

RANCH SCHEDULE
MAY 14 - 20, 2025



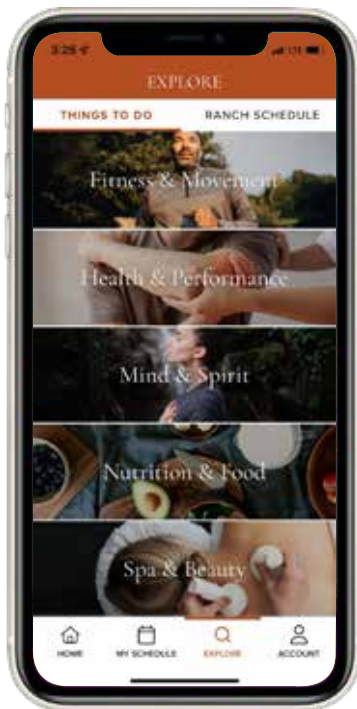
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



As a courtesy to all guests, talking on phones is permitted only in your private room and in designated areas. Otherwise, please keep mobile devices on "silent" mode. Feel free, of course, to take photos of your favorite spots around the Ranch.

Share them with people back home, too.



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

CANYON RANCH GRILL™

BREAKFAST: 7 am – 10 am

LUNCH: 11:30 am – 2pm

DINNER: 5 pm – 8:30 pm (reservations required)

COMMUNITY TABLE:

BREAKFAST – 8a

LUNCH – 12p

DINNER – 7p (reservations required)

Looking to meet new people during your stay? We reserve a Community Table in the Canyon Ranch Grill for each meal. No reservations required for Breakfast or Lunch, please inform the host you'd like to sit at the Community Table.

- Please make your dinner reservations prior to arrival with our Wellness Guides. On property? Stop by the Canyon Ranch Grill host stand at breakfast or lunch or call Ext. 55310.

- Please allow 45 minutes for breakfast, 60 minutes for lunch and 90 minutes for dinner. If you require less time, please notify your server when you place your order.

CULINARY REBEL™

SNACKS & LIGHT FARE: Daily 6:30a – 5p

LUNCH: Tuesday – Sunday 11:30a – 2p

DINNER: Tuesday – Saturday 4:30p – 8p

DEMO KITCHEN

Learn Ranch culinary secrets with our expert staff during hands-on private or group classes. Take home cooking tips you can use in your own kitchen

LUNCH & LEARN: 12 pm – 1 pm (Tuesday – Saturday)

Seating is limited.

HEALTH & PERFORMANCE

Provider's hours vary.

HEALTH & PERFORMANCE DESK: 8 am – 5 pm

SPA

6:30 am – 9 pm

CR SHOPS™

9 am – 5 pm

Private shopping appointments available upon request, inquire within the shop.



WELCOME

We're delighted to have you in our inspiring corner of the world. Think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

We recently launched our App, an accessible way to manage your experience with just a few taps. The App gives you the ability to view your Ranch Schedule, add or cancel services, sign up for things to do on property, and make dinner reservations at The Grill. You can scan the QR code on page 2 to download and use, or ask a Wellness Guide for more information.

While here with us in Lenox, check out our feature events and familiarize yourself with any upcoming Immersions—our transformative events designed around today's most powerful wellness topics for an exclusive group of guests.

We're thrilled to showcase the work of local artists and galleries throughout the property. We hope the works provide a variety of visual experiences which encourage you to embrace the artistry surrounding you. Stop by the CR Shops at Canyon Ranch for additional information on anything that catches your eye.

During your stay, you'll find countless favorite activities, services, and classes, plus new opportunities to experience. I encourage you to explore our scenic landscape, connect with nature and try something you've never done before. Right now, you're in the perfect place for refreshing your spirit, setting goals, and reducing stress. Please let us know if there's anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.

A handwritten signature in black ink, reading "Mindi Morin".

Mindi Morin
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. Your Wellness Guide is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

Schedule a Wellness Guide Consult by calling Ext. 55423 or visit the desk, 8 am to 9 pm, located in the Spa.

HIGHLY RECOMMENDED SERVICES & ACTIVITIES

MAKE YOUR STAY MORE MEMORABLE WITH THESE SIGNATURE SERVICES



NORDIC BLISS

OUTDOOR POOL & WARMING HUT ESCAPE

Enjoy the combination of our outdoor heated pool and infrared warming hut for a perfect winter retreat. Let the tranquility of the Berkshires and the warmth of these experiences provide an escape from the everyday. Relish your time, embrace the cold, and bask in the warmth! Request a Winter Warming Bag: Let our locker room attendants know if you'd like a warming bag. Follow the Nordic Bliss steps noted at the Outdoor Pool exit for an unforgettable experience.

ACUPHORIA

Experience traditional acupuncture with an expert practitioner who uses evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your stay so you can enjoy all the activities and experiences ahead of you.

ASTROLOGY SYNASTRY CHART READING - DUET

Enjoy a unique chart reading experience for two, where a gifted Canyon Ranch expert compares and analyzes both your natal charts to forecast your relationship. Bring your partner to discover the dynamics of your relationship and what the stars have in store for you during this explorative and enlightening consultation.

HANDS ON COOKING WORKSHOPS

Learn and grow as a cook! These fun classes provide practical skills and techniques you can use daily, as well as recipes for healthy, flavorful meals that are easy to prepare. See daily schedule for available classes or inquire about a Private Class with our Wellness Guides.

HEART CONNECTION HEALING

This unique blend of healing techniques help you nurture your relationships, addressing conflict, loss, emotional pain, or boundary challenges. Through guided dialogue and visualization, we'll help you release blockages, fostering peace, acceptance, and a better ability to give and receive love.

HUNGARIAN MUD RITUAL

Indulge in a rejuvenating spa experience with this exclusive, total-body exfoliation treatment. Immerse yourself in the luxury of sea salt, Hungarian moor mud, and capsicum peptide, to revitalize and purify your skin. Our cleansing body mask, meticulously crafted for deep cleansing, will leave your skin nourished and hydrated.

PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Our fitness experts at Canyon Ranch hold the industry's top certifications and will work with you to create an exercise program to suit your unique goals and preferences.

TRIAWAVE ADVANCED LIFT FACIAL

Revitalize your skin with Triawave's advanced technology and Environ's powerful ingredients. This treatment lifts, tones, and hydrates, targeting wrinkles, sagging skin, and uneven tone for a refreshed, rejuvenated look. Choose between a single session or a series for enhanced, long-lasting results.

WARM COCONUT OIL MASSAGE

An exhilarating experience; our signature massage with warm coconut oil which hydrates your skin, and creates a profoundly relaxing experience.

To book services and more information please visit our Wellness Guides or use the Canyon Ranch Mobile App.

FEATURED EVENTS

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



WILD + WELL ADVENTURE & WELLNESS

MAY 12 - 18

From luxurious spa treatments to a Champagne brunch, outdoor activities like hiking. This transformative week combines the thrill of adventure with the healing power of wellness as you challenge your physical limits through outdoor activities, while building mental strength, resilience, and relaxation. Experience the positive impact of the outdoors on your mood, immune system, digestion, blood pressure, and sleep as you exercise your body and calm your mind.

Activities included in this event are **HIGHLIGHTED**



SMASH + SERVE PICKLEBALL WITH OUR RACKET SPORT EXPERTS

MAY 12 - 18

Refine your skills through targeted clinics on serving, returns, movement, positioning, and strategic point building, with personalized coaching to bring your game to the next level. Make new friends across the net, then unwind in our renowned spa, soak in magical Berkshire views, and savor our all-inclusive amenities. Don't miss your chance to master the art of pickleball with expert training with unparalleled relaxation.

Activities included in this event are **HIGHLIGHTED**



AWAKEN YOGA & MOVEMENT FESTIVAL

MAY 16 - 20

Move and flow with daily classes ranging from yoga to sculpt, Pilates, rebounding, and more. Recover with world-class spa treatments and our CR Vitality space's cutting-edge recovery tech. Build community with instructors and fellow attendees at fireside chats and new friends in group classes. Our four-night yoga and movement festival features special guest instructors like Kristin McGee, Tara Stiles, and Soeuraya Wilson plus studios The Ness trampoline fitness, Y7 Studio, and The Class.

Activities included in this event are **HIGHLIGHTED**

WEDNESDAY May 14, 2025

CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon Ranch Community Tree for the month of **MAY** is:

"I Am Determined To ..."

Visit the Reception Area anytime to jot your reflection down and add it to the tree.

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

THE ART OF FENCING: SWORDPLAY CLINIC Limit: 6 \$ Sports Court
50 min. \$80 En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout. | Sign up: Program Advising, Ext. 55423.

QI GONG STRESS RELIEF MEDITATION Limit: 6 \$ Gym 1
50 min. \$80 Greet the day by elevating and toning the parasympathetic nervous system. This Qi Gong practice is a standing and seated meditation, combining breath control with simple choreography. Sign up: CR App or with a Wellness Guide, Ext 55423

HIKE: LEVEL 4 – MT. EVERETT ELBOW A.T. Limit: 10 Outdoor Sports Boards
5 hr. 30 min. Elbow Trail climbs steadily through the woods to a rocky view point & Guilder Pond. Ascend over rocky terrain to an overlook of the Berkshire Hills and CT. Reverse. 6.5 miles. Vertical rise 2601ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

OUTDOOR SUN SALUTATIONS Lower Spa Lobby
25 min.

8:30 AM

ZEN•GA™ FLOW Limit: 30 Gym 2
20 min.

9:00 AM

COFFEE TALK: NUTRITION DIRECTOR, ERIC WILLIAMSON Culinary Rebel™
30 min. Meet Tucson Director of Nutrition, Eric Williamson and enjoy a cup of coffee or tea and learn more about Canyon Ranch's approach to Nutrition.

SPIRITUALITY & THE BRAIN CME Berkshire Room
50 min. Explore the active role of the brain in divine experience with spiritual wellness provider Dan Marko, and learn exercises for body, brain and spiritual health.

HIKE: LEVEL 3 – KENNEDY PARK TO CHOCOLATE SPRINGS Limit: 10 Outdoor Sports Boards
3 hr. 30 min. A 4-mile hike ending at the spectacular Chocolate Springs Cafe and Chocolatier. A shuttle is provided to return to Canyon Ranch with your tasty treats. All forms of payment accepted. 4 miles. Vertical rise 600ft. Sign up: CR App or with a Wellness Guide, Ext 55423

POWER ROW Limit: 10 Rowing Studio
45 min.

PILATES REFORMER JUMPBOARD CLINIC Limit: 4 \$ Gym 4
50 min. \$80 Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required. | Sign up: Program Advising, Ext. 55423.

PHOTOGRAPHY WALK Limit: 6 \$ Outdoor Sports Boards
3 hr. 30 min. \$110 Smart phone, GoPro & DSLR - no camera is too large or small. Visit Berkshire vistas, meadows, waterways & forest trails. Ask questions & get comfortable taking & editing pictures. Sign up: CR App or with a Wellness Guide Ext 55423

CHAIR YOGA Limit: 12 Yoga Studio
45 min.

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

9:30 AM

ECO-TOUR WITH CERTIFIED FIELD NATURALIST Limit: 6 \$ Outdoor Sports Boards
2 hr. 30 min. \$110 Explore the Berkshires with our Massachusetts Audubon certified Field Naturalist. Bird identification, animal tracking, wildflower/mushroom/tree id., environmental interpretation, and aquatic life. Participants will walk up to 1.5 miles during the tour. | Sign up: CR App or with a Wellness Guide, Ext 55423

BIKE RIDE: MOUNTAIN BIKING LEVEL 4 Limit: 4 Outdoor Sports Boards
2 hr. 30 min. The Berkshires has a lot to offer cyclists who prefer dirt over pavement - challenge yourself to a mountain bike ride on dirt, grass and wood chipped trails. See Outdoor Sports Board for details and to sign up.

10:00 AM

CR STRENGTH Limit: 20 Gym 1
45 min.

ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

CARDIO TENNIS CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

HANDS-ON COOKING: TEA INFUSION – CULTURE & CUISINE Limit: 6 \$ Demo Kitchen
50 min. \$110 Learn the origins and benefits of teas and infusions. Brew and taste different varieties, craft mocktails, and explore using tea in cooking items like grains, sauces, vinaigrettes, or smoothies. Sign up: CR App or with a Wellness Guide, Ext. 55423.

H2O POWER Limit: 10 Outdoor Pool
45 min.

11:00 AM

POWER Limit: 10 Gym 5
45 min. It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves.

PICKLEBALL: INSTRUCT & PLAY Limit: 4 \$ Pickleball Court 1
50 min. \$80

WAKE-UP CALL: IMPROVING YOUR SLEEP CME Berkshire Room
50 min. A physician explains how sleep influences health from immunity, inflammation, and metabolism to mental health. Discover what is interfering with your sleep and learn strategies to support healthy sleep and improve nearly every aspect of wellness.

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

BEGINNER PILATES Limit: 30 Gym 1
45 min.

NOON

TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? Limit: 12 Mansion Library
50 min. A metaphysical practitioner shares the power of tarot cards with brief reading and demonstration for everyone. Do you have a question you'd like to gain some perspective about? Ask the tarot!

CARRY ON Limit: 10 Indoor Track
25 min.

DISCOVER PERCUSSIVE THERAPY THERAGUN® CLINIC Limit: 4 \$ Gym 3
50 min. \$80 Experience the benefits of the Theragun Elite. Begin with a corrective exercise mobility screening & learn how to use percussive therapy for increased mobility, performance, & recovery with the added value of enhanced sleep and reduced stress. | Sign up: Program Advising, Ext 55423

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Bulgogi Beef Lettuce Wraps with Quick Pickled Carrots and watch our demo chef prepare the entrée. First come, first serve.

Featured Events: **WILD + WELL (12-18)** / **SMASH + SERVE (12-18)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

1:00 PM

BEAUTY TRENDS Tanglewood Room
50 min. Beauty experts share their insider picks on the latest in makeup, hair care, and hot tool devices. Don't miss out on this opportunity to elevate your beauty game with expert insights and tips on the hottest trends and cutting-edge techniques.

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

1:30 PM

HIGH ROPES COURSE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$220

2:00 PM

HANDS-ON COOKING: FASTEST MEALS IMAGINABLE Limit: 6 \$ Demo Kitchen
50 min. \$110 Explore quick recipe options to create an efficient kitchen and maximize nutrition & flavor with a busy lifestyle. | Sign up: Program Advising, Ext. 55423.

BERKSHIRE BEAT Limit: 20 Gym 1
45 min.

ONCE UPON A PAST LIFETIME... Berkshire Room
50 min. Metaphysical practitioner, Jo Ann Levitt, shares how past experiences may show up in your current life through both repetitive patterns and personal growth experiences. Gain insights and a new spin on your continuing spiritual evolution.

ENDURANCE RIDE Limit: 12 Cycling Studio
45 min. Zone 2 training is moderate, steady exercise. A Performance Science expert shares the benefits of training in Zone 2 for aerobic efficiency. Receive your personalized Functional Threshold Power assessment, followed by a endurance indoor cycling ride.

YOGA ALIGNMENT Yoga Studio
45 min.

HIKE: LEVEL 2+ – LAURA'S TOWER & ICE GLEN Limit: 10 Outdoor Sports Boards
2 hr. 30 min. Explore a deep ravine of glacial erratics that can hold snow & ice into the summer months. Ascend to Laura's Tower then reverse to a bridge over the Housatonic River. 2 miles. Vertical rise 738ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110

3:00 PM

EXERCISE & MENOPAUSE CME Tanglewood 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 SOCIAL HOUR Limit: 8 \$ Pickleball Court 1
50 min. \$45

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

4:00 PM

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

TRX BASIC STRENGTH Limit: 15 Sports Court
45 min.

HANDS-ON COOKING: CHOCOLATE FIX! Limit: 9 \$ Demo Kitchen
50 min. \$110 Chocolate lovers rejoice! Learn to create healthy chocolaty snacks that will conquer your cravings and keep you on track between meals.

FOAM ROLL & STRETCH Limit: 20 Gym 2
45 min.

5:00 PM

CREATIVITY & DREAMS Tanglewood Room
50 min. Spiritual wellness provider, Holly Benzenhafer offers tips and techniques to playfully and meaningfully engage with your dreaming life. Bring a dream you would like to explore with greater depth, reflection, and perspective.

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

WATERCOLOR PAINTING Limit: 4 \$ Creative Expression Studio
60 min. \$45 Creative flow with watercolors! An inspiring and creative space for beginners and experienced artists alike to learn the fundamentals of painting with watercolors. Sign-up: Wellness Guides, Ext. 55423.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

6:00 PM

MOVEMENT & MINDFULNESS FOR BETTER PELVIC HEALTH Tanglewood Room
50 min. Explore the connection between movement and mindfulness practices for optimal pelvic health. Kerry McGinn shares the basics of pelvic anatomy and function, breath work and their impact on pelvic health for preventive care or existing concerns.

7:30 PM

PIANIST, KARÈN TCHOUGOURIAN Fieldstone Lounge
50 min. Delight in the dulcet tones of classical and contemporary music as played by masterful and musical hands. Enjoy a cup of tea or read your favorite book as you listen and unwind from the day.

8:30 PM

OLD SCHOOL BINGO Berkshire Room
50 min. Join in the fun with rousing games of classic bingo. Win Canyon Ranch prizes!

THURSDAY

May 15, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

OFF THE COURT: RACQUET SPORTS
CONDITIONING CLINIC Limit: 6 \$ Gym 2
50 min. \$80 Build the skills needed for racquet sports like pickleball and tennis with this off-court routine. Focus on bursts of movement, agility, balance, and proper movement patterns. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PRANAYAMA BREATHING Yoga Studio
25 min.

8:30 AM

HIIT IT Limit: 18 Gym 1
20 min.

BIKE LEVEL 2
– HARLEM VALLEY RAIL TRAIL Limit: 4 Outdoor Sports Boards
4 hr. Rail trail runs through Columbia & Dutchess counties in NY. Enjoy nature as you ride through forest and wetlands on mostly paved trail. You may shorten your final mileage. Up to 26 miles. Sign-up: CR App or with a Wellness Guide, Ext. 55423.

9:00 AM

ZUMBA® Limit: 30 Gym 1
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

HIKE: LEVEL 2 - KENNEDY PARK
TO CHOCOLATE SPRINGS Limit: 10 Outdoor Sports Boards
3 hr. A 2-mile hike ending at the spectacular Chocolate Springs Café and Chocolatier. A shuttle is provided to return to Canyon Ranch with your tasty treats. All forms of payment accepted. Sign up: CR App or with a Wellness Guide, Ext 55423.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

HANDS-ON COOKING:
ANTI-INFLAMMATORY FOODS Limit: 6 \$ Demo Kitchen
50 min. \$110 Get more from your meals and help reduce the effects of inflammation with a variety of powerful tools –right from your kitchen. | Sign up: CR App or with a Wellness Guide, Ext 55423

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

10:00 AM

ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

MUSCLE CONDITIONING Limit: 25 Gym 2
45 min.

ACRYLIC PAINTING Limit: 8 \$ Creative Expression Studio
1 hr. 30 min. \$45 Art is for everyone! Artist Diane Firtell guides you in painting from still life, with acrylic paints & materials. Tap into your inner artist, allow yourself permission to be free & creative. Beginners welcome! | Sign-up: Program Advising, Ext. 55423

H2O POWER Limit: 10 Outdoor Pool
45 min.

CARDIO TENNIS CLINIC
– LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

WALK & TALK WITH
MANAGING DIRECTOR, MINDI MORIN Hotel Lobby
30 min. Take a stroll through the hallways of Canyon Ranch with Managing Director, Mindi Morin. Along the way, she'll show you her favorite spots, answer your questions and share her great love for Canyon Ranch, Lenox.

11:00 AM

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

GREAT PLATE WORKOUT Limit: 20 Gym 5
45 min.

PICKLEBALL: INTERMEDIATE/ADV.
CLINIC – LEVEL 3.0+ Limit: 4 \$ Pickleball Court 1
50 min. \$80

TRX CORE Sports Court
45 min.

EMOTIONAL STRESS RELEASE
THROUGH HEALING TOUCH Berkshire Room
50 min. Good health results in the free-flow of energy in the body, and emotional stress, anxiety, or fear can effectively block that flow. With guided visualization, learn hands-on techniques to release stress and restore balance and calm to your system.

NOON

SHRED Limit: 15 Gym 5
25 min.

PILATES REFORMER
CLINIC – BEGINNER Limit: 4 \$ Gym 4
50 min. \$80 Increase body awareness as you focus on breathing, alignment, core stabilization and strengthening of the entire body.

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Chicken with Miso-Honey Glaze and watch our demo chef prepare the entrée. First come, first serve.

12:30 PM

FITNESS FOR YOUR FEET Limit: 20 Gym 2
20 min.

Thursdays, 12 – 1 pm

ASK A NUTRITIONIST

Canyon Ranch Grill

Isn't this delicious? A nutritionist is available to visit your table this lunch hour in the Grill to offer practical advice for how to bring the Canyon Ranch food philosophy home with you!

Featured Events: **WILD + WELL (12-18)** / **SMASH + SERVE (12-18)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

1:00 PM

MYSTERY OF METABOLISM CME Berkshire Room
50 min. A Performance Scientist leads a discussion about fatness, fitness and the almighty metabolic rate. From your tracker to your treadmill, gain valuable insights on shedding fat.

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

1:30 PM

HIKE: LEVEL 1
– **GOULD MEADOWS** Limit: 10 Outdoor Sports Boards
2 hr. A gentle hike that takes you along the shores of the beautiful Stockbridge Bowl, and through the surrounding forest and meadows. Grassy paths and rooty trails. 1.5 miles. Vertical rise is minimal. Sign up: CR App or with a Wellness Guide, Ext. 55423.

GRAVEL GRINDER
BIKE RIDE: LEVEL 3 Limit: 4 Outdoor Sports Boards
2 hr. 30 min.

CAMP ARCHERY WORKSHOP Limit: 8 \$ Outdoor Sports Boards
1 hr. 30 min. \$110

2:00 PM

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

LONG & LEAN BARRE WORKOUT Limit: 30 Gym 1
45 min.

PAUSING IN PLACE Tanglewood Room
50 min. The spaces we inhabit shape our experiences. Creative placemaking empowers communities to design environments that foster connection and renewal. Be inspired to create intentional spaces to pause, reflect and connect in your home, work and community.

PICKLEBALL: INSTRUCT & PLAY Limit: 4 \$ Pickleball Court 1
50 min. \$80

RIP 'N' RIDE Limit: 10 Sports Court
45 min. Crank up the intensity with this high-energy fusion of fan bike intervals and TRX® Rip Trainer strength work. Torch calories, build power, and ride your way to peak performance!

3:00 PM

ZEN MOTION Limit: 12 Gym 1
45 min.

PUNCH Limit: 20 Sports Court
45 min.

SPRING AWAKENING YOGA Limit: 30 Yoga Studio
45 min.

JOURNEY THROUGH THE TAROT Lenox Room
50 min. Tarot is an ancient divination tool, that can be used by anyone, for clarity and guidance. A metaphysical practitioner guides you to learn to build your own intuitive relationship to the cards.

4:00 PM

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

**PERFORMANCE RECOVERY:
RESET & RECHARGE** Limit: 20 Gym 2
45 min. Awaken your body and boost mobility with Therabody® tools! Learn self-myofascial release using the Wave Duo, Roller, and Theragun Mini to ease tension, correct imbalances, and promote full-body recovery and performance.

ROWING ESSENTIALS Limit: 10 Rowing Studio
45 min. A full-body, low-impact workout designed for beginners and intermediate rowers. Learn proper technique and boost endurance with dynamic rowing drills.

**HISTORY OF BELLEFONTAINE:
TALK & MINI MANSION TOUR** Mansion Library
60 min. Soak in the beauty of our original period library and learn the history of Bellefontaine Mansion, the Foster family who built it, and the extravagant Gilded Age summers in Lenox. May include outdoor tour around the mansion, weather permitting.

5:00 PM

FLOATING SOUND
MEDITATION CLINIC 50M Limit: 4 \$ Indoor Pool
50 min. \$110 Floating meditation and sound healing on a BOGA FITMAT® led by spiritual wellness and mind-body providers. Sign up: CR App or with a Wellness Guide, Ext. 55423. Inclement weather: activity will be Restorative Aerial & Sound Clinic in the Yoga Studio.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

**A PEACEFUL HEART: AN INTUITIVE
PAINTING WORKSHOP** Limit: 8 \$ Creative Expression Studio
1 hr. 20 min. \$110 Your heart is a sacred center of emotion and creativity. Through guided meditation and intuitive painting, unlock the wisdom of your heart as a source of calm and inspiration. No experience required. Sign up: CR App or with a Wellness Guide, Ext. 5542

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

7:00 PM

GATHER & PLAY: GAME NIGHT! Limit: 17 Sargent Brook Lounge
50 min. Join H&P Director Tegan Campbell for a fun-filled board game night! Whether you love the classics or want to try something new, we'll choose games that fit the group. Enjoy connection, community, and snacks!

OVERCOMING PAIN PATTERNS Tanglewood Room
45 min. Poor posture and lifestyle habits can cause stress and pain. Learn ways to prevent muscular stress and discover the benefits of massage, including neuromuscular therapy.

8:00 PM

**HARVEY GRANAT:
FROM FINANCE TO GERSHWIN** Fieldstone Lounge
50 min. Harvey shares how he segued from a successful career in finance to a dream realized. Hear stories of his friendships with Cary Grant, Michael Feinstein and Sammy Cahn; his Gershwin Collection at the Library of Congress and his 10 years at 92nd St. Y.

FRIDAY

May 16, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

PILATES REFORMER JUMPBOARD CLINIC Limit: 4 \$ Gym 4
50 min. \$80 Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required. | Sign up: Program Advising, Ext. 55423.

QI GONG STRESS RELIEF MEDITATION Limit: 6 \$ Tanglewood Room
50 min. \$80 Greet the day by elevating and toning the parasympathetic nervous system. This Qi Gong practice is a standing and seated meditation, combining breath control with simple choreography. Sign up: CR App or with a Wellness Guide, Ext 55423

OUTDOOR SUN SALUTATIONS Lower Spa Lobby
25 min.

8:30 AM

ZEN•GA™ FLOW Limit: 30 Gym 2
25 min.

9:00 AM

CARDIO CIRCUIT Gym 5
45 min.

KAYAK & HIKE AT BENEDICT POND Limit: 6 Outdoor Sports Boards
3 hr. 30 min. A beautiful rocky hike at Beartown State Forest that includes a short section of the Appalachian Trail, combined with kayaking on Benedict Pond. 2 miles, vertical rise 331 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

SIMPLE BOUNCE: THE NESS Limit: 11 Gym 2
45 min. Simple Bounce is perfect for beginners, those returning from injury, or older adults. Learn trampoline basics with slower beats, simple combos, and built-in breaks. The Ness classes build endurance, coordination, and confidence. Sneakers required.

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

9:30 AM

GRAVEL GRINDER BIKE RIDE: LEVEL 3 Limit: 4 Outdoor Sports Boards
2 hr. 30 min.

10:00 AM

TUBES & LOOPS Limit: 20 Gym 2
45 min.

COMING HOME TO THE BODY Tanglewood Room
50 min. Restore your ability to be aware in the present moment and learn the process of the felt sense, a vital part of your being, and bring it into focus. Connect with your body's wisdom, shift your body energy, and illuminate steps for change.

LENOX HISTORY WALK Limit: 5 Outdoor Sports Boards
2 hr.

H2O POWER Limit: 10 Outdoor Pool
45 min.

THERABODY RECOVERY Lower Spa Lobby
1 hr. 45 min. A guided session utilizing Theragun percussive therapy to enhance mobility, performance, and recovery, as well as improve sleep and reduce stress.

CARDIO TENNIS CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

HANDS-ON COOKING: SMOOTHIES & SHAKES Limit: 6 \$ Demo Kitchen
30 min. \$70 Learn how to create balanced smoothies and shakes for any time of day while increasing your fruits and vegetable consumption. | Sign up: Program Advising, Ext. 5439.

11:00 AM

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

ACTING YOUR FITNESS AGE CME Berkshire Room
50 min. A Performance Scientist will explain how your physiology is influenced by lifestyle more than your birthday, and how to adjust your exercise regimen for best results.

PICKLEBALL: INTERMEDIATE/ADV. CLINIC – LEVEL 3.0+ Limit: 4 \$ Pickleball Court 1
50 min. \$80

NOON

RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC Limit: 8 \$ Yoga Studio
50 min. \$80 Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress. | Sign up: CR App or with a Wellness Guide, Ext 55423

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Spicy Shrimp Grain Bowls with Peanut-Miso Dressing and watch our demo chef prepare the entrée. First come, first serve.

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

12:30 PM

FITNESS FOR YOUR FEET Limit: 20 Gym 2
20 min.

Featured Events: **WILD + WELL (12-18)** / **SMASH + SERVE (12-18)** / **AWAKEN (16-20)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

1:00 PM

AFTERNOON

OUTDOOR TAI CHI Limit: 10 Outdoor Sports Boards
60 min.

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

1:30 PM

CLIMBING WALL Limit: 4 \$ Outdoor Sports Boards
1 hr. 30 min. \$110

2:00 PM

HANDS-ON COOKING:

ESSENTIAL KNIFE SKILLS Limit: 6 \$ Demo Kitchen
50 min. \$110 Learning proper cutting techniques can take the chore out of food preparation. Chop, dice, and slice your way to your own culinary creations. Sign up: Wellness Guides, Ext. 55423.

BEST BACKSIDE Limit: 16 Sports Court
45 min.

BASIC AEROBIC CIRCUIT WEIGHTS Gym 5
45 min.

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110

HIKE: LEVEL 1
– **KENNEDY PARK GAZEBO** Limit: 10 Outdoor Sports Boards
2 hr. Wooded, rocky trails wind through mixed woods. Discover the site of the Aspinwall Hotel which was lost to fire in 1931. Ends with a view of Lenox and Tanglewood. 2 miles. Vertical rise 344 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

MAT SCULPT: THE NESS Limit: 11 Gym 2
45 min. Mat sculpt takes place on the floor for those seeking the lowest-impact workout. This sculpt class uses prop-based and body-weight exercises to build muscle strength and mobility without ever leaving the mat. Sneakers optional.

THE LATEST & GREATEST
– **EXPERT PRODUCT PICKS** Limit: 20 Skincare Reception
50 min. Join our Skin Care Experts for an interactive review of their favorite products, technology and experiences to enhance your skin's health and appearance. Enjoy this opportunity to feel products and ask questions about what's hot in skincare today.

TENNIS: INTERMEDIATE/ADVANCED CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

3:00 PM

PICKLEBALL SOCIAL HOUR Limit: 8 \$ Pickleball Court 1
50 min. \$45

THE SCIENCE OF HAPPINESS CME Tanglewood Room
50 min. Everyone seeks happiness, yet it's not always easy to find. Learn about the science behind happiness and how you can cultivate more of it in your life.

SELF-MASSAGE FOR PELVIC HEALTH Gym 1
45 min. In this class, try self-myofascial release to improve pelvic health. Use massage balls to target tension in the pelvic region, hips, back, and thighs. Learn techniques to release tightness, restore balance, and enhance mobility for lasting relief.

PUNCH Limit: 20 Sports Court
45 min.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

4:00 PM

WHAT IS SPIRITUAL WELLNESS? Mansion Library
25 min. Join a Spiritual Wellness expert as they provide an overview of the CR Spiritual Wellness philosophy and the services we offer.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

FOAM ROLL & STRETCH Limit: 20 Gym 2
45 min.

5:00 PM

EASTERN MEDICINE:

THE INSIDE SCOOP CME Tanglewood Room
50 min. A licensed acupuncturist discusses the benefits and treatments of Eastern Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

GLOW & GROOVE: DJ YOGA CLASS Gym 1
45 min. Flow through energizing poses under blacklights while a live DJ sets the vibe with uplifting beats.

8:00 PM

BROADWAY IN THE BERKSHIRES:

JUDY MCLANE Fieldstone Lounge
50 min. Judy performed over 4000 shows of Mamma Mia! on Broadway - making her the longest running lead in Mamma Mia! history. She's joined by Tony and Grammy nominated pianist, David Holcenberg who's earned Drama Desk Award for his work on MJ the Musical.

WE FLOW HARD VINYASA FLOW: Y7 Yoga Studio
60 min. Y7 Studio's signature vinyasa class features three sequences, each repeated three times: a slow intro, one-breath-one-movement flow, and a "Flow On Your Own" round—inviting creativity, challenge, and growth in your practice.

NORDIC BLISS

OUTDOOR POOL & WARMING HUT ESCAPE

Enjoy the combination of our outdoor heated pool and infrared warming hut for a perfect winter retreat. Let the tranquility of the Berkshires and the warmth of these experiences provide an escape from the everyday. Relish your time, embrace the cold, and bask in the warmth! Request a Winter Warming Bag: Let our locker room attendants know if you'd like a warming bag. Follow the Nordic Bliss steps noted at the Outdoor Pool exit for an unforgettable experience.

SATURDAY

May 17, 2025

7:00 AM

MORNING WALK

Outdoor Sports Boards

45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

INTRODUCTION TO COLD THERAPY CLINIC 25M Limit: 4 \$ Skincare Reception
25 min. \$45 Learn and experience the benefits of proper exposure to cold therapy in our Women's Spa cold plunge.

TRAIL WALK ON-PROPERTY Limit: 10 Outdoor Sports Boards
60 min. Join our guides for a walk on the beautiful woodland trails of Canyon Ranch. Learn about the property and the history of this area. Sign up: Outdoor Sports Board.

HIKE: LEVEL 5 – GOULD TRAIL TO GREYLOCK SUMMIT Limit: 10 Outdoor Sports Boards
6 hr. 30 min. Challenging trail starting in the Greylock Glen. Rewards are expansive views, Bascom Lodge on the Appalachian Trail, lighthouse monument, & the Thunderbolt shelter. 6 miles. Vertical rise 1950ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

RISE + FLOW WITH KRISTIN MCGEE Yoga Studio
45 min. Awaken your body and mind with invigorating sun salutations and a gentle morning flow. Set your intentions, energize your spirit, and embrace the day with movement, breath, and balance. A perfect way to start your morning with clarity and grace.

8:30 AM

HIIT IT Limit: 18 Gym 1
20 min.

9:00 AM

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

RELATIONSHIPS: PAST, PRESENT, HOPED FOR Limit: 25 CME Berkshire Room
50 min. Fulfilling relationships are key to a satisfying and happy life, and sometimes we get caught in painful relational patterns. This discussion explores your relationship history in an experiential presentation and practice envisioning the path forward.

ECO-TOUR WITH CERTIFIED FIELD NATURALIST Limit: 6 \$ Outdoor Sports Boards
2 hr. 30 min. \$110 Explore the Berkshires with our Massachusetts Audubon certified Field Naturalist. Bird identification, animal tracking, wildflower/mushroom/tree id., environmental interpretation, and aquatic life. Participants will walk up to 1.5 miles during the tour. Sign up: CR App or with a Wellness Guide, Ext. 55423

POWER ROW Limit: 10 Rowing Studio
45 min.

HIKE: LEVEL 3 – EAST MTN. TOM LEONARD SHELTER Limit: 10 Outdoor Sports Boards
3 hr. Hike features a moderate rocky ascent to the lip of an enchanting gorge. Follow the AT through a two-step scramble to the Tom Leonard Shelter with views to the south. 3.25 miles. Vertical Rise 800ft. Sign up: CR App or with a Wellness Guide, Ext. 55423

SCULPT: Y7 Yoga Studio
45 min. A full-body sculpt practice centering strength, mobility, mindfulness, and breathwork. This energizing session integrates dynamic movements and intentional breath to leave participants feeling powerful and grounded.

NEEDLE-FREE CHINESE MEDICINE PRACTICES CME Rockwell Room
50 min. Not a fan of needles? Chinese Medicine offers numerous needle-free options from herbal therapies to Acutonics (sound healing), cupping, magnets, guasha, food therapy and moxibustion. Explore these needle-free tools for healing and stress relief.

TUBES & LOOPS Limit: 20 Gym 2
45 min.

10:00 AM

MANAGING ENERGY DYNAMICS IN RELATIONSHIPS Tanglewood Room
50 min. Ever wonder why some people leave you feeling energized and others make you feel drained? A healing energy provider shares the definitions of common relational energy patterns and some practices for making the most of challenging encounters.

CARDIO TENNIS CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

CAMP ARCHERY WORKSHOP Limit: 8 \$ Outdoor Sports Boards
1 hr. 30 min. \$110

ACRYLIC PAINTING Limit: 8 \$ Creative Expression Studio
1 hr. 30 min. \$45 Art is for everyone! Artist Diane Firtell guides you in painting from still life, with acrylic paints & materials. Tap into your inner artist, allow yourself permission to be free & creative. Beginners welcome! Sign-up: Program Advising, Ext. 55423

HANDS-ON COOKING: FASTEST MEALS IMAGINABLE Limit: 6 \$ Demo Kitchen
50 min. \$110 Explore quick recipe options to create an efficient kitchen and maximize nutrition & flavor with a busy lifestyle. Sign up: Program Advising, Ext. 55423.

H2O POWER Limit: 10 Outdoor Pool
45 min.

SIMPLE BOUNCE: THE NESS Limit: 11 Gym 2
45 min. Simple Bounce is perfect for beginners, those returning from injury, or older adults. Learn trampoline basics with slower beats, simple combos, and built-in breaks. The Ness classes build endurance, coordination, and confidence. Sneakers required.

CLIMBING WALL Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110

PICKLEBALL: INTERMEDIATE/ADV. CLINIC – LEVEL 3.0+ Limit: 4 \$ Pickleball Court 2
50 min. \$80

GRITLAB: STRENGTH & ENDURANCE CONDITIONING Limit: 15 Sports Court
45 min.

11:00 AM

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

THE CLASS Yoga Studio
45 min. The Class is a music-driven workout that clears the body to connect with the heart and deeper consciousness. Expect cardio, strength, and guided meditation using moves like squats, burpees, and jumping jacks. All levels welcome, with modifications provided.

POWER Limit: 10 Gym 5
45 min. It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves.

NOON

AERIAL HAMMOCK YOGA CLINIC Limit: 6 \$ Yoga Studio
50 min. \$80 Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. Please see a Program Advisor to sign up and for restrictions.

TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? Limit: 12 Mansion Library
50 min. A metaphysical practitioner shares the power of tarot cards with brief reading and demonstration for everyone. Do you have a question you'd like to gain some perspective about? Ask the tarot!

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Salmon or Tofu with Miso-Honey Glaze, and watch our demo chef prepare the entrée. First come, first serve.

LINE DANCING Gym 1
25 min.

Featured Events: **WILD + WELL (12-18)** / **SMASH + SERVE (12-18)** / **AWAKEN (16-20)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

1:00 PM

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

1:30 PM

EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP Limit: 6 \$ Rockwell Room
1 hr. 30 min. \$140 Led by certified EBGQ & Tai Chi instructor Tom Andrews, this workshop shows you movements & meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more. Sign up: Program Advising, Ext. 55423

HIGH ROPES COURSE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$220

HIKE: LEVEL 2+ – TYRINGHAM COBBLE Limit: 10 Outdoor Sports Boards
2 hr. 30 min. Tyringham Valley provides rolling meadows, rocky outcroppings, and a storied history. Hike through the meadows and to the top for three distinct vistas. 2.5 miles. Vertical rise 528ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

2:00 PM

EATING WITH INTENTION CME Berkshire Room
50 min. In our multitasking world, food has become a secondary activity, no longer the focus of mealtimes. Join a nutritionist for a mindful experience to help create more satisfying eating practices.

TENNIS: AFTERNOON DRILLS Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

TRIPLE BLAST Limit: 30 Sports Court
45 min.

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110

HANDS-ON COOKING: ARTISAN BREAD BAKING Limit: 8 \$ Demo Kitchen
1 hr. 30 min. \$175 Knead and stretch your way to naturally leavened artisan breads. Learn the science of wild yeast and gluten, and the varieties of heirloom grains. Feed and take home your own sourdough starter! Sign up: CR App or with a Wellness Guide, Ext. 55423.

GENTLE STRALA YOGA Yoga Studio
45 min. Strala GENTLE combines a simple flow with a focus on calming the mind while opening and strengthening the body. The practice aims to create a balance of strength and flexibility, as well as stability and mobility.

CR STRENGTH Limit: 20 Gym 1
45 min.

3:00 PM

PICKLEBALL ROUND ROBIN TOURNAMENT Limit: 8 \$ Pickleball Court 1
50 min. \$45

CONTEMPLATIVE TEA PRACTICE Limit: 8 \$ Creative Expression Studio
50 min. \$80 For over 5,000 years, rituals around tea have spanned the globe. Pause and reflect with a spiritual wellness provider while you learn about the practices in preparing, tasting, and savoring the tea experience. Sign-up: Program Advising, Ext. 55423

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

SIMPLE SCULPT: THE NESS Limit: 11 Gym 2
45 min. Our simple sculpt class is a beginner-friendly low-impact strength and mobility workout. With emphasis on high repetition, you will build muscle strength and endurance, body awareness, coordination, and agility. Sneakers required.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

GAME. SET. MATCH – OPEN PLAY

3 PM - 6 PM PICKLEBALL COURT 1

Grab your crew and hit the courts! Enjoy open play for racquet sports—perfect for casual rallies, friendly matches, or sharpening your game. Reserve your court on the Court Reservation card located in the Upper Spa Main Lobby on the Outdoor Sports sign-up boards.

4:00 PM

FIRESIDE CHAT: SOUL CARE WITH CRISTINE CUOMO Fieldstone Lounge
50 min. How to nurture and nourish the soul—food is more than what you eat. Explore how primary foods like mindfulness, movement, energy healing, and community nourish you, alongside secondary foods—what's on your plate—for a holistic approach to well-being.

PEDAL, LIFT, FLOW Limit: 12 Cycling Studio
45 min. 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.

PERFORMANCE RECOVERY: RESET & RECHARGE Limit: 20 Gym 2
45 min. Awaken your body and boost mobility with Therabody® tools! Learn self-myofascial release using the Wave Duo, Roller, and Theragun Mini to ease tension, correct imbalances, and promote full-body recovery and performance.

5:00 PM

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

THE THOUGHT EXCHANGE WITH DAVID FRIEDMAN Tanglewood Room
50 min. Author, teacher and composer David Friedman shares how to break through internal obstacles to choosing, staying with and acting on positive thoughts. By exchanging negative thoughts for positive, learn how to live the life you truly want to live.

7:30 PM

MIRACLES, LUCK & THE BUTTERFLY EFFECT Tanglewood Room
50 min. Join Jerry Posner for an entertaining, rational, practical approach to “miracle making,” with strategies to help increase the probability of desired outcomes and goals.

8:00 PM

SOUND HEALING Limit: 18 Yoga Studio
50 min. Completely disconnect from the noise of the day and surrender to a peaceful, meditation using the vibrations of Tibetan singing bowls and unique healing qualities offered by each soothing tone. Please wear loose, comfortable clothing.

8:30 PM

MUSIC BINGO! WITH DJ BOB HECK Rockwell Room
45 min. A new twist on an old favorite! Listen to clips of popular music and match them to your bingo card to win big. Canyon Ranch prizes awarded in

SUNDAY May 18, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

ACTIVE STRETCH CLINIC Limit: 4 \$ Gym 3
50 min. \$80 Decrease injury & improve mobility. Active stretching with resistance bands will optimize everyday tasks and athletic performance. Used around hips, shoulders, wrists or ankles the bands improve mobility in joints, motor control and resolve pain.

ENERGIZE STRALA YOGA Yoga Studio
45 min. Strala ENERGIZE will energize the body and mind while focusing on breath body connection and moving well. It's intended to leave you feeling awake, aware, creative, and energized.

8:30 AM

TRX FLOW Limit: 15 Sports Court
20 min.

9:00 AM

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

HIKE: LEVEL 2+ – FLAG ROCK Limit: 10 Outdoor Sports Boards
3 hr. The hike begins with steep section followed by moderate terrain with boulders flanking the trail. Look west over the town and river of Housatonic and New York State. 4 miles. Vertical rise 900 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PILATES REFORMER CLINIC – BEGINNER Limit: 4 \$ Gym 4
50 min. \$80 Increase body awareness as you focus on breathing, alignment, core stabilization and strengthening of the entire body.

CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE CME Tanglewood Room
50 min. The stress reaction can save your life, but too much of it can cause illness, pain and emotional disturbances. Learn how acupuncture and other Chinese Medicine modalities can reduce this risk.

THE CLASS Yoga Studio
45 min. The Class is a music-driven workout that clears the body to connect with the heart and deeper consciousness. Expect cardio, strength, and guided meditation using moves like squats, burpees, and jumping jacks. All levels welcome, with modifications provided.

PICKLEBALL: INTERMEDIATE/ADV. CLINIC – LEVEL 3.0+ Limit: 4 \$ Pickleball Court 2
50 min. \$80

SHINRIN YOKU Limit: 6 Outdoor Sports Boards
1 hr. 30 min.

9:30 AM

STOCKBRIDGE HISTORY WALK Limit: 10 Outdoor Sports Boards
2 hr. 30 min.

10:00 AM

LANGUAGE OF THE HEART Limit: 12 \$ Berkshire Room
50 min. \$80 Writing is a doorway into spiritual practice that can make the intangible, tangible. Using somatic awareness and spiritual inquiry, open your awareness and tap into your inner resources. Sign Up: CR App or with a Wellness Guide, Ext. 55423

CARDIO TENNIS CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

H2O POWER Limit: 10 Outdoor Pool
45 min.

YOGA SCULPT WITH KRISTIN MCGEE Yoga Studio
45 min. This dynamic power flow blends yoga, sculpting moves, and Pilates-inspired core work for a full-body workout. Build strength, improve flexibility, and elevate your energy in a fun and challenging session designed to leave you feeling strong and centered.

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

11:00 AM

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

AMAZING ABS & HEALTHY HIPs Limit: 25 Gym 1
45 min.

HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR Mansion Library
60 min. Soak in the beauty of our original period library and learn the history of Bellefontaine Mansion, the Foster family who built it, and the extravagant Gilded Age summers in Lenox. May include outdoor tour around the mansion, weather permitting.

SLOW BURN + RESTORE: Y7 Yoga Studio
50 min. This class begins with a 35-minute fully led vinyasa practice to build heat and focus, followed by 15 minutes of grounding restorative postures and a Koshi chime savasana for deep rest and integration.

NOON

HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC Limit: 6 \$ Yoga Studio
50 min. \$140 Mind/Body & Performance Scientists guide meditation while tracking blood O2 and heart rate. Learn benefits of stress reduction and mental clarity while enhancing cardiopulmonary health. Sign up via CR App or Wellness Guide, Ext. 55423.

SHRED Limit: 15 Gym 5
25 min.

CLASSES & ACTIVITIES

Find information and complete descriptions of our complimentary Fitness classes and Outdoor Sports activities on pages 20 – 23.

Need even more? Call the Wellness Guides at Ext. 5439.

Featured Events: **WILD + WELL (12-18)** / **SMASH + SERVE (12-18)** / **AWAKEN (16-20)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

12:30 PM

FITNESS FOR YOUR FEET Limit: 20 Gym 2
20 min.

1:00 PM

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

1:30 PM

HIKE: LEVEL 1

– **BENEDICT POND** Limit: 10 Outdoor Sports Boards
2 hr. 30 min. A beautiful rocky hike at Beartown State Forest that includes a short section of the Appalachian Trail. Benedict Pond is man-made, built in the 1930s by the CCC. 2 miles. Vertical rise 331 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110

BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING Limit: 4 Outdoor Sports Boards
1 hr. 30 min.

2:00 PM

OUTDOOR WALK YOUR WORKOUT Lower Spa Lobby
45 min.

YOUR ROOT CHAKRA:

FOUNDATION FOR HEALTH Berkshire Room
50 min. Learn how your root chakra functions to ground your energy system, promoting ease and presence as it contributes to your health and vitality. A Healing Energy Practitioner guides you to nourish your body & energy, bringing you back to your best self.

SIMPLE BOUNCE: THE NESS Limit: 11 Gym 2
45 min. Simple Bounce is perfect for beginners, those returning from injury, or older adults. Learn trampoline basics with slower beats, simple combos, and built-in breaks. The Ness classes build endurance, coordination, and confidence. Sneakers required.

BERKSHIRE BEAT Limit: 20 Gym 1
45 min.

3:00 PM

STRALA RELAX YOGA Yoga Studio
45 min. Strala RELAX aims to release tension and stress from the body and mind through a flow of movement and breath. The class is designed to help you feel revitalized and improve overall wellbeing.

PUNCH Limit: 20 Sports Court
45 min.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

4:00 PM

KEEP IT ROLLING – BIKE

MAINTENANCE WORKSHOP Limit: 2 \$ Outdoor Sports Boards
1 hr. 30 min. \$110 Fix your own bike! Our Canyon Ranch Bike Mechanic will teach you quick ride checks, basic maintenance, fix-a-flat, and how to judge the level of wear-and-tear. Bring your bike or learn on one of ours! Limit 2 | Sign-up: Program Advising, Ext. 55423.

REWIRE FOR RELIEF:

RELIEVING CHRONIC PAIN CME Tanglewood Room
50 min. Research shows that most chronic pain is the result of neuroplasticity. The brain learns to be in a state of high alert, which leads to pain. Learn how your brain can get stuck in a fear-pain cycle and how you can find relief.

EXPERT PANEL:

EMPOWERMENT THROUGH MOVEMENT Rockwell Room
60 min. Discover how movement fosters confidence, strength, and self-expression in this dynamic panel featuring experts from Strala Yoga, Y7, The Class, Kristin McGee, and The Ness. Empower your body, elevate your mind, and move with purpose.

ROW & BURN Limit: 10 Rowing Studio
45 min.

5:00 PM

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

FINDING YOUR SPIRITUALITY THROUGH FITNESS Berkshire Room
50 min. Fitness is not just physical statistics - it is an expression of positive emotional, mental and spiritual states of being. Explore how your movement practice (exercise) can be a spiritual practice.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

5:30 PM

HEIGHTENED STATES OF CONSCIOUSNESS Limit: 6 \$ Yoga Studio
1 hr. 20 min. \$140 Explore breathwork to enhance self-awareness and connection to mind and body for personal growth and stress relief. No experience is necessary, arrive with open mind and willingness to explore. Sign up: CR App or with a Wellness Guide, Ext. 55423

6:00 PM

INTUITIVE ZENTANGLE® Limit: 8 \$ Creative Expression Studio
1 hr. 30 min. \$45 Zentangle is a meditative drawing process that allows the gift of slowing down and letting your creativity unfold. No experience necessary. Sign up: CR App or with a Wellness Guide, Ext. 55423

8:00 PM

SAMANTHA TALORA SINGS DAVID FRIEDMAN Fieldstone Lounge
50 min. The beautiful music of songwriter, producer, composer and musical director of Broadway, Disney animated films and television - David Friedman is joined by Canyon Ranch's own, Samantha Talora. His music brings laughter, tears and healing – join them!

MONDAY

May 19, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

8:00 AM

OFF THE COURT: RACQUET SPORTS

CONDITIONING CLINIC Limit: 6 \$ Gym 2
50 min. \$80 Build the skills needed for racquet sports like pickleball and tennis with this off-court routine. Focus on bursts of movement, agility, balance, and proper movement patterns. Sign up: CR App or with a Wellness Guide, Ext. 55423.

OUTDOOR SUN SALUTATIONS Lower Spa Lobby
25 min.

8:30 AM

OUTDOOR WAKE-UP
WARM-UP STRETCH Lower Spa Lobby
20 min.

9:00 AM

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

HIKE: LEVEL 3 – GIGE'S TRAIL

AT MAHANNA COBBLE Limit: 10 Outdoor Sports Boards
3 hr. At the base of the ski area Bousquet, you'll hike steadily to two viewpoints, one of which is north to Mt. Greylock. Land was conserved by our beloved, Outdoor Sports Guide, Gige. 3.5miles. Vertical rise 912ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PILATES TOWER CHAIR

CLINIC – BEGINNER Limit: 4 \$ Gym 3
50 min. \$80 A perfect blend of Pilates tower and chair exercises to activate core strength, enhance stability, and restore flexibility with this well-rounded apparatus combo. Sign up: CR App or with a Wellness Guide, Ext. 55423

AEROBIC CHOREO SCULPT Gym 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

NOURISHING LONGEVITY:

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

9:30 AM

SHINRIN YOKU Limit: 6 Outdoor Sports Boards
2 hr.

BIKE RIDE:

MOUNTAIN BIKING LEVEL 4 Limit: 4 Outdoor Sports Boards
2 hr. 30 min. The Berkshires has a lot to offer cyclists who prefer dirt over pavement - challenge yourself to a mountain bike ride on dirt, grass and wood chipped trails. See Outdoor Sports Board for details and to sign up.

10:00 AM

ROCK YOUR FLOW Limit: 30 Yoga Studio
45 min.

CR STRENGTH Limit: 20 Gym 1
45 min.

H2O POWER Limit: 10 Outdoor Pool
45 min.

LOVING-KINDNESS MEDITATION Berkshire Room
50 min. A healing energy provider guides this heart-centered meditation practice, inviting you to soften your heart by turning inward to nurture compassion and loving kindness toward yourself and extending that healing energy outward, offering it to others.

CARDIO TENNIS CLINIC
– LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

11:00 AM

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

BEGINNER PILATES Limit: 30 Gym 1
45 min.

CORRECT PERCEPTION WITH SHAWN MONINGER Tanglewood Room
50 min. Take a look at what you perceive as an unsolvable problem and quickly discover there is always a new way to look at it. Opportunities for health, forgiveness, healing in relationships and joy may prevail. An experiential and participatory activity.

EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP Limit: 6 \$ Rockwell Room
1 hr. 30 min. \$140 Led by certified EBGQ & Tai Chi instructor Tom Andrews, this workshop shows you movements & meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more. Sign up: Program Advising, Ext. 55423

PICKLEBALL: INTERMEDIATE/ADV. CLINIC – LEVEL 3.0+ Limit: 4 \$ Pickleball Court 1
50 min. \$80

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

NOON

AERIAL HAMMOCK YOGA CLINIC Limit: 6 \$ Yoga Studio
50 min. \$80 Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. Please see a Program Advisor to sign up and for restrictions.

LINE DANCING Gym 1
25 min.

Outdoor Sports Activities

You'll find a complete schedule of outdoor sport activities at the Outdoor Sports Boards in the front of the main level of the Spa Complex. We list length, terrain, duration and vertical rise for all activities. Our staff will be happy to make recommendations to suit your interests and level of fitness. ***Please dress for the weather and wear hiking boots or appropriate footwear.***

SIGN UP FOR OUTDOOR SPORTS ACTIVITIES USING YOUR CR APP OR WITH A WELLNESS GUIDE, EXT. 55423.

Featured Events: **AWAKEN (16-20)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

1:00 PM

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

1:30 PM

HIKE: LEVEL 1 – PLEASANT VALLEY BEAVER PONDS Limit: 10 Outdoor Sports Boards
2 hr. A leisurely hike on woodland trails, bridges, and boardwalks past several beaver ponds. Your guides will explain how beavers support and affect the forest ecology. 2 miles. Vertical rise 253 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

MEMBERSHIPS: CASUAL Q&A Main Spa Lobby
30 min. Meet Mary Harris, Membership Sales Manager, for a casual chat about all the benefits of becoming a Canyon Ranch Member. Bring your questions!

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110

CAMP ARCHERY WORKSHOP Limit: 8 \$ Outdoor Sports Boards
1 hr. 30 min. \$110

2:00 PM

HIGH TEMPO BARRE Limit: 25 Gym 1
45 min.

TRIPLE BLAST Limit: 30 Sports Court
45 min.

REBUILDING YOUR FITNESS CME Berkshire Room
50 min. Ready to reboot and get back in shape? A Performance Scientist shares the benefits of and strategies for lifelong fitness. Rebuild and renew!

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

3:00 PM

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

SELF-COMPASSION IS YOUR SUPERPOWER CME Tanglewood Room
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

SPRING AWAKENING YOGA Limit: 30 Yoga Studio
45 min.

CLASSES & ACTIVITIES

Find information and complete descriptions of Fitness classes, Outdoor Sports activities and Hands-On Cooking classes on pages 20 – 23.

Need even more? Call the Wellness Guides at Ext. 55423.

4:00 PM

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

TRX BASIC STRENGTH Limit: 15 Sports Court
45 min.

HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR Mansion Library
60 min. Soak in the beauty of our original period library and learn the history of Bellefontaine Mansion, the Foster family who built it, and the extravagant Gilded Age summers in Lenox. May include outdoor tour around the mansion, weather permitting.

ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE Berkshire Room
50 min. Chakras are the energetic blueprint for life. They shape strengths, challenges, and actions at every level: physical, emotional, and spiritual. Learn to activate your Chakras with guided meditations.

GOOD VIBRATIONS Limit: 15 Gym 2
45 min.

4:30 PM

MINDFUL MANDALAS Limit: 8 \$ Creative Expression Studio
1 hr. 30 min. \$45 Create a personal Mandala for a fun and meaningful experience. This relaxing and meditative practice will result in an art piece reminder of your spiritual growth. No experience necessary. Sign up: CR App or with a Wellness Guide, Ext. 55423

5:00 PM

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

8:00 PM

PIANO CLASSICS WITH BEN KOHN Fieldstone Lounge
50 min. Kick back with Ben as he interprets the classics. From Gershwin to The Beatles and Motown to Billy Joel and everything in between, these songs, and the way he plays them, make you feel good!

TUESDAY

May 20, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min. 30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations.

7:30 AM

BIRDING & THE NATURAL WORLD Limit: 6 Outdoor Sports Boards
2 hr. 30 min.

8:00 AM

INTRODUCTION TO COLD THERAPY CLINIC 25M Limit: 4 \$ Skincare Reception
25 min. \$45 Learn and experience the benefits of proper exposure to cold therapy in our Women's Spa cold plunge.

PRANAYAMA BREATHING Yoga Studio
25 min.

QI GONG STRESS RELIEF MEDITATION Limit: 6 \$ Rockwell Room
50 min. \$80 Greet the day by elevating and toning the parasympathetic nervous system. This Qi Gong practice is a standing and seated meditation, combining breath control with simple choreography. Sign up: CR App or with a Wellness Guide, Ext 55423

8:30 AM

BIKE: LEVEL 2
– **ASHUWILLTICOOK RAIL TRAIL** Limit: 4 Outdoor Sports Boards
4 hr. Trail runs through mid-Berkshire County. Along the shores of Cheshire Lake, the Hoosic River, and to Adams, MA. You may turn around midway and shorten your final mileage. Up to 22 miles. Sign-up: CR App or with a Wellness Guide, Ext. 55423.

ACTIVE MOBILITY Limit: 15 Sports Court
20 min.

9:00 AM

CARDIO CIRCUIT Gym 5
45 min.

HIKE: LEVEL 3
– **BURBANK TRAIL** Limit: 10 Outdoor Sports Boards
3 hr. 30 min. Hike a section of Yokun Ridge then dip down to Monk's Pond. Enjoy the vista from Olivia's Overlook and the Kennedy Cliffs looking back at Lenox and the Berkshire Hills. 4.75miles. Vertical rise 896ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PILATES REFORMER CLINIC – INTERMEDIATE Limit: 4 \$ Gym 4
50 min. \$80 This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required. | Sign up: Program Advising, Ext. 55423.

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

AEROBIC CHOREO SCULPT Gym 1
45 min.

PREVENTING CHRONIC ILLNESS CME Tanglewood Room
50 min. Chronic disease is largely caused by lifestyle choices. This means the secret to living a longer, healthier life is within your power. A medical doctor shares how nurturing mind, body and spirit prevents future ailments and improves your life today.

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

10:00 AM

TUBES & LOOPS Limit: 20 Gym 2
45 min.

H2O POWER Limit: 10 Outdoor Pool
45 min.

TWIST & SHOUT YOGA Limit: 30 Yoga Studio
45 min. Ignite your energy and shake off stress in this dynamic yoga flow! Through vibrant twists, breathwork, and lively movement, you'll clear stagnant energy, release tension, and leave feeling refreshed, clear, and fully present.

CARDIO TENNIS CLINIC
– **LEVEL 3.0+** Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

11:00 AM

TRAIL WALK ON-PROPERTY Limit: 5 Outdoor Sports Boards
60 min. Join our guides for a walk on the beautiful woodland trails of Canyon Ranch. Learn about the property and the history of this area. Sign up: Outdoor Sports Board.

MID-MORNING STRETCH Limit: 30 Gym 2
45 min.

AMAZING ABS & HEALTHY HIPS Limit: 25 Gym 1
45 min.

POWER Limit: 10 Gym 5
45 min. It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves.

NOON

RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC Limit: 8 \$ Yoga Studio
50 min. \$80 Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress. | Sign up: CR App or with a Wellness Guide, Ext 55423

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Salmon Burgers with Grilled Pineapple Salsa and watch our demo chef prepare the entrée. First come, first serve.

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

12:30 PM

FITNESS FOR YOUR FEET Limit: 20 Gym 2
20 min.

1:00 PM

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

THE ASTROLOGY OF SELF-DISCOVERY Lenox Room
50 min. Join Cassandra Boyd, Metaphysical Practitioner, to discover your life path through Astrology's planetary alignments and symbolic language. Discover your strengths, potential and strategies to navigate life's challenges with wisdom and grace.

Featured Events: **AWAKEN (16-20)**

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

1:30 PM

TAI CHI WALK Limit: 6 Outdoor Sports Boards
2 hr.

2:00 PM

HANDS-ON COOKING: TEA INFUSION
– **CULTURE & CUISINE** Limit: 6 \$ Demo Kitchen
50 min. \$110 Learn the origins and benefits of teas and infusions. Brew and taste different varieties, craft mocktails, and explore using tea in cooking items like grains, sauces, vinaigrettes, or smoothies. Sign up: CR App or with a Wellness Guide, Ext. 55423.

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

HIKE: LEVEL 2
– **SHADOWBROOK** Limit: 10 Outdoor Sports Boards
2 hr. A hike that boasts three beautiful views, rocky trails, and mixed forest. Park at the iconic Olivia's Overlook with its expansive view over Lake Mahkeenac. 2 miles. Vertical rise 561 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING Limit: 4 Outdoor Sports Boards
1 hr. 30 min.

ENERGY ALCHEMY TO SUPPORT YOUR JOURNEY Tanglewood Room
50 min. Learn how to strengthen your connection to your core essence and your life purpose. This experience includes an empowering meditative journey through the higher dimensions of human energy consciousness led by healing energy practitioner Lisa Avnet.

OUTDOOR WALK YOUR WORKOUT Lower Spa Lobby
45 min.

FIT WITH COCO Gym 1
45 min. Join guest instructor Courtney Fischer, creator of the Fit With Coco Method which combines strength training with Pilates to build lean muscle, burn fat, and increase energy.

TENNIS: INTERMEDIATE/ADVANCED CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80

3:00 PM

HEART OPENING FLOW Yoga Studio
45 min.

SPIRIT PATH Front Spa Lobby
50 min. Meander through the contemplative walk designed to open or deepen spiritual contemplation with a spiritual wellness practitioner, who guides you through an experiential practice along the path. | Please dress appropriately for the weather.

PUNCH Limit: 20 Sports Court
45 min.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
45 min.

4:00 PM

SOURDOUGH PIZZA
– **CREATE & ENJOY YOUR OWN** Limit: 10 \$ Demo Kitchen
2 hr. \$175 Explore sourdough fermentation for perfect pizza doughs, including gluten-free! Mix dough, prep sauces, craft toppings, and sit down to enjoy your handmade pizza. Sign up: CR App or with a Wellness Guide, Ext. 55423.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

PERFORMANCE RECOVERY:
RESET & RECHARGE Limit: 20 Gym 2
45 min. Awaken your body and boost mobility with Therabody® tools! Learn self-myofascial release using the Wave Duo, Roller, and Theragun Mini to ease tension, correct imbalances, and promote full-body recovery and performance.

ROWING ESSENTIALS Limit: 10 Rowing Studio
45 min. A full-body, low-impact workout designed for beginners and intermediate rowers. Learn proper technique and boost endurance with dynamic rowing drills.

5:00 PM

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

MINDFULNESS, MENTAL HEALTH & LONGEVITY CME Berkshire Room
50 min. The research on longevity indicates that a calm brain leads to a longer, more fulfilling life. This interactive presentation explores mindfulness and meditation as paths to an improved healthspan.

OPEN 12-STEP RECOVERY MEETING Lenox Room
50 min. This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

6:00 PM

JUST BEAD IT:
BRACELET MAKING Limit: 8 \$ Creative Expression Studio
1 hr. 30 min. \$45 Relax into the creative process and complete your own beaded creation. Make a gift for a loved one, or take home a tangible reminder of your Canyon Ranch experience. Guided by an instructor, make up to two bracelets to take home with you and enjoy. Sign up: Program Advising, Ext. 55423.

8:00 PM

THE PRACTICAL POWER OF GRATITUDE Tanglewood Room
50 min. Experience the fulfillment of gratitude with Jerry Posner! In this fun and inspiring hour, learn to use "grati-tools" for increased happiness, improved relationships, and a more positive perspective.

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM:

7 am to 9 pm – Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask an instructor or call Fitness at Ext. 54518.

REMINDERS

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes after the hour.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

Newcomers and archers alike are welcome at one of these semi-private sessions. Join our USA Archery instructors at either our indoor or outdoor range for strategies of aiming and releasing.

Th 1:30 pm, Sa 10 am, Mo 1:30 pm

ADVANCED MORNING HIKES

Starting your day with an outdoor hike can boost your mood, give you more energy throughout the day and offers your body and mind a number of other health benefits. These hikes vary each week and, based on location, are 3.5 – 6.5 hours long. Visit the Outdoor Sports Board in the Spa to learn specific information about each hike.

Wed & Sat – 8am

HIKING & BIKING

To schedule private activities, please call the Wellness Guides at ext. 55423 or visit the Programming Desk in the front of the Spa between 8 am and 9 pm daily.

BEGINNER HIKES

Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

INTERMEDIATE & ADVANCED HIKES

Rated 3 through 6, these hikes put more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group.

Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

For all Outdoor Sport activities, please sign up in the CR App or with a Wellness Guide, Ext, 55423. For detailed information about Outdoor activities, visit the Outdoor Sports Board located in the front of the Spa. Departure times vary due to the location and level of hike.

It's important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group.

FITNESS

Active Mobility

Utilizing the latest self-massage technology via the Therabody Thera-gun Mini to increase blood flow and aid in muscle release in combination with functional movement and stretching exercises with the TRX® Suspension Trainer. Tu 8:30am

Advanced Indoor Cycling

The outdoor ride is transported into the studio where you will experience an advanced strength, endurance or interval-focused class. Th 9:00am, Su 9:00am, Mo 9:00am

Aerobic Choreo Sculpt

Combine choreographed movement and light weights for a head-to-toe definition. Enjoy training that defines the body and lifts the soul! Mo 9:00am, Tu 9:00am

Amazing Abs & Healthy Hips

A combination of active mobility and stabilizing exercises for your core and hips. Su 11:00am, Tu 11:00am

Aqua Strength Circuit Class

A circuit-based class set in shallow water encouraging muscle fatigue while maintaining an aerobic level. We 3:00pm, Fr 3:00pm, Sa 3:00pm, Su 3:00pm, Mo 3:00pm, Tu 3:00pm

Balance Challenge

Learn the basics of stability as you explore exercises to improve your balance, using equipment including beams, balance discs and half foam rollers. No shoes. We 12:30pm, Sa 12:30pm, Mo 12:30pm

Basic Aerobic Circuit Weights

This class is designed for the beginner looking for a total body workout. Fr 2:00pm

Berkshire Beat

Burn calories, release stress and feel the joy by drumming on a physio-ball in this fun, unique class. We 2:00pm, Fr 12:00pm, Su 2:00pm, Tu 12:00pm

Best Backside

Strengthen your glutes and back using the TRX, Kettlebells and Mini Bands. Fr 2:00pm

CR Strength

Lively, pumping music will make you want to move in this total body barbell workout using light weights with high repetition. We 10:00am, Sa 2:00pm, Mo 10:00am

Cardio Circuit

Aerobic circuit workout using cardio machines and strength equipment. Prior lifting experience required. Fr 9:00am, Tu 9:00am

Cardio Kickboxing

Join us for a high-energy martial arts and boxing-inspired training session. Be ready to kick, punch, bob and weave your way through this fun fitness challenge. We 9:00am, Su 9:00am

Carry On

This workout is designed with loaded carries, one of the functional and beneficial moves for life. The class focuses on stability, helping confidently manage physical tasks while reducing risk of injury. Learn to move better and stay injury-free! We 12:00pm

Great Plate Workout

This circuit workout will challenge your total body with a blend of treadmill cardio intervals followed by strength work using a bumper plate. Th 11:00am

GritLAB: Strength & Endurance Conditioning

An intense-effort class featuring kettlebells, body bars, ViPR, and TRX. Do as many rounds as possible in a set time, with challenging exercises designed to test your endurance and strength. Get ready to conquer when grit meets growth! Sa 10:00am

H2O Power

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

HIIT IT

High intensity training with minimal breaks in between to increase cardiovascular output while using athletic and strength training exercises for an all around aerobic and anaerobic workout. Th 8:30am, Sa 8:30am

High Tempo Barre

Barre work, light weights and high energy combine to create continual fat burning movement! Mo 2:00pm

Line Dancing

Relax and smile as you learn line dances with simple repetitive moves that you can take home with you and have a blast at your next occasion! Sa 12:00pm, Mo 12:00pm

Long & Lean Barre Workout

High-repetition exercises and mat work combine to strengthen, tone and balance your body in this workout at the ballet barre. No shoes. Th 2:00pm

Muscle Conditioning

Learn basic strength and muscular endurance exercises using hand weights. A total body workout. Th 10:00am

Outdoor - 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 to take this workout on the road. In the event of inclement weather, this class will take place in the Indoor Track. Su 2:00pm, Tu 2:00pm

Outdoor Boot Camp

Using our MoveStrong™ outdoor play area, mixed with strongman power equipment and cardio drills, test out your stamina and potential in a boot camp environment. Fr 11:00am, Su 10:00am, Mo 11:00am

Power Row

A transformative total-body workout using our TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized. We 9:00am, Sa 9:00am

Punch

Heavy bags & three basic punches will be sure to knock you out during this invigorating workout. This intense cardio & aerobic exercise creates high level cardio burn while promoting muscle growth. Th 3:00pm, Fr 3:00pm, Su 3:00pm, Tu 3:00pm

Row & Burn

A transformative calorie burning total-body workout using the TechnoGym® SkillRow™ rower with bursts of body weight training on and off the rower. Su 4:00pm

Shred

Discover how to effectively use your time. This treadmill training session will teach you how to incorporate high-intensity interval training into your cardio routine. Blast those calories and change your body. Th 12:00pm, Su 12:00pm

Stroops Bungee Workout

Using STROOPS elastic ropes and harness, you can run, jump, push, pull, squat, shuffle and so much more in this total body high intensity workout! We 3:00pm, Sa 3:00pm, Mo 3:00pm

TRX Basic Strength

TRX Suspension Training® allows you to work out using just your body weight. Focus on developing strength, endurance, mobility, balance, flexibility and core stability. We 4:00pm, Mo 4:00pm

TRX Core

Strengthen your core in all directions. Work your abs, back, hips and oblique's using the TRX Suspension® and Rip Trainers®. Th 11:00am

TRX Flow

Experience mindful movement, strength, mobility, and flexibility while using the TRX® Suspension Trainer to assist and challenge you. Su 8:30am

Triple Blast

An exhilarating full-body workout designed to build strength, power, and endurance using kettlebells, Dynamax balls, and fan bikes. This high-energy class is perfect for anyone looking to challenge themselves and improve their overall fitness. Sa 2:00pm, Mo 2:00pm

Tubes & Loops

Experience a full body strength workout using the variable resistance of elastic fitness loops and tubing. Fr 10:00am, Sa 9:00am, Tu 10:00am

Zumba®

Feel the energy and move your body to fun and easy-to-follow Latin rhythms. Th 9:00am

MIND-BODY

Athletic Yoga

A 45-minute class with flowing athletic moves and yoga postures to improve your strength, balance and flexibility. No shoes. We 10:00am, Th 10:00am

Beginner Pilates

This method of mental and physical conditioning emphasizes foundational core strength, muscular balance, concentration and breathing. We 11:00am, Mo 11:00am

Chair Yoga

This class is for those who do not want to sit on the floor or who would like to learn new ways to use a chair for yoga breaks at work. Includes balancing and other standing poses. We 9:00am

Fitness For Your Feet

Twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility. No shoes. Th 12:30pm, Fr 12:30pm, Su 12:30pm, Tu 12:30pm

Foam Roll & Stretch

Improve your flexibility in this session focused on stretches and full-body foam rolling. No shoes. We 4:00pm, Fr 4:00pm

Good Vibrations

Introduce your body to vibration therapy utilizing the Therabody Wave Roller and the Wave Duo – awaken your muscles, increase blood flow and improve joint mobility. No shoes. Mo 4:00pm

Heart Opening Flow

In this challenging class, we will focus on backbends and forward folds to open the heart chakra with some advanced poses to allow the heart to open to its divine true nature of love, compassion and gratitude. Tu 3:00pm

Intermediate Yoga

This non-flow class will deepen your practice as we move into more challenging postures with focus on alignment and form. We 3:00pm

Mid-Morning Stretch

Designed for anyone to improve total body flexibility and awareness. No shoes. We 11:00am, Th 11:00am, Fr 11:00am, Sa 11:00am, Su 11:00am, Mo 11:00am, Tu 11:00am

Outdoor Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. In the event of inclement weather, this class will take place in the Yoga Studio. We 5:00pm, Sa 5:00pm, Mo 5:00pm, Tu 5:00pm

Outdoor Sun Salutations

Greet the sun in 25 minutes, linking 12 postures to stimulate heat in the body. An intermediate flow. In the event of inclement weather, this class will take place in the Yoga Studio. We 8:00am, Fr 8:00am, Mo 8:00am

Outdoor Wake-Up Warm-Up Stretch

A 25-minute standing outdoor stretch class – a great morning starter! No shoes. In the event of inclement weather, this class will take place indoors. Mo 8:30am

Pranayama Breathing

Every cell in our bodies needs oxygen to function properly. Join us in this engaged breathing practice that can decrease the effects of stress on the body and increase overall physical and mental wellbeing. Th 8:00am, Tu 8:00am

Restorative Yoga

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. No shoes. We 4:00pm, Th 4:00pm, Fr 4:00pm, Mo 4:00pm, Tu 4:00pm

Rock Your Flow

With rockin' music to inspire your flow practice, this class will guide you through challenging postures connected with your breath to build endurance, flexibility and strength. Mo 10:00am

Sacral Chakra Hip Opening

Practice a Hip opening sequence while diving deeper into the sacral chakra. Th 2:00pm, Mo 2:00pm, Tu 2:00pm

Spring Awakening Yoga

Spring is a time for renewal, as we emerge from our protected cocoon of winter. Springtime invites us to stimulate and invigorate through yoga flow movement, vinyasa, and twists as we reawaken our bodies to spring. Th 3:00pm, Mo 3:00pm

Stretch & Relax

A 25-minute stretch class on the floor. We 5:00pm, Th 5:00pm, Fr 5:00pm, Su 5:00pm, Mo 5:00pm, Tu 5:00pm

Yin & Release

Using myofascial release techniques combined with held seated, supine & prone yin postures you will increase flexibility and release inner tension. Fr 9:00am, Tu 9:00am

Yoga Alignment

Deepen your understanding of alignment in asanas with the support of blocks. Beginners to seasoned yogis will benefit from this exploration of alignment, gaining insights that will enhance your practice both on and off the mat. We 2:00pm

Yoga Foundations

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. No shoes. Th 9:00am, Mo 9:00am

Zen Motion

Finding your Zen through Motion using the Stroops Bungee cord as variable resistance to challenge your core, flexibility and balance. Th 3:00pm

Zen•Ga™ Flow

This 25-minute class blends breath and fluid movement with dance, stretch and Pilates – plus, the newest research findings about how to train your body's fascia, or connective tissue. No shoes. We 8:30am, Fr 8:30am

OUTDOOR SPORTS

Afternoon Outdoor Tai Chi

Enjoy a simple tai chi lesson on our woodland trails. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 1:00pm

Bike Ride: Introduction to Mountain Biking

Learn the proper techniques of off-road mountain bike riding on dirt, grass and wood chipped trails. Must be an able rider. Sign up: CR App or with a Wellness Guide, Ext. 55423 Su 1:30pm, Tu 2:00pm

Birding & The Natural World

Enjoy a gentle hike led by naturalist and birding expert Ed Neumuth. Flora, fauna, & bird song identification with a sprinkling of natural history. Delight in this morning endeavor. | Sign up: Outdoor Sports Board. Tu 7:30am

Camp Archery Workshop

Improve your archery skills at this semi-private archery session. Join us at our range, use a sight to fine-tune your shot. | Sign up: CR App or with a Wellness Guide, Ext. 55423 Th 1:30pm, Sa 10:00am, Mo 1:30pm

Cardio Tennis Clinic – Level 3.0+

A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. | Sign up: CR App or with a Wellness Guide, Ext. 55423. We 10:00am, Th 10:00am, Fr 10:00am, Sa 10:00am, Su 10:00am, Mo 10:00am, Tu 10:00am

Climbing Wall

Conquer our climbing wall! It's fun, challenging, burns mega-calories, builds strength & works every major muscle group. A variety of routes for beginning to intermediate climbers. 45 min–2 hrs. | Sign up: CR App or with a Wellness Guide, Ext. 55423 Fr 1:30pm, Sa 10:00am

Gravel Grinder Bike Ride: Level 3

Enjoy a secluded ride featuring rolling carriage roads, gravel, paved and dirt sections. This ride utilizes our mountain bike fleet on the picturesque backroads of Berkshire County! Th 1:30pm, Fr 9:30am

High Ropes Course

Safely explore your limits and build self-confidence as you journey through a series of ropes, cables and wood constructs set high above the Great Lawn. Sign up: Outdoor Sports Board. We 1:30pm, Sa 1:30pm

Kayak: Semiprivate

Enjoy a kayak tour on one of our beautiful local lakes. Instruction included. Must be an able swimmer. Weather dependent. Sign up: CR App or with a Wellness Guide, Ext. 55423 We 2:00pm, Fr 2:00pm, Sa 2:00pm, Su 1:30pm, Mo 1:30pm

Lenox History Walk

A walking tour of Lenox's historic sites. Learn the history, legends & current status of Berkshire Cottages. Includes Ventfort Hall & Spring-lawn. Stop in at Lenox Coffee! Must be an able walker. Sign-up: CR App or with a Wellness Guide, Ext. 55423. Fr 10:00am

Pickleball Round Robin Tournament

A pickleball tournament in a round-robin format. Must have a minimum of 3 guests to proceed with tournament. 2.5 skill level required. Sa 3:00pm

Pickleball Social Hour

Pickleball Social Hour: A lively, community event where you will interact with other pickleball players during fun and challenging games. Must have a minimum of 3 guests to proceed with tournament. 1.5 skill level required. We 3:00pm, Fr 3:00pm

Pickleball: Instruct & Play

Pickleball instruction and pointers followed by games to enhance your play. For players at Level 2.5 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 11:00am, Th 2:00pm

Pickleball: Intermediate/Adv. Clinic – Level 3.0+

Enhance your game with pointers from a Canyon Ranch Pickleball Pro. Court shoes are strongly recommended. For players at Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 11:00am, Fr 11:00am, Sa 10:00am, Su 9:00am, Mo 11:00am

Pickleball: Intro Clinic

A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. | Sign up: Program Advising, Ext. 55423, Meet at Indoor Tennis Courts. We 1:00pm, Th 9:00am, Th 1:00pm, Fr 1:00pm, Sa 9:00am, Sa 1:00pm, Su 1:00pm, Mo 1:00pm, Tu 9:00am, Tu 1:00pm

Shinrin Yoku

Experience the Japanese practice of taking in the forest atmosphere or "forest bathing." Join your guide on a slow, intentional walk into the woods to de-stress and reconnect with nature. Sign up: CR App or with a Wellness Guide, Ext. 55423 Su 9:00am, Mo 9:30am

Stockbridge History Walk

A 2+ mile walk from Stockbridge's historic downtown to the cemetery. Town history will be discussed. We may make a stop at Stockbridge Coffee! Able walkers only, sturdy walking shoes required. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 9:30am

Tai Chi Walk

Enjoy a simple lesson in tai chi during this off-property walk. Sign up: CR App or with a Wellness Guide, Ext. 55423 Tu 1:30pm

Tennis: Afternoon Drills

Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. | Sign up: Program Advising, Ext. 55423. Sa 2:00pm

Tennis: Intermediate/Advanced Clinic – Level 3.0+

Enhance your game with pointers from a Canyon Ranch tennis pro. | Sign up: Program Advising, Ext. 55423. Fr 2:00pm, Tu 2:00pm

AMENITIES & MORE

LAUNDRY & DRY CLEANING

We provide self-service washers, dryers, detergents and fabric softeners in easy-to-spot locations. Or, we can do your wash or dry cleaning for a fee. Please check the plastic laundry bag in your closet for details.

CUSTOM COMFORTS

Please let us know if you'd like a humidifier, heating pad or specialty pillows brought to your room. Simply call Ext. 55432.

PRIVACY, PLEASE

At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust and discretion for everyone, please don't take pictures of other guests without asking permission first.

CLEAR THE AIR

Smoking cigarettes or e-cigarettes is allowed only in designated outdoor, nonpublic areas. Cigars and pipes are not allowed. Smoking in your room will result in a cleaning fine of up to \$1,800, excluding any damages.

YOUR VALUABLES

You'll find a safe in your room to store your valuables.

SAFETY & SECURITY

Our team is always on the job and available when you need them. Please note that we're required to check on you if your phone's been left off the hook, or if you don't respond to a wakeup call you requested. We're here to make sure you're okay.

POOL TIME

Open 6:30 am to 9 pm daily, the heated outdoor pool is next to the Spa. No lifeguards on duty.

TENNIS

Indoor courts are available during regular spa hours, 6:30 am to 9 pm daily; outdoor courts, seasonally during daylight hours. We recommend reserving time on the sign-up board in advance. Court time is complimentary. Ask your Wellness Guide about tennis lessons or small group and private tennis clinics.

YOUR CANYON RANCH PILLOW MENU

The right pillow can make all the difference for good sleep and comfort. It should align neck, spine and back for healthy posture. Back sleepers generally need thinner pillows, side sleepers need thicker ones, and stomach sleepers may need no pillow at all.

To request a pillow, call Guest Services at Ext. 55525 – Sleep well.

Our Room Features

LUXURY PILLOWS ON YOUR BED

Down alternative – medium support; hypoallergenic.

PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE

Soothing, natural white noise opens the way to restorative, stable sleep.

Pillows You Can Request

LUXURY PILLOWS AVAILABLE BY REQUEST

The same pillows that are on the bed and feather pillows are available upon request.

BACK SLEEPERS

Buckwheat – Relaxes and aligns the neck for breathing comfort

Cervical – Aligns and relaxes the cervical spine

Soft synthetic foam

Neck support

Contour memory foam

SIDE SLEEPERS

Side sleeping pillow – Improves breathing, aligns the spine; memory foam

Leg spacer – Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric

Body pillow – For side and belly sleepers, aligns the spine when between the knees, excellent for pregnancy; polyester fill

Back and/or side sleeper – King-sized soft gel that contours to your body

M E N U O F S E R V I C E S

For information or to book services, visit or contact the Wellness Guides at Ext. 55423



For a complete listing of services,
visit canyonranch.com/lenox/services/

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

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
Naturopathic Medicine Consultation.....	50 min.....	335
Personalized Physician Consultation	25 min.....	230
	50 min.....	410
Osteoporosis Prevention & Bone Density Evaluation – two-part service.....	50 min each.....	745

SLEEP MEDICINE

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

MENU OF SERVICES

ALTERNATIVE MEDICINE

Acuphoria	50 min.....	\$250
Acupuncture.....	50 min.....	250
Acupuncture for Healthy Weight.....	100 min.....	440
Acupuncture Massage.....	50 min.....	250
Acutonics	50 min.....	250
Chinese Herbal Consultation	50 min.....	250
Chinese Vitality Consultation.....	110 min.....	440
Cupping & Gua Sha	50 min.....	250
Detox Acupuncture Treatment	50 min.....	250

PERFORMANCE SCIENCE

Body Composition Screening	25 min.....	\$130
Comprehensive Exercise Assessment – two-part service.....	50 min each.....	420
Hydration Testing – two-part service NEW	50 min each.....	460
RacquetFit™ Racquet Health Program – two-part service	50 min each.....	550
Rx for Exercise.....	50 min.....	220
TPI™ Golf Health Program – two-part service	50 min each.....	570
VO2 Max Assessment – two-part service.....	50 min each.....	420

SPORTS MEDICINE

Arthritis Evaluation	50 min.....	\$350
Blood Flow Restriction Therapy.....	25 min.....	175
Hiking Performance	50 min.....	350
Low Back Pain Evaluation NEW	50 min.....	350
Musculoskeletal & Joint Assessment.....	50 min.....	350
Medical Gait Analysis	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

NUTRITION & FOOD

NUTRITION & FOOD

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

Services & fees subject to change without notice.

COOKING FOR FUN, PLEASURE & HEALTH

Hands-On Cooking Class.....	50 min.....	\$110/person
	90 min.....	175/person
Hands-On Cooking Private.....	80 min.....	185
	small group (3 – 5 guests) 100 min.....	175/person

MIND & SPIRIT

MENTAL HEALTH & WELLNESS

Establishing Healthy Habits	50 min.....	\$250
Hypnotherapy.....	50 min.....	250
Inner Balance by HeartMath.....	50 min.....	395
Life Mapping.....	50 min.....	250
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

SPIRITUAL WELLNESS

Body-Spirit Connection.....	50 min.....	\$250
Contemplative Circle.....	80 min.....	350
Creative Expression Consultation.....	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
Rite of Passage.....	single 50 min.....	250
	duet 50 min.....	195/person
	small group (3+ people)	185/person
Somadome NEW	25 min.....	45
Sound Healing.....	50 min.....	250
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

MENU OF SERVICES

FITNESS & MOVEMENT

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

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
Personal Training with Virtual Follow-Up – two sessions	50 min each.....	270
Private Breathwork Consciousness Practice NEW	100 min.....	260
Yoga for Your Dosha – two sessions.....	50 min each.....	300

OUTDOOR SPORTS

GROUP ADVENTURES

Archery Workshop.....	times vary.....	\$110/person
Eco-Tour with Certified Field Naturalist	times vary.....	110/person
Kayaking	times vary.....	110/person
Keep it Rolling – Bike Maintenance Workshop	times vary.....	110/person
Photography Hike	times vary.....	110/person
Stand-Up Paddleboard	times vary.....	110/person

HIGH ROPES ADVENTURES

Aerial Adventure.....	times vary.....	\$110/person
Climbing Wall.....	times vary.....	110/person
High Ropes Challenge Course		
2–4 hours, depending on the number of people.....		220/person

PRIVATE ADVENTURES

On Land

Archery, Bike, Hike, Mountain Bike, Run,

Shinrin Yoku, Tai Chi,	First hour.....	\$140/person
	Each additional hour.....	80/person

On Water

Canoe, Kayak, Stand-Up Paddleboard	First two hours.....	220/person
	Each additional hour.....	80/person

RACQUET SPORTS

Pickleball

Individual training session.....	50 min.....	\$150
Duet training session	50 min.....	110/person

Tennis

Individual training session.....	50 min.....	150
Duet training session	50 min.....	110/person

Services & fees subject to change without notice.

SPA

AYURVEDIC TREATMENTS

Abhyanga.....	50 min.....	\$220
Ayurvedic Herbal Rejuvenation.....	80 min.....	340
Bindi-Shirodhara.....	100 min.....	410
Shirodhara.....	50 min.....	240
Udvaartana Massage.....	80 min.....	320

BODY TREATMENTS

CBD Wellness Ritual	100 min.....	\$410
Coconut Melt.....	50 min.....	240
	80 min.....	320
Coconut Sugar Scrub NEW	50 min.....	200
Detoxifying Ritual	100 min.....	410
Hungarian Mud Ritual	100 min.....	410
Hungarian Scrub	50 min.....	240
Vitamin Infusion Body Treatment.....	50 min.....	240

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min.....	\$240
	80 min.....	340
Reflexology	50 min.....	240
Thai Massage.....	100 min.....	440

ENERGY THERAPIES

Alchemical Healing NEW	80 min.....	\$320
Emotional Stress Release	80 min.....	320
Healing Energy.....	80 min.....	320
Healing Energy with Aromatherapy.....	80 min.....	320
Heart Connection Healing	80 min.....	320
Optimize Healing NEW	80 min.....	320
Reiki.....	50 min.....	220

MASSAGE

Aromatherapy Massage.....	50 min.....	\$220
	80 min.....	320
Canyon Ranch Massage.....	50 min.....	220
	80 min.....	320
	100 min.....	410
Canyon Stone Massage.....	75 min.....	340
Chakra Balancing Massage	80 min.....	320
Craniosacral Therapy.....	50 min.....	240
Deep Tissue Massage.....	50 min.....	240
	80 min.....	340
	100 min.....	440
Hands, Feet & Scalp Massage.....	50 min.....	220

MENU OF SERVICES

Head, Neck & Shoulders Massage	50 min	220
Hydrating Body Bar Massage.....	50 min	240
	80 min.....	340
	100 min	410
Lymphatic Treatment.....	50 min	240
	80 min.....	340
	100 min	410
Mama Moisturizing Massage.....	50 min	240
	80 min.....	340
Neuromuscular Therapy	100 min	440
Prenatal Massage.....	50 min	220
	80 min.....	320
Sole Rejuvenation.....	50 min	200
Therapeutic CBD Pain Relief Massage	50 min	250
	80 min.....	350
	100 min	450
Warm Coconut Oil Massage	50 min	240
	80 min.....	340

SALON

HAIR CARE

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

MAKEUP

Brow Design.....	15 min	\$50
Makeup Consultation.....	45 min	140

MANICURES

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

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 NEW	50 min	95

FACIAL TREATMENTS

AKAR Nourishing Facial NEW	50 min	\$220
Augustinus Bader Facial	50 min	220
Biologique Recherche Custom Facial.....	50 min	240
Biologique Recherche Lift & Sculpt Facial.....	80 min	420
Collagen Lifting Facial NEW	80 min	395
Custom IonixLight Facial NEW	80 min	420
Environ Age-Defying Facial	80 min	395
Environ™ Facial.....	50 min	220
Hydrafacial MD.....	50 min	275
Omorovicza Blue Diamond Facial NEW	50 min	240
Omorovicza Moor Mud Facial NEW	50 min	220
Oxygen Facial.....	50 min	275
	80 min.....	395
TriaWave Advanced Lift Facial NEW	80 min	420
VENN Collagen Facial.....	50 min	220

SPECIALTIES

METAPHYSICAL

Astrology	50 min	\$240
Astrology Synastry Chart Reading For Two NEW	100 min	250/person
Learn to Read Tarot Cards.....	50 min	240
Meeting Your Inner Oracles NEW	100 min	395
Past Life Experience	100 min	395
Tarot Card Reading	50 min	240
	Duet session.....	175/person

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 guests 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.

GUIDELINES FOR TEENS

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities)
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, he or she must be accompanied by a parent or guardian.

ESSENTIALS

PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

RESORT SERVICES	EXTENSION
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Operator	0
Bell Services	55500
Culinary Rebel™	55210
Canyon Ranch Grill™	55310
Housekeeping	55432
Wellness Guides	55423
Safety & Security	54419

DEPARTMENTS	EXTENSION
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Canyon Ranch Shop™	54574
Canyon Ranch Living®/Memberships	54596
Cultural Coordinating	55504
Fitness	54524
Guest Services/Concierge	55525
Health & Performance	55325
Medical	55317
Membership Sales	54513
Mental Health & Wellness	55325
Metaphysical	55404
Nutrition	55325
Outdoor Sports	55535
Performance Science	55325
Registration	55519
Room Reservations	55006
Salon	54498
Skin Care	54508
Spa Desk	55423
Spiritual Wellness	54527

PHONE INSTRUCTIONS

LOCAL CALLS:

9 + number

TOLL-FREE:

9 + 1 + number

LONG DISTANCE:

9 + 1 + number (U.S. and Canada)

9 + 011 + country code + number (international)

ROOMS:

75 + three-digit room number

HEARING IMPAIRED:

To arrange for a telephone, call Ext. 55525

INTERNET

Complimentary Wi-Fi is available throughout the property. No password is required. Please call our partner and provider Cloud5 at 877-665-1288 for technical support.

Enjoy access to computers, Internet and printers 24 hours a day. The Computer Center is in the East Wing, first floor.

TV CHANNEL GUIDE

DVDs are available to be checked out at Guest Services in the Hotel Lobby.

For a list of channels, press the Ch List button on your remote.

When DVD player is turned on, the TV will switch to the proper input.

4 Canyon Ranch Channel

100 through 142 offer various music channels

When in doubt, call our Operator at 0, who will be happy to transfer your call.

RETAIL THERAPY

LUXURY PRODUCTS FROM TOP SELECTED BRANDS

TAKE A PIECE OF THE CANYON RANCH EXPERIENCE HOME WITH YOU. EXPLORE WELLNESS ESSENTIALS AT OUR ONSITE SHOPS, INCLUDING TOP-TIER SPA PRODUCTS, SPECIALTY APPAREL, AND MUCH MORE.

SKIN CARE

- Biologique Recherche
- Environ
- Omorovicza
- Ven

SALON

- Davines Hair Products
- Dazzle Dry Nail System
- Kerastase Hair Products

CR® SHOP

- Canyon Ranch Souvenirs
- Outdoor Apparel
- Robes
- Books





**OPEN DAILY FROM 9AM - 5PM
ON THE SECOND FLOOR OF THE MANSION**

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.

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.

INNOVATION LAB

Explore the latest tech from industry leaders — including HUSO, known for its Sound Frequency Therapy System. This device delivers high-fidelity audio with human-generated tones via headphones and acupuncture meridian pads to balance the body.

**INCLUDES ACCESS TO OUR PRIVATE
MEN'S AND WOMEN'S LOCKER ROOMS,
LOCATED IN THE SPA COMPLEX, FEATURING
A COLD PLUNGE, HOT TUB, AND STEAM ROOM.**

A SIMPLE DAILY RATE GRANTS YOU ACCESS TO IT ALL

To book, please contact your Wellness Guide or visit us at CR Vitality — located on the second floor of the mansion. Open 9am-5pm, daily.



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 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 Lenox 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 Lenox. (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.

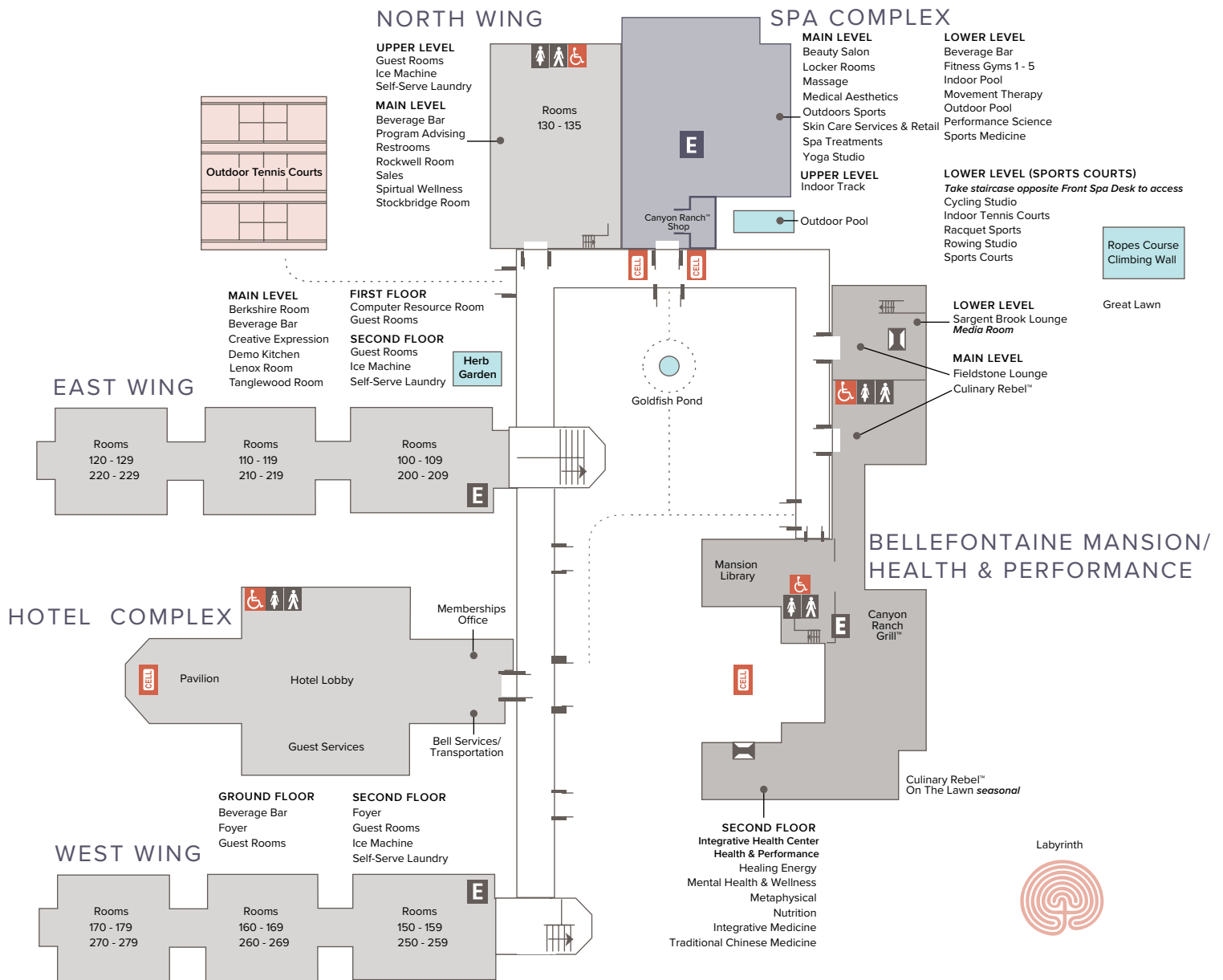
For more information or
to purchase a Membership:

VISIT
Our Membership Sales Team

CALL OR EMAIL
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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.



CANYON RANCH LIVING® LENOX

RESTROOMS

Located in the Hotel Pavillion, North Wing Lower Level, Spa Upper and Lower Levels, Health & Healing, after the Fieldstone Lounge, across from the Demo Kitchens and in the rotunda of the Mansion Library.

CANYON RANCH.
LENOX

canyonranch.com | 800-742-9000