

Enchant

at Canyon Ranch

Daily Schedule

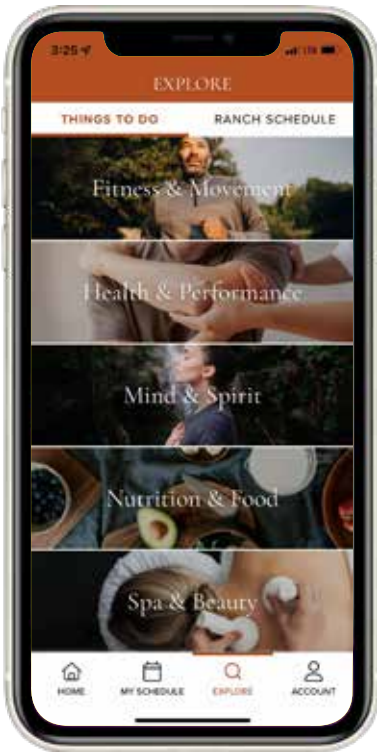
A BEAUTY & WELLNESS FESTIVAL

TUCSON | APRIL 6-10



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

Dinner: 5:00 pm – 7:30 pm (Thurs-Sun)

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 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.

This week we welcome you to Enchant at Canyon Ranch Tucson, where beauty and wellness come together for an unforgettable experience. Immerse yourself in inspiring speakers, expert-led masterclasses, transformative spa treatments, and wellness activations, all set against the stunning Sonoran Desert. Use the Canyon Ranch App to manage your schedule, book experiences, and explore all we have to offer. Discover local artistry throughout the property, connect with nature on a sunrise hike, or unwind under the desert sky. Now is the perfect time to refresh your spirit, set new intentions, and embrace balance.

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.

WELCOME

HOW TO Enchant

Discover the enchantment! We've curated five days of top tastemakers, hands-on demos, evening events, and more. Explore this schedule to plan your perfect experience.

RELAX, RENEW, REVIVE

DON'T MISS THESE MUST-DO ACTIVITIES

- SUN, APRIL 6 | 7:30 P.M.** Skin Science Masterclass with Environ
- MON, APRIL 7 | 4 P.M.** Goat Yoga by Spiritual Gangster
- MON, APRIL 7 | 6 P.M.** Floating Sound Meditation with Environ
- TUE, APRIL 8 | 5 P.M.** Pickle Perfect Tournament by Rhone
- WED, APRIL 9 | 2 P.M.** Glow Bowls with Chef Pete
- THU, APR 10 | 9 A.M.** Beauty Through Movement with Robin Martin



A World-Class ESCAPE

Step into our legendary spa where every treatment – from massages to Eastern therapies – is designed to restore well-being. Now featuring refreshed treatment rooms, skincare services, and retail spaces for an elevated experience from start to finish.



LIVE LOVE SPA Photobooth

Pose, shine, and celebrate as you capture your fresh glow with personalized snapshots.

LOCATED IN
THE SPA LOBBY



Enjoy our GIFTING SUITE

Visit the ultimate gifting suite and take home over \$1,500 in beauty and wellness products. Please bring the printed invitation you received at check-in.

W CR VITALITY

TAKE A TOUR

Our CR Vitality space was designed by a team of scientists and doctors to help improve your energy, recovery, regeneration, sleep, and overall vitality. Immerse yourself in the latest technologies, treatments, and strategies once only available to professional athletes.



TOURS HAPPENING
2 P.M. & 6 P.M. DAILY

ENCHANTED evenings

ENJOY UNFORGETTABLE
EXPERIENCES FROM
SUNRISE TO SUNSET

- SUN, APRIL 6 | 6 P.M.** Welcome Party presented by Venn
- SUN, APRIL 6 | 8 P.M.** Crystal Sound Bath Meditation presented by Bathorium
- MON, APRIL 7 | 5 P.M.** Flawless: Dermaflash Cocktail Hour
- MON, APRIL 7 | 6 P.M.** Chakra Dinner (\$)
- TUE, APRIL 8 | 5 P.M.** Starlight Soiree: L'Space Fashion Pop-up
- WED, APRIL 9 | 8 P.M.** Nightcapped with Rhone
- THU, APRIL 10 | 5 P.M.** Glow-On Cocktail Hour with Althaea Skin
- THU, APRIL 10 | 6 P.M.** Enchant Farewell Party

(\$) Includes extra fee

featured guests



Erica Taylor

Makeup Educator & Founder of Erica Taylor Beauty

Erica is a professional makeup educator with over 26 years of experience working with top brands like MAC Cosmetics, Laura Mercier, and Benefit Cosmetics. Since 2021, she's gained over 2 million followers on social media by sharing her makeup tips and was named a L'Oreal Paris League of Experts in 2023 and 2024.



Kristen Noel Crowley

Founder of KNC Beauty

Kristen is a beauty entrepreneur, content creator, and the founder of KNC Beauty, known for its innovative masks and skincare. A leading tastemaker in the industry, she empowers other entrepreneurs through the KNC School of Beauty while shaping luxury beauty and fashion with major collaborations and leadership.



Emily Morse

Founder and CEO of Sex With Emily

Emily is a sex therapist, author, and host of the #1 sexuality podcast on iTunes, "Sex With Emily", where she explores intimacy, relationships, and sexual wellness. Known for her approachable and informative style, she's been a leading voice in modern sex education for over a decade.



Jo Baker

Makeup Artist & Founder of BAKEUP Beauty

Jo is a celebrity makeup artist known for her bold, artistic looks. She's worked with stars like Salma Hayek, Emily Ratajkowski, and Daisy Edgar-Jones, as well as publications like W, Italian Vogue, InStyle, and more. Renowned for her innovative approach, she's the founder of BAKEUP Beauty and a trendsetter in the industry.



Dr. Elizabeth Comen

NYU Associate Professor of Medicine
& Author of *All in Her Head*

Elizabeth Comen, M.D., is an award-winning clinician, physician-scientist, Associate Professor of Medicine at NYU, and a champion of women's health, elevating it to the forefront of medical discourse.

SUNDAY April 6, 2025

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

6:00 AM

HIKE: LEVEL 5 ROMERO EAGLE'S NEST Limit: 12 ▲ Outdoor Sports Lobby
7 hr. Catalina State Park. 9.25 mi. 2230 ft. elev.

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

6:15 AM

HIKE: LEVEL 4 PONTATOC TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Desert Hike. 5.4 mi. 1725 ft. elev.

6:30 AM

MORNING WALK Spa Lobby
30 min. / 45 min.

HIKE: LEVEL 3 TANQUE VERDE DOME Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Saguaro National Park. 6.2 mi. 1520 ft. elev.

6:45 AM

HIKE: LEVEL 2 ESPERERO TRAIL Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 45 min. Sabino Canyon. 4 mi. 585 ft. elev.

7:00 AM

SUNRISE YOGA Limit: 30 Yoga Studio
60 min.

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

BIKE RIDE: LEVEL 2 - RIVERPATH/ MARKETPLACE Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min. Desert Ride. 12 mi.

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 CLINIC Limit: 4 ▲ 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

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

BUTI MOVEMENT® Limit: 30 Yoga Studio
45 min.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

CYCLING Limit: 12 Golf Performance Center
45 min.

10:00 AM

EXERCISE & MENOPAUSE CME Catalina Room
50 min. Explore the role of exercise in managing menopause. Learn how to optimize your exercise routine to help you flourish during your transition.

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

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

✦ **SONORAN SUDS** 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!

VEDIC PALMISTRY: IT'S ALL IN OUR HANDS Cactus Room
50 min. Vedic Palmistry is an integrative wisdom practice where you can discover the meaning of the lines, markings, and topography of your hands through this ancient tradition.

AQUA FIT Limit: 15 Aquatic Center
45 min.

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

ZUMBA® Limit: 30 Studio 1
45 min.

ENCHANT DAILY HIGHLIGHTS

CRYSTAL ENERGY TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Join metaphysical, crystal, and gemstone expert, Hapi Hara and discover how to harness the healing energies of rocks and crystals.

L*SPACE POP UP TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

ENCHANT PHOTO BOOTH WITH LIVE LOVE SPA

Visit our photo booth sponsored by Beauty in Focus to capture all of your Enchant memories in the Spa Lobby.




ENCHANT GIFTING SUITE

12 - 5 pm | Saguaro Room, Life Enchantment Center
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.



CR VITALITY TOUR



2 pm, 6 pm | CR Vitality, Life Enchantment Center

ENCHANT EVENTS NOTED IN ORANGE. KEYNOTES AND SPONSORED ACTIVITIES INDICATED IN BOLD.

-  — One-of-a-kind Enchant Experience
-  — Enjoy a special gift
-  — Sign up required
- CME** — Continuing Medical Education
- Service allowance may be applied toward activity fees.*


NOON


 **DAZZLE DRY NAIL BAR**  L-Pool Ramada
Noon - 6pm Join Dazzle Dry for a luxurious polish refresh with their patented system.


 **SOAK IN LUXURY WITH BATHORIUM**  Spa Lobby
Noon - 6pm Experience the art of bathing through scent, touch, and sight. Smell lush botanicals, feel velvety bath soaks, and see luxurious blends dissolve. Discover self-care rituals that transform your bath into pure indulgence.

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

1:00 PM


NAVIGATE YOUR LIFE PATH USING ASTROLOGY & CRYSTALS—NEW  Cactus Room
50 min. Learn how astrology offers guidance about your life path and how to use crystal and gemstone alignment to activate and actualize your life purpose.

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.



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

PILATES REFORMER CLINIC: BEGINNING Limit: 6  Pilates Studio
50 min. \$80

QI GONG Limit: 30 Yoga Studio
45 min.

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

2:00 PM

 **MOCKTAILS & MASTERPIECES** Limit: 12  Art Studio 1
1 hr. 30 min. \$45 Join us for creativity and connection! Enjoy mocktails, while you paint and sip in a relaxed, welcoming atmosphere. No experience needed—just bring your imagination and good vibes!

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

MUSCLE MAX Limit: 12 Studio 3
45 min.

WATER WORKOUT Limit: 24 T-Pool
45 min.


3:00 PM

DRUMMING CIRCLE Limit: 17 Studio 1
45 min.

TRX FUSION Limit: 9 Studio 3
45 min.

YIN YOGA Limit: 20 Yoga Studio
45 min.

4:00 PM

 **BEYOND SURVIVAL: UNLOCKING YOUR FULL POTENTIAL** Pavilion
50 min. Join Dr. Elizabeth Comen, as she provides insight into her life and work empowering professionals, patients and the public with the tools they need not just to survive but thrive.

BREATHING Limit: 30 Yoga Studio
20 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.


5:00 PM

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


5:30 PM

COMMUNITY TABLE Limit: 6  Vaquero
60 min.



7:00 PM

 **VENN WELCOME PARTY** Flagstone Lawn
60 min. Uncover the science of skin health with VENN's "engine" — a powerful system that optimizes your skin's resilience. Join us to learn how our microbiome-focused approach is revolutionizing skincare.

7:30 PM

 **SKIN SCIENCE UNVEILED: A MASTERCLASS WITH ENVIRON** Spa Lobby
50 min. Join Environ's National Master Trainer, Ginny Miller, as she leads a masterclass on achieving optimal skin health. Experience the how and why of ingredients and technologies to provide measurable outcomes.

8:00 PM

  **SOUND BATH & MEDITATION** Mohave Room
50 min. Bathe in the soothing sounds and meditation presented by Bathorium and led by Spiritual Wellness provider, Tryshe Dhevney. Take this time to cultivate harmony, enhance well-being, and embrace self-healing.

MONDAY April 7, 2025

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

ENCHANT DAILY HIGHLIGHTS

CRYSTAL ENERGY TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Join metaphysical, crystal, and gemstone expert, Hapi Hara and discover how to harness the healing energies of rocks and crystals.

L*SPACE POP UP TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

ENCHANT PHOTO BOOTH WITH LIVE LOVE SPA

Visit our photo booth sponsored by Beauty in Focus to capture all of your Enchant memories in the Spa Lobby.

ENCHANT GIFTING SUITE

12 - 5 pm | Saguaro Room, Life Enhancement Center
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR

2 pm, 6 pm | CR Vitality, Life Enhancement Center

6:00 AM

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

6:15 AM

HIKE: LEVEL 4 MILAGROSA LOOP Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Desert Hike. 6.4 mi. 1385 ft. elev.

6:30 AM

HIKE: LEVEL 3 BEAR CANYON Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 30 min. Sabino Canyon. 7.5 mi. 935 ft. elev.

BIKE RIDE: LEVEL 3 SAGUARO SPIN Limit: 10 ▲ Outdoor Sports Lobby
3 hr. Saguaro National Park. 8+ mi.

MORNING WALK Spa Lobby
30 min. / 45 min.

7:00 AM

🌵👑 **DESERT BEAUTY: THE COSMETOLOGY OF THE SONORAN** Limit: 8 ▲ Outdoor Sports Lobby
3 hr. Enjoy this interpretive journey exploring the natural beauty secrets of desert plants sponsored by Ogee. Learn about the skincare and wellness benefits of plants like Jojoba, Creosote, Aloe, and Agave Nectar in this unique desert experience.

YOGA IN THE WILD—NEW Limit: 8 ▲ Outdoor Sports Lobby
3 hr. \$140

7:30 AM

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

8:30 AM

🌟 **TECH-DRIVEN WELLNESS** Acacia
60 min. Discover the synergy of health and innovation, unveiling the latest trends and breakthroughs in technology and wearables that are redefining the landscape of wellness.

8:45 AM

HIKE: LEVEL 2 PECK BASIN OVERLOOK Limit: 12 ▲ Outdoor Sports Lobby
5 hr. Mountain Hike. 3.5 mi. 700 ft. elev.

9:00 AM

🌟 **INVEST IN YOUR SKIN HEALTH WITH SKIN AUTHORITY** Cactus Room
50 min. Join Skin Authority Founder, Celeste Hilling, to explore skin health as the gateway to wellness and well being

🌟 **1:1 CONSULTS WITH SPLISH NATURALS** ▲ Private Fitness Studio 4
9 am - 5 pm Rejuvenation and Chakra Mat Consultations:
Discover a pathway to a more balanced and harmonious state of being, tailored for those looking to enhance their physical, emotional, and spiritual well-being.

CORE CONDITIONING Limit: 15 Studio 1
45 min.

DESERT DRUMMING Limit: 22 Studio 2
45 min.

TRX STRONG Limit: 9 Studio 3
45 min.

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

9:30 AM

🌟 **WELLNESS TECHNOLOGY & INNOVATION OPEN HOUSE** Center for Life Enhancement
30 min. Join Canyon Ranch experts from Nutrition, Performance Science, Sports Medicine, and Massage for engaging discussions while discovering CR Vitality, Wellness Technology, and Innovation.

10:00 AM

🌟 **UNLOCKING BEAUTY: TIPS + TRICKS WITH ERICA TAYLOR** Pavilion
60 min. Discover expert tips and tricks to enhance your glow, boost confidence, and master makeup techniques that work for you. Don't miss out on this transformative experience!

H2O POWER Limit: 24 T-Pool
45 min.

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.

ENCHANT EVENTS NOTED IN ORANGE. KEYNOTES AND SPONSORED ACTIVITIES INDICATED IN BOLD.

🌿 — One-of-a-kind Enchant Experience
 👑 — Enjoy a special gift

▲ — Sign up required
CME — Continuing Medical Education

Service allowance may be applied toward activity fees.

11:00 AM

🌿 **CONTENT LAB: BEAUTY AND WELLNESS EDITION** Limit: 15 ▲ Art Studio 1
 50 min. Join a social media expert for an insider's guide to creating engaging beauty and wellness content. Learn strategies for storytelling, branding, and maximizing impact across platforms.

🌿 **RITUALS OF RADIANCE WITH LALAIS** Cactus Room
 50 min. Learn how the idea of inner beauty and holistic wellness were transformed by the company's founder, Lita Cunningham. Experience how LALAIS helps you nourish your skin and your soul.

🌿 **RECOVERY LOUNGE BY THERABODY** Clubhouse Media Room
 11 am - 6 pm Relax and recharge in the Therabody Recovery Lounge, where cutting-edge wellness technology meets relaxation.

🌿 **DAZZLE DRY NAIL BAR** ▲ L-Pool Ramada
 11 am - 6 pm Join Dazzle Dry for a luxurious polish refresh with their patented system.

🌿 **REVITALASH™ BEAUTY** ▲ Spa Lobby
 11 am - 5 pm Discover your best lashes and brows with RevitaLash.

🌿 **BATHORIUM: SOAKED IN TRADITION** Sanctuary
 50 min. Join Greg Macdonald on a global journey through diverse bathing rituals, exploring their history, benefits, and cultural significance. Discover how these traditions enhance well-being and transform self-care into a deeply restorative practice.

🌿 **VENN SUPERCHARGED EXPRESS FACIALS** ▲ Spa Desk
 11 am - 4 pm Experience a new level of hydration with the skin experts at VENN.

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.

YOGA SCULPT Limit: 18 Yoga Studio
 45 min.

ZUMBA® Limit: 30 Studio 1
 45 min.

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

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

NOON

🌿👑 **LUNCH WITH ENVIRON** Limit: 10 ▲ Vaquero Lariat
 1 hr. 30 min. Please join Ginny Miller, Master trainer and Aesthetician for 30 years, in a lively discussion about aging skin and how technologies can enhance at home results.

🌿 **SKIN AUTHORITY SKIN BAR** ▲ Spa Lobby
 Noon - 6 pm Experience a facial transformation in just minutes at our Skin Authority Peel Bar featuring our no downtime Fear Free Peel technology.

LUNCH & LEARN: SHRIMP CATALAN Demo Kitchen
 60 min. Enjoy shrimp Catalan with turmeric rice, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

CORE & MORE Limit: 16 Studio 2
 20 min.

1:00 PM

🌿 **THE FUTURE OF BEAUTY: CONFIDENCE & SELF-EXPRESSION** Pavilion
 50 min. Join Kristen Noel Crawley, Emily Morse, and Erica Taylor for a powerful panel on beauty, wellness, and self-expression—exploring how skincare, sexuality, and personal rituals boost confidence, break norms, and empower well-being.

🌿 **ENHANCING NATURAL BEAUTY** 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.

🌿 **SOAK IN LUXURY WITH BATHORIUM** ▲ Spa Lobby
 1 pm - 6pm Experience the art of bathing through scent, touch, and sight. Smell lush botanicals, feel velvety bath soaks, and see luxurious blends dissolve. Discover self-care rituals that transform your bath into pure indulgence.

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

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

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

BIKE RIDE: LEVEL 2 MOUNTAIN BIKE 101 Limit: 4 ▲ Outdoor Sports Lobby
 4 hr. Desert Ride.

PILATES REFORMER CLINIC: BEGINNING Limit: 6 ▲ Pilates Studio
 50 min. \$80

2:00 PM

🌿 **BALANCED GLOW WITH LALAIS** ▲ Spa Lobby
 2 pm - 6 pm Experience a personalized 1:1 consultation with LALAIS founder, Lita, where you'll discover the brand's signature products and receive tailored skincare advice.

🌿 **GLUCOSE TRACKING FOR WEIGHT & ENERGY WORKSHOP** Limit: 20 ▲ Catalina Room
 1 hr. 20 min. \$220 Optimize your weight and energy, learn how to identify your blood glucose patterns, how to hack hunger and maximize your energy. Discover the benefits of CGM and get your own CGM to use during your stay.

GOOD VIBRATIONS Limit: 14 Studio 2
 45 min.

LET'S DANCE Limit: 30 Studio 1
 45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
 45 min.

2:30 PM

🌿 **ENVIRON CONSULTATIONS** ▲ Spa Lobby
 2:30 pm - 6 pm Enjoy a one on one consultation with Ginny Miller, National Master Trainer for Environ Skin Care. With 30 years of experience she will help you build a routine that works for you. (includes a customized treatment)

MONDAY April 7, 2025 (continued)

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

ENCHANT EVENTS NOTED IN ORANGE. KEYNOTES AND SPONSORED ACTIVITIES INDICATED IN BOLD.

🌿 — One-of-a-kind Enchant Experience

▲ — Sign up required

Service allowance may be applied toward activity fees.

👑 — Enjoy a special gift

CME — Continuing Medical Education

3:00 PM

🌿👑 **BEAUTY & BRUSHSTROKES: ART JOURNALING EXPERIENCE** Limit: 25 ▲ Acacia

1 hr. 30 min. Unleash your creativity with OGEE in this guided art journaling session. Using color, texture, and intuitive design, explore self-expression while incorporating OGEE's beauty philosophy into your personal artistic journey.

FREEFORM FUSION Limit: 14 Studio 3
45 min.

POSTURE & BALANCE Limit: 20 Studio 2
45 min.

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

4:00 PM

🌿 **GOAT YOGA BY SPIRITUAL GANGSTER** Limit: 30 ▲ Flagstone Lawn

60 min. Stretch, Relax + Connect with Adorable Goats brought to you by Spiritual Gangster. Join us and wind down under the Tucson sky.

🌿 **SHOWER RITUALS: AROMATHERAPY SHOWER BUNDLES** Limit: 12 ▲ Art Studio 1

1 hr. 30 min. Join Esker Beauty founder Shannon Davenport for a hands-on class where you'll create your own aromatherapy shower bundles with eucalyptus and lavender. Learn to blend essential oils for relaxation to elevate your self-care routine.

AYURVEDIC SKIN CARE—NEW Cactus Room

50 min. Ayurveda offers personalized skincare for each dosha: vata (dry, rough, prone to wrinkles), pitta (oily, sensitive, prone to redness), and kapha (oily, thick, prone to congestion). Skincare routines balance and nourish skin based on unique needs.

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

INSTANT GRATIFICATION: BEAUTIFY YOUR SKIN Limit: 16 Spa Lobby

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

CHAKRA BALANCING YOGA & SOUND HEALING Limit: 20 Yoga Studio

45 min.

STRETCH & RELAXATION Limit: 20 Studio 2
25 min.

5:00 PM

🌿 **FLAWLESS: DERMAFLASH COCKTAIL HOUR** Javelina Cantina

50 min. Experience Dermaflash + Dermapore with live demos, sip on signature cocktails and mocktails, and connect with beauty and wellness experts.

OPEN 12-STEP RECOVERY MEETING Mesquite Room
60 min. Join us in-person in the Mesquite Room, or via Zoom - Meeting ID: 813 1518 6491, Password: Serenity20.

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

6:00 PM

🌿 **FLOATING SOUND MEDITATION WITH ENVIRON** Limit: 22 ▲ Flagstone Pool

60 min. Float on an airbed while experiencing guided meditation and healing sound frequencies. Sponsored by Environ, this transformative session promotes deep relaxation, balance, and inner peace, nurturing mind and soul.

🌿 **CHAKRA DINNER** Limit: 20 ▲ Demo Kitchen

1 hr. 30 min. \$220 Experience a spiritually inspired culinary journey aligning with the chakras. From light, uplifting foods to rooted, earthy flavors, each dish is designed to nourish both body and soul. A mindful feast led by Chef Pete Ghione.

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

7:00 PM

🌿 **NIGHTTIME RITUALS & GUA SHA ESSENTIALS** Limit: 15 ▲ Spa Lobby

1 hr. 30 min. Experience the luxury of VENN's Goryeo Celadon Gua Sha and learn how to seamlessly incorporate it into your bedtime ritual. Discover the secrets to glowing skin and relaxation with this exclusive introduction.

7:30 PM

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

TUESDAY April 8, 2025

Find more information on our classes and activities in our Index.

ENCHANT DAILY HIGHLIGHTS

CRYSTAL ENERGY TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Join metaphysical, crystal, and gemstone expert, Hapi Hara and discover how to harness the healing energies of rocks and crystals.

L*SPACE POP UP TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

ENCHANT PHOTO BOOTH WITH LIVE LOVE SPA

Visit our photo booth sponsored by Beauty in Focus to capture all of your Enchant memories in the Spa Lobby.

ENCHANT GIFTING SUITE

12 - 5 pm | Saguaro Room, Life Enhancement Center
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR

2 pm, 6 pm | CR Vitality, Life Enhancement Center

6:00 AM

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

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

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

6:15 AM

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

6:30 AM

HIKE: LEVEL 3 ERNIE'S FALLS Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 15 min. Saguaro National Park. 6.8 mi. 1200 ft. elev.

MORNING WALK Spa Lobby
30 min. / 45 min.

6:45 AM

HIKE: LEVEL 2 TANQUE VERDE SADDLE Limit: 12 ▲ Outdoor Sports Lobby
4 hr. Saguaro National Park. 3.5 mi. 970 ft. elev.

7:30 AM

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

8:00 AM

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

8:15 AM

CENTERING MEDITATION Limit: 30 Sanctuary
25 min.

9:00 AM

✦ **SHOWER RITUALS: AROMATHERAPY SHOWER BUNDLES** Limit: 12 ▲ Art Studio 1
1 hr. 30 min. Join Esker Beauty founder Shannon Davenport for a hands-on class where you'll create your own aromatherapy shower bundles with eucalyptus and lavender. Learn to blend essential oils for relaxation to elevate your self-care routine.

✦ **MINERAL SKIN THERAPY WITH OMOROVICZA** Sanctuary
50 min. Learn how to achieve radiant, healthy skin from head to toe with expert tips on exfoliation, hydration, and nourishment. Discover the best practices and products to enhance your daily regimen and elevate your total skin care to new heights.

✦ **1:1 CONSULTS WITH SPLISH NATURALS** ▲ Private Fitness Studio 4
9 am - 5 pm Rejuvenation and Chakra Mat Consultations: Discover a pathway to a more balanced and harmonious state of being, tailored for those looking to enhance their physical, emotional, and spiritual well-being

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

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

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

CYCLING Limit: 12 Golf Performance Center
45 min.

HEART CHAKRA YOGA Limit: 20 Yoga Studio
45 min.

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

10:00 AM

✦ **MASTERING BEAUTY WITH ERICA TAYLOR** Limit: 30 ▲ Pavilion
1 hr. 30 min. \$200 Expert techniques from skin prep and perfecting complexion to mastering a completed look. Registration required for this exclusive Enchant masterclass.

MEDICALLY UNEXPLAINED SYNDROMES CME Catalina Room
50 min. The Medical Director for Canyon Ranch in Tucson offers an innovative look at understanding complex syndromes such as fibromyalgia and irritable bowel syndrome.

CR STRENGTH Limit: 10 Golf Performance Center
45 min.

H2O POWER Limit: 24 T-Pool
45 min.

STRETCH Limit: 30 Yoga Studio
45 min.

TUESDAY April 8, 2025 (continued)

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

11:00 AM

✦ **ENVIRON CONSULTATIONS** ▲ Spa Lobby
11 am - 2 pm Enjoy a one on one consultation with Ginny Miller, National Master Trainer for Environ Skin Care. With 30 years of experience she will help you build a routine that works for you. (includes a customized treatment)

✦ **RADIANT CONTOURS: BODY PLANING WITH ESKER BEAUTY** ▲ Spa Lobby
11 am - 6 pm Discover The Body Plane, inspired by ancient rituals, for soft, radiant skin. Learn how this practice can transform your skin and elevate your selfcare routine.

✦ **HUNGARIAN SILK ARM & HAND TREATMENT** ▲ L-Pool Ramada
11 am - 6 pm Indulge in the ultimate hand and arm treatment with Omorovicza's Hungarian Scrub. Enjoy the rejuvenating benefits of Hungarian Sea Salt and Moor Mud, paired with firming body oil for a luxurious exfoliation experience.

✦ **DERMAFLASH 1:1 CONSULTATIONS** ▲ Spa Lobby
11 am - 5 pm Enjoy a complimentary exfoliating treatment which will leave your face smooth, radiant and fuzz free with an expert from DermaFlash.

✦ **REVITALASH™ BEAUTY** ▲ Spa Lobby
11 am - 1 pm Discover your best lashes and brows with Revitalash.

✦ **SKIN AUTHORITY SKIN SCAN** ▲ Spa Lobby
11 am - 1 pm 360-Degree Skin Wellness Program combines personalized tech, advanced AI Skin Scan™ imaging, and expert guidance for predictive, preventative care. Unlike typical AI quizzes, it offers holistic advice to maintain long-term skin health and wellness.

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

ASK A PSYCHIC Cactus Room
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.

BEAUTY IN EVERY DETAIL—NEW Catalina Room
50 min. Explore the world of aesthetics—how beauty, design, and creativity shape experiences. Discover what captivates us and book our expert services to bring stunning visual appeal to your vision!

DJ DANCE PARTY Limit: 30 Studio 1
45 min.

TRX FUSION Limit: 2 Studio 3
45 min.

AQUA FIT Limit: 15 Aquatic Center
45 min.

NOON

LUNCH & LEARN: GREEK SPICE CHICKEN Demo Kitchen
60 min. Enjoy Greek spice chicken with lemon yogurt sauce, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

1:00 PM

QI GONG Limit: 30 Yoga Studio
45 min.

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

ENCHANT DAILY HIGHLIGHTS

CRYSTAL ENERGY TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Join metaphysical, crystal, and gemstone expert, Hapi Hara and discover how to harness the healing energies of rocks and crystals.

L*SPACE POP UP TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

ENCHANT PHOTO BOOTH WITH LIVE LOVE SPA

Visit our photo booth sponsored by Beauty in Focus to capture all of your Enchant memories in the Spa Lobby.

ENCHANT GIFTING SUITE

12 - 5 pm | Saguaro Room, Life Enhancement Center
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR

2 pm, 6 pm | CR Vitality, Life Enhancement Center

1:00 PM

REPLENISHING THE WELL—NEW 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.

2:00 PM

✦ **BEAUTY BITES** Limit: 30 ▲ Demo Kitchen
50 min. Join Chef Pete in preparing quick, protein packed snacks for on-the-go.

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

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

FLUID FLEXIBILITY Limit: 20 Aquatic Center
45 min.

WALK YOUR WORKOUT—NEW Limit: 15 Spa Lobby
45 min.

3:00 PM

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

WALLYBALL Racquet Court 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
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.

WEDNESDAY April 9, 2025

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

ENCHANT DAILY HIGHLIGHTS

L*SPACE POP UP TRUNK SHOW
 9 am - 7 pm | Canyon Ranch Boutique
 Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

ENCHANT PHOTO BOOTH WITH LIVE LOVE SPA
 Visit our photo booth sponsored by Beauty in Focus to capture all of your Enchant memories in the Spa Lobby.

ENCHANT GIFTING SUITE
 12 - 5 pm | Saguaro Room, Life Enchantment Center
 Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR
 2 pm, 6 pm | CR Vitality, Life Enchantment Center

6:00 AM
SABINO CANYON WALK Limit: 12 ▲ Outdoor Sports Lobby
 2 hr.

6:15 AM
HIKE: LEVEL 4 PICACHO PEAK Limit: 12 ▲ Outdoor Sports Lobby
 6 hr. Desert Hike. 4.2 mi. 1400 ft. elev.

6:30 AM
BIRD WALK Limit: 8 ▲ Spa Lobby
 2 hr.

BIKE RIDE: LEVEL 3 HONEY BEE OFF-ROAD Limit: 12 ▲ Outdoor Sports Lobby
 4 hr. Mountain Biking. 14 mi.

MORNING WALK Spa Lobby
 30 min. / 45 min.

6:45 AM
HIKE: LEVEL 2 PIMA CANYON Limit: 12 ▲ Outdoor Sports Lobby
 4 hr. Desert Hike. 3 mi. 485 ft. elev.

8:00 AM
KUNDALINI YOGA Limit: 20 Yoga Studio
 45 min.

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

8:15 AM
CORE & MORE Limit: 16 Studio 2
 20 min.

8:45 AM
HIKE: LEVEL 3 GREEN MT. TRAIL Limit: 12 ▲ Outdoor Sports Lobby
 5 hr. Mountain Hike. 4 mi. 1700 ft. elev.

9:00 AM
✦ THE RHYTHM OF RADIANCE: UNLOCKING SKIN'S CYCLES Cactus Room
 50 min. VP of Brand Development, Rich Campbell will discuss the science behind Althaea Skin, a groundbreaking, time-targeted skincare collection inspired by circadian rhythms. Discover how this innovative line works in sync with your skin's natural cycles.

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

BUTI MOVEMENT® Limit: 30 Yoga Studio
 45 min.

CYCLING Limit: 12 Golf Performance Center
 45 min.

GLIDE AND BURN Limit: 20 Studio 1
 45 min.

LANDSCAPE TOUR Clubhouse
 60 min.

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

9:30 AM
INTUITIVE ARCHERY Limit: 8 ▲ Outdoor Sports Lobby
 2 hr. \$110

10:00 AM
✦ CHILL + GLOW WITH KNC BEAUTY Limit: 60 ▲ Pavilion
 50 min. Join Kristen Noel Crawley for a revitalizing experience using KNC Cryotherapy Wands, breathwork, and chakra alignment. Learn cooling massage techniques to reduce inflammation, boost circulation, and energize your glow from the inside out.

✦ WELL BAR INTENTION Spa Lobby
 10 am - 6 pm Drop in to create Your Own Wellness Intention Blend choose from: Balance, Calm, Detox, Immune Boost, Recover, Renew, or Rest.

MUSCLE MAX Limit: 12 Studio 3
 45 min.

STRETCH Limit: 30 Yoga Studio
 45 min.

ENCHANT EVENTS NOTED IN ORANGE. KEYNOTES AND SPONSORED ACTIVITIES INDICATED IN BOLD.

- 🌿 — One-of-a-kind Enchant Experience
- 👑 — Enjoy a special gift
- ▲ — Sign up required
- CME — Continuing Medical Education
- Service allowance may be applied toward activity fees.*

11:00 AM

🌿 **HUNGARIAN SILK ARM & HAND TREATMENT** ▲ L-Pool
 11 am - 2 pm Indulge in the ultimate hand and arm treatment with Omorovicza's Hungarian Scrub. Enjoy the rejuvenating benefits of Hungarian Sea Salt and Moor Mud, paired with firming body oil for a luxurious exfoliation experience.

🌿 **NURTURED BY NATURE: AKAR SKINCARE EXPERT SESSION** ▲ Spa Lobby
 11 am - 6 pm Discover the power of organic superflowers, superplants, and superfoods in your skincare. Receive personalized recommendations and expert tips to enhance your skin's health, glow, and vitality

🌿 **MEET C.A.R.A - YOUR SKIN'S NEW BEST FRIEND** ▲ Spa Lobby
 11 am - 4 pm Experience a personalized 1:1 consultation and discover Althaea Skin and the C-A-R-A Multi-Modal Facial Tool. Combining radio frequency, EMS, and LED light therapy, this device contours, tones, and minimizes fine lines for radiant, youthful skin.

🌿 **MOISTURE TO MELT FOR** ▲ Spa Lobby
 11 am - 5 pm Immerse yourself in Kate McLeod's deeply nourishing, transformative moisturizing rituals. Explore our collection of solid body care, experience the power of pure plant butters, and get a free Mini Body Stone lotion bar!

🌿 **AGELESS SKIN DIAMOND GLOW MINI HAND TREATMENTS** ▲ Spa Lobby
 11 am - 2 pm Experience this exfoliating, hydrating treatment that restores softness, radiance and a youthful glow.

🌿 **TIMELESS BEAUTY WITH ALLERGAN** ▲ Spa Lobby
 11 am - 2 pm Explore expert guidance on BOTOX® Cosmetic and Juvéderm® treatments with personalized consultations.

🌿 **BIOLOGIQUE RECHERCHE SKIN INSTANT© LAB CONSULTS** ▲ Spa Lobby
 11 am - 5 pm Come and join experts from luxury skin care line, Biologique Recherche for a demonstration of their unique diagnostic tool The Skin Instant© Lab. This powerful device uses 5 measurement probes to analyze your skin. Come get your best skin ever!

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

ZUMBA® Limit: 30 Studio 1
 45 min.

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

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

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

NOON

LUNCH & LEARN: ORANGE DIJON GLAZED MAHI Demo Kitchen
 60 min. Enjoy Orange Dijon Glazed Mahi and a Chef's Choice Salad while watching Chef prepare the entrée.

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

1:00 PM
 🌿 **LET YOUR RADIANT SOUL SHINE!** Sanctuary
 50 min. Being comfortable in your skin allows you to live wholeheartedly. Through compassion, allow yourself to transform shame and multiply the amount of beauty you find in your life. Strengthen your body-spirit connection and let your radiant soul shine!

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

PILATES FOR BALANCE Limit: 18 Studio 2
 45 min.

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

BIKE RIDE: LEVEL 2
CAFE RIDE Limit: 12 ▲ Outdoor Sports Lobby
 4 hr. Desert Ride. 15 mi.

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

2:00 PM
 🌿 **GLOW BOWLS** Limit: 30 ▲ Demo Kitchen
 50 min. Chef Pete guides you in colorful, vibrant and nutrient packed meal prep ideas.

🌿 **SONORAN SUDS** 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!

GOOD VIBRATIONS Limit: 14 Studio 2
 45 min.

KETTLEBELL WORKOUT Limit: 12 Studio 3
 45 min.

PILATES REFORMER INT/ADV CLINIC Limit: 5 ▲ Pilates Studio
 50 min. \$80

WATER WORKOUT Limit: 24 T-Pool
 45 min.

MINDFULNESS: STRESS ANTIDOTE TO ENHANCE LIFESPAN CME Catalina Room
 50 min. Discuss how stress, longevity, and mindfulness impact telomeres. Delve into mindfulness practices, address common barriers, and gain tools for successful adoption.

WEDNESDAY April 9, 2025 (continued)

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

ENCHANT EVENTS NOTED IN ORANGE. KEYNOTES AND SPONSORED ACTIVITIES INDICATED IN BOLD.

🌿 — One-of-a-kind Enchant Experience

▲ — Sign up required

Service allowance may be applied toward activity fees.

👑 — Enjoy a special gift

CME — Continuing Medical Education

3:00 PM

BUFF BOOTY Limit: 20 Studio 1
45 min.

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

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

OPTIMIZE BRAIN HEALTH WITH NUTRITION CME Catalina Room

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

4:00 PM

🌿 **FULL TILT LASHES WITH JO BAKER** Pavilion
50 min. Join Jo Baker for an exclusive demo and conversation on bold London-style lashes, a staple of her re-carpet style. Learn how lash styling transforms any look, from soft daytime elegance to full-on Tarantulash-tastic drama.

MEDITATION Limit: 30 Sanctuary
25 min.

5:00 PM

🌿 **GLOW ON WITH ALTHAEA SKIN** Javelina Cantina
1 hr. 30 min. Activate your Glow under the stars with Althaea Skin. Sip on a signature mocktail + unwind under the desert sky.

🌿👑 **PICKLE PERFECT BY RHONE** Limit: 24 ▲ Pickleball Court 1
1 hr. 30 min. Don't miss out on this chance to compete, connect, and celebrate pickleball with Rhone. Grab your paddle and bring your A-game. Winners will be rewarded with top-notch prizes, including Rhone apparel and other exciting surprises.

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

5:30 PM

COMMUNITY TABLE Limit: 6 ▲ Vaquero
60 min.

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

6:00 PM

🌿 **ENCHANTED FAREWELL** Flagstone Lawn
2 hr. Bid farewell to the spring desert with botanical mocktails, inspired entertainment, and permanent jewelry by Lala Links. (Jewelry available for purchase.)

6:15 PM

12-STEP EATING DISORDERS ANONYMOUS MEETING Mesquite Room

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

7:30 PM

NIGHT VISION GOGGLE EXPERIENCE Limit: 8 ▲ Outdoor Sports Lobby

ENCHANT DAILY HIGHLIGHTS

L*SPACE POP UP TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

ART OF CEREMONY TRUNK SHOW

9 am - 5 pm | Canyon Ranch Boutique
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.

ENCHANT PHOTO BOOTH WITH LIVE LOVE SPA

Visit our photo booth sponsored by Beauty in Focus to capture all of your Enchant memories in the Spa Lobby.

ENCHANT GIFTING SUITE

12 - 5 pm | Saguaro Room, Life Enchantment Center
Explore the gifting suite to choose from a selection of premium spa, beauty, and wellness items. Don't forget to bring your Gifting Suite Ticket.

CR VITALITY TOUR

2 pm, 6 pm | CR Vitality, Life Enchantment Center

THURSDAY April 10, 2025

Find more information on our classes and activities in our Index.

ENCHANT DAILY HIGHLIGHTS

L*SPACE POP UP TRUNK SHOW

9 am - 7 pm | Canyon Ranch Boutique
Shop a beautiful collection of Resort Ware by L*Space in the Canyon Ranch boutique and create your perfect look for spring!

CR VITALITY TOUR

2 pm, 6 pm | CR Vitality, Life Enchantment Center

6:00 AM

DESERT TRAIL

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

6:15 AM

HIKE: LEVEL 4

WINDY POINT VISTA Limit: 12 ▲ Outdoor Sports Lobby
6 hr. Mountain Hike. 8.2 mi. 1570 ft. elev.

6:30 AM

HIKE: LEVEL 3

ROMERO TRAIL Limit: 12 ▲ Outdoor Sports Lobby
5 hr. 30 min. Catalina State Park. 5.6 mi. 1220 ft. elev.

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

BIKE RIDE: LEVEL 3

PANTANO RIVER PATH Limit: 12 ▲ Outdoor Sports Lobby
3 hr. 30 min. Desert Ride. 21 mi.

MORNING WALK

30 min. / 45 min. Spa Lobby

6:45 AM

HIKE: LEVEL 2

DOUGLAS SPRINGS Limit: 12 ▲ Outdoor Sports Lobby
4 hr. 15 min. Saguaro National Park. 4 mi. 840 ft. elev.

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

PICKLEBALL 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.

8:45 AM

HIKE: LEVEL 1

LOWER SABINO Limit: 12 ▲ Outdoor Sports Lobby
3 hr. Sabino Canyon. 3.4 mi. 230 ft. elev.

9:00 AM

✦ **BEAUTY THROUGH MOVEMENT: A YOGA EXPERIENCE**

Limit: 30 Yoga Studio
50 min. Guest instructor Robin Martin teaches a flowing yoga sequence that combines strength, flexibility, stamina, cardio, and concentration. This practice detoxifies and heals the body, soothes and invigorates the nervous system, balances hormones, and boosts cardiovascular strength and stamina.

TENNIS CLINIC

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

HIGH ROPES CHALLENGE

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

GUIDED LABYRINTH WALK

Limit: 12 Sanctuary
50 min. Visit the labyrinth with a Spiritual Wellness provider. Learn about this sacred archetype, and walk its path with intention in a shared community of spiritual seekers.

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.

10:00 AM

✦ **MEET C.A.R.A - YOUR SKIN'S NEW BEST FRIEND**

▲ Spa Lobby
10 am - 1 pm Experience a personalized 1:1 consultation and discover Althaea Skin and the C-A-R-A Multi-Modal Facial Tool. Combining radio frequency, EMS, and LED light therapy, this device contours, tones, and minimizes fine lines for radiant, youthful skin.

✦ **NOURISHING BEAUTY: DIET TIPS FOR SKIN AND HAIR**

Cactus Room
50 min. Explore how nutrition benefits skin and hair health, from antioxidants and collagen to hydration, protein, and vitamin D. Learn about the effects of sugar, dairy and AGEs on beauty and aging. Unlock practical tips to support vibrant, healthy skin and hair.

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

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

H2O POWER Limit: 24 T-Pool
45 min.



STRETCH Limit: 30 Yoga Studio
45 min.


THURSDAY April 10, 2025 (continued)

Find more information on our classes and activities in our Index.

Property Tour meets daily in the Clubhouse Lobby at 9 am & 11 am.

ENCHANT EVENTS NOTED IN PURPLE. KEYNOTES AND SPONSORED ACTIVITIES INDICATED IN BOLD.

 — One-of-a-kind Enchant Experience
 — Enjoy a special gift

 — Sign up required
CME — Continuing Medical Education

Service allowance may be applied toward activity fees.

11:00 AM

 **NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN** CME Catalina Room
 50 min. Unlock the secrets to a longer, healthier lifespan through nutrition in this insightful presentation.

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.

NOON

LUNCH & LEARN: GRILLED CHICKEN FAJITAS Demo Kitchen
 60 min. Enjoy grilled chicken fajitas with guacamole, soup of the day, salad bar and dessert, while learning how to prepare the entrée.

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

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

CORE & MORE Limit: 16 Studio 2
 20 min.

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

1:00 PM

GYROKINESIS Limit: 15 Yoga Studio
 45 min.

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.


2:00 PM

PRIMITIVE FIRE-MAKING Limit: 8  Outdoor Sports Lobby
 2 hr.


CR STRENGTH Limit: 10 Golf Performance Center
 45 min.

WATER WORKOUT Limit: 24 T-Pool
 45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
 45 min.

HANDS-ON COOKING: BBQ U Limit: 10  Demo Kitchen
 2 hr. \$175 Learn how to use your grill so that everything will finish cooking at the same time.

3:00 PM

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.

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

TRX STRONG Limit: 9 Studio 3
 45 min.

WALLYBALL Racquet Court 1
 45 min.

ENDURANCE, ZONE 2 AND YOU CME Catalina Room
 50 min. Uncover how Zone 2 endurance training method revolutionizes fitness, enhancing cardiovascular capacity and overall athletic achievements.

4:00 PM

STRETCH & RELAXATION Limit: 20 Studio 2
 25 min.

4:30 PM

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

5:00 PM

OPEN 12-STEP RECOVERY MEETING Mesquite Room
 60 min. 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.

7:00 PM

ISLANDS IN THE SKY & THE SOUTHWEST MONSOON Cactus Room
 50 min. Mitch Stevens and Russell Lowes give a visual presentation of the Sonoran Desert, from sky-island mountain ranges to the Grand Canyon and beyond.

7:30 PM

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

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. Tu 9:00am

Aqua Fit

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

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. Tu 2:00pm, Th 9:00am

Buff Booty

Focus on your abs, buns and legs to create long, lean muscles while developing strength and balance. We 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, We 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. Tu 10:00am, Th 2:00pm

Cardio Circuit

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

Core & More

Twenty minutes focused on strengthening your abs and lower back. Mo 12:00pm, We 8:15am, Th 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. Su 9:00am, Mo 9:00am

Cycling

Experience a cardiovascular-, endurance-, or interval-focused class on a stationary bike. Su 9:00am, Tu 9:00am, We 9:00am, Th 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. Tu 11:00am, Th 11:00am

Desert Drumming

Burn calories, release stress, and feel the joy by drumming on a physio ball in this fun, invigorating class. Mo 9:00am, Th 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. Su 8:15am, Th 8:15am

Fitness For Your Feet

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

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

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

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. Mo 2:00pm, We 2:00pm

H2O Power

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

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

Let's Dance

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

Morning Walk 30m

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

Morning Walk 45m

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

Muscle Max

Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment. Su 2:00pm, We 10:00am

Muscle Relief: Roll with It!

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

PBF: Power Blast Fitness

Challenge your muscle power and strength with this intense circuit style class that utilizes TRX®, kettlebells, slam balls, and more! We 11:00am, 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. Mo 3:00pm

Stride & Strength

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

TRX Fusion

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

TRX Strong

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

Walk Your Workout

Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll. Resistance strength work will be integrated to teach you how you can take this workout on the road. Tu 2:00pm

Wallyball

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

Water Workout

Combine aerobic conditioning and muscular endurance work in the pool. Su 2:00pm, We 2:00pm, Th 2:00pm

Yoga Sculpt

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

Zumba®

Feel the energy and move your body to fun and easy-to-follow Latin rhythms. Su 11:00am, Mo 11:00am, We 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. Su 12:00pm, Mo 12:00pm, Tu 12:00pm, Th 12:00pm

Breathing

Learn proper breathing techniques for relaxation and stress reduction. Su 4:00pm

CR Vitality Tour

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

Centering Meditation

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

Chakra Balancing Yoga & Sound Healing

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

Fluid Flexibility

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

Freeform Fusion

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

Gyrokinesis

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

Heart Chakra Yoga

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

Meditation

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

Pilates Reformer Clinic: Beginning

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

Pilates Reformer Int/Adv Clinic

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

Pilates for Balance

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

Qi Gong

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

Sacral Chakra Hip Opening

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

Stretch

Improve total body flexibility. Daily 10:00am

Stretch & Relaxation

Promotes flexibility and breathing and relaxes tense muscles. Su 4:00pm, Mo 4:00pm, Th 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. Su 7:00am, Th 7:00am

Yin Yoga

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

Yoga Foundations

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

Yoga for Detox

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

OUTDOOR SPORTS

Archeology Hike

Step into the mysterious world of the Hohokam and discover the echoes of ancient culture. This guided journey leads you through sacred rock art, Mesoamerican artifacts, and the scenic remnants of village life scattered across the Sonoran basin. Th 6:30am

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 1:00pm

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. Mo 1:00pm

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 7:00am

Bike Ride: Level 3 - Honey Bee Off-Road

An intermediate ride in the beautiful Sonoran Desert. Enjoy a smooth and flowing single track, with just a few obstacles to keep things interesting. We 6:30am

Bike Ride: Level 3 - Pantano River Path

Take an extended cruise on a paved, car-free recreational path along an arroyo and out into a large area of undeveloped desert. Mostly a gentle gradient, mixed with a few more noticeable hills. Th 6:30am

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. Mo 6:30am

Bird Walk

Enjoy a bird-watching stroll around the Ranch. Binoculars are provided. We 6:30am

Cardio Tennis Clinic

Enjoy a heart-pumping cardio tennis workout to music. Su 9:00am, Tu 9:00am

Desert Trail Running

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

Gravel Biking in Patagonia

Embark on a breathtaking 30-mile cycling journey through Patagonia, Arizona. Discover the historic Harshaw ghost town and enjoy beautiful views at every turn. Ideal for intermediate to advanced riders. Tu 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. Mo 6:00pm, Tu 9:00am, Th 9:00am

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. Mo 1:00pm

Hike: Level 1 - Lower Sabino

This hike offers beginners an introduction to the nearby recreation area, with seasonal creek crossings and a sample of the Sonoran Desert terrain. Th 8:45am

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 6:45am

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 6:45am

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. Mo 8:45am

Hike: Level 2 - Pima Canyon

A lush desert and riparian canyon hike with moderate uphill and very rocky terrain. Designed for the strong, beginner hiker. We 6:45am

Hike: Level 2 - Tanque Verde Saddle

A good challenge for strong beginners, this hike features several sections of steep uphill leading to the crest of a scenic ridge.
Tu 6:45am

Hike: Level 3 - Bear Canyon

Travel along the canyon floor with stunning views of cacti and cliffs until you reach the magnificent Seven Falls! This is mostly a gradual climb with one steeper section before reaching the seasonal falls.
Mo 6:30am

Hike: Level 3 - Ernie's Falls

Intervals of moderate uphill and level sections pass through beautiful desert terrain with great views and lead to a seasonal waterfall.
Tu 6:30am

Hike: Level 3 - Green Mt. Trail

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

Hike: Level 3 - Romero Trail

This difficult Level 3 hike has very steep inclines with large rocks to scramble. You're rewarded with beautiful vistas and wonderful pools during our rainy season. Th 6:30am

Hike: Level 3 - Tanque Verde Dome

A solid, intermediate fitness hike with intervals of moderate to steep uphill leading to a scenic rock dome with stunning views of the Rincon and Catalina Mountains as well as the Tucson Valley.
Su 6:30am

Hike: Level 4 - Blakett's Ridge

This popular and challenging fitness hike scales rugged and steep terrain, unveiling stunning panoramas at the summit. Tu 6:15am

Hike: Level 4 - Milagrosa Loop

With beautiful mountain and canyon views, this scenic ridgeline loop trail climbs over moderate to steep intervals of rocky terrain.
Mo 6:15am

Hike: Level 4 - Picacho Peak

Enjoy an exhilarating climb up a steep, exposed trail to a unique towering peak. Grip cable handholds for support on the way to the summit before marveling at the striking surrounding landscape.
We 6:15am

Hike: Level 4 - Pontatoc Trail

Hike through Pontatoc Canyon with towering cliffs above. The ascent is rocky and steep in sections. Once above the canyon, the trail smooths until we arrive at a breathtaking knoll overlooking the valley and surrounding canyons. Su 6:15am

Hike: Level 5 - Romero Eagle's Nest

Hike through Romero Canyon, one of the main watersheds of the western-facing slope of the Santa Catalina Mountains, to the scenic high point called the Eagle's Nest. Su 6:00am

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. Th 6:15am

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. Su 1:00pm, Mo 1:00pm, Tu 2:00pm, We 9:30am, Th 4:30pm

Jeep Adventure

Ride in comfort and style in our air-conditioned Jeep while experiencing the adrenaline of an off-road adventure. Travel over twists, turns, and bumps to an amphitheater of oak-dotted hills. Enjoy a leisurely, one-mile hike before heading back. Mo 1:00pm

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 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. Th 7:30pm

Night Vision Goggle Experience

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

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. Su 6:00am, Tu 6:00am

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. Su 8:00am, Mo 8:00am, Mo 4:00pm, Tu 8:00am, We 8:00am, Th 8:00am,

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. Su 10:00am, Mo 11:00am, Tu 11:00am, We 11:00am, Th 10:00am,

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. Tu 1:00pm

Primitive Fire-Making

Connect with the primal thrill of creating fire. Th 2:00pm, Tu 2:30pm

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. Mo 7:30am

Sabino Canyon Walk

Discover the picturesque beauty of Sabino Canyon. Our experts will take you to a premier recreation spot with canyon, mountain, and desert vistas. Mo 6:00am, We 6:00am,

Tennis Clinic

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

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. Su 7:00am

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

MENU OF SERVICES | 2025

MENTAL HEALTH & WELLNESS

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

NUTRITION & FOOD

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

COOKING

Hands-on Cooking Private.....	80 min	\$185
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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
Desert Ritual	100 min	410
Detoxifying Herbal Wrap	25 min	120
two-person side-by-side experience	45 min	120/person
Detoxifying Ritual	100 min	410
Euphoria Ritual	100 min	410
Himalayan Salt Stone Treatment	100 min	410
Hungarian Scrub	50 min	240
Mud Cocoon	50 min	240
includes bath soak and massage	100 min	410
Muscle Rescue Ritual	100 min	410
Organic Seaweed Leaf Cocoon	100 min	410
Ultra-Moisturizing Cocoon	50 min	240
per couple – includes massage	100 min	820
Vitamin Infusion Body Treatment	50 min	240

MENU OF SERVICES | 2025

AYURVEDIC TREATMENTS

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

EASTERN THERAPIES

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

ENERGY THERAPIES

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

MASSAGE

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

Services & fees subject to change without notice.

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.

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®

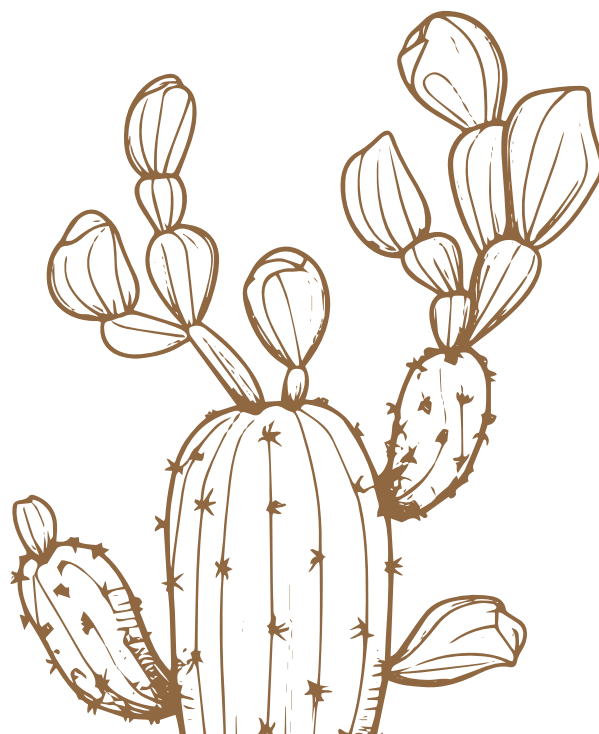
Test out cutting-edge percussion and pneumatic compression therapy tools by Hyperice and Therabody®. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release (SMR) therapies for easing muscle soreness, improving mobility, and more.

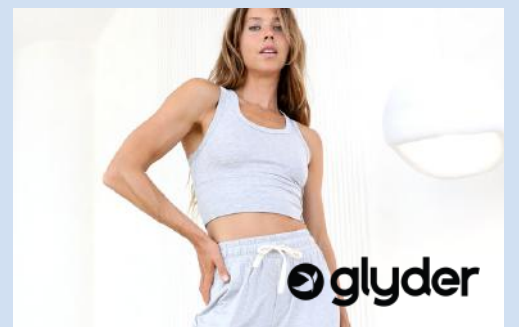
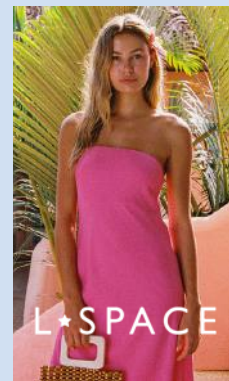
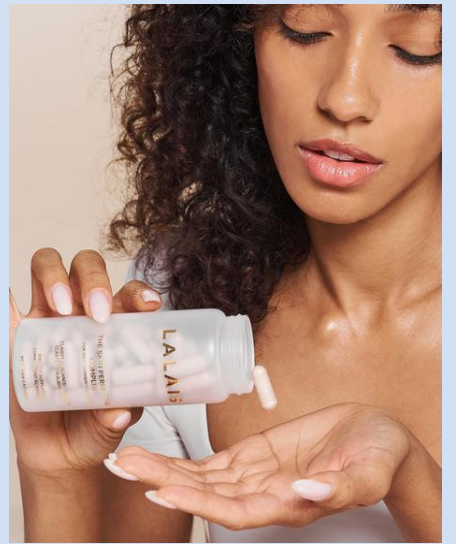
A SIMPLE DAILY RATE GRANTS YOU ACCESS TO IT ALL | \$100

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.**

SPECIAL THANKS TO OUR

sponsors





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:

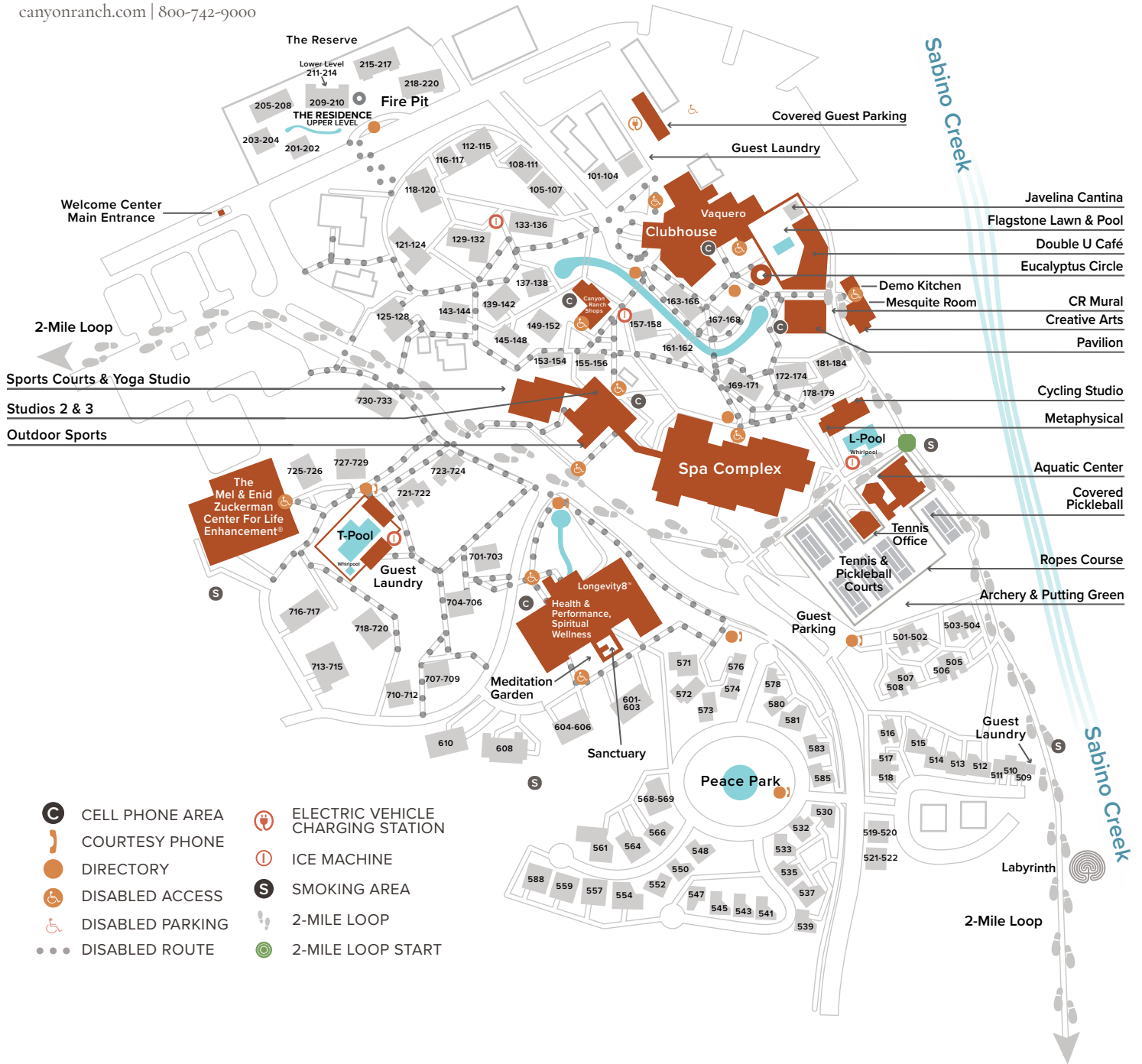
- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences. Opportunity to book services ahead of regular guests, subject to availability and property discretion.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or 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

- 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.



CANYONRANCH®

OCT 23-27 | ENCHANT COMES TO LENOX

SECURE YOUR SPOT

canyonranch.com/enchant-beauty-event-lenox
or call 800.742.9000