm

### **Yin Yoga**

Release deeply held tension in this quiet, contemplative class which takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes. Su 3:00pm

### **Yoga Foundations**

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. Fr 3:00pm, Mo 2:00pm

### **Yoga Nidra**

End your day in this passive practice while you enjoy deep and restorative relaxation. Su 4:00pm

### **Yoga for Detox**

Let go of whatever no longer serves you in body, mind and spirit. This class features pranayama (yogic breathing) and yoga poses emphasizing spinal rotation and lymph drainage. Th 11:00am

## **OUTDOOR SPORTS**

### **Archeology Hike**

Step into the mysterious world of the Hohokam and discover the echoes of ancient culture. This guided journey leads you through sacred rock art, Mesoamerican artifacts, and the scenic remnants of village life scattered across the Sonoran basin. Th 6:00am

### **Bike Ride: Level 2 - Cafe Ride**

A low-stress cruise on a bike/pedestrian path alongside a riverbed. This out-and-back route has no hills, good pavement, and only one road crossing. It includes a brief stop at a local cafe. Purchases not included. We 5:45am

### **Bike Ride: Level 2 - River Path/Marketplace**

Ride along a smooth, flat, recreational path away from car traffic. We'll stop at a colorful farmer's market where you can spend a little time browsing. Purchases not included. Su 6:30am

### **Bike Ride: Level 3 - Agua Caliente**

A long, easy climb on light-traffic streets takes us to a county park with tranquil waters and swaying palms. Sa 6:00am

### **Bike Ride: Level 3 - Canada del Oro**

Take an exhilarating ride along the Canada Del Oro bike path! With amazing views of the cliffs of Pusch Ridge Wilderness, we make our way to Catalina State Park, located on the north side of the Catalina Mountains. Fr 6:00am

### **Bike Ride: Level 3 - Colossal Cave Loop**

Rolling hills, real climbs, and designated bike lanes set in the dramatic Rincon Valley. This is a road ride best suited for experienced riders wanting to climb, descend, and get a little further out of town. Mo 6:00am

### **Bike Ride: Level 3 - Honey Bee Off-Road**

An intermediate ride in the beautiful Sonoran Desert. Enjoy a smooth and flowing single track, with just a few obstacles to keep things interesting. Th 6:00am

### **Bike Ride: Level 3 - Sabino Canyon**

This popular early morning ride takes you into spectacular Sabino Canyon. Lots of dips and hills all trending upwards with a strong climb in the end. Mostly down on the way back. Tu 5:30am

### **Bird Walk**

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 6:00am, Sa 6:00am

### **Cardio Tennis Clinic**

Enjoy a heart-pumping cardio tennis workout to music. Fr 8:00am, Su 8:00am, Tu 8:00am

### **Desert Trail Running**

Enjoy an invigorating one-hour trail run through the captivating beauty of the Sonoran Desert. Trail locations may vary and include hilly, uneven, and rocky terrain. This activity is suited for runners who can maintain a moderate pace over 4 miles. We 6:00am, Su 5:30am

### **Gravel Biking in Patagonia**

Embark on a breathtaking 30-mile cycling journey through Patagonia, Arizona. Discover the historic Harshaw ghost town and enjoy beautiful views at every turn. Ideal for intermediate to advanced riders. Tu 5:30am

### **High Ropes Challenge Course**

Embark on an exhilarating ropes challenge course, where you'll conquer up to 16 elevated elements on two levels. Build your physical and mental strength as you work to navigate this adventure high above the ground. All levels welcome. We 8:30am, Sa 6:00am, Mo 6:30pm

### **Hike & Paint**

Discover the magic and light of the Sonoran Desert while learning watercolor painting techniques. We'll explore stunning natural locations to inspire your creativity. A watercolor kit is provided to take home and continue your artistic journey. Th 1:00pm, Mo 1:00pm

### **Hike: Level 2 - Box Camp**

This hike begins with a short uphill followed by sections of downhill through a pine forest to a serene creek side picnic spot, with a steady, uphill climb on the return. Tu 10:00am

### **Hike: Level 2 - Milagrosa Overlook**

Hike through a beautiful canyon to a ridgetop overlook. Expect intervals of steep uphill and downhills over rocky terrain with scenic canyon views. Su 6:00am

### **Hike: Level 2 - Palisades Trail**

Starting high up in the Catalinas, descend down through forested canopies to wide open views, before a challenging climb back up. Fr 8:15am

### **Hike: Level 2 - Peck Basin Overlook**

A short, uphill stretch followed by sections of downhill through a pine forest leading to a stunning view of the San Pedro Valley. Expect a steady uphill climb on the return. Sa 10:00am

### **Hike: Level 2 - Phoneline**

This scenic trail winds its way along a gorgeous dark rock face to a beautiful overlook of the canyon and riparian area below. Th 6:00am

**Hike: Level 2 - Tanque Verde Saddle**

A good challenge for strong beginners, this hike features several sections of steep uphill leading to the crest of a scenic ridge.

Mo 6:00am

**Hike: Level 2 - Wild Horse Canyon**

Trek through a cacti forest with flat to moderate uphill sections and seasonal water. We 6:00am

**Hike: Level 3 - Balanced Rock**

This beautiful trail with rocky and sandy sections will reward you with great vistas of the high desert and the interesting rock formations known as "hoodoos." Sa 5:45am

**Hike: Level 3 - Douglas/Rock Springs**

This is a great hike with intervals of rolling grassland sections, rocky terrain, and some strong climbs in the Rincon Mountain Foothills. Fr 5:45am

**Hike: Level 3 - Green Mt. Trail**

Hike through a forest of Ponderosa pines and Douglas firs that are gradually replaced by oaks, manzanitas, yuccas, and beargrass, leading to spectacular views of the San Pedro Valley. We 8:45am

**Hike: Level 3 - Lemmon Creek**

This moderate hike leads through an area of diverse habitats that include excellent examples of Canadian Zone riparian areas and Ponderosa pine forests. Mo 8:15am

**Hike: Level 3 - McDougal Ridge**

A steady climb up the ridge that provides an interesting ramble through the saguaros with views of the Catalina and Rincon Mountains as well as the Tucson Valley. Th 5:45am

**Hike: Level 3 - Tanque Verde Ledge**

A solid, intermediate fitness hike with intervals of moderate to steep uphill leading to a scenic overlook with stunning views of the Rincon and Catalina Mountains as well as the Tucson Valley. Su 5:45am

**Hike: Level 3 - Ventana Canyon Trail**

This trail presents memorable views of sheer canyon walls and a steadily broadening panorama along the way. A seasonal stream provides an excellent riparian habitat for birdwatching. Tu 5:45am

**Hike: Level 4 - Blackett's Ridge**

This popular and challenging fitness hike scales rugged and steep terrain, unveiling stunning panoramas at the summit. Th 5:30am

**Hike: Level 4 - Finger Rock SV**

Ascend one of Tucson's most rugged trails. Known for its steep climb up the side of a canyon, the reward is breathtaking views back down the canyon. This trail has big rock steps and a steep incline. Su 5:30am

**Hike: Level 4 - Fort Lowell Trail SV**

This rugged and rocky trail takes you through intervals of steep climbs surrounded by a classic desert landscape with stunning views at the turnaround spot. Sa 5:30am

**Hike: Level 4 - Guthrie Peak**

Conquer a thrilling ascent on a challenging mountain trail that culminates in a scramble to a 360-degree view at the summit. Your efforts are rewarded with breathtaking vistas in every direction. Tu 5:30am

**Hike: Level 4 - Pontatoc Trail**

Hike through Pontatoc Canyon with towering cliffs above. The ascent is rocky and steep in sections. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley and surrounding canyons. Mo 5:30am

**Hike: Level 4 - Mint Spring Trail**

Challenge yourself to an uphill hike through a mountain meadow to a saddle, then a strong climb to a spot with incredible views near the top of Mount Lemmon. Fr 5:30am

**Intuitive Archery**

Mastering archery involves more than just technical skill—it's about awareness, focus and letting go. Learn the basics of archery on a recurve bow while we help you align both body and mind to connect to your target. We 9:00am, Th 5:30pm, Tu 5:15pm

**Jeep Adventure**

Ride in comfort and style in our air-conditioned Jeep while experiencing the adrenaline of an off-road adventure. Travel over twists, turns, and bumps to an amphitheater of oak-dotted hills. Enjoy a leisurely, one-mile hike before heading back. Mo 3:00pm

**Kartchner Caverns Living Cave Tour**

Discover the awe-inspiring Kartchner Caverns, the largest and most pristine living cave in the U.S.! Enjoy a 2-hour, easy-paced tour through one of the world's top mineralogical wonders. All levels welcome! Fr 12:30pm

**Meditation Hike**

Embark on a short all levels hike through the stunning Sonoran Desert to a peaceful, serene location. Experience a guided sitting meditation designed to nurture your well-being, fostering openness and self-reflection as you connect with nature. We 1:00pm, Mo 9:30am

**Meteor Shower Viewing**

Experience the magic of meteors under our mountain silhouettes! Embark on a brief guided walk to a peaceful nature spot, where you'll recline on mats and watch shooting stars streak across the dark, pristine skies. A perfect celestial escape! Sa 9:45pm

**Night Sky Walk**

Stroll down a paved path into a serene, riparian canyon. Let the glow of the moon embrace you, or step into the starlit darkness. Th 8:00pm

**Night Vision Goggle Experience**

Discover the wonder of nature and the night sky with military-grade night vision goggles. Join us for a relaxed night walk, where you'll see the world in a whole new light. Night vision reveals animals and stars long hidden from the naked eye. We 7:30pm, Fr 7:30pm, Sa 7:30pm, Mo 7:30pm, Tu 7:45pm

**Phone-tography**

Unlock the full potential of your smartphone's advanced camera and learn how to capture breathtaking images. We will guide you through essential photography techniques, including composition, camera settings, and enhancing your photos through editing. We 5:00pm, Sa 5:00pm

**Photography Hike**

Join us on a scenic walk in nature, where you'll learn to use the provided camera to transform fleeting moments into great images. We cover composition, basic technical considerations and editing. A storage card is provided to take your images home. Su 6:00am, Tu 5:30am

**Pickleball Clinic**

This super-fun, easy-to-learn sport is for all ages. The ball moves slower than in tennis. Tactics count more than speed! Racquet Sports experts show you how. We 8:00am, We 4:00pm, Fr 9:00am, Fr 5:00pm, Sa 7:00am, Sa 10:00am, Sa 4:00pm, Su 7:00am, Su 4:00pm, Mo 7:00am, Mo 4:00pm, Tu 7:00am, Tu 5:00pm, Tu 5:00pm

### **Pickleball Drill Clinic**

Already know the rules of pickleball? Fine-tune your game strategy and skills with these Pickleball drills and games. For the advanced beginners and intermediate players. We 10:00am, Su 8:00am, Mo 8:00am

### **Pickleball Skill Development Clinic**

Tailored for players ready to elevate their match performance, our expert-led clinic guides you through focused skill sessions, drills, and point-building strategies designed to increase your competitive edge. Fr 10:00am, Tu 10:00am

### **Rock Climbing Naturally**

Join our rock climbing experts for an unforgettable adventure in the Catalina Mountains, where you'll learn the art of climbing on natural granite. Experience climbing routes with amazing views! A great workout open to climbers of all skill levels. Fr 6:30am, Mo 6:30am

### **Sabino Canyon Walk**

Discover the picturesque beauty of Sabino Canyon. Our experts will take you to a premier recreation spot with canyon, mountain, and desert vistas. We 5:30am, Fr 5:30am, Mo 5:30am

### **Sky Island Discovery Tour**

Experience a drive like going from Mexico to Canada—in just 2 hours and no passport needed! This Sky Island road takes you through 8 biomes, with dramatic elevation changes and stunning scenery packed into one unforgettable journey. Tu 12:30pm

### **Tennis Clinic**

Sharpen your skills and learn to hit the sweet spot every time. We 9:00am, Th 9:00am, Sa 8:00am, Mo 8:00am

## **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. Additionally, we provide daily road and mountain bike rides, with varying levels of difficulty throughout the week.

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!

More information about our specific activities can be found in the App or on the activity boards outside the Outdoor Sports Office, located in the Spa. We're also available in the office every day from 8am-3pm to answer questions and help you plan your next outdoor adventure!

# SERVICES

For information or to book services, visit or call Program Advising at Ext. 44338.

For a complete listing of services, visit [canyonranch.com/tucson/services/](http://canyonranch.com/tucson/services/)



## HEALTH, PERFORMANCE, MIND & SPIRIT

### MEDICAL

#### PERSONALIZED, PRECISE, PREVENTIVE

DEXA Body Composition – two-part service.....	25/50 min .....	\$515
DEXA Body Composition & Bone Density Evaluation – two-part service.....	50 min each .....	795
Non-Operative Orthopedic Procedure .....	50 min .....	960
Osteoporosis Prevention & Bone Density Evaluation – two-part service.....	50 min each .....	745
Personalized Physician Consultation.....	25 min .....	230
	50 min .....	410
Personalized Sports Medicine Consultation.....	25 min .....	230
	50 min .....	410
Vascular Ultrasound.....	25 min .....	575
	50 min .....	960
	150 min .....	2,600

#### SLEEP MEDICINE

Sleep Disorder Consultation.....	25 min .....	\$230
	50 min .....	410
Sleep Screening (with follow-up) .....	Overnight .....	750

#### ALTERNATIVE MEDICINE

Acuphoria.....	50 min .....	\$250
Acupuncture.....	50 min .....	250
Acupuncture for Healthy Weight.....	100 min .....	440
Acutonics.....	50 min .....	250
Chinese Herbal Consultation.....	50 min .....	250
Chinese Vitality Consultation.....	110 min .....	440
Holistic Energy Optimization —NEW .....	50 min .....	250

#### SPORTS MEDICINE

Arthritis Evaluation —NEW .....	50 min .....	\$350
Blood Flow Restriction Therapy.....	25 min .....	175
Hiking Performance .....	50 min .....	350
Low Back Pain Evaluation —NEW .....	50 min .....	350
Medical Gait Analysis .....	50 min .....	350
Musculoskeletal & Joint Assessment .....	50 min .....	350
Performance Assessment —NEW .....	50 min .....	350
RacquetFit™ Racquet Health Program – two-part service.....	50 min each .....	570
Running Performance .....	50 min .....	350
TPI™ Golf Health Program – two-part service.....	50 min each .....	570

#### PERFORMANCE SCIENCE

Balance Assessment.....	50 min .....	\$220
Body Composition Screening .....	25 min .....	130
Comprehensive Exercise Assessment – two-part service .....	50 min each .....	420
Hydration Testing —NEW – two-part service.....	50 min each .....	460
RacquetFit™ Racquet Health Program – two-part service.....	50 min each .....	570
Rx for Exercise.....	50 min .....	220
VO2 Max Assessment – two-part service .....	50 min each .....	420

## MENU OF SERVICES | 2025

### MENTAL HEALTH & WELLNESS

Establishing Healthy Habits .....	50 min .....	\$250
Hypnotherapy .....	50 min .....	250
Inner Balance by Heartmath.....	50 min .....	395
Longevity Mindset .....	50 min .....	250
Meditation, Mindfulness & Mental Health.....	50 min .....	250
Mental Health & Wellness Consultation.....	single 50 min .....	250
	duet 50 min .....	195/person
Performance Mindset .....	50 min .....	250
Relationship with Food .....	50 min .....	250
Stress Management .....	50 min .....	250
Tech for Mental Health & Wellness —NEW .....	25 min .....	140

### NUTRITION & FOOD

Building Muscle.....	50 min .....	\$220
Continuous Glucose Monitor Follow-Up & Education.....	50 min .....	220
Diet Score —NEW – two-part service.....	50 min each .....	525
Digestive Wellness .....	50 min .....	220
Fastest Meals Imaginable.....	50 min .....	250
Fueling for Longevity .....	50 min .....	220
Fueling Your Performance .....	50 min .....	220
Hydration Testing —NEW – two-part service.....	50 min each .....	460
Mood & Food – two-part service .....	50 min each .....	470
Nutrition Follow-Up Package.....	4 sessions – 25 min each .....	360
	Additional sessions .....	120 each
Personalized Nutrition Consultation.....	50 min .....	220
Strategies for Raising Nutritious Eaters —NEW .....	50 min .....	220

### COOKING

Hands-on Cooking Private.....	80 min .....	\$185
-------------------------------	--------------	-------

### SPIRITUAL WELLNESS

Body-Spirit Connection .....	50 min .....	\$250
Creative Expression.....	50 min .....	250
Creative Sound Expression.....	50 min .....	250
Crystal Sound Activation .....	50 min .....	250
Cultivate a Life of Purpose .....	50 min .....	250
Navigating Loss, Grief & Remembrance.....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people) .....	185/person
Re-Sounding Body.....	50 min .....	250
Rite of Passage .....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people) .....	185/person
Soul Journey.....	50 min .....	250
Spiritual Guidance .....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people).....	185/person
Spirituality & Longevity .....	50 min .....	250
Spirituality & Performance .....	50 min .....	250



# FITNESS 360

## FITNESS

### PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Yoga		
Private Fitness Training		
Private Mind-Body Practice		
Private Pilates or Gyrotonic Training		
Private Yoga Practice		
Individual Training Session.....	50 min .....	\$150
Duet Training Session.....	50 min .....	110/person
Small Group Training Session (3-5 people).....	50 min .....	80/person
Private Group Class.....	50 min .....	335/class
Ayurvedic Consultation — <b>NEW</b> — two-part service .....	50 min each .....	420
Comprehensive Ayurvedic Consultation — <b>NEW</b> — two-part service.....	110 min /50 min.....	600
Good Posture for Life.....	50 min .....	150
Introduction to Ayurveda— <b>NEW</b> .....	50 min .....	240
Personal Training with Virtual Follow-Up.....	2 sessions – 50 min each .....	270
Yoga for Your Dosha – two-part service.....	50 min each .....	300

## OUTDOOR SPORTS

### GROUP ADVENTURES

Archaeological Adventures .....	5 hours .....	\$110
Desert Trail Running.....	2 hours .....	110
Hike & Paint.....	4 hours .....	110
Intuitive Archery .....	2 hours .....	110
Jeep Adventures .....	4 hours .....	220
Night Sky Walk .....	2 hours .....	80
Night Vision Goggles Experience.....	2 hours .....	110
Phone-tography .....	2 hours .....	110
Photography Hike.....	3-4 hours .....	110
Writing in Nature .....	4 hours .....	110
Yoga on the Trail .....	4 hours .....	140

### HIGH ROPES ADVENTURES

Climbing Wall.....	2 hours .....	\$110
High Ropes Challenge Course		
2–4 hours, depending on the number of people.....		220/person
Rock Climbing Naturally.....	5 hours .....	400

### PRIVATE ADVENTURES

Bike & Hike		
First hour, up to three guests.....		\$140
Each additional hour, up to three guests.....		80

### RACQUET SPORTS

Cardio Tennis Clinic .....	50 min .....	\$80
Pickleball Drill Clinic .....	50 min .....	80
Pickleball Lesson		
Individual training session.....	50 min .....	150
Semiprivate training session (2 guests) .....	50 min .....	110/person
Pickleball Skill Development Clinic .....	1100 min .....	200
Tennis Clinic .....	50 min .....	80
Tennis Lesson		
Individual training session.....	50 min .....	150
Semiprivate training session (2 guests) .....	50 min .....	110/person

## MED SPA & BEAUTY

### MEDICAL AESTHETICS

Aquagold® .....	45 min .....	\$650
Botox® – detailed plan discussed during consultation.....	15 per unit	
Chemical Peel.....	50 min .....	light – 150
	50 min .....	medium – 220
Clear + Brilliant®		
Face .....		375
Face, Neck & Décolleté .....		550
Consultation.....	50 min .....	110
Dermaplaning .....	45 min .....	175
Diamond Glow Facial —NEW.....	50 min.....	350
Juvederm® Dermal Filler.....	detailed plan discussed during consultation	
Microneedling.....	50 min .....	325
with PRP (Platelet-Rich Plasma)	50 min .....	600
Platinum Diamond HydraFacial .....	50 min .....	350

### FACIAL TREATMENTS

AKAR Nourishing Facial—NEW.....	50 min .....	\$220
Augustinus Bader Facial .....	50 min .....	220
Biologique Recherche Custom Facial.....	50 min .....	240
	80 min .....	340
Biologique Recherche Lift & Sculpt Facial.....	80 min .....	420
Environ Age-Defying Facial .....	80 min .....	395
Environ Facial .....	50 min .....	220
Lash & Brow Tint .....	25 min .....	70
The Complete Fix Facial —NEW .....	50 min .....	295
Venn Collagen Facial .....	50 min .....	220
Venn X TheraFace Facial —NEW.....	80 min .....	395

## SALON

### HAIR CARE

Blowout .....	25 min .....	\$65
	45 min .....	75
Color .....	times & fees vary	
Cut .....	Barber Cut 25 min .....	65
	Hair Cut 45 min .....	125
Highlights.....	times & fees vary	
Kerastase® Experience.....	80 min .....	150

### MAKEUP

Makeup Consultation.....	45 min .....	\$140
--------------------------	--------------	-------

### MANICURES

Canyon Ranch Manicure .....	45 min .....	\$80
Gentlemen's Manicure.....	25 min .....	60
Hungarian Manicure.....	45 min .....	80
Recovery CBD Manicure.....	45 min .....	80
Vitamin Infusion Manicure —NEW .....	45 min .....	95

### PEDICURES

Canyon Ranch Pedicure .....	50 min .....	\$95
Foot Rescue! Pedicure .....	50 min .....	95
Gentlemen's Pedicure .....	50 min .....	95
Hungarian Pedicure .....	50 min .....	95
Recovery CBD Pedicure .....	50 min .....	95
Road Warrior Pedicure .....	80 min .....	150
Vitamin Infusion Pedicure —NEW .....	50 min .....	105

## SPA

### BODY TREATMENTS

CBD Wellness Ritual .....	100 min .....	\$410
Coconut Melt .....	50 min .....	240
Desert Ritual.....	100 min .....	410
Detoxifying Herbal Wrap.....	25 min .....	120
two-person side-by-side experience	45 min .....	120/person
Detoxifying Ritual.....	100 min .....	410
Euphoria Ritual.....	100 min .....	410
Himalayan Salt Stone Treatment.....	100 min .....	410
Hungarian Scrub.....	50 min .....	240
Mud Cocoon.....	50 min .....	240
includes bath soak and massage	100 min .....	410
Muscle Rescue Ritual .....	100 min .....	410
Organic Seaweed Leaf Cocoon.....	100 min .....	410
Ultra-Moisturizing Cocoon.....	50 min .....	240
per couple – includes massage	100 min .....	820
Vitamin Infusion Body Treatment.....	50 min .....	240

## MENU OF SERVICES | 2025

### AYURVEDIC TREATMENTS

Abhyanga.....	50 min .....	\$440
Bindi-Shirodhara.....	100 min .....	410
Shirodhara.....	50 min .....	240
Udvaartana Massage.....	80 min .....	320

### EASTERN THERAPIES

Ashiatsu – Barefoot Massage .....	50 min .....	\$240
	100 min .....	440
Muscle Melt for Road Warriors .....	50 min .....	240
	100 min .....	410
Reflexology .....	50 min .....	240
	100 min .....	440
Shiatsu .....	50 min .....	220
	100 min .....	410
Thai Massage .....	100 min .....	440

### ENERGY THERAPIES

Balanced Energy.....	50 min .....	\$220
	100 min .....	410
Reiki .....	50 min .....	220

### MASSAGE

Aquatic Massage – Watsu®.....	50 min .....	\$240
Aromatherapy Massage.....	50 min .....	220
Canyon Ranch Massage.....	50 min .....	220
	100 min .....	410
Canyon Ranch Signature Treatment .....	100 min .....	410
Canyon Stone Massage.....	100 min .....	410
Chakra Balancing Massage .....	80 min .....	320
Craniosacral Therapy.....	50 min .....	240
	100 min .....	410
Cupping – Sports Massage .....	50 min .....	240
	100 min .....	440
Deep Tissue Massage.....	50 min .....	240
	100 min .....	440
Hands, Feet & Scalp Massage.....	50 min .....	200
Head, Neck & Shoulders Massage .....	50 min .....	220
Hydrating Body Bar Massage.....	50 min .....	240
	100 min .....	410
Lymphatic Treatment.....	50 min .....	240
	100 min .....	410
Mama Moisturizing Massage.....	50 min .....	240
Neuromuscular Therapy .....	75 min .....	340
Prenatal Massage.....	50 min .....	220
Sole Rejuvenation.....	50 min .....	200
Therapeutic CBD Pain Relief Massage .....	50 min .....	250
	100 min .....	450
Warm Coconut Oil Massage .....	50 min .....	240

## SPECIALTIES

### METAPHYSICAL

Angel Card Reading .....	50 min .....	\$240
Astrocartography .....	50 min .....	240
Astrology .....	50 min .....	240
Astro-Gemology.....	50 min .....	240
Clairvoyant Reading.....	50 min .....	240
Crystal Energy .....	50 min .....	240
Developing Your Sixth Sense .....	50 min .....	240
Handwriting Analysis .....	50 min .....	240
Tarot Card Reading.....	50 min .....	240
Vedic Astrology.....	50 min .....	240
Vedic Palmistry.....	50 min .....	240
	80 min .....	295
Vortex Experience Guided Walk.....	50 min .....	240

### TEEN SERVICES (AGES 14-17)

Guests ages 14-17 may experience select services. The parent or guardian must book all teen services. We require all guest ages 14-17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance and suggestions on making the most of your experience.

### MATERNITY

Are you expecting? A Wellness Guide can provide you with a list of suggested services and recommend those that would be the most valuable for you. Contact a Wellness Guide at Ext. 44338 any time during your stay. Please consult with your physician at home before booking services.

### FOR GUESTS WITH CANCER

Canyon Ranch offers services for our guests with cancer, both in active and remission phases. Putting your safety first, we recommend you consult with your treating physician or primary care physician prior to booking services. The entire Canyon Ranch family supports you on your healing journey.



# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

A Canyon Ranch 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:

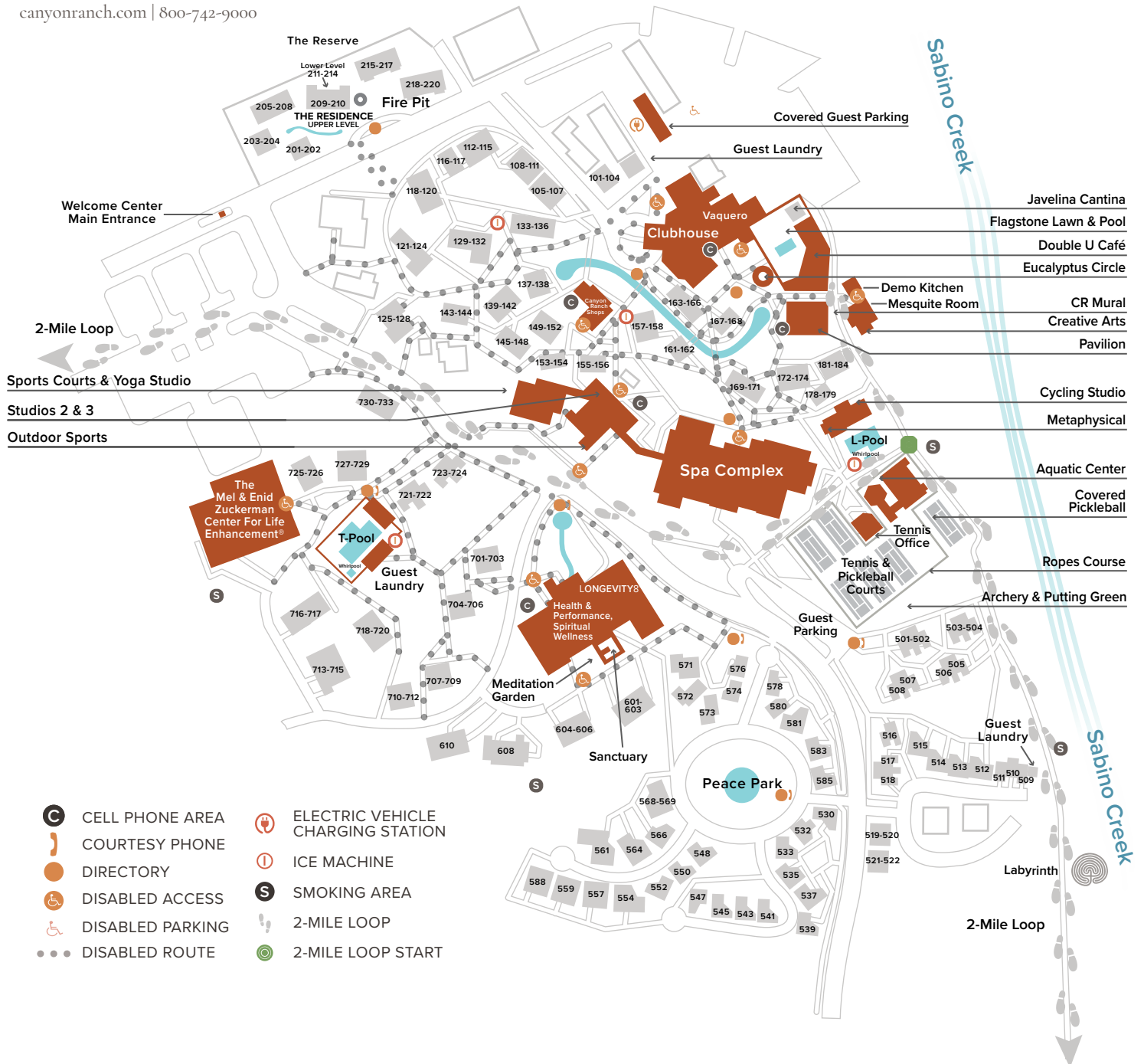
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

For more information or to  
purchase a Membership:

#### CONTACT

Memberships  
TucsonMemberships@canyonranch.com  
520-239-3293

or visit our Membership Sales  
Team in Tucson.



## Clubhouse

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

## Spa Complex

Beauty Salon  
Cardio & Strength Gym  
Canyon Ranch® Aesthetics  
Fitness  
Foot Health Center  
Locker Rooms  
Massage  
Outdoor Sports & Lobby  
Performance Science  
Pilates & Movement Therapy  
Program Advising / Wellness Guides  
Skin Care  
Sports Courts  
Sports Medicine  
Studios 1-3  
Yoga Studio

## Health & Performance, & Spiritual Wellness

Acupuncture  
Life Management  
LONGEVITY8™  
Medical  
Meditation Garden  
Nutrition  
Sanctuary

## The Mel & Enid Zuckerman Center for Life Enhancement

Acacia Room  
CR Vitality  
Mohave Gym  
Ocotillo Room  
Saguaro Room

## RESTROOMS

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