

RANCH SCHEDULE  
MAY 28 - JUNE 3, 2025



This schedule belongs to:

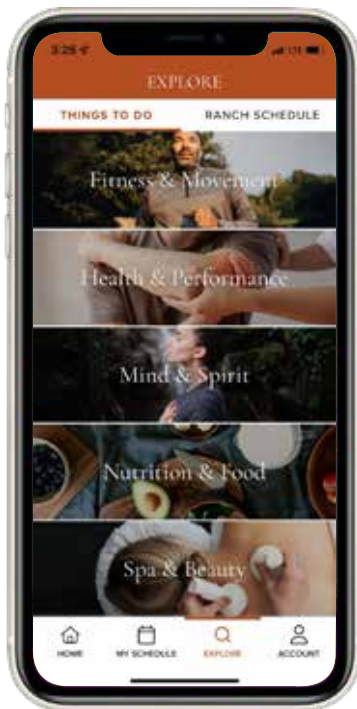
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# SHAPE YOUR JOURNEY

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

### CULINARY REBEL™ ON THE LAWN

**LUNCH:** Tuesday – Sunday 11:30a – 2p

*\*weather contingent*

### 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 – 1 pm (Tuesday – Saturday)

*Seating is limited.*

### HEALTH & PERFORMANCE

Provider's hours vary.

**HEALTH & PERFORMANCE DESK:** 8 am – 5 pm

### SPA

**DAILY 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

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## 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



## 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.

## SUMMER OUTDOOR SHOWER EXPERIENCE

RINSE. RECHARGE. RECONNECT.

Step into nature and refresh your senses under the open sky. Our invigorating outdoor experience shower offers a unique way to cool down, reset, and reconnect with the elements. Located in a tranquil forest setting, this refreshing rinse is the perfect post-hike or post-treatment ritual.

No appointment necessary—wear your bathing suit and enjoy the moment.

LOCATION: Near the climbing wall, on the trail, by the stream

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



## MINDFUL MEDITATION DAYS

MEDITATION, YOGA, OUTDOOR WALKS & MORE  
MAY 26 - JUNE 1

Join us in the Berkshires this summer for a serene lineup of events and activities dedicated to mindfulness and meditation – where tranquility meets inner peace. Immerse yourself in silent breakfasts, mindfulness workshops, and guided meditation sessions. Engage in yoga, outdoor walks, and grounding practices, all designed to foster mental clarity and deep relaxation. Enjoy an opportunity to rejuvenate your mind and spirit amidst our peaceful setting when you join us in Lenox this week. Activities included in this event are **HIGHLIGHTED**



## POWER UP: HEART HEALTH

WITH DR. ANKIT SHAH  
JUNE 1 - 4

Ankit B. Shah, MD, MPH, FACC, is a nationally recognized sports cardiologist who has completed a dedicated fellowship in sports cardiology at the Massachusetts General Hospital/Harvard University. This dynamic program blends expert lectures and fitness sessions with personalized tests and evaluations to enhance your athletic performance and overall well-being.

Activities included in this event are **HIGHLIGHTED**



## OPTIMIZE YOUR HEALTH

WITH DR. STEPHEN BREWER  
JUNE 2 - 5

Join Stephen C. Brewer, MD, ABFM, Medical Director of Canyon Ranch Tucson, for a special wellness series designed to transform your understanding of modern medicine. With decades of clinical experience and a deep passion for personalized wellness, Dr. Brewer brings a holistic, forward-thinking perspective to some of today's most pressing health topics.

Activities included in this event are **HIGHLIGHTED**



## HIKE THE APPALACHIAN TRAIL

EXPLORE THE FAMED TRAIL  
JUNE 2 - 8

Join us for an exhilarating exploration of the portion of the famed Appalachian Trail that snakes through the Berkshires. Over the course of seven days, our expert guides will lead daily hikes of six to 10 miles through this renowned natural area of Massachusetts. Seasoned outdoor experts from the Canyon Ranch Lenox team will share interesting facts about the trail and local history.

Activities included in this event are **HIGHLIGHTED**

# WEDNESDAY May 28, 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

**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.

**HIKE: LEVEL 4 – LULU BROOK** Limit: 10 Outdoor Sports Boards  
4 hr. 30 min. Traverse up a ravine, following the path of Lulu Brook as it babbles over rocky cascades. Arrive at an expansive summit view. Pass by Berry Pond & descend above Parker Brook. 5.5 miles. Vertical rise 1165ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**OUTDOOR SUN SALUTATIONS** Lower Spa Lobby  
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

**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.

**EMBODIED PEACE** Berkshire Room  
50 min. With guidance from a Spiritual Wellness provider, choose your archetype to help establish inner and outer peace. Which will you embody - the warrior, the guardian or the protector?

**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.

**CANOE/HIKE COMBO – LEVEL 2+** Limit: 20 Outdoor Sports Boards  
3 hr. 30 min. A perennial favorite! Our Outdoor Guides will lead you on a Level 2+ hike on the Appalachian Trail and a canoe trip on Goose Pond. Must be an able swimmer. 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

## 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.

## 10:00 AM

**CR STRENGTH** Limit: 20 Gym 1  
45 min.

**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.

**FIND YOUR INNER WARRIOR** Yoga Studio  
45 min. It is time to set free your strength and confidence in this dynamic class. Through inspiring poses, mindful breathwork, and grounding sequences discover resilience, focus, and your inner warrior.

**H2O POWER** Limit: 10 Outdoor Pool  
45 min.

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

**MINDFULNESS MEDITATION WORKSHOP** Limit: 12 \$ Rockwell Room  
1 hr. 30 min. \$140 Discover mindfulness meditation techniques to enhance peace of mind, reduce stress, and support wellbeing - guided by a Mental Health & Wellness expert. Find what works best for you! Sign up: CR App or with a Wellness Guide, Ext. 55423

## 11:00 AM

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

**BEGINNER PILATES** Limit: 30 Gym 1  
45 min.

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

**OUTDOOR BOOT CAMP** Lower Spa Lobby  
45 min.

## NOON

**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 Chicken Tikka Masala and watch our demo chef prepare the entrée. First come, first serve.

**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!

## 12:30 PM

**BALANCE CHALLENGE** Limit: 20 Gym 2  
20 min.

Featured Events: **MINDFUL MEDITATION (MAY 26-JUNE 1)**

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

**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

**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.

**BASIC AEROBIC CIRCUIT WEIGHTS** Gym 5  
45 min.

**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.

**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.

**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

**3:00 PM**

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

**INTERMEDIATE YOGA** Limit: 30 Yoga Studio  
45 min.

**STROOPS BUNGEE WORKOUT** Limit: 12 Gym 1  
45 min.

**WAKE-UP CALL: IMPROVING YOUR SLEEP** CME Tanglewood 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.

**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 chocolatey snacks that will conquer your cravings and keep you on track between meals.

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

**4:30 PM**

**WATERCOLOR PAINTING** Limit: 8 \$ Creative Expression Studio  
1 hr. 30 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.

**5:00 PM**

**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.

**CREATIVITY & DREAMS** Berkshire 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.

**OUTDOOR MINDFUL EVENING MEDITATION** Lower Spa Lobby  
25 min. Relax and recharge with a soothing evening meditation. Learn calming techniques to reduce stress, clear your mind, and boost mindfulness. In case of inclement weather, this class will move indoors to the Yoga Studio

**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** Rockwell Room  
50 min. Join in the fun with rousing games of classic bingo. Win Canyon Ranch prizes!

## 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.**

# THURSDAY

May 29, 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.

**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.

**PRANAYAMA BREATHING** Yoga Studio  
25 min.

## 8:30 AM

**HIIT IT** Limit: 18 Gym 1  
20 min.

## 9:00 AM

**STEP & STRENGTH** Limit: 15 Gym 1  
45 min.

**ADVANCED INDOOR CYCLING** Limit: 12 Cycling Studio  
45 min.

**NATUROPATHY & CHINESE MEDICINE:  
WHAT TO KNOW** CME Tanglewood Room  
50 min. Dr. Kevin Murray blends the worlds of Naturopathy & Chinese Medicine. Discover how these traditional and evidence-based practices may offer solutions to undiagnosed symptoms and whether a private consult could be right for you.

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

**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.

**YOGA FOUNDATIONS** Limit: 30 Yoga Studio  
45 min.

## 9:30 AM

**TAI CHI WALK** Limit: 6 Outdoor Sports Boards  
2 hr. 30 min.

## 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

**CARDIO TENNIS CLINIC  
– LEVEL 3.0+** Limit: 4 \$ Outdoor 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

**GREAT PLATE WORKOUT** Limit: 20 Gym 5  
45 min.

**MID-MORNING STRETCH** Limit: 30 Gym 2  
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.

**TRX CORE** Sports Court  
45 min.

## 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 Cobb Salad Bowl with Turkey or Tempeh Bacon 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: **MINDFUL MEDITATION (MAY 26-JUNE 1)**

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

**CAMP ARCHERY WORKSHOP** Limit: 4 \$ Outdoor Sports Boards  
1 hr. 30 min. \$110

**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!

**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.

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

**PAUSING IN PLACE** Rockwell 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.

**SACRAL CHAKRA HIP OPENING** Yoga Studio  
45 min.

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

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis 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

**PUNCH** Limit: 20 Sports Court  
45 min.

**AQUA STRENGTH CIRCUIT CLASS** Limit: 10 Outdoor Pool  
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.

## 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.

**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.

**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

**FLOATING SOUND MEDITATION CLINIC 50M** Limit: 6 \$ 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.

**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.

### 7:00 PM

**OVERCOMING PAIN PATTERNS** Berkshire 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

**HABIT IS A HUMAN SUPERPOWER** Tanglewood Room  
50 min. Jerry Posner shares practical and powerful strategies to cultivate habits you want, and remove habits that serve you no longer. Learn tools for self-awareness, and insights for habit change. Habits run our lives; learn some ways to master them!

FRIDAY

May 30, 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

\$

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

OUTDOOR MEDITATION

Lower Spa Lobby

25 min.

8:30 AM

OUTDOOR WAKE-UP WARM-UP STRETCH

Lower Spa Lobby

20 min.

9:00 AM

ROCKIN RETRO AEROBICS

Limit: 30

Gym 1

45 min. Get your heart pumping and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s.

CARDIO CIRCUIT

Gym 5

45 min.

YOGA FOUNDATIONS

Limit: 30

Yoga Studio

45 min.

HIKE: LEVEL 3 – BEARTOWN RAMBLE

Limit: 10

Outdoor Sports Boards

3 hr. 30 min. Traverse around Benedict Pond. Climb the Wildcat trail to a westward vista over the quaint village of Great Barrington. Possible view of the Catskills. Reverse. 3 miles. Vertical rise 300 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

9:30 AM

GRAVEL GRINDER BIKE RIDE: LEVEL 3

Limit: 4

Outdoor Sports Boards

2 hr. 30 min.

10:00 AM

YOGA SCULPT

Limit: 20

Yoga Studio

45 min.

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.

CARDIO TENNIS CLINIC – LEVEL 3.0+

Limit: 4

\$

Outdoor Tennis Court 1

50 min. \$80

AERIAL ADVENTURE

Limit: 4

\$

Outdoor Sports Boards

1 hr. 20 min. \$110

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.

AMAZING ABS & HEALTHY HIPS

Limit: 25

Gym 1

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

OUTDOOR BOOT CAMP

Lower Spa Lobby

45 min.

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 Mediterranean Shrimp 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: **MINDFUL MEDITATION (MAY 26-JUNE 1)**

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: 6 \$ Outdoor Sports Boards  
1 hr. 30 min. \$110

### 2:00 PM

**YOGA FOR HEALTHY BACK** 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

**BEST BACKSIDE** Limit: 16 Sports Court  
45 min.

**BASIC AEROBIC CIRCUIT WEIGHTS** Gym 5  
45 min.

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

**HIKE: LEVEL 1  
– GOULD MEADOWS** Limit: 10 Outdoor Sports Boards  
2 hr. A gentle hike that takes you along the shores of the beautiful Stock-  
bridge 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.

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

**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.

### 3:00 PM

**PUNCH** Limit: 20 Sports Court  
45 min.

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

**INTERMEDIATE YOGA** Limit: 30 Yoga Studio  
45 min.

**MIXED EMOTIONS:  
MAKING PEACE WITH YOURSELF** CME Berkshire Room  
50 min. We often attempt to avoid difficult emotions. Discuss how to widen  
your tolerance for your emotional experience and gain practical tools for  
navigating those emotions.

## SUMMER OUTDOOR SHOWER EXPERIENCE

### RINSE. RECHARGE. RECONNECT.

Step into nature and refresh your senses under the open sky. Our invigorating outdoor experience shower offers a unique way to cool down, reset, and reconnect with the elements. Located in a tranquil forest setting, this refreshing rinse is the perfect post-hike or post-treatment ritual. No appointment necessary—wear your bathing suit and enjoy the moment.

LOCATION: Near the climbing wall, on the trail, by the stream

### 4:00 PM

**RESTORATIVE YOGA** Limit: 30 Yoga Studio  
45 min.

**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.

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

**ZEN MOTION** Limit: 12 Gym 1  
45 min.

### 5:00 PM

**EASTERN MEDICINE:  
THE INSIDE SCOOP** CME Berkshire 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.

**OUTDOOR MINDFUL  
EVENING MEDITATION** Lower Spa Lobby  
25 min. Relax and recharge with a soothing evening meditation. Learn  
calming techniques to reduce stress, clear your mind, and boost mindfulness.  
In case of inclement weather, this class will move indoors to the Yoga Studio

### 7:00 PM

**YOGA FOR A  
GOOD NIGHT'S SLEEP** Yoga Studio  
50 min. Sleep patterns have evolved over tens of thousands of years.  
Scientific studies show it is an essential habit to living a vibrant life. Practice  
yoga techniques to help enhance this daily activity, essential to a healthy life.

### 8:00 PM

**MARCY HEISLER &  
ZINA GOLDRICH, IN CONCERT** Fieldstone Lounge  
50 min. Songwriting team Zina Goldrich and Marcy Heisler bring you their  
vivacious, eclectic, romantic and seriously funny songbook. Award winning  
performers, they offer an original evening of music, storytelling and sneak  
peek at upcoming Broadway projects.

# SATURDAY

May 31, 2025

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## 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.

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## 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**  
– **RACE BROOK FALLS** Limit: 10 Outdoor Sports Boards  
6 hr. 30 min. Steep, rocky ascent that climbs near the brook and up to a series of falls. Above you will reach a rolling section between two peaks. Climb to the summit of Mt. Everett for sweeping views. Lunch included. 6.5 miles. Vertical rise 2,000ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**OUTDOOR MEDITATION** Lower Spa Lobby  
25 min.

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## 8:30 AM

**HIIT IT** Limit: 18 Gym 1  
20 min.

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## 9:00 AM

**ZUMBA® STEP** Limit: 15 Gym 1  
45 min.

**CHINESE MEDICINE & WEIGHT LOSS** CME Berkshire Room  
50 min. Discover a new perspective on weight loss. Learn how herbs, healing foods and specialized acupuncture can help you feel healthy and shed excess weight at the same time.

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

**POWER ROW** Limit: 10 Rowing Studio  
45 min.

**YIN & RELEASE** Limit: 30 Yoga Studio  
45 min.

**HIKE: LEVEL 3 – PLEASANT VALLEY LEDGES TRAIL** Limit: 10 Outdoor Sports Boards  
3 hr. Traverse around wetland ponds. Steady, rocky climb with several scrambles. Hike down the Laurel and Overbrook trails, meeting with a tumbling mountainside stream. 3 miles. Vertical rise 735ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

## 10:00 AM

**ROCK YOUR FLOW** Limit: 30 Yoga Studio  
45 min.

**CR STRENGTH** Limit: 20 Gym 1  
45 min.

**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

**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 \$ Outdoor Tennis Court 1  
50 min. \$80

**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.

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## 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.

**TRX CORE** Sports Court  
45 min.

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

**MATTERS OF MENOPAUSE** CME Berkshire Room  
50 min. Most American women will spend up to 40% of their lives in post-menopause, which has effects on body changes and well-being. A medical doctor will explain what to expect in menopause, why it matters, and what you can do about it.

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## 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!

**LINE DANCING** Gym 1  
25 min.

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## 12:30 PM

**BALANCE CHALLENGE** Limit: 20 Gym 2  
20 min.



Featured Events: **MINDFUL MEDITATION (MAY 26-JUNE 1)**

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

## 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

**WALK IN THE WOODS YOGA** Lower Spa Lobby  
45 min.

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

**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 \$ Outdoor Tennis Court 1  
50 min. \$80

**TRIPLE BLAST** Limit: 30 Sports Court  
45 min.

**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.

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

## 3:00 PM

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

**HEART OPENING FLOW** Yoga Studio  
45 min.

**STROOPS BUNGEE WORKOUT** Limit: 12 Gym 1  
45 min.

**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

## 4:00 PM

**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.

**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.

## 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.

**STRETCH & RELAX** Limit: 30 Gym 2  
25 min.

**OUTDOOR MINDFUL EVENING MEDITATION** Lower Spa Lobby  
25 min. Relax and recharge with a soothing evening meditation. Learn calming techniques to reduce stress, clear your mind, and boost mindfulness. In case of inclement weather, this class will move indoors to the Yoga Studio

## 7:00 PM

**YOGA NIDRA: YOGIC SLEEP** Limit: 30 Yoga Studio  
50 min. Explore guided relaxation through the ancient practice of Yoga Nidra. A brief introduction followed by a guided relaxation practice. End your day replenished and ready for a good night's rest.

## 8:00 PM

**GRAMMY-NOMINATED SINGER & SONGWRITER, MATT CUSSON** Fieldstone Lounge  
50 min. Settle in for an hour with award-winning singer, pianist and songwriter, Matt Cusson. He's toured with Christina Aguilera and Stevie Wonder, to name a few, and tonight he shares a mix of his original music and popular covers.

## 9:00 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 approximately four games.

# SUNDAY June 1, 2025

## CANYON RANCH COMMUNITY TREE

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

*"My Legacy Is ..."*

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

**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.

**PRANAYAMA BREATHING** Yoga Studio  
25 min.

### 8:30 AM

**TRX FLOW** Limit: 15 Sports Court  
20 min.

### 9:00 AM

**CHAIR YOGA** Limit: 12 Yoga Studio  
45 min.

**CARDIO KICKBOXING** Limit: 30 Gym 1  
45 min.

**ADVANCED INDOOR CYCLING** Limit: 12 Cycling Studio  
45 min.

**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.

**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.

**HIKE: LEVEL 2  
– ROUND MOUNTAIN** Limit: 10 Outdoor Sports Boards  
3 hr. Venture to a remote tract of hills at McLennan Reservation in the Tyringham Valley. Flat start, then short, strong ascent past waterfalls to Hale Pond. Rocky descent. 3 miles. Vertical rise 540ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

### 10:00 AM

**ATHLETIC YOGA** Limit: 30 Yoga Studio  
45 min.

**MUSCLE CONDITIONING** Limit: 25 Gym 2  
45 min.

**LANGUAGE OF THE HEART** Limit: 12 \$ Rockwell 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 \$ Outdoor Tennis Court 1  
50 min. \$80

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

**H2O POWER** Limit: 25 Indoor Pool  
45 min.

### 11:00 AM

**OUTDOOR BOOT CAMP** Lower Spa Lobby  
45 min.

**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.

### 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.

**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

Featured Events: **MINDFUL MEDITATION (MAY 26-JUNE 1)** / **POWER UP (1-4)**

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

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### 1:30 PM

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

**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.

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### 2:00 PM

**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.

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

**OUTDOOR WALK YOUR WORKOUT**    Lower Spa Lobby  
45 min.

**YOGA ALIGNMENT**    Yoga Studio  
45 min.

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### 3:00 PM

**PUNCH**    Limit: 20    Sports Court  
45 min.

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

**SPRING AWAKENING YOGA**    Limit: 30    Yoga Studio  
45 min.

**CREATIVITY AS SPIRITUAL PRACTICE**    CME    Rockwell Room  
50 min.    Creativity is taking an abstract idea and manifesting it through some expressive form; in what way(s) are you using your creativity, and through that practice, actually living a spiritual life?

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### 4:00 PM

**RESTORATIVE YOGA**    Limit: 30    Yoga Studio  
45 min.

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

**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

**THE ATHLETE'S HEART WITH DR. ANKIT SHAH**    Berkshire Room  
50 min.    Explore how intense exercise shapes the athlete's heart, its health impacts, and how it differs from similar conditions. Perfect for athletes, fitness enthusiasts, and anyone curious about the body's unique adaptations to physical demands.

**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.

**OUTDOOR MINDFUL EVENING MEDITATION**    Lower Spa Lobby  
25 min.    Relax and recharge with a soothing evening meditation. Learn calming techniques to reduce stress, clear your mind, and boost mindfulness. In case of inclement weather, this class will move indoors to the Yoga Studio

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### 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

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### 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

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### 7:00 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!

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### 8:00 PM

**YOGA FOR A GOOD NIGHT'S SLEEP**    Yoga Studio  
50 min.    Sleep patterns have evolved over tens of thousands of years. Scientific studies show it is an essential habit to living a vibrant life. Practice yoga techniques to help enhance this daily activity, essential to a healthy life.

# MONDAY

June 2, 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.

### HIKE: LEVEL 6 – CONNECTICUT BORDER

#### TO GUILDER POND

Limit: 10

Outdoor Sports Boards

7 hr. 30 min. Strong climbs with magnificent views and rocky downhill sections. 8.6 miles. Lunch included.

### 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.

### NOURISHING LONGEVITY:

#### FOOD FOR A HEALTHY LIFESPAN

CME

Tanglewood 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.

### 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

### CANOE/HIKE

#### COMBO – LEVEL 2+

Limit: 20

Outdoor Sports Boards

3 hr. 30 min. A perennial favorite! Our Outdoor Guides will lead you on a Level 2+ hike on the Appalachian Trail and a canoe trip on Goose Pond. Must be an able swimmer. Sign up: CR App or with a Wellness Guide, Ext. 55423.

### YOGA FOUNDATIONS

Limit: 30

Yoga Studio

45 min.

### ZUMBA®

Limit: 30

Gym 1

45 min.

## 9:30 AM

### SHINRIN YOKU

Limit: 6

Outdoor Sports Boards

2 hr.

## 10:00 AM

### ROCK YOUR FLOW

Limit: 30

Yoga Studio

45 min.

### CR STRENGTH

Limit: 20

Gym 1

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

\$

Outdoor Tennis Court 1

50 min. \$80

### H2O POWER

Limit: 25

Indoor Pool

45 min.

## 11:00 AM

### OUTDOOR BOOT CAMP

Lower Spa Lobby

45 min.

### MEDICALLY

#### UNEXPLAINED SYMPTOMS

CME

Tanglewood Room

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

### 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

### MID-MORNING STRETCH

Limit: 30

Gym 2

45 min.

### BEGINNER PILATES

Limit: 30

Gym 1

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.

## 12:30 PM

### BALANCE CHALLENGE

Limit: 20

Gym 2

20 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.



Featured Events: **POWER UP (1-4)** / **OPTIMIZE YOUR HEALTH (2-5)** / **HIKE THE APPALACHIAN TRAIL (2-8)**

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

## SUMMER OUTDOOR SHOWER EXPERIENCE

### RINSE. RECHARGE. RECONNECT.

Step into nature and refresh your senses under the open sky. Our invigorating outdoor experience shower offers a unique way to cool down, reset, and reconnect with the elements. Located in a tranquil forest setting, this refreshing rinse is the perfect post-hike or post-treatment ritual. No appointment necessary—wear your bathing suit and enjoy the moment.

LOCATION: Near the climbing wall, on the trail, by the stream

**1:00 PM**

### EXERCISE & LONGEVITY WITH DR. SHAH

Tanglewood Room

50 min. Discover how exercise boosts longevity, heart health, mental wellness, and reduces chronic disease risks. Learn the best types and amounts for aging well, plus practical tips to stay active for a healthier, vibrant life!

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

**1:30 PM**

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

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.

CAMP ARCHERY WORKSHOP Limit: 4 \$ Outdoor Sports Boards  
1 hr. 30 min. \$110

**2:00 PM**

WALK IN THE WOODS YOGA Lower Spa Lobby  
45 min.

HIGH TEMPO BARRE Limit: 25 Gym 1  
45 min.

TRIPLE BLAST Limit: 30 Sports Court  
45 min.

VO2 AND YOU Berkshire Room  
50 min. Unlock your full fitness potential! Join an Exercise Physiologist to explore VO<sub>2</sub> max, how it's tested, and powerful ways to boost your aerobic health, energy, and endurance. Perfect for anyone looking to level up their wellness game!

TENNIS: AFTERNOON DRILLS Limit: 4 \$ Outdoor Tennis Court 2  
50 min. \$80

**3:00 PM**

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

SPRING AWAKENING YOGA Limit: 30 Yoga Studio  
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.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1  
45 min.

**4:00 PM**

### 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.

RESTORATIVE YOGA Limit: 30

Yoga Studio

45 min.

FOAM ROLL & STRETCH Limit: 20

Gym 2

45 min.

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.

**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**

### 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.

STRETCH & RELAX Limit: 30

Gym 2

25 min.

**6:30 PM**

### 3-WORLDS OF SOUL EXPERIENCE

Limit: 8

\$

Yoga Studio

1 hr. 30 min. \$110 In Mystic and Shamanic practices, the soul can experience through three levels of consciousness. Explore these unique spaces in a Soul Journey and discover inner resources for personal growth. Sign Up: CR App or with a Wellness Guide, Ext. 55423

**8:00 PM**

### PIANO & VIOLIN WITH RON RAMSAY & EILEEN MARKLAND

Fieldstone Lounge

50 min. Ron & Eileen cue up some of your favorite theme songs from stage and film, blended with an eclectic mix of international music, classical repertoire and a light mix of jazz standards!

# TUESDAY

June 3, 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.

**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.

**HIKE: LEVEL 5 – SHAY'S REBELLION TO GUILDER POND** Limit: 10 Outdoor Sports Boards  
6 hr. 30 min. Gentle rolling terrain to start. Strenuous uphill climb rewarded by vast, impressive views. 6.5 miles. Lunch included.

**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

**ACTIVE MOBILITY** Limit: 15 Sports Court  
20 min.

## 9:00 AM

**HIKE: LEVEL 3 – MOHICAN MONUMENT MTN.** Limit: 10 Outdoor Sports Boards  
3 hr. 30 min. Traverse rolling terrain and up rocky trail to Peeskawso Peak. Enjoy 360° views from the summit. Reverse your steps back through the rolling forest trail. 4 miles. Vertical rise 1053ft. 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.

**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

**YIN & RELEASE** Limit: 30 Yoga Studio  
45 min.

**AEROBIC CHOREO SCULPT** Gym 1  
45 min.

**CARDIO CIRCUIT** Gym 5  
45 min. Aerobic circuit workout using cardio machines and strength equipment. Prior lifting experience required.

## 10:00 AM

**CPR/AED INFO SESSION WITH DR. ANKIT SHAH** Berkshire Room  
50 min. Join Dr. Shah for an informative session on CPR and AED use. This is not a certification course, but a valuable overview of life-saving techniques and emergency response basics.

**TUBES & LOOPS** Limit: 20 Gym 2  
45 min.

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

**H2O POWER** Limit: 25 Indoor 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.

## 11:00 AM

**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.

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

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

## NOON

**RESTORATIVE AERIAL YOGA & 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: EXERCISE FUELING FOODS** Limit: 16 Demo Kitchen  
50 min. Discover the best foods to fuel your workouts! Enjoy a three-course meal while our chef demos a nutrient-rich entrée, paired with expert tips on optimizing energy & recovery. First come, first served.

**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: **POWER UP (1-4)** / **OPTIMIZE YOUR HEALTH (2-5)** / **HIKE THE APPALACHIAN TRAIL (2-8)**

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

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### 1:30 PM

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

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### 2:00 PM

SACRAL CHAKRA HIP OPENING      Yoga Studio  
45 min.

#### HANDS-ON COOKING:

PLANT POWERED      Limit: 6      \$      Demo Kitchen  
50 min. \$110 Learn tips to prioritize whole plant foods; fruits, vegetables, grains, nuts and seeds to create balanced meals and snacks. | Sign-up: Program Advising, Ext. 55423.

#### 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.

#### BIKE RIDE: INTRODUCTION

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

#### GRITLAB: STRENGTH

& ENDURANCE CONDITIONING      Limit: 15      Sports Court  
45 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.

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

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### 3:00 PM

PUNCH      Limit: 20      Sports Court  
45 min.

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

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.

#### 4 PILLARS OF A HEALTHY MIND

WITH JOHN BRUNA      Berkshire Room  
50 min. In this transformational presentation, John Bruna unpacks the four pillars of a healthy mind: insight, awareness, connection and purpose. He provides you with practical methods and insights to cultivate greater resilience, well-being and joy.

### 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.

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### 5:00 PM

OUTDOOR MEDITATION      Lower Spa Lobby  
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.

STRETCH & RELAX      Limit: 30      Gym 2  
25 min.

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### 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.

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### 7:00 PM

#### NEW MEDICAL ADVANCEMENTS      CME      Rockwell Room

50 min. Canyon Ranch Medical Director, Stephen Brewer, introduces the newest evidence-supported medical advancements that are ever-emerging and shares his insights for what they mean for you and your loved ones.

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### 8:00 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.

# CLASSES & ACTIVITIES

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## 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

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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! Tu 9:00am

### Amazing Abs & Healthy Hips

A combination of active mobility and stabilizing exercises for your core and hips. Fr 11:00am, 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, Th 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. We 2:00pm, Fr 2:00pm

### Berkshire Beat

Burn calories, release stress and feel the joy by drumming on a physio-ball in this fun, unique class. Fr 12:00pm, Su 12:00pm, 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 10:00am, Mo 10:00am

### Cardio Circuit

Aerobic circuit workout using cardio machines and strength equipment. Prior lifting experience required. Fr 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! Su 2:00pm, Tu 2:00pm

### H2O Power

A challenging aerobic conditioning class in shallow water. We 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, Sa 2:00pm

### Muscle Conditioning

Learn basic strength and muscular endurance exercises using hand weights. A total body workout. Th 10:00am, Su 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. We 11:00am, Fr 11:00am, Su 11:00am, 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

### 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

### Step & Strength

A combination of cardio drills, using fitness steps, and dumbbells, for loaded strength exercises, providing a fun total body workout. Th 9:00am

### 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

### 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, Sa 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, Tu 10:00am

### Zumba®

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

### Zumba® Step

Tone and strengthen your glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Get maximum results as you enjoy this easy-to-follow fitness party. Sa 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. Th 10:00am, Su 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, Su 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, Su 4:00pm, 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. Sa 3:00pm, 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, Fr 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. Fr 8:00am, Sa 8:00am, 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, 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. Fr 8:30am, 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, Su 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, Sa 4:00pm, Su 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. Sa 10:00am, Mo 10:00am

### Sacral Chakra Hip Opening

Practice a Hip opening sequence while diving deeper into the sacral chakra. Th 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, Su 3:00pm, Mo 3:00pm

### Stretch & Relax

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

### Walk In The Woods Yoga

A yoga instructor leads an on-property walk through beautiful trails with yoga posture breaks. Learn to incorporate fresh air and open thoughts in your practice. In the event of inclement weather, this class will take place in the Yoga Studio. Sa 2:00pm, Mo 2:00pm

### Yin & Release

Using myofascial release techniques combined with held seated, supine & prone yin postures you will increase flexibility and release inner tension. Sa 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, Su 2:00pm

### Yoga For Healthy Back

Explore basic strategies for strengthening and stretching areas of the body that can cause chronic low back pain. Not for those with serious spinal injuries or diagnosed spinal conditions. No shoes. Fr 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, Fr 9:00am, Mo 9:00am

### Yoga Sculpt

Enjoy this blood flowing practice as you add a new challenge of wearing Bala Bangles, adding a constant challenge to your traditional yoga asanas. Fr 10:00am

### Zen Motion

Finding your Zen through Motion using the Stroops Bungee cord as variable resistance to challenge your core, flexibility and balance. Fr 4:00pm

### 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

## OUTDOOR SPORTS

### Aerial Adventure

Try two adrenaline-filled activities on our High Ropes Challenge Course: the 350-foot long Zip Line and the 40-foot high Giant Swing. 45 min – 2 hrs. I Sign up: Outdoor Sports Board. Fr 10:00am



### **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 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 7:00am

### **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

### **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! 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. 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, Th 1:30pm, Fr 2:00pm, Sa 2:00pm, Su 10:00am, Su 1:30pm, Mo 1:30pm

### **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

### **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. Fr 11:00am, 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 Mo 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 Th 9:30am, 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. Th 2:00pm, Fr 2:00pm, Sa 2:00pm, Mo 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/](http://canyonranch.com/lenox/services/)

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## 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 <b>NEW</b> .....	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 <b>NEW</b> .....	50 min.....	350
Musculoskeletal & Joint Assessment.....	50 min.....	350
Medical Gait Analysis .....	50 min.....	350
Performance Assessment <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	50 min each.....	460
Mood & Food – two-part service .....	50 min each.....	470
Personalized Nutrition Consultation .....	50 min.....	220
Strategies for Raising Nutritious Eaters <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	50 min .....	95

## FACIAL TREATMENTS

AKAR Nourishing Facial <b>NEW</b> .....	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 <b>NEW</b> .....	80 min .....	395
Custom IonixLight Facial <b>NEW</b> .....	80 min .....	420
Environ Age-Defying Facial .....	80 min .....	395
Environ™ Facial.....	50 min .....	220
Hydrafacial MD.....	50 min .....	275
Omorovicza Blue Diamond Facial <b>NEW</b> .....	50 min .....	240
Omorovicza Moor Mud Facial <b>NEW</b> .....	50 min .....	220
Oxygen Facial.....	50 min .....	275
	80 min.....	395
TriaWave Advanced Lift Facial <b>NEW</b> .....	80 min .....	420
VENN Collagen Facial.....	50 min .....	220

## SPECIALTIES

### METAPHYSICAL

Astrology .....	50 min .....	\$240
Astrology Synastry Chart Reading For Two <b>NEW</b> .....	100 min .....	250/person
Learn to Read Tarot Cards.....	50 min .....	240
Meeting Your Inner Oracles <b>NEW</b> .....	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

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## 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
Group Sales	54425
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

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

## 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

# 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
- Venn

### 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.

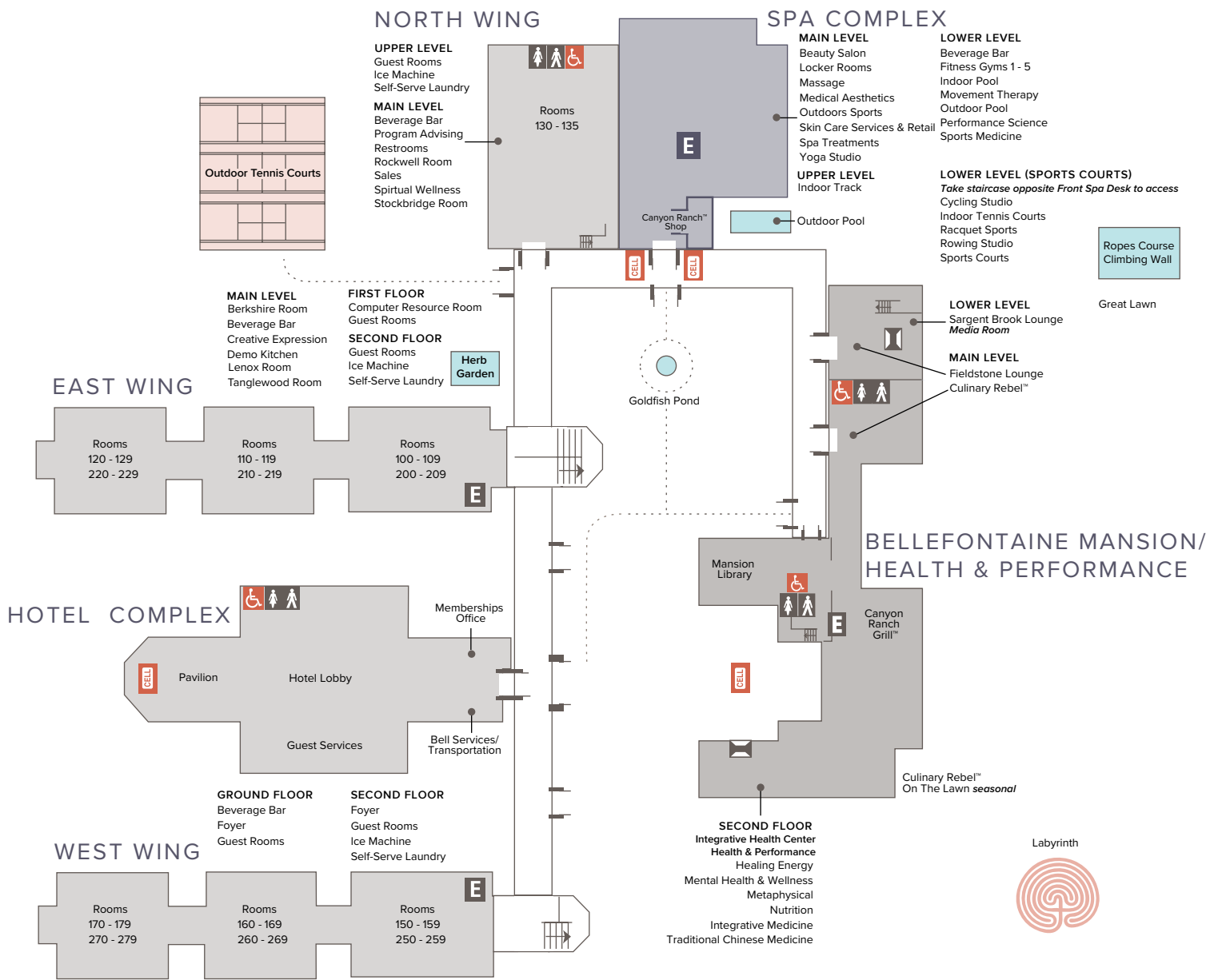
For more information or  
to purchase a Membership:

**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

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