

RANCH SCHEDULE
JUNE 25 - JULY 1, 2025



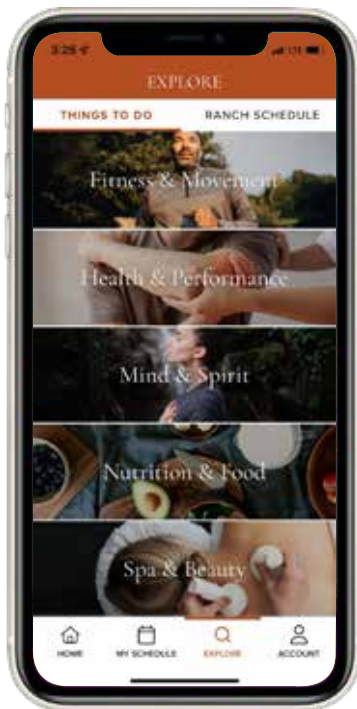
This schedule belongs to:





SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

HOURS & LOCATIONS

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™

DAILY 8 am – 6 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.

John Trevenen
Managing Director

DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. Your Wellness Guide is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

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

FEATURED EVENTS

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



SUSTAINABLE WEIGHTLOSS WEEK

ACHIEVE YOUR HEALTHIEST WEIGHT

JUNE 23 - 26

In the age of semaglutides, we offer a path to sustainable weight loss results. Get the tools you need to get to your goal weight! Join us for a three-day event full of science-backed research and expert guidance for achieving your healthiest weight without relying on drugs or fad diets. Don't miss this exclusive, body-positive experience by our team of world-class experts from a broad range of disciplines. Activities included in this event are **HIGHLIGHTED**



WAVES OF WELLNESS

REFRESHING WATER WEEK IN THE BERSKHIRES

JUNE 23 - 29

From aqua yoga and cooling treatments to hydration tips and water-inspired wellness, this week is all about refreshing your body, mind, and spirit in the summer heat. Perfect for anyone looking to recharge, refresh, and reconnect with the healing power of water. Whether you're a fitness enthusiast, wellness seeker, or simply want to relax and rejuvenate, this week is designed for all. Activities included in this event are **HIGHLIGHTED**



SOUNDS OF SUMMER

MUSIC, MOVEMENT, AND MINDFUL CELEBRATION

JUNE 30 - JULY 6

Nestled in the rolling hills of western Massachusetts, the Berkshires have long been a haven for artists, musicians, and performers. Sounds of Summer builds on this legacy, offering a dynamic lineup of outdoor concerts, art exhibitions, Broadway performances, and al fresco Michelin dining. Activities included in this event are **HIGHLIGHTED**

UPCOMING SUMMER RETREATS

KIRA STOKES FITNESS RETREAT

JULY 17-19

Get ready to experience the Stoked Method difference with celebrity trainer Kira Stokes.



HEAL RETREAT WITH MARIA MENOUNOS

AUGUST 10-13

Join Emmy award-winning journalist and wellness advocate Maria Menounos for an inspiring, soul-nourishing retreat.



A JOYFUL RETREAT WITH ARTHUR BROOKS

JULY 23-25

Join one of the world's leading experts on the science of human happiness.



AN AWAKENED LIFE RETREAT WITH DEEPAK CHOPRA

AUGUST 24-27

Join bestselling author Deepak Chopra for an enlightening exploration of consciousness and its transformative potential.



Your Enchanted Outdoor Escape

Experience rituals of renewal
in the beauty of the Berkshires
with exclusive outdoor services
for your mind, body, and spirit.



Individual Services

HELD IN THE AURA TENT

- Meditation
- Outdoor Healing Energy
- Outdoor Chakra Recharge
- Outdoor Grounding Reflexology
- Outdoor Elemental Reiki
- Finding Yourself Outside
- Breathwork
- Outdoor Soul Journey
- Outdoor Rite of Passage

Group Services

HELD IN THE MYSTIC TENT

- The Art of Channeling
- The Art of Manifesting
- Meditation, Mindfulness & Mental Health in Nature
- The Power of Crystals: Energy, Wisdom & Meditation
- Harmony Within: Meditation & Pulse Oximetry
- Group Past Life Experience
- Tea & Tarot
- Three Worlds of Soul Experience
- Outdoor Sound Bath

FOR MORE INFORMATION OR TO RESERVE A SERVICE, PLEASE CALL OUR WELLNESS
GUIDES AT EXT. 55423 OR BOOK DIRECTLY VIA THE CANYON RANCH APP

WEDNESDAY June 25, 2025

7:00 AM

MORNING WALK

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.

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

8:00 AM

QI GONG

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

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 – 3 PEAKS AT

PITTSFIELD STATE FOREST Limit: 10 Outdoor Sports Boards
5 hr. Summit Berry, Tower, and Pine Mtns. Follow Lulu Brook, climb the Taconic Crest trail, pass the pond, and roll to Tower Mtn. Enjoy Tilden Pond & Pine Mtn before descending. 6.5 miles. Vertical rise 1600 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

OUTDOOR SUN SALUTATIONS

25 min. Lower Spa Lobby

8:30 AM

ZEN•GA™ FLOW Limit: 30 Gym 2
20 min.

9:00 AM

FINDING YOUR SPIRITUALITY THROUGH FITNESS

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

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 **JUNE** is:

"My Legacy Is ..."

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

10:00 AM

CARDIO TENNIS CLINIC

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

CR STRENGTH Limit: 20 Gym 1
45 min.

EXERCISE & MENOPAUSE

CME Berkshire 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: 25 Indoor Pool
45 min.

11:00 AM

PICKLEBALL:

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

OUTDOOR BOOT CAMP

45 min. Lower Spa Lobby

MINDFULNESS

MEDITATION WORKSHOP Limit: 12 \$ Tanglewood 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

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

BEGINNER PILATES Limit: 30 Gym 1
45 min.

NOON

TAROT DEMO:

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

CARRY ON Limit: 10 Indoor Track
25 min.

DISCOVER PERCUSSIVE THERAPY

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

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Churrasco Beef with Chimichurri Sauce and Arugula Salad and watch our demo chef prepare the entrée. First come, first serve.

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

Featured Events: **SUSTAINABLE WEIGHT LOSS (23-26)** / **WAVES OF WELLNESS (23-29)**

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

1:00 PM

BEAUTY TRENDS Berkshire 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

BOGA FITMAT® YOGA CLINIC Limit: 5 \$ Indoor Pool
50 min. \$80 Overcome chaos and distraction by focusing on balance and what it truly means to be present. Take your yoga practice to the water and experience challenging asanas on your floating BOGA FITMAT®. | Sign up: Program Advising, Ext. 55423.

1:30 PM

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

2:00 PM

ONCE UPON A PAST LIFETIME... Tanglewood 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.

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.

STAND-UP PADDLEBOARD Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. | Sign up: CR App or with a Wellness Guide, Ext. 55423

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

BERKSHIRE BEAT Limit: 20 Gym 1
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 an endurance indoor cycling ride.

YOGA ALIGNMENT Yoga Studio
45 min.

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

3:00 PM

EMPOWERED WEIGHT LOSS: STEPS TO REACH & MAINTAIN CME Berkshire Room
50 min. An integrative physician examines the medical factors behind weight gain and provides guidance on achieving sustainable weight loss. Explore how personal habits, lifestyle changes, and blood sugar tracking can support your journey.

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.

4:00 PM

TRX BASIC STRENGTH Limit: 15 Sports Court
45 min.

RESTORATIVE YOGA Limit: 30 Yoga Studio
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

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.

6:00 PM

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

7:30 PM

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

8:30 PM

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

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

THURSDAY June 26, 2025

7:00 AM

STAND-UP PADDLEBOARD Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. | Sign up: CR App or with a Wellness Guide, Ext. 55423

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

BIKE RIDE: 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.

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

PRANAYAMA BREATHING Yoga Studio
25 min.

8:30 AM

HIIT IT Limit: 18 Gym 1
20 min.

9:00 AM

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.

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

ZUMBA® Limit: 30 Gym 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

9:30 AM

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

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

H2O POWER Limit: 25 Indoor Pool
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

11:00 AM

TRX CORE Sports Court
45 min.

GREAT PLATE WORKOUT Limit: 20 Gym 5
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.

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

11:30 AM

CR VITALITY TOUR Health & Performance Reception
30 min. 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.

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: MINDFUL EATING Limit: 30 Demo Kitchen
50 min. A mental health therapist leads you through the practice of mindful eating, while our demonstration chef prepares a delicious meal featuring gut-friendly fermented foods. With intention and appreciation, fully experience the pleasure of food.

ASK A NUTRITIONIST

NOON – 1 PM *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: **SUSTAINABLE WEIGHT LOSS (23-26)** / **WAVES OF WELLNESS (23-29)**

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

12:30 PM

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

1:00 PM

**EXERCISE & FITNESS:
MORE THAN JUST THE SCALE** CME Berkshire Room
50 min. What else is going on in your body if you're exercising, but not losing weight? A Performance Scientist shares the physiological changes that happen through exercise to promote health and longevity.

BOGA FITMAT® FITNESS CLINIC Limit: 5 \$ Indoor Pool
50 min. \$80 Take your fitness to the next level and float it! Athletic, strength, and cardio exercises are taken to the water on your floating BOGA FITMAT®. | Sign up: Program Advising, Ext. 55423.

1:30 PM

**HIKE: LEVEL 2
– ED'S WAY AT LENOX MTN.** Limit: 10 Outdoor Sports Boards
2 hr. Rolling hike that traverses part of Yokun Ridge. Viewpoint at the rocky Kennedy Cliffs looking back at Lenox and the surrounding Berkshire Hills. Rocky terrain. 2 miles. Vertical rise 400 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

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

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

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

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!

**HANDS-ON COOKING:
MASTERING MEAT WITH FLAVOR** Limit: 6 \$ Demo Kitchen
50 min. \$110 Discover the art of making bone broth and pho, master steak grilling techniques, and learn ways to balance meat portions with herbs and veggies for a nourishing, flavorful meal. Sign up: CR App or with a Wellness Guide, Ext. 55423.

3:00 PM

PUNCH Limit: 20 Sports Court
45 min.

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

OUTDOOR SUNS & MOONS YOGA Great Lawn Tent
45 min.

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

4:00 PM

**SUMMER SOCIAL: BOCCE,
WINE & CHARCUTERIE** Limit: 8 Culinary Rebel™ On The Lawn
50 min. Unwind under the sun with spirited bocce matches on our lush lawn, savor an artisanal charcuterie board, and sip hand-selected wines, à la carte. The perfect blend of leisure and gourmet delight awaits! Sign up: CR App or with a Wellness Guide, Ext. 55423.

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.

ROLL & RELEASE Limit: 15 Gym 2
45 min.

ROW & BURN Limit: 10 Rowing Studio
45 min.

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.

**TACO TRADITIONS – CREATE &
SAVOR AUTHENTIC TACOS** Limit: 8 \$ Demo Kitchen
2 hr. \$175 Learn the art of crafting authentic tacos with tortillas, marinades, and chilies. Make salsas, proteins, and toppings, then sit down to enjoy the bold, traditional flavors of your creations. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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.

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

8:00 PM

**NAVIGATING LIFE TRANSITIONS
WITH JERRY POSNER** Tanglewood Room
50 min. Changes in life are inevitable. Adapting to new circumstances can be challenging...and exciting! Jerry Posner shares practical strategies and suggestions to help make intervals of reinvention and transformation as smooth and meaningful as possible.

FRIDAY

June 27, 2025

7:00 AM

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

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

HIKE: LEVEL 5 – BASH BISH FALLS Limit: 10 Outdoor Sports Boards
7 hr. Moderate ascent, then a rolling ridge with sweeping views. Followed by a very steep descent with high drops to a spectacular waterfall. Lunch included. 8 miles. 1,230ft Vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

YIN YOGA Limit: 30 Yoga Studio
25 min. Increase your flexibility and release inner tension. This contemplative class takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes. No shoes.

8:30 AM

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

9:00 AM

GLUCOSE TRACKING FOR WEIGHT & ENERGY WORKSHOP Limit: 10 \$ Lenox Room
1 hr. 20 min. \$220 Optimize your weight and energy, learn how to identify your blood glucose patterns, how to hack hunger and maximize your energy. Discover the benefits of Continuous Glucose Monitoring and get your own CGM to use during your stay.

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.

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.

10:00 AM

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

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

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.

YOGA SCULPT Limit: 20 Yoga Studio
45 min.

TUBES & LOOPS Limit: 20 Gym 2
45 min.

H2O POWER Limit: 25 Indoor Pool
45 min.

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

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.

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.

PICKLEBALL: DAILY DOSE - LEVEL 2.5+ Limit: 4 \$ Pickleball Court 2
50 min. \$80 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.

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

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

12:30 PM

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

Featured Events: **WAVES OF WELLNESS (23-29)**

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

1:00 PM

AFTERNOON OUTDOOR TAI CHI	Limit: 10		Outdoor Sports Boards
60 min.			
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1
50 min. \$80			

1:30 PM

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

2:00 PM

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

THE LATEST & GREATEST – EXPERT PRODUCT PICKS			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.			

STAND-UP PADDLEBOARD	Limit: 4	\$	Outdoor Sports Boards
2 hr. \$110			
Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. Sign up: CR App or with a Wellness Guide, Ext. 55423			

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.			

YOGA FOR HEALTHY BACK	Limit: 30		Yoga Studio
45 min.			

BEST BACKSIDE	Limit: 16		Sports Court
45 min.			

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

BASIC AEROBIC CIRCUIT WEIGHTS			Gym 5
45 min.			

3:00 PM

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.			

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.			

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

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

RESTORATIVE YOGA	Limit: 30	Yoga Studio
45 min.		

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

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.		

OUTDOOR MEDITATION		Lower Spa Lobby
25 min.		

STRETCH & RELAX	Limit: 30	Gym 2
25 min.		

8:00 PM

MARYLEE FAIRBANKS, IN CONCERT		Fieldstone Lounge
50 min.		
Tony Award-winning producer & artist, co-host and producer of Stages Podcast, Marylee was in the first American company of Ragtime in L.A. and starred in the longest running Off-Broadway show in history, I LOVE YOU, YOU'RE PERFECT, NOW CHANGE.		

SATURDAY June 28, 2025

7:00 AM

STAND-UP PADDLEBOARD Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. | Sign up: CR App or with a Wellness Guide, Ext. 55423

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

OUTDOOR SUN SALUTATIONS Lower Spa Lobby
25 min.

HIKE: LEVEL 5 – MARCH CATARACT AT MT. GREYLOCK Limit: 10 Outdoor Sports Boards
6 hr. Very steep trail following the gorgeous Roaring Brook. Followed by a moderate climb through lush hillside to the cascading falls. Reverse. Lunch included. 6 miles. 1,800ft Vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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.

8:30 AM

HIIT IT Limit: 18 Gym 1
20 min.

9:00 AM

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

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.

ZUMBA® STEP Limit: 15 Gym 1
45 min.

POWER ROW Limit: 10 Rowing Studio
45 min.

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

10:00 AM

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

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

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

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: 25 Indoor Pool
45 min.

11:00 AM

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

TRX CORE Sports Court
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.

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

NOON

TAROT DEMO:

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

LINE DANCING Gym 1
25 min.

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.

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

VIRGINSKIN SKINCARE CONSULTATIONS

10 AM - 4 PM MAIN SPA LOBBY

Meet Virginskin, dermatologist-grade, no prescription needed. Personalized guidance helps restore skin health, boost confidence, and customize routines using clean, effective actives tailored to your goals. Enjoy a complimentary skincare consultation.

Sign up: CR App or with a Wellness Guide, Ext 55423.

Featured Events: **WAVES OF WELLNESS (23-29)**

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

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

1:00 PM

BOGA FITMAT® YOGA CLINIC Limit: 5 \$ Indoor Pool
50 min. \$80 Overcome chaos and distraction by focusing on balance and what it truly means to be present. Take your yoga practice to the water and experience challenging asanas on your floating BOGA FITMAT®. | Sign up: Program Advising, Ext. 55423.

PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 2
50 min. \$80

1:30 PM

HIKE: LEVEL 2 – STEVEN'S GLEN Limit: 10 Outdoor Sports Boards
2 hr. Steep descent followed by a climb up to view a unique water flume. Moderate ascent back out of the glen. 1.5 miles. Vertical rise 400ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

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

2:00 PM

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

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

WALK IN THE WOODS YOGA Lower Spa Lobby
45 min.

LONG & LEAN BARRE WORKOUT Limit: 30 Gym 1
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.

TRIPLE BLAST Limit: 30 Sports Court
45 min.

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

3:00 PM

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
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

HEART OPENING FLOW Yoga Studio
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

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.

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

6:00 PM

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

8:00 PM

NATALIA BERNAL & JASON ENNIS, IN CONCERT Fieldstone Lounge
50 min. Chilean vocalist Natalia Bernal and guitarist Jason Ennis present a selection of music from all over the Americas, including Brazilian bossa nova and samba, Chilean and Argentinian folk songs, boleros, and jazz standards.

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 29, 2025

7:00 AM

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

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

PRANAYAMA BREATHING Yoga Studio
25 min.

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.

8:30 AM

TRX FLOW Limit: 15 Sports Court
20 min.

9:00 AM

**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.

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.

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

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

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

10:00 AM

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

ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

MUSCLE CONDITIONING Limit: 25 Gym 2
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?

H2O POWER Limit: 25 Indoor Pool
45 min.

11:00 AM

**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.

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.

NOON

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

**HARMONY WITHIN: MEDITATION
& PULSE OXIMETRY CLINIC** Limit: 5 \$ The Mystic
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.

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

VIRGINSKIN SKINCARE CONSULTATIONS

10 AM - 4 PM MAIN SPA LOBBY

Meet Virginskin, dermatologist-grade, no prescription needed. Personalized guidance helps restore skin health, boost confidence, and customize routines using clean, effective actives tailored to your goals. Enjoy a complimentary skincare consultation.

Sign up: CR App or with a Wellness Guide, Ext 55423.

Featured Events: **WAVES OF WELLNESS (23-29)**

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

1:30 PM

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

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. 30 min. \$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.

2:00 PM

MANAGING ENERGY DYNAMICS IN RELATIONSHIPS Berkshire 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.

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.

3:00 PM

PUNCH Limit: 20 Sports Court
45 min.

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

OUTDOOR SUNS & MOONS YOGA Great Lawn Tent
45 min.

4:00 PM

NEUROSCIENCE OF FOOD ADDICTION, CRAVING & OBESITY Tanglewood Room
50 min. Come explore the way food impacts your brain, the role trauma plays in your relationship with food and what to do about it.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

ROW & BURN Limit: 10 Rowing Studio
45 min.

OUTDOOR SPORTS ACTIVITIES

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

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

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.

LABYRINTH GLOW: YOGA PRACTICE & FIRE RITUAL Main Spa Lobby
50 min. Begin with grounding yoga, then walk the labyrinth in mindful reflection. Conclude with a fire ritual to release what no longer serves and ignite new intentions. Flow, walk, and burn away the old to welcome transformation.

5:30 PM

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

6:00 PM

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

8:00 PM

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!

MONDAY

June 30, 2025

7:00 AM

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

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

8:00 AM

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

OUTDOOR SUN SALUTATIONS Lower Spa Lobby
25 min.

8:30 AM

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

9:00 AM

ZUMBA® STEP Limit: 15 Gym 1
45 min.

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.

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

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

9:30 AM

SHINRIN YOKU Limit: 6 Outdoor Sports Boards
2 hr.

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

10:00 AM

LOVING-KINDNESS MEDITATION Tanglewood 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

ROCK YOUR FLOW Limit: 30 Yoga Studio
45 min.

CR STRENGTH Limit: 20 Gym 1
45 min.

H2O POWER Limit: 25 Indoor Pool
45 min.

11:00 AM

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

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

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:
DAILY DOSE - LEVEL 2.5+ Limit: 4 \$ Pickleball Court 1
50 min. \$80 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.

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.

Featured Events: **SOUNDS OF SUMMER (JUN 30-JUL 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

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

HIKE: LEVEL 1

– CANOE MEADOWS Limit: 10 Outdoor Sports Boards
2 hr. A Massachusetts Audubon sanctuary with generally flat terrain, open meadows and forest. The wetland ponds, abound with wildlife, beaver and birds. 2 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

2:00 PM

TRIPLE BLAST Limit: 30 Sports Court
45 min.

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

WALK IN THE WOODS YOGA Lower Spa Lobby
45 min.

HIGH TEMPO BARRE Limit: 25 Gym 1
45 min.

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.

OUTDOOR SUNS & MOONS YOGA Great Lawn Tent
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.

**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

TRX BASIC STRENGTH Limit: 15 Sports Court
45 min.

**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.

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.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

4:30 PM

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

5:00 PM

**DRUMMING CIRCLE
& BELLOW'S BREATH** Front Spa Lobby
50 min. Experience the power of drumming to connect with an ancient body/mind rhythm, combined with bellow's breath (bhastrika pranayama) to clear the mind, energize the body, and relax the nervous system.

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.

7:00 PM

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

8:00 PM

ZOE BATES, PIANO & VOCALS Fieldstone Lounge
50 min. Pianist and vocalist Zoe Bates shares an evening of music that feeds the soul. Ranging from Norah Jones to The Beatles, connect with Zoe through song as she creates a welcoming space for you to unwind.

TUESDAY

July 1, 2025

CANYON RANCH COMMUNITY TREE

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

"Freedom Requires ..."

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

7:00 AM

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

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.

STAND-UP PADDLEBOARD Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. | Sign up: CR App or with a Wellness Guide, Ext. 55423

8:00 AM

BIKE RIDE: LEVEL 2
- HARLEM VALLEY RAIL TRAIL Limit: 4 Outdoor Sports Boards
4 hr. 30 min. Rail trail runs through Columbia & Dutchess counties in NY. Enjoy nature as you ride through forest and wetlands on mostly paved trail. You may shorten your final mileage. Up to 26 miles. Sign-up: CR App or with a Wellness Guide, Ext. 55423.

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

PRANAYAMA BREATHING Yoga Studio
25 min.

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.

8:30 AM

ACTIVE MOBILITY Limit: 15 Sports Court
20 min.

9:00 AM

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

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.

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.

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

AEROBIC CHOREO SCULPT Gym 1
45 min.

CARDIO CIRCUIT Gym 5
45 min.

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.

10:00 AM

TUBES & LOOPS Limit: 20 Gym 2
45 min.

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.

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

11:00 AM

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

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

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

PICKLEBALL: DAILY DOSE - LEVEL 2.5+ Limit: 4 \$ Pickleball Court 1
50 min. \$80 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.

NOON

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Salmon with Roasted Yellow Pepper & Corn Sauce and watch our demo chef prepare the entrée. First come, first serve.

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

CAPTAIN'S TABLE: MEMBERSHIPS AT CANYON RANCH Limit: 4 Culinary Rebel™
50 min. Join Mary Harris, Memberships expert, for a casual lunch discussion about the benefits and special offers available to Canyon Ranch Members, and how you can become one yourself!

12:30 PM

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

1:00 PM

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.

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

Featured Events: **SOUNDS OF SUMMER (JUN 30-JUL 1)**

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

1:30 PM

HIGH LAWN FARM: MEET OUR CALF & ICE CREAM TRIP Limit: 6 \$ Outdoor Sports Boards
2 hr. \$45 Visit High Lawn Dairy Farm for scenic views, time with our adopted calf, and enjoy their homemade ice cream! Sign up on the CR App or with a Wellness Guide at Ext. 55423.

2:00 PM

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

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

OUTDOOR WALK YOUR WORKOUT Lower Spa Lobby
45 min.

HIKE: LEVEL 2 – KATIE'S BIG ASH TRAIL Limit: 10 Outdoor Sports Boards
2 hr. Enjoy a scenic hike, passing by old growth trees and walking alongside a flowing stream. Rolling terrain with a steep incline. 2.5 miles. Vertical rise 600 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

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

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

ENERGY ALCHEMY TO SUPPORT YOUR JOURNEY Berkshire 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.

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.

3:00 PM

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

HEART OPENING FLOW Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

AQUA STRENGTH CIRCUIT CLASS Limit: 10 Outdoor Pool
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.

4:00 PM

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.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

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

HANDS-ON COOKING: SUMMER ENTERTAINING Limit: 6 \$ Demo Kitchen
50 min. \$110 Appetizers, beverages, salads and more! Learn easy and entertaining recipes perfect for your next gathering. | Sign-up: Program Advising, Ext. 55423.

5:00 PM

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.

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

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.

7:00 PM

CULTIVATING CALMNESS WITH JERRY POSNER Tanglewood Room
50 min. The ability to remain calm and composed amidst life's challenges is truly a superpower! Learn strategies for managing stress and frustration and explore the impact of calmness on your well-being, relationships, decision making and overall happiness.

8:00 PM

CAROLESI! DEBORAH ZECHER & TRACY STARK, IN CONCERT Fieldstone Lounge
50 min. Celebrating the Music of Carole King, Carole Bayer Sager and Carolyn Leigh, Deborah Zecher and her musical director Tracy Stark weave together the songs and lives of these iconic songwriters in a show that broadwayworld.com called "divine."

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM:

OPEN DAILY 7 AM – 9 PM

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

REMINDERS

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

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

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

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

ADVANCED MORNING HIKES

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

Wed & Sat – 8am

HIKING & BIKING

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

BEGINNER HIKES

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

INTERMEDIATE & ADVANCED HIKES

Rated 3 - 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. Fr 2:00pm

Berkshire Beat

Burn calories, release stress and feel the joy by drumming on a physio-ball in this fun, unique class. We 2:00pm, Fr 12:00pm, Su 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, Tu 9:00am

Cardio Kickboxing

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

Carry On

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

Great Plate Workout

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

GritLAB: Strength & Endurance Conditioning

An intense-effort class featuring kettlebells, body bars, ViPR, and TRX. Do as many rounds as possible in a set time, with challenging exercises designed to test your endurance and strength. Get ready to conquer when grit meets growth! Su 2:00pm, Tu 2:00pm

H2O Power

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

HIIT IT

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

High Tempo Barre

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

Line Dancing

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

Long & Lean Barre Workout

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

Row & Burn

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

Shred

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

Stroops Bungee Workout

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

TRX Basic Strength

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

TRX Core

Strengthen your core in all directions. Work your abs, back, hips and oblique's using the TRX Suspension® and Rip Trainers®. Th 11:00am, 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. Th 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, Mo 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. We 5:00pm, Fr 5:00pm, Sa 5:00pm, Mo 5:00pm, Tu 5:00pm

Outdoor Sun Salutations

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

Outdoor Suns & Moons Yoga

Find balance between the sun and moon – a beautiful Berkshires backdrop energizes you through stimulating sun salutations followed by cooling moon salutations. Close your practice with a walking meditation across the Great Lawn to the labyrinth. Th 3:00pm, Su 3:00pm, Mo 3:00pm

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 well-being. 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

Roll & Release

Improve your flexibility with the Therabody Theragun Mini, using a combination of percussive therapy, full-body foam rolling and stretching techniques. No shoes Th 4:00pm

Sacral Chakra Hip Opening

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

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

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 comfortable with standing up on pedals. Sign up: CR App or with a Wellness Guide, Ext. 55423 Su 1:30pm, Tu 2:00pm

Bike Ride: Introduction to Mountain Biking

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

Birding & The Natural World

Enjoy a gentle hike led by naturalist and birding expert Ed Neumuth. Flora, fauna, & bird song identification with a sprinkling of natural history. Delight in this morning endeavor. | Sign up: Outdoor Sports Board. Tu 7:00am

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! Mo 9:30am

High Ropes Course

Safely explore your limits and build self-confidence as you journey through a series of ropes, cables and wood constructs set high above the Great Lawn. Sign up: Outdoor Sports Board. We 1:30pm, Fr 10:00am, 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 7:00am, Fr 7:00am, Sa 2:00pm, Sa 6:00pm, Su 7:00am, Su 1:30pm, Mo 7:00am, Mo 1:30pm, Tu 10:00am, Tu 2:00pm

Pickleball: Instruct & Play

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

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, Fr 1:00pm, Sa 1:00pm, Su 1:00pm, Mo 1:00pm, Tu 9:00am, Tu 1:00pm

Shinrin Yoku

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

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

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. We 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/

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

PERSONALIZED, PRECISE, PREVENTIVE

Dexa Body Composition – two-part service	25/50 min.....	\$515
Dexa Body Composition & Bone Density Evaluation – two-part service	50 min each.....	795
Naturopathic Medicine Consultation	50 min.....	335
Personalized Physician Consultation	25 min.....	230
	50 min.....	410
Osteoporosis Prevention & Bone Density Evaluation – two-part service	50 min each.....	745

SLEEP MEDICINE

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

MENU OF SERVICES

ALTERNATIVE MEDICINE

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

PERFORMANCE SCIENCE

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

SPORTS MEDICINE

Arthritis Evaluation	50 min.....	\$350
Blood Flow Restriction Therapy	25 min.....	175
Hiking Performance	50 min.....	350
Low Back Pain Evaluation NEW	50 min.....	350
Musculoskeletal & Joint Assessment.....	50 min.....	350
Medical Gait Analysis	50 min.....	350
Performance Assessment NEW	50 min.....	350
RacquetFit™ Racquet Health Program – two-part service	50 min each.....	570
Running Performance	50 min.....	350
TPI™ Golf Health Program – two-part service	50 min each.....	570

NUTRITION & FOOD

NUTRITION & FOOD

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

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

Services & fees subject to change without notice.

MIND & SPIRIT

MENTAL HEALTH & WELLNESS

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

SPIRITUAL WELLNESS

Body-Spirit Connection.....	50 min.....	\$250
Contemplative Circle.....	80 min.....	350
Creative Expression Consultation	50 min.....	250
Cultivate a Life of Purpose.....	50 min.....	250
Navigating Loss, Grief & Remembrance	single 50 min.....	250
	duet 50 min.....	195/person
	small group (3+ people)	185/person
Rite of Passage	single 50 min.....	250
	duet 50 min.....	195/person
	small group (3+ people)	185/person
Somadome NEW	25 min.....	45
Sound Healing.....	50 min.....	250
Soul Journey	50 min.....	250
Spiritual Guidance.....	single 50 min.....	250
	duet 50 min.....	195/person
	small group (3+ people)	185/person
Spirituality & Longevity	50 min.....	250
Spirituality & Performance	50 min.....	250

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

MENU OF SERVICES

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

OUTDOOR SPORTS

GROUP ADVENTURES

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

HIGH ROPES ADVENTURES

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

PRIVATE ADVENTURES

On Land

Archery, Bike, Hike, Mountain Bike, Run, Shinrin Yoku, Tai Chi,	First hour.....	\$140/person
	Each additional hour.....	80/person

On Water

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

RACQUET SPORTS

Pickleball

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

Tennis

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

SPA

AYURVEDIC TREATMENTS

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

BODY TREATMENTS

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

Services & fees subject to change without notice.

EASTERN THERAPIES

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

ENERGY THERAPIES

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

MASSAGE

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

MENU OF SERVICES

SALON

HAIR CARE

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

MAKEUP

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

MANICURES

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

PEDICURES

Canyon Ranch Pedicure	50 min	\$95
Foot Rescue! Pedicure	50 min	95
Gentlemen's Pedicure	50 min	95
Hungarian Pedicure	50 min	95
Recovery CBD Pedicure NEW	50 min	95

FACIAL TREATMENTS

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

SPECIALTIES

METAPHYSICAL

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

OUTDOOR TREATMENTS **NEW**

YOUR JOURNEY TO RENEWAL BEGINS UNDER THE OPEN SKY

EASTERN THERAPIES

Outdoor Grounding Reflexology	50 min	\$300
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ENERGY THERAPIES

Outdoor Chakra Recharge	50 min	\$300
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MENTAL HEALTH & WELLNESS

Finding Yourself Outside	50 min	\$300
Meditation & Mindfulness in Nature	50 min	300

SPIRITUAL WELLNESS

Outdoor Rite of Passage	50 min	\$300
Outdoor Soul Journey	50 min	300

TEEN SERVICES (AGES 13 – 17)

Guests ages 14–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance, and suggestions on making the most of your experience.

GUIDELINES FOR TEENS

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

ESSENTIALS

PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

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

DEPARTMENTS	EXTENSION
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Canyon Ranch Shop™	54574
Canyon Ranch Living®/Memberships	54596
Cultural Coordinating	55504
Fitness	54524
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 Channel (CH) List button on your remote.

When the 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

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

CR® SHOP

- Outdoor Apparel
- Souvenirs
- 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

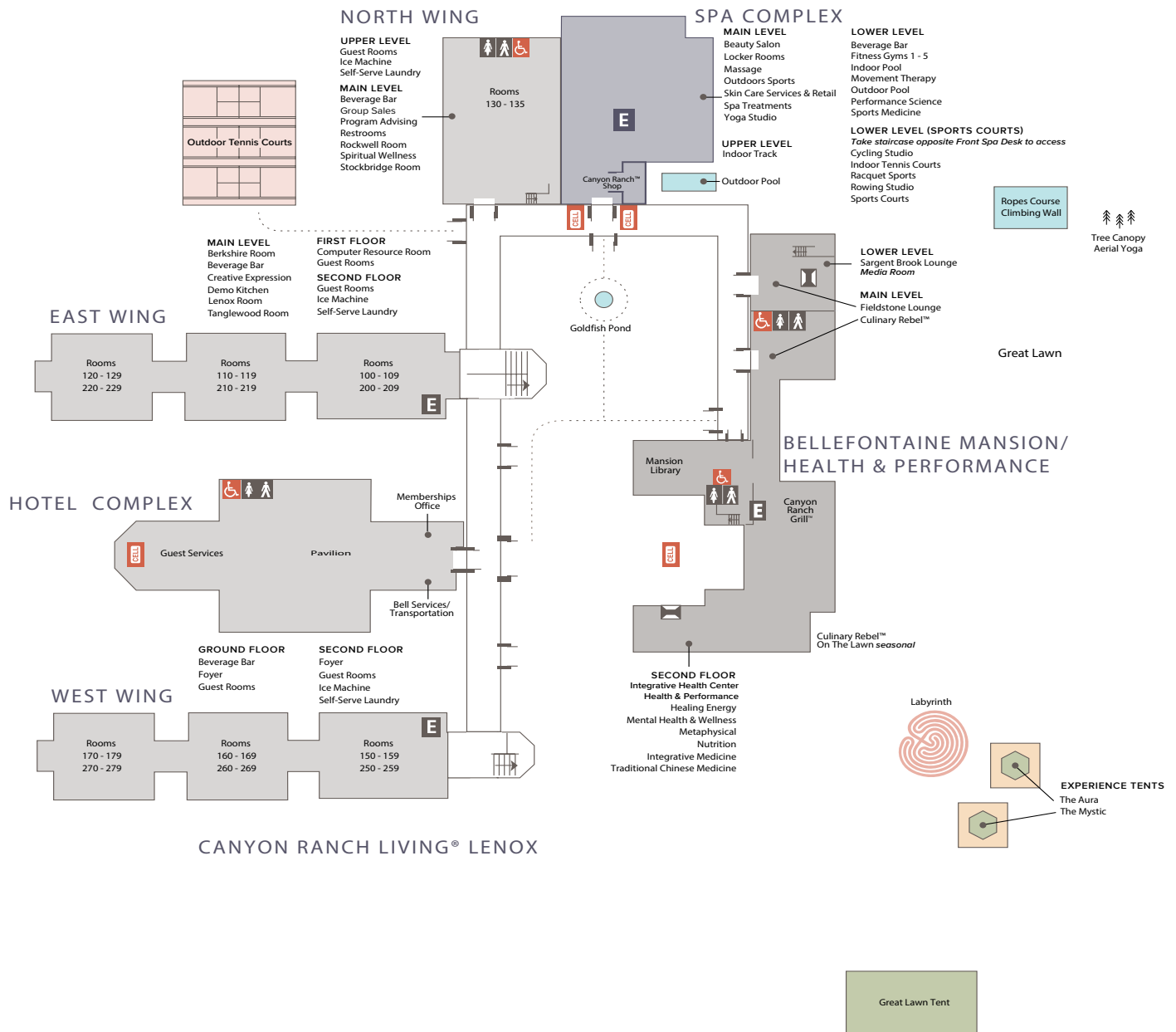
Our Membership Sales Office,
located in the Hotel Lobby

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.
LENOX

canyonranch.com | 800-742-9000