

RANCH SCHEDULE – SAMPLE

SPRING 2025



SAMPLE SCHEDULE

Actual times, classes & locations may vary
Explore services and featured events at canyonranch.com



WEDNESDAY

SPRING 2025

▲ SIGN UP REQUIRED

6:15 AM			NOON		
SABINO CANYON WALK	Limit: 12 ▲	Outdoor Sports Lobby	LUNCH & LEARN: GRILLED CHICKEN SHAWARMA		Demo Kitchen
2 hr.			60 min.		
HIKE: LEVEL 4	Limit: 12 ▲	Outdoor Sports Lobby			
7 hr. 30 min.					
6:30 AM			1:00 PM		
HIKE: LEVEL 3	Limit: 12 ▲	Outdoor Sports Lobby	ENDURANCE, ZONE 2 AND YOU	CME	Catalina Room
4 hr.			50 min.		
PHOTOGRAPHY HIKE	Limit: 6 ▲	Outdoor Sports Lobby	GLUTE TRANSFORMATION CLINIC	Limit: 5 ▲	Cardio & Strength Gym
4 hr. \$110			50 min. \$80		
MORNING WALK		Spa Lobby	PILATES MAT	Limit: 20	Yoga Studio
30 min. / 45 min.			45 min.		
8:00 AM			2:00 PM		
KUNDALINI YOGA	Limit: 20	Yoga Studio	HANDS-ON COOKING: CLASSIC COMFORT CUISINE	Limit: 10 ▲	Demo Kitchen
45 min.			2 hr. \$175		
TENNIS CLINIC	Limit: 8 ▲	Tennis Court 1	BELLY DANCE	Limit: 40	Studio 1
50 min. \$80			45 min.		
			BOXER'S WORKOUT	Limit: 8	Studio 3
			45 min.		
9:00 AM			PILATES REFORMER CLINIC: BEGINNING	Limit: 5 ▲	Pilates Studio
CR STRENGTH	Limit: 30	Studio 3	50 min. \$80		
45 min.			WATER WORKOUT	Limit: 24	T-Pool
HIGH ROPES CHALLENGE COURSE	Limit: 8 ▲	Outdoor Sports Lobby	45 min.		
3 hr. \$220			YIN YOGA	Limit: 20	Yoga Studio
CYCLING	Limit: 18	Golf Performance Center	45 min.		
45 min.					
DESERT DRUMMING	Limit: 15	Studio 2	3:00 PM		
45 min.			BUFF BOOTY	Limit: 20	Studio 1
POWER FLOW	Limit: 30	Yoga Studio	45 min.		
45 min.			POSTURE & BALANCE	Limit: 20	Studio 2
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	45 min.		
50 min. \$80			SACRAL CHAKRA HIP OPENING	Limit: 20	Yoga Studio
HOW UNCERTAINTY HELPS US GROW	CME	Cactus Room	45 min.		
50 min.					
CARDIO TENNIS CLINIC	Limit: 8 ▲	Tennis Court 1	4:00 PM		
50 min. \$80			CR VITALITY TOUR	Limit: 20	Center for Life Enhancement
			30 min.		
10:00 AM			PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1
OPTIMIZE BRAIN HEALTH WITH NUTRITION	CME	Cactus Room	50 min. \$80		
50 min.			MEDITATION	Limit: 30	Yoga Studio
H2O POWER	Limit: 24	T-Pool	25 min.		
45 min.			STRETCH & RELAXATION	Limit: 20	Studio 2
MUSCLE MAX	Limit: 12	Studio 3	25 min.		
45 min.					
STRETCH	Limit: 30	Yoga Studio	5:30 PM		
45 min.			THE TRUTH ABOUT LONGEVITY	CME	Catalina Room
			50 min.		
11:00 AM			AUTHENTIC TAQUERIA	Limit: 30	Double U Café
COMPASSION CIRCLE FOR GRIEF & GRATITUDE		Sanctuary	2 hr.		
50 min.					
ABOVE & BELOW THE BELT	Limit: 20	Studio 3	6:15 PM		
45 min.			12-STEP EATING DISORDERS ANONYMOUS		Mesquite Room
STRIDE & STRENGTH	Limit: 14	Cardio & Strength Gym	60 min.		
45 min.					
ZUMBA®	Limit: 30	Studio 1	7:00 PM		
45 min.			IMPROVE YOUR MEMORY POWER		Cactus Room
WALLYBALL		Racquet Court 1	50 min.		
45 min.					

A [live schedule of activities](#) for Canyon Ranch Tucson displays on our website up to five weeks in advance.

THURSDAY

SPRING 2025

▲ SIGN UP REQUIRED

6:15 AM			NOON		
SABINO CANYON WALK	Limit: 12 ▲	Outdoor Sports Lobby	LUNCH & LEARN: LOBSTER WITH SWEET CHILI GLAZE		
2 hr.			60 min.		
HIKE: LEVEL 4	Limit: 12 ▲	Outdoor Sports Lobby			
6 hr. 30 min.					
6:30 AM			1:00 PM		
HIKE: LEVEL 3	Limit: 12 ▲	Outdoor Sports Lobby	INTUITIVE ARCHERY	Limit: 8 ▲	Outdoor Sports Lobby
4 hr. 30 min.			2 hr. \$110		
ARCHEOLOGY HIKE	Limit: 8 ▲	Outdoor Sports Lobby	GYROKINESIS	Limit: 15	Yoga Studio
5 hr. \$110			45 min.		
MOUNTAIN BIKING 101	Limit: 4 ▲	Outdoor Sports Lobby	ALTERNATIVE THERAPIES FOR MENOPAUSE	CME	Catalina Room
4 hr.			50 min.		
SUNRISE YOGA	Limit: 30	Flagstone Lawn			
60 min.					
MORNING WALK		Spa Lobby			
30 min. / 45 min.					
6:45 AM			2:00 PM		
HIKE: LEVEL 2	Limit: 12 ▲	Outdoor Sports Lobby	HANDS-ON COOKING: QUICK, FAST, & IN A HURRY	Limit: 10 ▲	Demo Kitchen
4 hr.			2 hr. \$175		
			DESERT DRUMMING	Limit: 15	Studio 2
			45 min.		
			QI GONG AND YOGA	Limit: 20	Yoga Studio
			45 min.		
			WATER WORKOUT	Limit: 24	T-Pool
			45 min.		
			PILATES REFORMER INT/ADV CLINIC	Limit: 5 ▲	Pilates Studio
			50 min. \$80		
			3:00 PM		
			ART JOURNALING AS MEDITATION	Limit: 30 ▲	Pavilion
			1 hr. 30 min.		
			GLIDE AND BURN	Limit: 20	Studio 1
			45 min.		
			MUSCLE RELIEF: ROLL WITH IT!	Limit: 18	Studio 2
			45 min.		
			WALLYBALL		Racquet Court 1
			45 min.		
			EXERCISE AND FITNESS: MORE THAN JUST THE SCALE	CME	Cactus Room
			50 min.		
			4:00 PM		
			PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1
			50 min. \$80		
			TEQUILA TASTING AND TALK WORKSHOP	Limit: 10 ▲	Javelina Cantina
			60 min. \$125		
			RESTORATIVE YOGA	Limit: 20	Yoga Studio
			45 min.		
			STRETCH & RELAXATION	Limit: 20	Studio 2
			25 min.		
			5:00 PM		
			OPEN 12-STEP RECOVERY MEETING		Mesquite Room
			60 min.		
			5:15 PM		
			PICKLE & PLAY		Pickleball Court 1
			50 min.		
			5:30 PM		
			COMMUNITY TABLE	Limit: 6 ▲	Vaquero
			60 min.		
			CHEF'S TABLE	Limit: 20 ▲	Double U Café
			60 min.		
			7:00 PM		
			PUBLIC SPEAKING: BE EMPOWERED!		Catalina Room
			50 min.		

A [live schedule of activities](#) for Canyon Ranch Tucson displays on our website up to five weeks in advance.

6:15 AM			
HIKE: LEVEL 4	Limit: 12 ▲	Outdoor Sports Lobby	
5 hr. 30 min.			
6:30 AM			
HIKE: LEVEL 3	Limit: 12 ▲	Outdoor Sports Lobby	
5 hr.			
BIKE RIDE: MOUNTAIN BIKING LEVEL 3	Limit: 6 ▲	Outdoor Sports Lobby	
4 hr.			
MORNING WALK		Spa Lobby	
30 min. / 45 min.			
6:45 AM			
HIKE: LEVEL 2	Limit: 12 ▲	Outdoor Sports Lobby	
4 hr.			
7:00 AM			
ROCK CLIMBING NATURALLY	Limit: 6 ▲	Outdoor Sports Lobby	
5 hr. \$400			
COWBOY COFFEE		Eucalyptus Circle	
1 hr. 30 min.			
7:30 AM			
ARIZONA-SONORA DESERT MUSEUM	Limit: 8 ▲	Outdoor Sports Lobby	
5 hr. 30 min. \$195			
8:00 AM			
TENNIS CLINIC	Limit: 6 ▲	Tennis Court 1	
50 min. \$80			
8:15 AM			
FITNESS FOR YOUR FEET	Limit: 20	Studio 1	
20 min.			
9:00 AM			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
CHAIR YOGA	Limit: 20	Yoga Studio	
45 min.			
CYCLING	Limit: 18	Golf Performance Center	
45 min.			
GLIDE AND BURN	Limit: 20	Studio 1	
45 min.			
NEW APPROACHES TO WEIGHT LOSS	CME	Catalina Room	
50 min.			
10:00 AM			
CHOP LIKE A PRO: ESSENTIAL KNIFE SKILLS	Limit: 10 ▲	Demo Kitchen	
60 min. \$110			
H2O POWER	Limit: 24	T-Pool	
45 min.			
STRETCH	Limit: 30	Yoga Studio	
45 min.			
STRIDE	Limit: 16	Cardio & Strength Gym	
45 min.			
FOUNDATIONS OF STRENGTH	CME	Catalina Room	
50 min.			

11:00 AM			
EXPLORATION IN SOUL CONSCIOUSNESS		Cactus Room	
50 min.			
CARDIO CIRCUIT	Limit: 20	Cardio & Strength Gym	
45 min.			
ZUMBA®	Limit: 30	Studio 1	
45 min.			
WALLYBALL		Racquet Court 1	
45 min.			
NOON			
LUNCH & LEARN: GRILLED CHICKEN ENCHILADAS		Demo Kitchen	
60 min.			
1:00 PM			
CONTEMPLATION & HEALING	CME	Catalina Room	
50 min.			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
KUNDALINI YOGA	Limit: 20	Yoga Studio	
45 min.			
2:00 PM			
HANDS-ON COOKING: THE EPIC GRILLING CLASS	Limit: 10 ▲	Demo Kitchen	
2 hr. \$175			
VENUS, THE PLANET OF LOVE & MONEY		Cactus Room	
50 min.			
CORE CONDITIONING	Limit: 15	Studio 1	
45 min.			
LONG & LEAN BARRE WORKOUT	Limit: 20	Studio 2	
45 min.			
WATER WORKOUT	Limit: 24	T-Pool	
45 min.			
3:00 PM			
BUFF BOOTY	Limit: 20	Studio 1	
45 min.			
TOTALLY TUBING	Limit: 20	Studio 2	
45 min.			
YOGA NATURALLY	Limit: 25	Flagstone Lawn	
50 min.			
4:00 PM			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
MEDITATION	Limit: 30	Yoga Studio	
25 min.			
STRETCH & RELAXATION	Limit: 20	Studio 2	
25 min.			
4:30 PM			
BIKE RIDE: LEVEL 3	Limit: 12 ▲	Spa Lobby	
2 hr.			
5:00 PM			
OPEN 12-STEP RECOVERY MEETING		Mesquite Room	
60 min.			
6:00 PM			
CR VITALITY TOUR	Limit: 20	Center for Life Enhancement	
30 min.			
CHEF'S WINE DINNER	Limit: 20 ▲	Double U Café	
2 hr. \$150			
8:00 PM			
BINGO	Limit: 44	Pavilion	
50 min.			

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SATURDAY

SPRING 2025

▲ SIGN UP REQUIRED

6:15 AM			
SABINO CANYON WALK	Limit: 12 ▲	Outdoor Sports Lobby	
2 hr.			
HIKE: LEVEL 4	Limit: 12 ▲	Outdoor Sports Lobby	
5 hr. 30 min.			
6:30 AM			
MORNING WALK		Spa Lobby	
30 min. / 45 min.			
HIKE: LEVEL 3	Limit: 12 ▲	Outdoor Sports Lobby	
5 hr.			
HIKE & PAINT	Limit: 8 ▲	Outdoor Sports Lobby	
4 hr. \$110			
BIRD WALK	Limit: 8 ▲	Outdoor Sports Lobby	
2 hr.			
BIKE RIDE: LEVEL 3	Limit: 12 ▲	Outdoor Sports Lobby	
3 hr.			
6:45 AM			
HIKE: LEVEL 2	Limit: 12 ▲	Outdoor Sports Lobby	
4 hr.			
8:00 AM			
TENNIS CLINIC	Limit: 6 ▲	Tennis Court 1	
50 min. \$80			
PICKLEBALL DRILL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
8:15 AM			
CENTERING MEDITATION	Limit: 30	Eucalyptus Circle	
25 min.			
9:00 AM			
BREW BASICS: MASTERING THE ART OF COFFEE	Limit: 12 ▲ Demo Kitchen		
60 min. \$110			
CYCLING	Limit: 18	Golf Performance Center	
45 min.			
POWER FLOW	Limit: 30	Yoga Studio	
45 min.			
STRIDE & STRENGTH	Limit: 14	Cardio & Strength Gym	
45 min.			
HIGH ROPES CHALLENGE COURSE	Limit: 8 ▲	Outdoor Sports Lobby	
3 hr. \$220			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
SOLVING THE MYSTERY OF KNEE PAIN	CME	Catalina Room	
50 min.			
10:00 AM			
H2O POWER	Limit: 24	T-Pool	
45 min.			
STRETCH	Limit: 30	Yoga Studio	
45 min.			
CORE CONDITIONING	Limit: 15	Studio 1	
45 min.			
PERSONALIZED NUTRITION	CME	Catalina Room	
50 min.			
11:00 AM			
ABOVE & BELOW THE BELT	Limit: 20	Studio 3	
45 min.			
GENTLE VINYASA	Limit: 30	Yoga Studio	
45 min.			
LONG & LEAN BARRE WORKOUT	Limit: 20	Studio 2	
45 min.			
HOW TO MAKE EVERY DAY SACRED	CME	Sanctuary	
50 min.			
NOON			
LUNCH & LEARN: MOJO SHRIMP		Demo Kitchen	
60 min.			
1:00 PM			
AI CHI	Limit: 12	Aquatic Center	
45 min.			
PILATES MAT	Limit: 20	Yoga Studio	
45 min.			
PICKLEBALL CLINIC	Limit: 8 ▲	Pickleball Court	
1			
50 min. \$80			
MENOPAUSAL HORMONE REPLACEMENT THERAPY	CME	Catalina Room	
50 min.			
2:00 PM			
BOXER'S WORKOUT	Limit: 8	Studio 3	
45 min.			
HEART CHAKRA YOGA	Limit: 20	Yoga Studio	
45 min.			
WATER WORKOUT	Limit: 24	T-Pool	
45 min.			
HANDS-ON COOKING: PREDOMINANTLY PLANTS	Limit: 10 ▲ Demo Kitchen		
2 hr. \$175			
3:00 PM			
BOSU 3D EXTREME	Limit: 15	Studio 1	
45 min.			
POSTURE & BALANCE	Limit: 20	Studio 2	
45 min.			
WALLYBALL		Racquet Court 1	
45 min.			
4:00 PM			
RAINBOW CRYSTAL SUNCATCHERS	Limit: 10 ▲	Art Studio 1	
1 hr. 30 min.			
RESTORATIVE YOGA	Limit: 20	Yoga Studio	
45 min.			
STRETCH & RELAXATION	Limit: 20	Studio 2	
25 min.			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
CR VITALITY TOUR	Limit: 20	Center for Life Enhancement	
30 min.			
5:00 PM			
OPEN 12-STEP RECOVERY MEETING		Mesquite Room	
60 min.			
5:30 PM			
COMMUNITY TABLE	Limit: 6 ▲	Vaquero	
60 min.			
MEDITERRANEAN NIGHT	Limit: 30	Double U Café	
2 hr.			
6:00 PM			
CR VITALITY TOUR	Limit: 20	Center for Life Enhancement	
30 min.			
7:00 PM			
THE HEALING POWER OF CRYSTAL BOWLS		Catalina Room	
50 min.			

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6:15 AM				NOON						
HIKE: LEVEL 4		Limit: 12	▲	Outdoor Sports Lobby		LUNCH & LEARN: PEANUT CURRY CHICKEN		Demo Kitchen		
6 hr.						60 min.				
6:30 AM				1:00 PM						
MORNING WALK				Spa Lobby		EXERCISE & MENOPAUSE		CME	Catalina Room	
30 min. / 45 min.						50 min.				
HIKE: LEVEL 3		Limit: 12	▲	Outdoor Sports Lobby		QI GONG		Limit: 30	Yoga Studio	
5 hr.						45 min.				
PHOTOGRAPHY HIKE		Limit: 6	▲	Outdoor Sports Lobby		INTUITIVE ARCHERY		Limit: 8	Outdoor Sports Lobby	
4 hr. \$110						2 hr. \$110				
6:45 AM				PICKLEBALL CLINIC					Pickleball Court 1	
HIKE: LEVEL 2		Limit: 12	▲	Outdoor Sports Lobby		50 min. \$80		Limit: 8	▲	
4 hr.						ASTROLOGY & GEMSTONES FOR PERSONAL GROWTH		Cactus Room		
50 min.						50 min.				
7:00 AM				2:00 PM						
BIKE RIDE: LEVEL 2		Limit: 12	▲	Outdoor Sports Lobby		JUST "DOT" IT!		Limit: 10	▲	
4 hr.						60 min.		Art Studio 2		
8:00 AM				LONG & LEAN BARRE WORKOUT					Limit: 20	Studio 2
PICKLEBALL DRILL CLINIC		Limit: 4	▲	Pickleball Court 1		45 min.				
50 min. \$80						STRIDE		Limit: 16	Cardio & Strength Gym	
						45 min.				
8:15 AM				WATER WORKOUT					Limit: 24	T-Pool
DYNAMIC STRETCH		Limit: 20		Yoga Studio		45 min.				
20 min.						3:00 PM				
9:00 AM				ABOVE & BELOW THE BELT					Limit: 20	Studio 3
BUTI® YOGA		Limit: 30		Yoga Studio		45 min.				
45 min.						DRUMMING CIRCLE		Limit: 17	Studio 1	
CYCLING		Limit: 18		Golf Performance Center		45 min.				
45 min.						YOGA NATURALLY		Limit: 25	Flagstone Lawn	
PILATES FOR BALANCE		Limit: 18		Studio 2		50 min.				
45 min.						HIKING 101		Limit: 12	Spa Lobby	
PICKLEBALL CLINIC		Limit: 4	▲	Pickleball Court 1		50 min.				
50 min. \$80						MASTERING MOCKTAIL MIXOLOGY WORKSHOP		Limit: 10	▲	
ACUPUNCTURE FOR STRESS RELIEF & EMTIONAL BALANCE				Cactus Room		60 min. \$110		Demo Kitchen		
50 min.						4:00 PM				
10:00 AM				CR VITALITY TOUR					Limit: 20	Center for Life Enhancement
SHOULDER PAIN UNRAVELED				Catalina Room		30 min.				
50 min.						MEDITATION		Limit: 30	Yoga Studio	
CARDIO CIRCUIT		Limit: 20		Cardio & Strength Gym		25 min.				
45 min.						STRETCH & RELAXATION		Limit: 20	Studio 2	
H2O POWER		Limit: 24		T-Pool		25 min.				
45 min.						PICKLEBALL CLINIC		Limit: 8	▲	
STRETCH		Limit: 30		Yoga Studio		50 min. \$80		Pickleball Court 1		
45 min.						5:00 PM				
11:00 AM				OPEN 12-STEP RECOVERY MEETING					Mesquite Room	
VEDIC PALMISTRY: IT'S ALL IN OUR HANDS				Cactus Room		60 min.				
50 min.						FOR THE LOVE OF CHOCOLATE		Limit: 12	▲	
SACRAL CHAKRA HIP OPENING		Limit: 20		Yoga Studio		60 min. \$110		Demo Kitchen		
45 min.						7:00 PM				
TRX STRONG				Limit: 9	Studio 3	CRYSTAL SINGING BOWL MEDITATION			Limit: 30	Sanctuary
45 min.						50 min.				
ZUMBA®				Limit: 30	Studio 1	8:00 PM				
45 min.						BINGO		Limit: 44	Pavilion	
PICKLEBALL: INTERMEDIATE/ADVANCED CLINIC		Limit: 8	▲	Pickleball Court 1		50 min.				
50 min. \$80						5				
WALLYBALL				Racquet Court 1		A live schedule of activities for Canyon Ranch Tucson displays on our website up to five weeks in advance.				
45 min.										

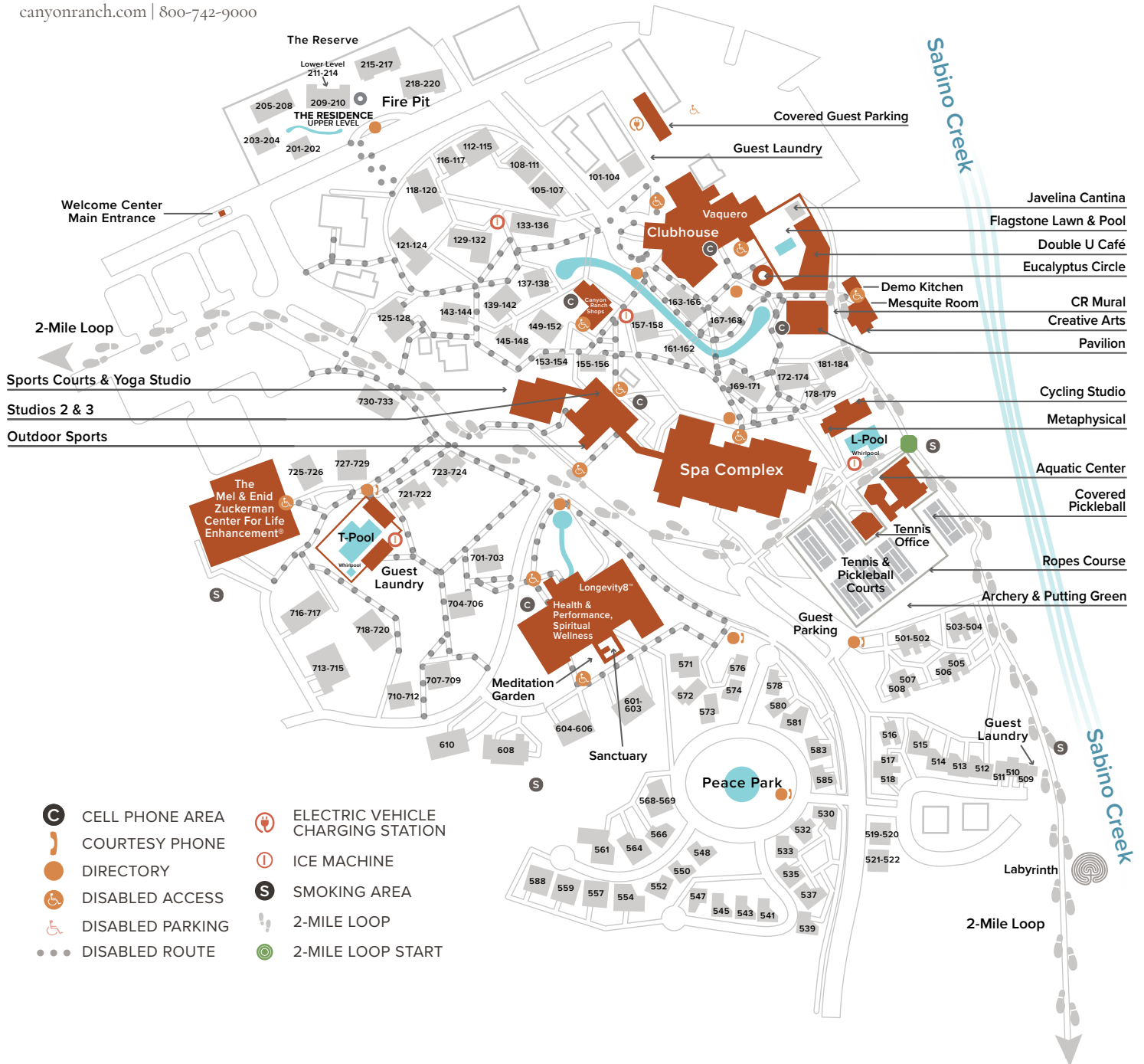
6:00 AM		
SABINO CANYON WALK 2 hr.	Limit: 12 ▲	Outdoor Sports Lobby
6:15 AM		
HIKE: LEVEL 4 5 hr.	Limit: 12 ▲	Outdoor Sports Lobby
6:30 AM		
HIKE: LEVEL 3 5 hr.	Limit: 12 ▲	Outdoor Sports Lobby
MOUNTAIN BIKING 101 4 hr.	Limit: 4 ▲	Outdoor Sports Lobby
MORNING WALK 30 min. / 45 min.		Spa Lobby
6:45 AM		
HIKE: LEVEL 2 4 hr.	Limit: 12 ▲	Outdoor Sports Lobby
7:00 AM		
CARDIO TENNIS CLINIC 50 min. \$80	Limit: 8 ▲	Tennis Court 1
COWBOY COFFEE 1 hr. 30 min.		Eucalyptus Circle
8:00 AM		
PICKLEBALL DRILL CLINIC 50 min. \$80	Limit: 4 ▲	Pickleball Court 1
9:00 AM		
BURNOUT & RESILIENCE 50 min.	CME	Catalina Room
HIGH ROPES CHALLENGE COURSE 3 hr. \$220	Limit: 8 ▲	Outdoor Sports Lobby
CHAIR YOGA 45 min.	Limit: 20	Yoga Studio
CR STRENGTH 45 min.	Limit: 30	Studio 3
CYCLING 45 min.	Limit: 18	Golf Performance Center
DESERT DRUMMING 45 min.	Limit: 15	Studio 2
PICKLEBALL CLINIC 50 min. \$80	Limit: 4 ▲	Pickleball Court 1
10:00 AM		
AQUA ZUMBA 45 min.	Limit: 24	T-Pool
CARDIO CIRCUIT 45 min.	Limit: 20	Cardio & Strength Gym
STRETCH 45 min.	Limit: 30	Yoga Studio
11:00 AM		
FACIAL REJUVENATION & SKIN HEALTH 50 min.		Catalina Room
PICKLEBALL: INTERMEDIATE/ADVANCED CLINIC 50 min. \$80	Limit: 8 ▲	Pickleball Court 1
ABOVE & BELOW THE BELT 45 min.	Limit: 20	Studio 3
INTERMEDIATE YOGA 45 min.	Limit: 20	Yoga Studio
INSIGHT & HEALING WITH GEMS & MINERALS 50 min.		Cactus Room
ZUMBA® 45 min.	Limit: 30	Studio 1

NOON		
LUNCH & LEARN: GRILLED CHICKEN FAJITAS 60 min.		Demo Kitchen
BREATHING 20 min.	Limit: 30	Eucalyptus Circle
FITNESS FOR YOUR FEET 20 min.	Limit: 20	Studio 1
1:00 PM		
PICKLEBALL CLINIC 50 min. \$80	Limit: 8 ▲	Pickleball Court 1
2:00 PM		
HANDS-ON COOKING: PROTEIN PERFECTED 2 hr. \$175	Limit: 10 ▲	Demo Kitchen
LONG & LEAN BARRE WORKOUT 45 min.	Limit: 20	Studio 2
WATER WORKOUT 45 min.	Limit: 24	T-Pool
YOGA NATURALLY 50 min.	Limit: 30	Flagstone Lawn
3:00 PM		
FREEFORM FUSION 45 min.	Limit: 14	Studio 3
POSTURE & BALANCE 45 min.	Limit: 20	Studio 2
STRIDE 45 min.	Limit: 16	Cardio & Strength Gym
4:00 PM		
CR VITALITY TOUR 30 min.	Limit: 20	Center for Life Enhancement
MEDITATION 25 min.	Limit: 30	Yoga Studio
STRETCH & RELAXATION 25 min.	Limit: 20	Studio 2
PICKLEBALL CLINIC 50 min. \$80	Limit: 4 ▲	Pickleball Court 1
5:00 PM		
UNDER THE VEDIC SUN 50 min.		Cactus Room
COFFEE & CANVAS 1 hr. 30 min. \$45	Limit: 36 ▲	Pavilion
OPEN 12-STEP RECOVERY MEETING 60 min.		Mesquite Room
5:30 PM		
COMMUNITY TABLE 60 min.	Limit: 6 ▲	Vaquero
6:00 PM		
CR VITALITY TOUR 30 min.	Limit: 20	Center for Life Enhancement
7:30 PM		
NIGHT VISION GOGGLE EXPERIENCE 2 hr. \$110	Limit: 6 ▲	Outdoor Sports Lobby

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6:15 AM			
HIKE: LEVEL 4	Limit: 12 ▲	Outdoor Sports Lobby	
7 hr.			
6:30 AM			
HIKE: LEVEL 3	Limit: 12 ▲	Outdoor Sports Lobby	
5 hr. 30 min.			
BIRD WALK	Limit: 8 ▲	Outdoor Sports Lobby	
2 hr.			
BIKE RIDE: MOUNTAIN BIKING			
LEVEL 3	Limit: 6 ▲	Outdoor Sports Lobby	
4 hr.			
MORNING WALK		Spa Lobby	
30 min. / 45 min.			
6:45 AM			
HIKE: LEVEL 2	Limit: 12 ▲	Outdoor Sports Lobby	
5 hr. 30 min.			
7:00 AM			
ROCK CLIMBING NATURALLY	Limit: 6 ▲	Outdoor Sports Lobby	
5 hr. \$400			
8:00 AM			
TENNIS CLINIC	Limit: 8 ▲	Tennis Court 1	
50 min. \$80			
8:15 AM			
CENTERING MEDITATION	Limit: 30	Eucalyptus Circle	
25 min.			
8:30 AM			
BOGA FITMAT® FITNESS CLINIC	Limit: 8 ▲	T-Pool	
50 min. \$80			
9:00 AM			
MOVING THROUGH ARTHRITIS	CME	Catalina Room	
50 min.			
CYCLING	Limit: 18	Golf Performance Center	
45 min.			
DESERT DRUMMING	Limit: 15	Studio 2	
45 min.			
HEART CHAKRA YOGA	Limit: 20	Yoga Studio	
45 min.			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
10:00 AM			
BUFF BOOTY	Limit: 20	Studio 1	
45 min.			
H2O POWER	Limit: 24	T-Pool	
45 min.			
STRETCH	Limit: 30	Yoga Studio	
45 min.			
CHOP LIKE A PRO: ESSENTIAL KNIFE SKILLS	Limit: 10 ▲	Demo Kitchen	
60 min. \$110			
11:00 AM			
PICKLEBALL: INTERMEDIATE/ADVANCED CLINIC	Limit: 8 ▲	Pickleball Court 1	
50 min. \$80			
CHANGE YOUR AURA, CHANGE YOUR LIFE		Cactus Room	
50 min. J			
DJ DANCE PARTY	Limit: 30	Studio 1	
45 min.			
MUSCLE MAX	Limit: 12	Studio 3	
45 min.			
YOGA FOR SPORTS	Limit: 20	Yoga Studio	
45 min.			
NOON			
LUNCH & LEARN: HERB GRILLED SALMON		Demo Kitchen	
60 min.			
GLUTE TRANSFORMATION CLINIC	Limit: 5 ▲	Cardio & Strength Gym	
50 min. \$80			
1:00 PM			
MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN		CME Cactus Room	
50 min.			
HIKE: LEVEL 2	Limit: 12 ▲	Outdoor Sports Lobby	
4 hr. 30 min.			
PICKLEBALL CLINIC	Limit: 8 ▲	Pickleball Court 1	
50 min. \$80			
QI GONG	Limit: 30	Yoga Studio	
45 min.			
2:00 PM			
CORE CONDITIONING	Limit: 15	Studio 1	
45 min.			
PRIMAL RHYTHM FLOW	Limit: 30	Yoga Studio	
45 min.			
WATER WORKOUT	Limit: 24	T-Pool	
45 min.			
3:00 PM			
TEQUILA TASTING AND TALK WORKSHOP	Limit: 10 ▲	Javelina Cantina	
60 min. \$125			
BOSU 3D EXTREME	Limit: 15	Studio 1	
45 min.			
MUSCLE RELIEF: ROLL WITH IT!	Limit: 18	Studio 2	
45 min.			
WALLYBALL		Racquet Court 1	
45 min.			
4:00 PM			
CR VITALITY TOUR	Limit: 20	Center for Life Enhancement	
30 min.			
STRETCH & RELAXATION	Limit: 20	Studio 2	
25 min.			
PICKLEBALL CLINIC	Limit: 4 ▲	Pickleball Court 1	
50 min. \$80			
5:00 PM			
OPEN 12-STEP RECOVERY MEETING		Mesquite Room	
60 min.			
5:30 PM			
COMMUNITY TABLE	Limit: 6 ▲	Vaquero	
60 min.			
CHEF'S TABLE	Limit: 20 ▲	Double U Café	
60 min.			
6:00 PM			
CR VITALITY TOUR	Limit: 20	Center for Life Enhancement	
30 min.			
CLIMBING WALL	Limit: 8 ▲	Outdoor Sports Lobby	
2 hr. \$110			
7:00 PM			
THE MAGIC OF CULTIVATING POSITIVE EMOTIONS		Catalina Room	
60 min.			

A [live schedule of activities](#) for Canyon Ranch Tucson displays on our website up to five weeks in advance.



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

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.