



PUT YOU FIRST

Kickstart your health and fitness journey this year with Canyon Ranch's first-quarter lineup of invigorating fitness activities. Our expert-led sessions offer a unique blend of physical training, restorative movement, and mindful practices designed to help you reach your goals. With a focus on integrative health, our offerings cater to all fitness levels, ensuring you leave feeling stronger, more resilient, and revitalized for the year ahead.

DEC. 30 – JAN. 6, 2025

PICKLEBALL WEEK

Join us for an exhilarating pickleball experience where fitness meets finesse in the company of expert trainer Steve Jordan. Over the course of this week, you'll hone your skills on the court, strengthen your body, and refine your game in an inspiring desert setting. (Book any dates within the week.)

JAN. 12 – 17, 2025

SUSTAINABLE WEIGHT LOSS PROGRAM

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

JAN. 13 – 19, 2025

NEW YEAR'S FITNESS FIX WEEK

Spend the week developing a fitness plan for 2025. Join the trainers and performance scientists at Canyon Ranch as they share their expertise to keep you strong, fit, and thriving even if you find yourself out of your usual routine. (Book any dates within the week.)

FEB. 9 – 13, 2025

LONGEVITY8™

LONGEVITY8™ is the most comprehensive program in health & wellness. You will have 18 one-on-one consultations with our longevity experts, including board-certified doctors, registered dietitians, and performance scientists. We'll review 15+ diagnostic tests and over 200 biomarkers to craft a tailored plan designed to help you live younger, longer.

MAR. 9 – 13, 2025

MASTERING SLEEP WITH DR. GRANDNER

Join us for a transformative sleep retreat, where Dr. Michael Grandner—a top expert in sleep medicine—will guide you through practical strategies to reset your sleep schedule and improve your overall health. Walk away with practical tips, customized nutritional guidance, and a sleep-friendly exercise plan to help you feel recharged and well-rested every night.

MAR. 13 – 16, 2025

DISCONNECT TO RECONNECT

There's no question that the digital world we live in is beneficial. But when we're "always on" or forever "plugged in," that benefit can easily turn into a detriment. Join our mind & spirit experts for a retreat on the art of disconnection. You'll learn how to effectively detox from an intense digital world, understand the neuroscience of being addicted to technology, enjoy the peace of your own presence, then create a plan to unplug whenever you need.

MAR. 13 – 16, 2025

MOUNTAIN BIKING THROUGH THE SONORAN

Get ready to ride through the rugged beauty of the Sonoran Desert with our Mountain Biking Adventure at Canyon Ranch, designed for experienced cyclists seeking an exhilarating challenge. Tackle thrilling mountain trails by day, conquer a scenic gravel ride, and cap off the adventure with an unforgettable night ride under the full moon.