

RANCH SCHEDULE
JUNE 4 - 10, 2025



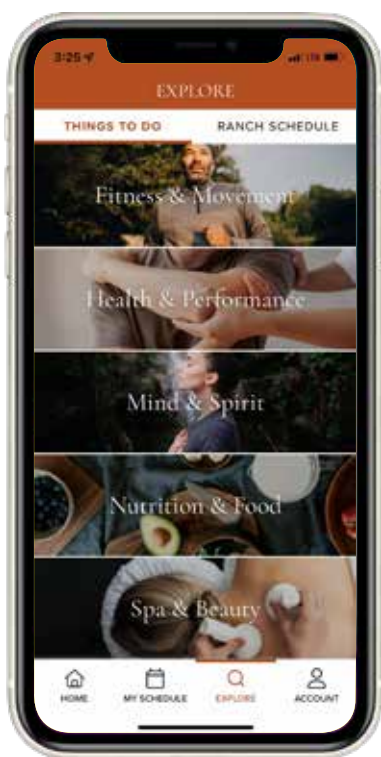
This schedule belongs to:





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



CHINESE VITALITY CONSULTATION

Alternative Medicine | 110 min.

Explore and address the patterns of disharmony that may be keeping you from optimal health. This medical session allows for a comprehensive evaluation, acupuncture treatment, Chinese herbal recommendation, and lifestyle consultation to help you achieve heightened vitality. Use this holistic wellness experience to address all aspects of your health, from musculoskeletal pain to internal health and emotional issues. Follow-up consultations are available by phone.

FUELING FOR LONGEVITY

Nutrition Service | 50 min.

In this personalized coaching session, you'll work with a world-class Nutritionist to determine the best foods and fueling strategies to help you live healthier longer. This service emphasizes improving longevity through strategic, science-backed nutritional choices. You'll leave with a practical, individualized, and achievable plan for healthy eating and nutrition that supports your unique needs and goals for sustainable success in your daily routine.

CREATIVE SOUND EXPRESSION

Spiritual Wellness Service | 50 min.

Research shows that expressing yourself through creativity and art can benefit both your physiology and mindset. Work with our Spiritual Wellness experts to discover your inner reserves through sound creation during this unique, interactive session.

NIGHT SKY WALK

See pg. 26 for dates and times. | 2 hr.

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

LONGEVITY MINDSET

Mental Health & Wellness Service | 50 min.

In this insightful and therapeutic session with a Mental Health & Wellness therapist, you'll explore the root causes of the mental and emotional barriers sabotaging your success and may be impacting your ability to live a healthier life. You'll gain clarity, awareness, and strategies for sustainable, transformative change at work, in personal relationships, for fitness, or in any other facet of your life.

PICKLEBALL DRILL CLINIC

See pg. 26 for dates and times. | 50 min.

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.

GLUTE TRANSFORMATION CLINIC

See pg. 22 for dates and times. | 50 min.

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.

BOGA FITMAT® FITNESS CLINIC

See pg. 22 for dates and times. | 50 min.

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.

PILATES REFORMER CLINIC: BEGINNING

See pg. 24 for dates and times. | 50 min.

Increase body awareness as you focus on breathing, alignment, stabilization of the upper and lower body, and lengthening the spine.

FEATURED EVENTS

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



DUSK TO DAWN RANCH WEEK

JUNE 2 - 8

Discover the magic of Canyon Ranch Tucson from the first light of dawn to the quiet beauty of the night. Begin your day with sunrise hikes and mindful movement, then immerse yourself in rejuvenating indoor wellness experiences featuring restorative treatments and inspiring workshops.

In the evening, enjoy breathtaking guided stargazing beneath the dazzling desert sky, where each moment sparkles with wonder and renewal. Whether you join for a couple of days or stay for the entire week, you'll experience a seamless blend of exploration, relaxation, and rejuvenation.

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



SKY ISLAND DISCOVERY WEEK

JUNE 9 - 15

This summer, escape to the Sky Islands for a hiking adventure like no other. Set out on guided morning and afternoon hikes through a landscape where desert meets mountain, and every trail leads to something extraordinary — towering vistas, quiet canyons, and the untamed beauty of the high desert. Along the way, you'll discover hidden paths, connect with fellow adventurers, and soak in panoramic views that will stay with you long after the trail ends.

Whether you're an avid hiker or simply looking to reconnect with nature, this is your invitation to explore the magic of the Sky Islands.

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



UPCOMING METAPHYSICAL DISCOVERY WEEK

JUNE 16 - 22

Learn the wisdom of various metaphysical practices guided by experts, including clairvoyants, astrologers, psychics, and spiritual wellness leaders. Explore Western and Vedic astrology, Vedic palmistry, lunar astrology, crystals, psychic abilities, and more in a serene setting designed to inspire and renew your spirit.

From the soothing vibrations of singing bowl meditations to transformative tarot workshops, this enlightening Tucson retreat invites you to embrace healing, insights, and ancient wisdom.

CR VITALITY

IN THE CENTER FOR LIFE ENHANCEMENT

Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality. Try out the latest state-of-the-art, high-tech health and performance tools and discover what works for you.

FEATURED TOOLS & TECH



NEURO STIMULATION

Unwind with a zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

LIGHT THERAPY

Harness the whole-body benefits of red and infrared light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

MUSCLE STIMULATION & BLOOD FLOW

Stimulate overworked muscles with Neuromuscular Electrical Stimulation (NMES), which uses small electrical signals to help increase blood flow, reduce pain, and speed recovery time.

INFRARED SAUNA POD

Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

HYPERICE & THERABODY®

Test out cutting-edge percussion and pneumatic compression therapy tools by Hyperice and Therabody®. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release (SMR) therapies for easing muscle soreness, improving mobility, and more.

A SIMPLE DAILY RATE GRANTS YOU ACCESS TO IT ALL | \$100

To book, please contact your Wellness Guide or visit us at CR Vitality, located in the Mel & Enid Zuckerman Center for Life Enhancement between the men's and women's locker rooms. **Open Daily 10 am - 7 pm.**

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.



JULIA BALESTRACCI TRUNK SHOW

FRIDAY, JUNE 6 | 9 AM–5 PM
SATURDAY, JUNE 7 | 9 AM–5 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

Join jewelry designer and maker based in the Sonoran desert. Julia Balestracci creates delicate and intricate designs to ignite and inspire transformation.



ART OF CEREMONY TRUNK SHOW

SUNDAY, JUNE 8 | 9 AM–5 PM
MONDAY, JUNE 9 | 9 AM–5 PM

JOIN US AT THE BOUTIQUE (LOCATED IN THE CLUBHOUSE)

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

WEDNESDAY

June 4, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

6:00 AM

MORNING WALK

30 min. / 45 min.

Spa Lobby

BIRD WALK

2 hr.

Limit: 8 ▲

Outdoor Sports Lobby

BIKE RIDE: LEVEL 2

CAFE RIDE

4 hr.

Limit: 12 ▲

Outdoor Sports Lobby

HIGH ROPES CHALLENGE

COURSE

3 hr. \$220

Limit: 8 ▲

Outdoor Sports Lobby

7:00 AM

PICKLEBALL CLINIC

50 min. \$80

Limit: 4 ▲

Pickleball Court 1

8:00 AM

PICKLEBALL DRILL CLINIC

50 min. \$80

Limit: 4 ▲

Pickleball Court 1

KUNDALINI YOGA

45 min.

Limit: 20

Yoga Studio

TENNIS CLINIC

50 min. \$80

Limit: 8 ▲

Tennis Court 2

LANDSCAPE TOUR

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

Clubhouse

8:15 AM

HIKE: LEVEL 3

CRYSTAL SPRINGS

6 hr.

Limit: 12 ▲

Outdoor Sports Lobby

CORE & MORE

20 min.

Limit: 16

Studio 2

8:30 AM

HIKE: LEVEL 2

BOX CAMP

5 hr.

Limit: 12 ▲

Outdoor Sports Lobby

9:00 AM

PROPERTY TOUR

45 min.

Limit: 20

Clubhouse Lobby

ABOVE & BELOW THE BELT

45 min.

Limit: 20

Studio 3

CYCLING

45 min.

Limit: 12

Golf Performance Center

GLIDE AND BURN

45 min.

Limit: 20

Studio 1

10:00 AM

MEDITATION HIKE

4 hr. \$110

Limit: 8 ▲

Outdoor Sports Lobby

OPTIMIZE BRAIN HEALTH WITH NUTRITION

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.

CME

Catalina Room

H2O POWER

45 min.

Limit: 24

T-Pool

MUSCLE MAX

45 min.

Limit: 12

Studio 3

STRETCH

45 min.

Limit: 30

Yoga Studio

11:00 AM

PROPERTY TOUR

45 min.

Limit: 20

Clubhouse Lobby

COMPASSION CIRCLE FOR GRIEF & GRATITUDE

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.

FE

Sanctuary

LONG & LEAN BARRE WORKOUT

45 min.

Limit: 20

Studio 2

TRX STRONG

45 min.

Limit: 9

Studio 3

ZUMBA®

45 min.

Limit: 30

Studio 1

NOON

LUNCH & LEARN: CRAB CAKES

60 min. Enjoy crab cakes with roasted garlic dipping sauce, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

Demo Kitchen

FITNESS FOR YOUR FEET

20 min.

Limit: 20

Studio 1

1:00 PM

MOUNTAIN TRAIL

RUNNING—NEW

3 hr. \$110

Limit: 8 ▲

Outdoor Sports Lobby

THE POWER OF WATER-BASED

EXERCISE—NEW

25 min. In this 25-minute talk, a Canyon Ranch Performance Scientist explores the benefits of water-based exercise, including enhanced performance, injury prevention, and faster recovery, backed by cutting-edge research and practical insights.

Catalina Room

GLUTE TRANSFORMATION

CLINIC

50 min. \$80

Limit: 5 ▲

Cardio & Strength Gym

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

THE NEUROSCIENCE OF ADDICTION & TRAUMA

50 min. Exploring the science of addiction and trauma and its impact on your brain as well as ways to heal and promote emotional maturity and healthy relationships. Catalina Room

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

PELVIC FLOOR YOGA—NEW Limit: 36 Yoga Studio
45 min.

PILATES REFORMER INT/ADV

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

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

3:00 PM

SACRAL CHAKRA HIP

OPENING Limit: 20 FE Yoga Studio
45 min.

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

WALLYBALL Racquet Court 1
45 min.

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

OPEN 12-STEP RECOVERY MEETING

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. Cactus Room

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

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

6:00 PM

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

TENNIS CLINIC Limit: 4 ▲ Tennis Court 1
50 min. \$80

6:15 PM

12-STEP EATING DISORDERS ANONYMOUS MEETING

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. Mesquite Room

6:30 PM

FLOATING SOUND MEDITATION

CLINIC Limit: 20 ▲ T-Pool
50 min. \$110

7:00 PM

SONORAN SUDS—NEW Limit: 12 ▲ Art Studio 1
60 min. Craft your own luxurious handmade soap using natural ingredients and soothing scents. Mix, mold, and create a custom bar to take home—perfect for a little self-care or a unique gift!

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

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

THURSDAY

June 5, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

5:30 AM

HIKE: LEVEL 4
BLACKETT'S RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

5:45 AM

HIKE: LEVEL 3
VENTANA CANYON TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

6:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 2
DOUGLAS SPRINGS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 15 min.

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

YOGA ON THE TRAIL—NEW Limit: 6 ▲ FE Outdoor Sports Lobby
4 hr. \$140 Embrace the outdoors with a moderate hike that leads you to a serene space for your all levels Hatha yoga practice. In the sanctuary of nature you can deepen your connection to nature with both body and mind.

BIKE RIDE: LEVEL 3
SAGUARO SPIN Limit: 10 ▲ Outdoor Sports Lobby
3 hr.

7:00 AM

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

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.

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

8:00 AM

PICKLEBALL DRILL CLINIC Limit: 8 ▲ Pickleball 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.

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

CYCLING Limit: 12 Golf Performance Center
45 min.

DESERT DRUMMING Limit: 22 Studio 2
45 min.

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.

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.

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

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

YOGA FOR DETOX Limit: 20 Yoga Studio
45 min.

NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN CME Catalina Room
50 min. Unlock the secrets to a longer, healthier lifespan through nutrition. Explore the vital connection between what we eat and longevity in this insightful presentation.

NOON

LUNCH & LEARN: SESAME ORANGE SALMON Demo Kitchen
60 min. Enjoy sesame orange salmon with forbidden rice , soup of the day, salad bar and dessert, while learning how to prepare the entrée.

AERIAL SWING YOGA CLINIC Limit: 5 ▲ FE 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

ALTERNATIVE THERAPIES FOR MENOPAUSE

CME Catalina Room
50 min. There are a variety of natural options to help alleviate menopause related symptoms. Explore dietary options, botanicals, tips for managing weight and reducing stress to help navigate this often challenging time for women.

GYROKINESIS Limit: 15 Yoga Studio
45 min.

PILATES REFORMER CLINIC:

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

2:00 PM

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

CORE CONDITIONING Limit: 15 Studio 1
45 min.

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

YOGA FOR MENOPAUSE—NEW Limit: 30 Yoga Studio
45 min.

3:00 PM

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.

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.

JEEP ADVENTURE Limit: 3 ▲ Outdoor Sports Lobby
4 hr. \$220

BUFF BOOTY Limit: 20 Studio 1
45 min.

QI GONG AND YOGA Limit: 20 FE Yoga Studio
45 min.

WALLYBALL Racquet Court 1
45 min.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

OPEN 12-STEP RECOVERY MEETING

Cactus 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.

5:15 PM

PICKLE & PLAY

Pickleball Court 1
50 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.

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

EDITION—NEW Limit: 8 ▲ FE Outdoor Sports Lobby
2 hr. \$110

FRIDAY June 6, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

5:30 AM

HIKE: LEVEL 4

FINGER ROCK SV Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 15 min.

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

BIKE RIDE: LEVEL 3

ROCKING K Limit: 6 ▲ Outdoor Sports Lobby
4 hr.

5:45 AM

HIKE: LEVEL 2

MILAGROSA OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

6:00 AM

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

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

ROCK CLIMBING

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

7:00 AM

COWBOY COFFEE

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

PICKLEBALL SKILL DEVELOPMENT

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

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.

9:00 AM

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

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.

YOGA SCULPT Limit: 18 Yoga Studio
45 min.

THE POWER OF HYDRATION—NEW Catalina Room
25 min. In this 25 minute talk, explore the vital role hydration plays in boosting physical performance, mental clarity, digestion, skin health, and overall well-being. Learn why hydration is about more than just water and how to hydrate for optimal health!

10:00 AM

HIKE: LEVEL 2 - HITCHCOCK OVERLOOK Limit: 12 ▲ FE Outdoor Sports Lobby
4 hr. 30 min.

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

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

FOUNDATIONS OF STRENGTH CME Catalina Room
50 min. A performance scientist discusses the latest research on how to get stronger and gain or maintain muscle mass throughout your lifespan. Learn what is the best strength training strategy for you.

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

KARTCHNER CAVERNS LIVING CAVE

TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
5 hr. \$220

ASK A PSYCHIC

50 min. Learn what it means to be psychic, or intuitive, and bring lots of questions for this open forum with Canyon Ranch psychic Pat Bruckmann.

AQUA FIT Limit: 15 Aquatic Center
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

LONG & LEAN BARRE WORKOUT Limit: 20 Studio 2
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

LUNCH & LEARN: LOBSTER WITH SWEET CHILI

GLAZE Demo Kitchen

60 min. Enjoy Hoisin Sweet Chili-Glazed Lobster with a Chef's Choice Salad while watching Chef prepare the entrée.

BREATHING Limit: 30 Yoga Studio
20 min.

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

1:00 PM

CONTEMPLATION & HEALING CME FE Catalina Room
50 min. Find out how changing the way you "see" through contemplative spiritual practice can foster greater wholeness and inner peace.

GLUTE TRANSFORMATION

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

KUNDALINI YOGA Limit: 20 Yoga Studio
45 min.

2:00 PM

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

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.

PELVIC FLOOR YOGA—NEW Limit: 36 Yoga Studio
45 min.

DYE YOUR OWN SILK SCARF Limit: 6 ▲ Art Studio 1
2 hr. 30 min. \$75 Create a piece of wearable art. Design the silk scarf you'd love to own—or give as a gift—using permanent, no-bleed dyes and your own imagination.

3:00 PM

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

POSTURE & BALANCE Limit: 20 Studio 2
45 min.

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

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

4:00 PM

RESTORATIVE AERIAL YOGA AND SOUND HEALING

CLINIC—NEW Limit: 5 ▲ Studio 3
50 min. \$80

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

5:00 PM

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

OPEN 12-STEP RECOVERY MEETING Cactus 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

SKY ISLAND SUNSET AND CITY LIGHTS TOUR—NEW Limit: 6 ▲ Outdoor Sports Lobby
3 hr. \$110

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

8:00 PM

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

SATURDAY

June 7, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

5:45 AM

HIKE: LEVEL 3

MCDUGAL RIDGE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 45 min.

6:00 AM

MORNING WALK

30 min. / 45 min. Spa Lobby

BIRD WALK

Limit: 8 ▲ Outdoor Sports Lobby
2 hr.

YOGA IN THE

WILD—NEW Limit: 8 ▲ **FE** 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.

HIGH ROPES CHALLENGE

COURSE Limit: 8 ▲ Spa Lobby
3 hr. \$220

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.

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.

8:30 AM

WRITING IN NATURE

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

9:00 AM

PICKLEBALL CLINIC

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

SHOULDER PAIN UNRAVELED

CME Cactus Room
50 min. Join a sports medicine provider and delve into common shoulder conditions that cause pain and restrictions, and how looking beyond the shoulder can improve well-being.

PROPERTY TOUR

Limit: 20 Clubhouse
Lobby
45 min.

ABOVE & BELOW THE BELT

Limit: 20 Studio 3
45 min.

GLIDE AND BURN

Limit: 20 Studio 1
45 min.

WATER WORKOUT

Limit: 24 T-Pool
45 min.

10:00 AM

NUTRITION STRATEGIES FOR WOMEN'S

CME Catalina Room
50 min. Learn about the nutrients and nutrition strategies that address the specific needs of women and the aging process to support optimal health for women.

HIKE: LEVEL 2 - PECK BASIN

OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

MEDITATION HIKE

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

CARDIO CIRCUIT

Limit: 20 Cardio & Strength Gym
45 min.

CORE CONDITIONING

Limit: 15 Studio 1
45 min.

STRETCH

Limit: 30 Yoga Studio
45 min.

11:00 AM

PROPERTY TOUR

Limit: 20 Clubhouse Lobby
45 min.

AQUA FIT

Limit: 15 **FE** Aquatic Center
45 min.

TOTALLY TUBING

Limit: 20 Studio 2
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

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.

CORE & MORE Limit: 16 Studio 2
20 min.

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

1:00 PM

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

MENOPAUSAL HORMONE REPLACEMENT THERAPY CME Catalina Room
50 min. Learn about the risks and benefits of menopausal hormone replacement therapy and find out if it's right for you.

PILATES MAT Limit: 30 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.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

FLUID FLEXIBILITY Limit: 20 Aquatic Center
45 min.

3:00 PM

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

WALLYBALL FE Racquet Court 1
45 min.

4:00 PM

RESTORATIVE YOGA Limit: 20 FE Yoga Studio
45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

OPEN 12-STEP RECOVERY MEETING Cactus 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

MAHJONG GAME NIGHT Limit: 8 The Snug
2 hr. Love Mahjong? Join fellow enthusiasts in our newly renovated Game Room for a self-led game night!

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

8:00 PM

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

SUNDAY June 8, 2025

See descriptions of classes and activities on pages 22-26.

(FE) FEATURED EVENT: DUSK TO DAWN RANCH WEEK

5:30 AM

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

5:45 AM

**HIKE: LEVEL 3 - DOUGLAS/
ROCKSPRINGS** Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 15 min.

**BIKE RIDE: LEVEL 2 - RIVER PATH/
MARKETPLACE** Limit: 12 ▲ Outdoor Sports Lobby
4 hr.

6:00 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

**HIKE: LEVEL 2
ESPERERO TRAIL** Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 45 min.

**DESERT BEAUTY - THE COSMETOLOGY OF THE
SONORAN** Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140

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.

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

8:00 AM

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

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

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

ECOLOGY WALK Spa Lobby
60 min. A landscape professional shares interesting facts about desert ecology, including wildlife, rainfall, seasonal happenings, soil compositions and plant materials. Discover the uniqueness of the southwest desert.

8:15 AM

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.

CYCLING Limit: 12 Golf Performance Center
45 min.

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

10:00 AM

THE SCIENCE OF WEIGHT LOSS CME 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.

STRETCH Limit: 30 Yoga Studio
45 min.

H2O POWER Limit: 24 T-Pool
45 min.

10:15 AM

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

11:00 AM

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

**SOUL PRINTS: A WORKSHOP IN
PALMISTRY** Cactus Room
50 min. Join this interactive workshop to explore the ancient art of palmistry. Learn to read the lines and shapes in your palms, revealing insights into your personality, life path, and spiritual journey.

AQUA FIT Limit: 15 Aquatic Center
45 min.

GLIDE AND BURN Limit: 20 Studio 1
45 min.

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

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

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

ACUPUNCTURE FOR STRESS RELIEF & EMOTIONAL BALANCE CME Sanctuary
50 min. Explore the ancient art of acupuncture as a powerful tool for achieving emotional equilibrium. Discover how this holistic approach targets key energy points to alleviate stress, anxiety and promote overall well-being.

PILATES REFORMER CLINIC:

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

2:00 PM

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

PELVIC FLOOR YOGA—NEW Limit: 36 Yoga Studio
45 min.

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

3:00 PM

DRUMMING CIRCLE Limit: 17 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

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

OPEN 12-STEP RECOVERY MEETING Cactus 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

OIL DIP ART Limit: 8 ▲ FE Art Studio 1
60 min. Experience the therapeutic and meditative qualities of this art form as you immerse yourself in the process. It's the perfect opportunity to de-stress and unwind while creating beautiful artwork.

8:00 PM

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

MONDAY

June 9, 2025

See descriptions of classes and activities on pages 22-26.

(SP) SPECIAL PROGRAMMING: SKY ISLAND DISCOVERY WEEK

5:30 AM

HIKE: LEVEL 4
WINDY POINT VISTA Limit: 12 ▲ Outdoor Sports Lobby
6 hr.

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.

BIKE RIDE: LEVEL 3
CANADA DEL ORO Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

6:00 AM

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

ARCHAEOLOGY 1- HOHOKAM VILLAGE
SITE—NEW Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

ROCK CLIMBING
NATURALLY Limit: 6 ▲ FE Outdoor Sports Lobby
5 hr. \$400

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM

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

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

TENNIS CLINIC Limit: 4 ▲ Tennis Court 1
50 min. \$80

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

8:15 AM

HIKE: LEVEL 2 - PALISADES TRAIL Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 30 min.

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

8:45 AM

HIKE: LEVEL 3
GREEN MT. TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

9:00 AM

BURNOUT & RESILIENCE CME Catalina Room
50 min. Discuss burnout in high-functioning people, common symptoms, and how it affects our lives. Learn how you can cultivate resiliency skills.

WATER WORKOUT Limit: 24 T-Pool
45 min.

PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.

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.

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

ZUMBA® Limit: 30 Studio 1
45 min.

NOON

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

CORE & MORE Limit: 16 Studio 2
20 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.

1:00 PM

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

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.

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

2:00 PM

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

GOOD VIBRATIONS Limit: 14 Studio 2
45 min.

KETTLEBELL WORKOUT Limit: 12 Studio 3
45 min.

CHAIR YOGA Limit: 20 Yoga Studio
45 min.

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

POSTURE & BALANCE Limit: 20 Studio 2
45 min.

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

JEEP ADVENTURE Limit: 3 ▲ Outdoor Sports Lobby
4 hr. \$220

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.

4:00 PM

MEDITATION Limit: 30 Sanctuary
25 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

INTRO TO AYURVEDA: WHAT'S YOUR DOSHA? Cactus Room
50 min. Ayurveda, the ancient holistic medical science of India, is the sister practice to yoga. Discover how to recognize and address life patterns that cause imbalances by learning about the three doshas.

4:00 PM

OUTDOOR ADVENTURE PASSPORT—NEW Limit: 12 Spa Lobby
50 min. From Archaeology to Yoga in the Wild, come discover the exciting offerings of our Outdoor Sports program and find the perfect fit for you. We showcase our activities, answer questions, and discuss the custom adventures we can design just for you.

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

OPEN 12-STEP RECOVERY MEETING Cactus Room
60 min. 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

UNDER THE VEDIC SUN Catalina Room
50 min. The Vedic Zodiac promotes the Sun as the source of life, truth, and energy behind our ego-driven desires and soul-driven needs. A sun-centered perspective illuminates our purpose, impact, and importance in the evolution of life and consciousness.

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

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

TENNIS CLINIC Limit: 4 ▲ Tennis Court 1
50 min. \$80

6:30 PM

HIGH ROPES CHALLENGE COURSE Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$220

7:00 PM

THE MAGIC OF CULTIVATING POSITIVE EMOTIONS Catalina Room
60 min. In this entertaining show within a seminar, mentalist Rod Robison blends mind-blowing mentalism, inspiration, and actionable take away value for an unforgettable journey toward increasing positivity in your emotions and relationships.

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY EDITION Limit: 8 ▲ Outdoor Sports Lobby
2 hr. \$110

TUESDAY June 10, 2025

See descriptions of classes and activities on pages 22-26. (SP) SPECIAL PROGRAMMING: SKY ISLAND DISCOVERY WEEK

5:30 AM
HIKE: LEVEL 4 SOLDIER TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.
PHOTOGRAPHY HIKE Limit: 6 ▲ Outdoor Sports Lobby
3 hr. \$110
BIKE RIDE: LEVEL 2 MOUNTAIN BIKE 101 Limit: 4 ▲ Outdoor Sports Lobby
4 hr.

5:45 AM
HIKE: LEVEL 3 ROCK SPRINGS TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr.

6:00 AM
HIKE: LEVEL 2 -MILAGROSA OVERLOOK Limit: 12 ▲ FE Outdoor Sports Lobby
4 hr.

6:30 AM
MORNING WALK Spa Lobby
30 min. / 45 min

7:00 AM
PICKLEBALL SKILL DEVELOPMENT CLINIC—NEW Limit: 8 ▲ Pickleball Court 1
1 hr. 50 min. \$200

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
PROPERTY TOUR Limit: 20 Clubhouse Lobby
45 min.
CYCLING Limit: 12 Golf Performance Center
45 min.
HEART CHAKRA YOGA Limit: 36 Yoga Studio
45 min.
WATER WORKOUT Limit: 24 T-Pool
45 min.
MOUNTAIN TRAIL RUNNING—NEW Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$110

10:00 AM
CR STRENGTH Limit: 10 Golf Performance Center
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.
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.

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

SKY ISLAND DISCOVERY

TOUR—NEW Limit: 6 ▲ FE Outdoor Sports Lobby
3 hr. \$110

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: 5 ▲ Pilates Studio
50 min. \$80

QI GONG Limit: 30 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

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.

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.

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 Cactus 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

5:30 PM

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

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

CHEF'S WINE DINNER Limit: 20 ▲ Double U Café
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.

7:00 PM

EMERGING ARIZONA ARTISTS FE Catalina Room
50 min. Defined by diversity, Arizonan art has maintained common elements of the land, its people, and the creative spirit. Explore new and enduring artistic Arizona talent from the perspective of the Tucson Museum of Art's Chief Curator, Dr. Julie Sasse.

8:00 PM

NIGHT VISION GOGGLES - CREEPY CRAWLY

EDITION—NEW 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.

CULINARY

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. We 9:00am, Sa 9:00am, Mo 11:00am

Aqua Fit

In warm water, focus on muscular endurance and range of motion. Fr 11:00am, Sa 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. Th 9:00am, 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. Th 3:00pm, Mo 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. 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, Sa 3:00pm, 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, 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. First Come, First Served, limit 15. Th 2:00pm, Sa 10:00am

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, Fr 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. We 9:00am, Fr 11:00am, Sa 9:00am, Su 11:00am, 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, Th 10:00am, Fr 10:00am, Su 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. We 2:00pm, Fr 2:00pm, 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. We 10:00am

Muscle Relief: Roll with It!

Learn the basics of foam rolling and myofascial release to reduce soreness. Fr 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. 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 5:15pm

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. Fr 3:00pm, 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, Fr 3:00pm, Su 2:00pm, 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. Sa 11:00am, 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, Mo 9:00am

Totally Tubing

First Come, First Served. Limit 20. Perform a variety of endurance-based exercises using resistance tubing. Sa 11:00am

Wallyball

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

Water Workout

Combine aerobic conditioning and muscular endurance work in the pool. Fr 9:00am, Sa 9:00am, Mo 9:00am, Tu 9:00am

Yoga Sculpt

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

Zumba®

Feel the energy and move your body to fun and easy-to-follow Latin rhythms. We 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

Breathing

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

CR Vitality Tour

An exclusive tour of 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, 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 2:00pm, Mo 2:00pm, Tu 3:00pm

Floating Sound Meditation Clinic 50m

Experience inner transformation through Guided Meditation and Sound Healing while floating in water on an airbed. We 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

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. Tu 9:00am

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, Mo 4:00pm

Pelvic Floor Yoga

Build strength and stabilization of the pelvic floor through yoga, connecting the brain, body and breath. You may gain greater confidence and inner strength. We 2:00pm, Fr 2:00pm, Su 2:00pm

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. Th 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

Qi Gong

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

Qi Gong and Yoga

Combining Qi Gong and Yoga, two ancient practices to balance the body, mind, and spirit using physical movement, breath, and meditation. This class includes slow movements and is welcoming for all levels. Th 3:00pm

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

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

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

Yoga for Menopause

Yoga can be very helpful in managing menopause symptoms by reducing stress, improving mood, and promoting overall well-being. Learn specific poses, pranayama (breathing techniques) and bandhas (locks) to support common menopause symptoms. Th 2:00pm

OUTDOOR SPORTS

Archaeology 1- Hohokam Village Site

Travel to the Tucson Mountains to see petroglyphs depicting the art, stories, and culture of the Hohokam people. Stroll through an ancient village with mortars, ball courts, and pottery, offering a peek into their daily life. Mo 6:00am

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 6:00am

Bike Ride: Level 2 - Mountain Bike 101

Learn the skills to get into the exciting sport of mountain biking. We start with building fundamental skills and then move on to instructed trail riding utilizing the RABS training system. Tu 5:30am

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 5:45am

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. Mo 5:30am

Bike Ride: Level 3 - Rocking K

Experience Arizona mountain biking at its finest on single track trails that twist and roll through the Sonoran Desert with fun descendants and mountain views. Mountain biking skills required. Fr 5:30am

Bike Ride: Level 3 - Saguaro Spin

See native plants and animals while surrounded by the spectacular scenery of the Sonoran Desert. The Cactus Forest Loop Drive in the Rincon Mountain District (east) is an 8-mile paved loop. Th 6:00am

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 Beauty - The Cosmetology of the Sonoran

Experience the beauty of Sabino Canyon while exploring desert botanicals that hydrate and nourish. Learn how to blend these natural ingredients into soothing, skin-loving cosmetics for a radiant, glowing you. Su 6:00am

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 6:00am, 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. Sa 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. We 8:30am

Hike: Level 2 - Douglas Springs

This scenic trail has several sections of sustained moderate to steep uphill. Ideal for beginner hikers looking for a good workout. Th 6:00am

Hike: Level 2 - Esperero Trail

A great rugged, rocky desert hike with both gradual and steep terrain that leads to a scenic spot overlooking the Tucson Valley. Su 6:00am

Hike: Level 2 - Hitchcock Overlook

This higher elevation hike contains multiple, steep, uphill sections that travel through a beautiful forest of Douglas fir, Arizona cypress, and Ponderosa pine to a scenic outlook. Fr 10:00am

Hike: Level 2 - Milagrosa Overlook

Hike through a beautiful canyon to a ridgetop overlook. Expect intervals of steep uphill and downhill over rocky terrain with scenic canyon views. Fr 5:45am, Tu 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. Mo 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 3 - Crystal Springs

Sweeping views await on this hike, winding down through the alpine trails of the Santa Catalina's less explored "backside". We 8:15am

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. Su 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. Mo 8:45am

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. Sa 5:45am

Hike: Level 3 - Rock Springs Trail

This scenic trail climbs steeply at times through beautiful desert grasslands to a great overlook. Tu 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. Th 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. Fr 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. Su 5:30am

Hike: Level 4 - Soldier Trail

The trail has a tough, steep climb that starts immediately from the signed trailhead. As the trail gets steeper, the views become even more stunning. Tu 5:30am

Hike: Level 4 - Windy Point Vista

This popular trail starts in the Catalina Foothills and leads into pine forests with multiple seasonal creek crossings before coming into views of Bear Canyon and Windy Point. Mo 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. Fr 6:00am, Su 8:00am, Mo 6:00am

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. Th 3:00pm, 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 11:00am

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 10:00am, Sa 10:00am, Mo 9:30am

Mountain Trail Running

Enjoy an invigorating one-hour trail run through a pine forest on the mountain. Trail locations vary and include hilly and uneven terrain at over 7000 feet of altitude. This activity will include a mix of moderate jogging and hiking up to 4 miles. We 1:00pm, Su 10:15am, Tu 9:00am

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. Sa 8:00pm

Night Vision Goggles - Creepy Crawly Edition

Discover the wonders of nature and the night sky with military-grade night vision goggles. We'll use the goggles to peer deep into the dark skies while also searching the canyon for our nocturnal desert denizens. You may see snakes or scorpions! We 8:00pm, Th 8:00pm, Mo 8:00pm, Tu 8:00pm

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 5:30pm, Su 1:00pm, Tu 5:30pm

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. 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 7:00am, Th 7:00am, Fr 9:00am, Fr 5:00pm, Sa 9:00am, Sa 5:00pm, Su 9:00am, Su 5:00pm, Mo 7:00am, Mo 5:00pm, 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 8:00am, Th 8:00am, Sa 8:00am, 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 7:00am, Tu 7:00am

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 6:00am, Mo 6:00am

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. 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 1:00pm

Sky Island Sunset and City Lights Tour

This Sky Island Tour returns from Mount Lemmon under the soft glow of twilight. Travel through 8 biomes while you enjoy a scenic natural history tour on the way up, and photo stops of the forever sunset views and city lights on the drive back. Fr 5:30pm

Tennis Clinic

Sharpen your skills and learn to hit the sweet spot every time. We 8:00am, We 6:00pm, Sa 8:00am, Mo 8:00am, Mo 6:00pm

Writing in Nature

Discover the art of writing in nature. Learn to channel your inspiration and compose poetry while hiking through sheltered canyons, open vistas and riparian waterways, while you energize your senses and reflect on your journey. Sa 8:30am

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/



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

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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
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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 — NEW — two-part service	50 min each	420
Comprehensive Ayurvedic Consultation — NEW — two-part service.....	110 min /50 min.....	600
Good Posture for Life.....	50 min	150
Introduction to Ayurveda— NEW	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
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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
	80 min	320
Coconut Sugar Scrub—NEW	50 min	200
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

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AYURVEDIC TREATMENTS

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

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min	\$240
	80 min.....	340
	100 min	440
Muscle Melt for Road Warriors	50 min	240
	80 min.....	340
	100 min	410
Reflexology	50 min	240
	80 min.....	340
	100 min	440
Shiatsu	50 min	220
	80 min.....	320
	100 min	410
Thai Massage	100 min	440

ENERGY THERAPIES

Balanced Energy.....	50 min	\$220
	80 min.....	320
	100 min	410
Reiki.....	50 min	220
	80 min.....	320

MASSAGE

Aquatic Massage – Watsu®	50 min	\$240
Aromatherapy Massage.....	50 min	220
	80 min.....	320
Canyon Ranch Massage.....	50 min	220
	80 min.....	320
	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
	80 min.....	340
	100 min	410
Cupping – Sports Massage	50 min	240
	80 min.....	340
	100 min	440
Deep Tissue Massage.....	50 min	240
	80 min.....	340
	100 min	440
Hands, Feet & Scalp Massage.....	50 min	200
Head, Neck & Shoulders Massage	50 min	220
Hydrating Body Bar Massage.....	50 min	240
	80 min.....	340
	100 min	410

Services & fees subject to change without notice.

Lymphatic Treatment.....	50 min.....	\$240
	80 min.....	340
	100 min.....	410
Mama Moisturizing Massage.....	50 min.....	240
Neuromuscular Therapy	75 min.....	340
Prenatal Massage.....	50 min.....	220
	80 min.....	320
Sole Rejuvenation.....	50 min.....	200
Therapeutic CBD Pain Relief Massage	50 min.....	250
	80 min.....	350
	100 min.....	450
VitaD Power Massage—NEW.....	50 min.....	220
Warm Coconut Oil Massage	50 min.....	240
	80 min.....	340

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.

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH WOODSIDE, CALIFORNIA

Escape to the Redwoods. Our wellness haven in Northern California is purpose-built for outdoor adventure, mind-body connection, and a joyful sense of community and of self.



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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

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:

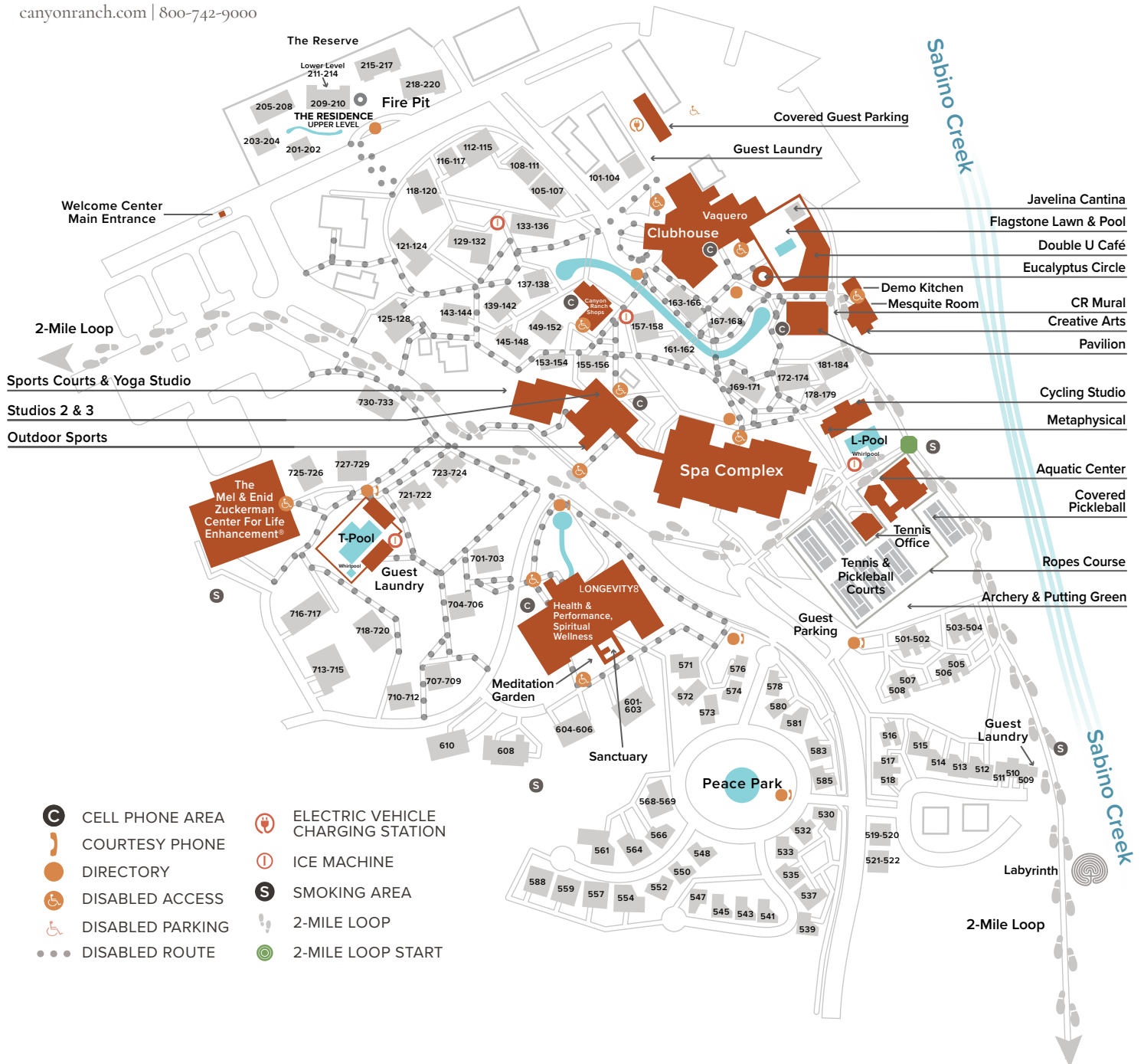
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences.
- Priority service booking – opportunity based on availability.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.

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.