

RANCH SCHEDULE  
AUGUST 6 - 12, 2025



This schedule belongs to:

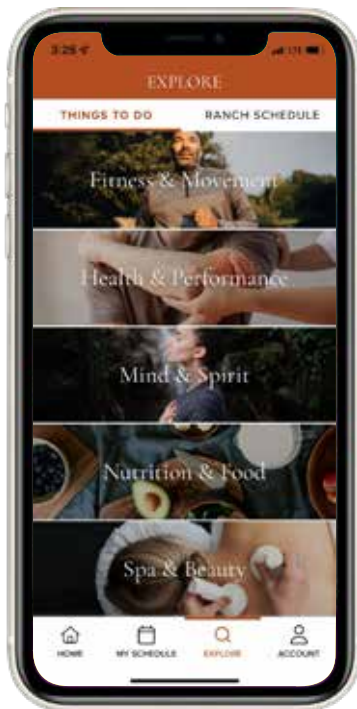
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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

#### WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### CANYON RANCH GRILL™

**BREAKFAST:** 7 AM – 10 AM

**LUNCH:** 11:30 AM – 2 PM

**DINNER:** 5 PM – 8:30 PM (reservations required)

#### COMMUNITY TABLE:

BREAKFAST – 8 AM

LUNCH – 12 PM

DINNER – 7 PM (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 6:30 AM – 5 PM

**LUNCH:** Tuesday – Sunday 11:30 AM – 2 PM

**DINNER:** Tuesday – Saturday 4:30 PM – 8 PM

### CULINARY REBEL™ ON THE LAWN

**LUNCH:** Tuesday – Sunday 11:30 AM – 2 PM

*\*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:** NOON – 1 PM (Tue. – Sat.)

*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** 9 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. If a piece captures your interest, you'll find a corresponding information card with details on how to contact the gallery directly for any questions or purchase arrangements.

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

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## DECISIONS, DECISIONS ...

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

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

# SIGNATURE EVENTS

VISIT OUR [LENOX EVENTS PAGE ON CANYONRANCH.COM](#) FOR MORE UPCOMING EVENTS



## RACQUET SPORTS

EXPERT TRAINING, COACHING & RECOVERY

AUG 4 - 10

Join us for expert-led daily sessions on our premier indoor courts, where seasoned pros will guide you through targeted clinics focused on serving, returns, movement, positioning, and strategic point building. With personalized coaching, you'll refine your skills and unlock new levels of play.

Activities included in this event are **HIGHLIGHTED**



## COSMIC SUMMER

A WEEK OF ASTROLOGY, ENERGY & METAPHYSICAL EXPLORATION

AUG 4 - 10

Through sacred breathwork, chakra balancing, tarot guidance, and mindful walks, each session is crafted to elevate your awareness, soothe emotional imbalances, and cultivate harmony. It's an invitation to step into your power, rediscover your purpose, and align with the natural rhythms of life.

Activities included in this event are **HIGHLIGHTED**



## POSTCARDS FROM HEAVEN

3 DAYS OF MEDIUMSHIP WITH MAUREEN HANCOCK

AUG 8 - 10

Connect with messages from the spirit world through individual and group readings filled with precision and loving intentions. Maureen, with over 20 years of experience, guides people through grief, helping them find meaning in life's losses and mysteries. Her workshops on intuition have been attended by diverse groups, including law enforcement, medical professionals, financial experts, and the general public.

Activities included in this event are **HIGHLIGHTED**



## BROADWAY IN THE BERKSHIRES

INTIMATE PERFORMANCES WITH BROADWAY STARS

AUG 12 - 14

Experience the thrill of live performances at our award-winning resort in the heart of the Berkshires. This event brings acclaimed Broadway talent to an intimate setting for unforgettable shows. Whether you're a devoted theatergoer or an aspiring artist, this experience offers inspiration, connection, and a deeper appreciation for the craft of performance.

Activities included in this event are **HIGHLIGHTED**



## OPTIMIZE YOUR HEALTH

WITH DR. STEPHEN BREWER

AUG 11 - 15

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

Activities included in this event are **HIGHLIGHTED**



## INSPIRE THE IMAGINATION

A WEEK OF ART, YOGA & MORE

AUG 11 - 17

This summer, rediscover your creative spark through a week of immersive, soul-nourishing experiences. Tap into your imagination with nature-inspired workshops in painting, writing, and mandala making. Indulge in shinrin yoku (or, the art of forest bathing), flow through gentle movement in creativity-focused yoga, and explore new ways of self-expression in a supportive, judgment-free space.

Activities included in this event are **HIGHLIGHTED**

# 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 Manifesting
- Meditation, Mindfulness & Mental Health in Nature
- Harmony Within: Meditation & Pulse Oximetry
- Beyond Time: A Guided Journey into Past Lives
- Tea & Tarot
- Three Worlds of Soul Experience
- Outdoor Sound Bath

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

# WEDNESDAY August 6, 2025

## 7:00 AM

### MORNING WALK

45 min. Outdoor Sports Boards

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

## 7:30 AM

### QI GONG

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

## 8:00 AM

**ACTIVE STRETCH CLINIC** Limit: 8 \$ Gym 1  
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. Sign up: CR App or with a Wellness Guide, Ext 55423.

### OUTDOOR SUN SALUTATIONS

25 min. Lower Spa Lobby

### HIKE: LEVEL 4 – JUNE MTN.

**APPALACHIAN TRAIL** Limit: 10 Outdoor Sports Boards  
5 hr.

## 8:30 AM

**ZEN•GA™ FLOW** Limit: 30 Gym 2  
20 min.

## 9:00 AM

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

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

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

### CANOE/HIKE

**COMBO LEVEL 2+** Limit: 20 Outdoor Sports Boards  
3 hr. 30 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 **AUGUST** is:

*"I Am Passionate About..."*

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

## 10:00 AM

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

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

**FIND YOUR INNER WARRIOR** Yoga Studio  
45 min.

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

### CARDIO TENNIS CLINIC

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

## 11:00 AM

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

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

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

### 3-WORLDS OF

**SOUL EXPERIENCE** Limit: 5 \$ Front Spa Lobby  
1 hr. 30 min. \$110 In Mystic and Shamanic practices, the soul can experience through three levels of consciousness. Explore these unique spaces in a Soul Journey and discover inner resources for personal growth. Sign Up: CR App or with a Wellness Guide, Ext. 55423.

### 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

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

**LUNCH & LEARN** Limit: 16 Demo Kitchen  
50 min. Enjoy a three-course meal featuring Sheet Pan Chicken Parmesan with Roasted Vegetable Salad and watch our demo chef prepare the entrée. First come, first serve.

### TAROT DEMO:

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

## 12:30 PM

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

Signature Events + Discovery Weeks: **RACQUET SPORTS (4-10)** / **COSMIC SUMMER (4-10)**

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 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext 55423.

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

**CROQUET WITH MELISSA CANTILLO** Limit: 12 Goldfish Pond, Spa  
50 min. Learn the rules and origin of the game while enjoying the beauty of a summer afternoon outdoors in the Berkshires. All levels are welcome.

### 1:30 PM

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

### 2:00 PM

**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.

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

**ENDURANCE RIDE** Limit: 12 Cycling Studio  
45 min.

**YOGA ALIGNMENT** Yoga Studio  
45 min.

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

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. Sign up: CR App or with a Wellness Guide, Ext 55423.

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

**HIKE: LEVEL 1 – CANOE MEADOWS** Limit: 10 Outdoor Sports Boards  
2 hr.

### 3:00 PM

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

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

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

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

**PICKLEBALL SOCIAL HOUR** Limit: 8 \$ Pickleball Court 1  
50 min. \$45 Pickleball Social Hour: A lively, community event where you will interact with other pickleball players during fun and challenging games. Must have a minimum of 3 guests to proceed with tournament. 1.5 skill level required. Sign up: CR App or with a Wellness Guide, Ext 55423.

### 4:00 PM

**MYTHS & FACTS ABOUT CARBS** Berkshire Room  
50 min. Carbs dominate the American diet but are often misunderstood. We'll clear up common misconceptions and explain the best carb sources, amounts, and timing for different people.

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

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

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

**TRX BASIC STRENGTH** Limit: 15 Sports Court  
45 min.

### 5:00 PM

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

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

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

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

### 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

### 7:30 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.

### 8:30 PM

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

## CLASSES & ACTIVITIES

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

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

# THURSDAY

August 7, 2025

## 7:00 AM

**MORNING WALK** Outdoor Sports Boards  
45 min.

**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

**PILATES REFORMER PICKLEBALL CLINIC** Limit: 4 \$ Gym 4  
50 min. \$80 Ready to up your pickleball game? This off-court Pilates reformer workout — focused on agility, balance, and dynamic movement — helps boost performance and reduce injury risk. Sign up: CR App or with a Wellness Guide, Ext 55423.

**PRANAYAMA BREATHING** Yoga Studio  
25 min.

**BIKE RIDE: LEVEL 2**  
— **ASHUWILLTICOOK RAIL TRAIL** Limit: 4 Outdoor Sports Boards  
4 hr.

## 8:30 AM

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

## 9:00 AM

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext 55423.

**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.

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

**STEP & STRENGTH** Limit: 15 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.

## 9:30 AM

**EQUINE ESCAPE: HORSE CONNECTION** Limit: 4 \$ Outdoor Sports Boards  
2 hr. 30 min. \$250 Groom, feed, and connect with horses at a local stable — no experience needed and no riding included. Sign up via the Canyon Ranch App or call a Wellness Guide at Ext. 55423.

## 10:00 AM

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

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

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

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

**ACRYLIC PAINTING** Limit: 8 \$ Creative Expression Studio  
1 hr. 30 min. \$45 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: CR App or with a Wellness Guide, Ext. 55423.

**HANDS-ON COOKING: FERMENTED FOODS** Limit: 6 \$ Demo Kitchen  
50 min. \$110 Nourish your body and mind and learn how to add beneficial probiotics to your next dish. Explore a variety of fermented foods that can enhance taste and aroma as well as provide an array of health benefits. Sign up: CR App or with a Wellness Guide, Ext 55423.

## 11:00 AM

**OMOROVICZA HUNGARIAN SILK ARM & HAND DEMOS** Skincare Reception  
3 hr. Experience a glimpse into the healing rituals of the Budapest Baths during a customized 30 minute Omorovicza hand treatment and consultation. 10am-4pm. Sign up: Skincare or Wellness Guides, ext. 55423.

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

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

**TRX CORE** Sports Court  
45 min.

## NOON

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

**LUNCH & LEARN** Limit: 16 Demo Kitchen  
50 min. Enjoy a three-course meal featuring Steak Stir-fry, homemade Hoisin Sauce and watch our demo chef prepare the entrée. First come, first serve.

**SHRED** Limit: 15 Gym 5  
25 min.

## 12:30 PM

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

## 1:00 PM

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

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

## 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!

Signature Events + Discovery Weeks: **RACQUET SPORTS (4-10)** / **COSMIC SUMMER (4-10)**

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

### 1:30 PM

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

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

**HIKE: LEVEL 2 - SHADOWBROOK** Limit: 20 Outdoor Sports Boards  
2 hr.

### 2:00 PM

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. Sign up: CR App or with a Wellness Guide, Ext 55423.

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

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

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

**RIP 'N' RIDE** Limit: 10 Sports Court  
45 min.

**HANDS-ON COOKING: THE MEDITERRANEAN KITCHEN** Limit: 6 \$ Demo Kitchen  
50 min. \$110 Learn how different countries use beans, pulses, vegetables, proteins, and spices to craft exciting dishes. Sign up: CR App or with a Wellness Guide, Ext 55423.

### 3:00 PM

**OUTDOOR SUNS & MOONS YOGA** Great Lawn Tent  
45 min.

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

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

**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.

**MOVEMENT & MINDFULNESS FOR BETTER PELVIC HEALTH** Berkshire 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.

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

**PERFORMANCE RECOVERY: RESET & RECHARGE** Limit: 20 Gym 2  
45 min.

**ROWING ESSENTIALS** Limit: 10 Rowing Studio  
45 min.

### 5:00 PM

**A PEACEFUL HEART: AN INTUITIVE PAINTING WORKSHOP** Limit: 8 \$ Creative Expression Studio  
1 hr. 20 min. \$110 Your heart is a sacred center of emotion and creativity. Through guided meditation and intuitive painting, unlock the wisdom of your heart as a source of calm and inspiration. No experience required. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

**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.

**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. Inclement weather: activity will be Restorative Aerial & Sound Clinic in the Yoga Studio. Sign up: CR App or with a Wellness Guide, Ext 55423.

### 7:00 PM

**OVERCOMING PAIN PATTERNS** Rockwell 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.

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

**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.

### 8:00 PM

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

## 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

# FRIDAY

August 8, 2025

## 7:00 AM

**MORNING WALK** Outdoor Sports Boards  
45 min.

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

## 8:00 AM

**YIN YOGA** Limit: 30 Yoga Studio  
25 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: 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.

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

**ROCKIN RETRO AEROBICS** Limit: 30 Gym 1  
45 min.

**CARDIO CIRCUIT** Gym 5  
45 min.

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

**SADDLE & RIDE: HORSEBACK ADVENTURE** Limit: 4 \$ Outdoor Sports Boards  
3 hr. \$350 Mount up for a guided, English-style horseback ride at a local stable — no experience needed. Long pants and flat, closed-toe shoes are recommended. Sign up via the Canyon Ranch App or call a Wellness Guide at Ext. 55423.

**HIKE: LEVEL 3 — BURBANK TRAIL** Limit: 10 Outdoor Sports Boards  
3 hr. 30 min.

## 9:30 AM

**GRAVEL GRINDER BIKE: LEVEL 3 — RICHMOND COUNTRY RDS** Limit: 4 Outdoor Sports Boards  
2 hr. 30 min.

## 10:00 AM

**YOGA SCULPT** Limit: 20 Yoga Studio  
45 min.

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

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

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

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

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

## 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.

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

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

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

**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 Blackened Shrimp, Venezuelan Salsa 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.

## 12:30 PM

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

## 1:00 PM

**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. Restrictions may apply. Sign up with a Wellness Guide, Ext 55423.

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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: CR App or with a Wellness Guide, Ext 55423.

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

Signature Events + Discovery Weeks: **RACQUET SPORTS (4-10)** / **COSMIC SUMMER (4-10)** / **POSTCARDS FROM HEAVEN (8-10)**

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

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### 1:30 PM

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

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

**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.

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### 2:00 PM

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

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

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

**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.

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. | Sign up: Program Advising, Ext. 55423.

**HIKE: LEVEL 1 - KENNEDY PARK GAZEBO** Limit: 10 Outdoor Sports Boards  
2 hr.

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### 3:00 PM

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

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

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

**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.

**PICKLEBALL SOCIAL HOUR** Limit: 8 \$ Pickleball Court 1  
50 min. \$45 Pickleball Social Hour: A lively, community event where you will interact with other pickleball players during fun and challenging games. Must have a minimum of 3 guests to proceed with tournament. 1.5 skill level required.

**TEA & TAROT** Limit: 5 \$ The Mystic  
1 hr. 40 min. \$140 The calming ritual of afternoon tea with the mysticism of tarot. Unwind and connect to your intuitive self while enjoying a carefully curated selection of tea, finger foods and a personal reading. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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### 4:00 PM

**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.

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

**SUMMER SOCIAL: BOCCE, WINE & CHARCUTERIE** Limit: 16 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.

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### 4:30 PM

**BERKSHIRE BOTANICAL DRAWING** Limit: 8 \$ Creative Expression Studio  
1 hr. 30 min. \$45 Create a beautiful illustration garden using nature as your inspiration. The art of drawing plants, showcasing their form, color and details highlighting the unique characteristics of each plant. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK** Limit: 15 \$ Rockwell Room  
1 hr. 30 min. \$200 Internationally-known medium Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven." Sign up: CR App or with a Wellness Guide, Ext. 55423.

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### 5:00 PM

**EDIBLE PLANTS WITH AN EASTERN SLANT** CME Front Spa Lobby  
50 min. Take a stroll with a Chinese Medicine expert and explore common medicinal & edible plants that grow all around us. In case of inclement weather, alternative programming will be offered indoors.

**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.

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### 6:00 PM

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

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### 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

**CREATING RITUALS THAT EVOKE SANCTUARY** Tanglewood Room  
50 min. Metaphysical practitioners Trish Barlow and Jo Ann Levitt, guide you in creating your personal Sanctuary. Immerse in nurturing, magical practices and discover soul-satisfying ways to support your life when you return home.

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### 8:00 PM

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

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## CLASSES & ACTIVITIES

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

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

# SATURDAY August 9, 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.

## 8:00 AM

**OUTDOOR SUN SALUTATIONS** Lower Spa Lobby  
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. 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. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**HIKE: LEVEL 5 – LION'S HEAD A.T.** Limit: 10 Outdoor Sports Boards  
6 hr. 30 min.

## 8:30 AM

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

## 9:00 AM

**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.

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**TENNIS CLINIC 50M** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**HIKE: LEVEL 3 – PLEASANT VALLEY OVERBROOK TRAIL** Limit: 10 Outdoor Sports Boards  
3 hr.

## 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.**

## 10:00 AM

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

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

**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!

**ACRYLIC PAINTING** Limit: 8 \$ Creative Expression Studio  
1 hr. 30 min. \$45 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: CR App or with a Wellness Guide, Ext. 55423.

**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.

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

## 11:00 AM

**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.

**POWER** Limit: 10 Gym 5  
45 min.

**TRX CORE** Sports Court  
45 min.

**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.

## 11:30 AM

**ART OF MANIFESTING** Limit: 5 \$ Front Spa Lobby  
1 hr. 20 min. \$110 A transformative workshop that guides you through a process of self-discovery. Clear old patterns, tap into your creative potential and align with a new life vision and renewed purpose. Sign up: CR App or with a Wellness Guide, Ext. 55423.

## NOON

**LINE DANCING** Gym 1  
25 min.

**LUNCH & LEARN: MINDFUL EATING** Limit: 16 Demo Kitchen  
50 min. Enjoy a three-course meal and watch our demo chef prepare the entrée. First come, first serve.

**TREE CANOPY: AERIAL YOGA FOR DETOX & ENERGY CLINIC** Limit: 6 \$ Lower Spa Lobby  
50 min. \$110 Build core strength with standing poses and inversions using a suspended outdoor hammock. In the event of inclement weather, this class will be held in the Yoga Studio. Sign up with a Wellness Guide at Ext. 55423.

## 12:30 PM

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

Signature Events + Discovery Weeks: **RACQUET SPORTS (4-10)** / **COSMIC SUMMER (4-10)** / **POSTCARDS FROM HEAVEN (8-10)**

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

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### 1:00 PM

**BOGA FITMAT® FITNESS CLINIC** Limit: 6 \$ 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: CR App or with a Wellness Guide, Ext. 55423.

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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### 1:30 PM

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP** Limit: 6 \$ Gym 2  
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: CR App or with a Wellness Guide, Ext. 55423.

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

**HIKE: LEVEL 2 – ED'S WAY AT LENOX MTN.** Limit: 10 Outdoor Sports Boards  
2 hr.

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### 2:00 PM

**KAYAK: SEMIPRIVATE** Limit: 4 \$ Outdoor Sports Boards  
2 hr. 30 min. \$110 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.

**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.

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**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.

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

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

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

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### 3:00 PM

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

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

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

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

### 3:30 PM

**SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK** Limit: 15 \$ Rockwell Room  
1 hr. 30 min. \$200 Internationally-known medium Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven." Sign up: CR App or with a Wellness Guide, Ext. 55423.

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### 4:00 PM

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

**PERFORMANCE RECOVERY: RESET & RECHARGE** Limit: 20 Gym 2  
45 min.

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

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### 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.

**WINE TASTING: A SENSORY EXPLORATION** Limit: 6 \$ Demo Kitchen  
50 min. \$110 Explore wine through sight, smell, and taste in this blind tasting experience. Learn to evaluate wines, decode labels, and discover how farming and origin influence what's in your glass. Sign up: CR App or with a Wellness Guide, ext. 55423.

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### 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

**SACRED MOONLIGHT: AN EVENING OF MAGIC & MEANING** Limit: 8 Sargent Brook Lounge  
1 hr. 30 min. Warm up fireside with metaphysical practitioner Cassandra Boyd and a relaxing mug of "Moon Milk" for an introspective evening uncovering what the moon's magic and mystery in astrology and tarot can mean for you.

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### 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.

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### 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

August 10, 2025

## 7:00 AM

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

**MORNING WALK**    Outdoor Sports Boards  
45 min.

**SCULLING**    Limit: 2    \$    Outdoor Sports Boards  
2 hr. 30 min.    \$220    The most elegant form of rowing. Scullers enjoy placid waters in the quiet of early morning and develop precise blade work and fluidity of motion. May through September. Able swimmers only

## 8:00 AM

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

**PRANAYAMA BREATHING**    Yoga Studio  
25 min.

## 8:30 AM

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

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

## 9:00 AM

**HIKE: LEVEL 2 – WILDCAT TRAIL**    Limit: 14    Outdoor Sports Boards  
3 hr.

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

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

**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.

## 10:00 AM

**SPIRIT CONNECTIONS WITH MEDIUM MAUREEN HANCOCK**    Limit: 15    \$    Rockwell Room  
1 hr. 30 min.    \$200    Internationally-known medium Maureen Hancock creates the most unique family reunion ever witnessed in this gathering of messages from loved ones in spirit. Upbeat and healing "postcards from heaven." Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

**CREATIVITY AS SPIRITUAL PRACTICE**    CME    Berkshire 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?

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

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

**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.

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

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

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

## NOON

**HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC**    Limit: 4    \$    Front Spa Lobby  
50 min.    \$140    Mind/Body & Performance Scientists guide meditation while tracking blood O2 and heart rate. Learn benefits of stress reduction and mental clarity while enhancing cardiopulmonary health. Sign up via CR App or Wellness Guide, Ext. 55423.

**BERKSHIRE BEAT**    Limit: 20    Gym 1  
25 min.

## 12:30 PM

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

## 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

Signature Events + Discovery Weeks: **RACQUET SPORTS (4-10)** / **COSMIC SUMMER (4-10)** / **POSTCARDS FROM HEAVEN (8-10)**  
CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

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### 1:00 PM

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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### 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. \$110 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.

### HIKE: LEVEL 1

– **GOULD MEADOWS** Limit: 10 Outdoor Sports Boards  
2 hr.

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### 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.

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### 3:00 PM

**TEA & TAROT** Limit: 5 \$ Front Spa Lobby  
1 hr. 40 min. \$140 The calming ritual of afternoon tea with the mysticism of tarot. Unwind and connect to your intuitive self while enjoying a carefully curated selection of tea, finger foods and a personal reading. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**OUTDOOR SUNS & MOONS YOGA** Great Lawn Tent  
45 min.

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

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

## CLASSES & ACTIVITIES

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

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

### 4:00 PM

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

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

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

**ROWING ESSENTIALS** Limit: 10 Rowing Studio  
45 min.

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### 5:00 PM

**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.

**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.

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### 5:30 PM

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

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### 6:00 PM

**MAKING CRYSTAL SUNCATCHERS: TREE OF LIFE** Limit: 8 \$ Creative Expression Studio  
1 hr. 30 min. \$45 Thread beads and crystals onto wire to create a beautiful tree of life creation to hang in your window at home or in the car. beautiful way to keep the light shining. Sign-up: CR App or Wellness Guides, Ext. 55423.

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### 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

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### 8:00 PM

**CANYON RANCH CABARET WITH HARVEY GRANAT** Fieldstone Lounge  
50 min. A stellar performance by entertainer and historian of the American Songbook. Harvey has appeared at many leading clubs and resorts, as well as the 92nd Street Y in New York and Lincoln Center.

# MONDAY

August 11, 2025

## 7:00 AM

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

**MORNING WALK**    Outdoor Sports Boards  
45 min.

## 8:00 AM

**OUTDOOR SUN SALUTATIONS**    Lower Spa Lobby  
25 min.

**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.

## 8:30 AM

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

## 9:00 AM

**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.

**ZUMBA®**    Limit: 30    Gym 1  
45 min.

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

## 9:30 AM

**GRAVEL GRINDER BIKE: LEVEL – RICHMOND COUNTRY RDS**    Limit: 4    Outdoor Sports Boards  
2 hr. 30 min.

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

## 10:00 AM

**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.

**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 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.

**DERMAFLASH CONSULTATIONS**    Skincare Reception  
6 hr. 10am - 4pm. Enjoy a complimentary exfoliating treatment which will leave your face smooth, radiant and fuzz-free with an expert from DermaFlash. 30-minute complimentary consult. Sign up: Skincare ext. 54508

## 11:00 AM

**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.

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

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

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

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP**    Limit: 6    \$    Outdoor Sports Boards  
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: CR App or with a Wellness Guide, 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.

## NOON

**LINE DANCING**    Gym 1  
25 min.

**TREE CANOPY: AERIAL YOGA CLINIC**    Limit: 6    \$    Lower Spa Lobby  
50 min. \$110 This class pairs heart-opening inversions that stimulate circulation with gentle hammock twists and stretches that encourage cleansing. In the event of inclement weather, we'll move to the Yoga Studio. Sign up: CR App or with a Wellness Guide, Ext. 55423.

## 12:30 PM

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

Signature Events + Discovery Weeks: **OPTIMIZE YOUR HEALTH (11-15)** / **INSPIRE THE IMAGINATION (11-15)**

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

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### 1:00 PM

**BOGA FITMAT® FITNESS CLINIC** Limit: 6 \$ 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: CR App or with a Wellness Guide, Ext. 55423.

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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### 1:30 PM

**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.

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

**HIKE: LEVEL 1**  
– **BULLARD WOODS** Limit: 10 Outdoor Sports Boards  
2 hr.

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### 2:00 PM

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**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.

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

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### 3:00 PM

**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.

**OUTDOOR SUNS & MOONS YOGA** Great Lawn Tent  
45 min.

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

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

### 4:00 PM

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

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

**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.

**RESTORATIVE YOGA** Limit: 30 Gym 1  
45 min.

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### 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

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### 5:00 PM

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

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

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

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

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### 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

**OUTDOOR SOUND BATH** Limit: 5 \$ Front Spa Lobby  
50 min. \$50 Unwind with a peaceful sound bath meditation using Tibetan singing bowls in our outdoor tents. Please wear loose clothing. Sign up in the App or with a Wellness Guide, Ext. 55423.

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### 8:00 PM

**PIANO & VIOLIN WITH RON RAMSAY & EILEEN MARKLAND** Fieldstone Lounge  
50 min. Ron & Eileen cue up some of your favorite theme songs from stage and film, blended with an eclectic mix of international music, classical repertoire and a light mix of jazz standards!

# TUESDAY

August 12, 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.

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

**MORNING WALK** Outdoor Sports Boards  
45 min.

## 8:00 AM

**QI GONG STRESS RELIEF MEDITATION** Limit: 6 \$ Gym 2  
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.

**BIKE RIDE: LEVEL 2 – ASHUWILLTICOOK RAIL TRAIL** Limit: 4 Outdoor Sports Boards  
4 hr.

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

## 8:30 AM

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

## 9:00 AM

**HIKE: LEVEL 3 – GORGE TRAIL AT OCTOBER MTN.** Limit: 10 Outdoor Sports Boards  
3 hr.

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. 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. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

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

**CARDIO CIRCUIT** Gym 5  
45 min.

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

## 10:00 AM

**JAPANESE BOTANICAL ART – KUSAMONO** Limit: 6 \$ Outdoor Sports Boards  
1 hr. 30 min. \$45 Join our outdoor guide and naturalist to create a little island of nature that you may bring home with you. Kusamono are potted arrangements of wild grasses and flowers in unique pots or trays selected to suggest a season or place. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**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.

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

**DERMAFLASH CONSULTATIONS** Skincare Reception  
6 hr. 10am - 4pm. Enjoy a complimentary exfoliating treatment which will leave your face smooth, radiant and fuzz-free with an expert from DermaFlash. 30-minute complimentary consult. | Sign up: Skincare ext. 54508

**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.

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

## 11:00 AM

**THERAPEUTIC QI GONG: A TOOL FOR SELF HEALING** Great Lawn Tent  
50 min. Qi Gong can aid digestion, improve sleep, and boost immunity — and even support cancer recovery. Join our Chinese medicine expert for an empowering session that gets your qi flowing through guided practice and discussion of this ancient healing art.

**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.

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

**POWER** Limit: 10 Gym 5  
45 min.

## NOON

**TREE CANOPY: RESTORATIVE AERIAL YOGA SOUND CLINIC** Limit: 6 \$ Lower Spa Lobby  
50 min. \$140 Embrace calm and reduce stress with supported, suspended restorative yoga, featuring healing sound instruments. In the event of inclement weather, this class will be held in the Yoga Studio. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**BERKSHIRE BEAT** Limit: 20 Gym 1  
25 min.

**LUNCH & LEARN** Limit: 16 Demo Kitchen  
50 min. Enjoy a three-course meal featuring Quinoa & Black Bean Bowl with Salmon and Tahini-Lime Dressing and watch our demo chef prepare the entrée. First come, first serve.

Signature Events + Discovery Weeks: **BROADWAY IN THE BERKSHIRES (11-14)** / **OPTIMIZE YOUR HEALTH (11-15)** / **INSPIRE THE IMAGINATION (11-15)**  
CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

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## 12:30 PM

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

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## 1:00 PM

**PICKLEBALL: INTRO CLINIC** Limit: 4 \$ Pickleball Court 1  
50 min. \$80 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. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

**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.

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## 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.

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

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## 2:00 PM

**HIKE: LEVEL 2 – SHADOWBROOK** Limit: 10 Outdoor Sports Boards  
2 hr.

**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 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.

**TENNIS: AFTERNOON DRILLS** Limit: 4 \$ Outdoor Tennis Court 1  
50 min. \$80 Sharpen your skills and learn to hit the sweet spot every time. Court shoes are strongly recommended. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

**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.

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## 3:00 PM

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

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

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

**CREATIVITY CHALLENGE** Limit: 10 Creative Expression Studio  
25 min. Join a Spiritual Wellness expert who will guide you as you engage with 5 primary symbols unlock your creative flow.

## 4:00 PM

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

**PERFORMANCE RECOVERY: RESET & RECHARGE** Limit: 20 Gym 2  
45 min.

**ROWING ESSENTIALS** Limit: 10 Rowing Studio  
45 min.

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

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## 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.

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## 6:00 PM

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

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## 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT** Canyon Ranch Grill™  
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

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## 8:00 PM

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

**BROADWAY'S LIZ CALLAWAY, IN CONCERT** Fieldstone Lounge  
50 min. The Tony & Grammy nominee and Emmy Award-winning actress, singer and recording artist shares an intimate evening of music. Hear songs and stories from this maven of the stage whose Broadway credits include Merrily We Roll Along, Baby & Miss Saigon.

# CLASSES & ACTIVITIES

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## 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 – 8 AM

# HIKING & BIKING

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

## BEGINNER HIKES

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

## INTERMEDIATE & ADVANCED HIKES

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

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

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

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

# FITNESS

## Active Mobility

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

## Advanced Indoor Cycling

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

## Aerobic Choreo Sculpt

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

## Amazing Abs & Healthy Hips

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

## Aqua Strength Circuit Class

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

## Balance Challenge

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

## Basic Aerobic Circuit Weights

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

## Berkshire Beat

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

## Best Backside

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

## CR Strength

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

## Cardio Circuit

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

## Endurance Ride\*

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. We 2:00pm

## 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

## Pedal, Lift, Flow

This invigorating class seamlessly blends cycling, strength training, and flexibility. Transitioning smoothly from one 20-minute segment to the next, this class offers a comprehensive total body experience. Sa 4:00pm

## Performance Recovery: Reset & Recharge

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. Th 4:00pm, Sa 4:00pm, Tu 4:00pm

## Power

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. Sa 11:00am, Tu 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

## Rip 'N' Ride

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! Th 2:00pm

## Rockin Retro Aerobics

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. Fr 9:00am

## Rowing Essentials

A full-body, low-impact workout designed for beginners and intermediate rowers. Learn proper technique and boost endurance with dynamic rowing drills. Th 4:00pm, Su 4:00pm, Tu 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

### Step & Strength

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

### Stroops Bungee Workout

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

### TRX Basic Strength

TRX Suspension Training® allows you to work out using just your body weight. Focus on developing strength, endurance, mobility, balance, flexibility and core stability. We 4:00pm, 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. Mo 9:00am

### Zumba® Step

Tone and strengthen your glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Get maximum results as you enjoy this easy-to-follow fitness party. Sa 9:00am

## MIND-BODY

### Athletic Yoga

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

### Beginner Pilates

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

### Chair Yoga

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

### Find Your Inner Warrior

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. We 10:00am

### 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

### Rock Your Flow

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

### Sacral Chakra Hip Opening

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

### 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

### Twist & Shout Yoga

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. Tu 10:00am

### 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

### Yin Yoga

This 25-minute class will 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. Fr 8:00am

### 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: Level 2 - Ashuwillticook Rail Trail**

Trail runs through mid-Berkshire County. Along the shores of Cheshire Lake, the Hoosic River, and to Adams, MA. You may turn around mid-way and shorten your final mileage. Up to 22 miles. Sign-up: CR App or with a Wellness Guide, Ext. 55423. Th 8:00am, Tu 8:00am

### **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. I Sign up: Outdoor Sports Board. Tu 7:00am

### **Canoe/Hike Combo Level 2+**

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. We 9:00am, Mo 9:00am

### **Gravel Grinder Bike: Level 3-Richmond Country Rds**

Pastoral landscapes abound! This bike ride consists of sections with loose gravel and hard packed dirt roads as well as sections of asphalt. 5 climbs make this ride exciting and mildly strenuous. Cycling experience is a must. 7.8 miles Fr 9:30am, Mo 9:30am

### **Hike: Level 1 - Bullard Woods**

Enjoy this gentle hike with magnificent features to the shores of our favorite local lake, Stockbridge Bowl. The trail meanders through a rare old growth forest. 1.5 miles. Vertical rise 180 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Mo 1:30pm

### **Hike: Level 1 - Canoe Meadows**

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. We 2:00pm

### **Hike: Level 1 - Gould Meadows**

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. Su 1:30pm

### **Hike: Level 1 - Kennedy Park Gazebo**

Wooded, rocky trails wind through mixed woods. Discover the site of the Aspinwall Hotel which was lost to fire in 1931. Ends with a view of Lenox and Tanglewood. 2 miles. Vertical rise 344 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 2:00pm

### **Hike: Level 2 - Ed's Way at Lenox Mtn.**

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. Sa 1:30pm

### **Hike: Level 2 - Shadowbrook**

A hike that boasts three beautiful views, rocky trails, and mixed forest. Park at the iconic Olivia's Overlook with its expansive view over Lake Mahkeenac. 2 miles. Vertical rise 561 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 1:30pm, Tu 2:00pm

### **Hike: Level 2 - Wildcat Trail**

Traverse rocky trail around Benedict Pond going moderately uphill to a stunning western vista of the quaint village of Lee. With some luck, you'll spy the Catskills. 2 miles. Vertical rise 300 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 9:00am

### **Hike: Level 2+ - Flag Rock**

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. Th 9:00am

### **Hike: Level 3 - Burbank Trail**

Hike a section of Yokun Ridge then dip down to Monk's Pond. Enjoy the vista from Olivia's Overlook and the Kennedy Cliffs looking back at Lenox and the Berkshire Hills. 4.75miles. Vertical rise 896ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 9:00am

### **Hike: Level 3 - Gorge Trail at October Mtn.**

Join us for this short but steep uphill hike alongside the cascading Felton Lake Brook as it tumbles through a rocky valley into a gorge. 3 miles. 600ft vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423. Tu 9:00am

### **Hike: Level 3 - Pleasant Valley Overbrook Trail**

Short traverse around wetland ponds. Steady, rocky climb up the trail following & crossing a tumbling mountainside stream. Up to a ridge line with expansive views. Reverse. 3 miles. Vertical rise 820ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 9:00am

### **Hike: Level 4 - June Mtn. Appalachian Trail**

Wind your way up to a series of short, steep sections, moderated in between by more rolling terrain, and a fun scramble up a rocky outcropping. Sweeping views! Reverse. 6miles. Vertical rise 1,759ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 8:00am

### **Hike: Level 5 - Lion's Head A.T.**

Section of the A.T. in C.T. that culminates at a panoramic, rural view. Continuous rise to the ridge for rolling miles to a rocky outcropping. Reverse. Lunch included. 8.5 miles. 1,736ft Vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 8:00am

### **Lenox History Walk**

A walking tour of Lenox's historic sites. Learn the history, legends & current status of Berkshire Cottages. Includes Ventfort Hall & Spring-lawn. Stop in at Lenox Coffee! Must be an able walker. Sign-up: CR App or with a Wellness Guide, Ext. 55423. Su 8:30am

### **Morning Walk**

30 to 45-minute walk on relatively flat terrain that will accommodate all paces. Call walk hotline, Ext. 55567, for weather related cancellations. We 7:00am, Th 7:00am, Fr 7:00am, Sa 7:00am, Su 7:00am, Mo 7:00am, Tu 7:00am

### **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

# 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 signup board in advance. Court time is complimentary. Ask your Wellness Guide about tennis lessons or small group and private tennis clinics.

## YOUR CANYON RANCH PILLOW MENU

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

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

### OUR ROOM FEATURES

#### LUXURY PILLOWS ON YOUR BED

**Down alternative** – medium support; hypoallergenic.

#### PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE

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

### PILLOWS YOU CAN REQUEST

#### LUXURY PILLOWS AVAILABLE BY REQUEST

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

#### BACK SLEEPERS

**Buckwheat** – Relaxes and aligns the neck for breathing comfort

**Cervical** – Aligns and relaxes the cervical spine

**Soft synthetic foam**

**Neck support**

**Contour memory foam**

#### SIDE SLEEPERS

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

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

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

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

# M E N U   O F   S E R V I C E S

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



For a complete listing of services,  
visit [canyonranch.com/lenox/services/](http://canyonranch.com/lenox/services/)

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## HEALTH & PERFORMANCE

### PERSONALIZED MEDICINE

#### PERSONALIZED, PRECISE, PREVENTIVE

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

### SLEEP MEDICINE

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

## MENU OF SERVICES

### ALTERNATIVE MEDICINE

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

### PERFORMANCE SCIENCE

Body Composition Screening .....	25 min.....	\$130
Comprehensive Exercise Assessment – two-part service.....	50 min each.....	420
Hydration Testing – two-part service .....	50 min each.....	460
RacquetFit™ Racquet Health Program – two-part service .....	50 min each.....	570
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
Hiking Performance .....	50 min.....	350
Low Back Pain Evaluation .....	50 min.....	350
Musculoskeletal & Joint Assessment.....	50 min.....	350
Medical Gait Analysis .....	50 min.....	350
Performance Assessment .....	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

Addressing Cravings & Emotional Eating– two-part service.....	50 min each.....	470
Building Muscle.....	50 min.....	\$220
Continuous Glucose Monitor Follow-Up & Education .....	50 min.....	220
Diet Score – two-part service .....	50 min each.....	525
Digestive Wellness.....	50 min.....	220
Fastest Meals Imaginable .....	50 min.....	250
Fueling For Longevity .....	50 min.....	220
Fueling Your Performance .....	50 min.....	220
Hydration Testing – two-part service .....	50 min each.....	460
Personalized Nutrition Consultation .....	50 min.....	220
Strategies for Raising Nutritious Eaters <b>NEW</b> .....	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
Intro to Brainspotting <b>NEW</b> .....	50 min.....	250
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
Stress Management .....	50 min.....	250
Tech for Mental Health & Wellness <b>NEW</b> .....	25 min.....	140

### SPIRITUAL WELLNESS

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

## FITNESS & MOVEMENT

### FITNESS

#### PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Heightened States: Private Breathwork Experience .....	120 min.....	320
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
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
Ladders & Bridges - Rope Challenge.....	times vary.....	110/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, Sculling, Stand-Up Paddleboard ....	First two hours.....	220/person
	Each additional hour .....	80/person
Fly Fishing - Drift Boat <b>NEW</b> .....	Single half day.....	575
	Duet half day.....	350/person
	Single full day .....	775
	Duet full day .....	500/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 <b>NEW</b> .....	50 min .....	200

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 <b>NEW</b> .....	80 min .....	\$320
Emotional Stress Release .....	80 min .....	320
Healing Energy .....	80 min .....	310
Healing Energy with Aromatherapy .....	80 min .....	320
Heart Connection Healing .....	80 min .....	320
Optimize Healing <b>NEW</b> .....	80 min .....	320
Reiki.....	50 min .....	220

#### MASSAGE

Aromatherapy Massage.....	50 min .....	\$220
	80 min.....	320
Canyon Ranch Massage .....	50 min .....	220
	80 min.....	320
	100 min .....	410
Canyon Stone Massage.....	75 min .....	340
Chakra Balancing Massage .....	80 min .....	320
Craniosacral Therapy.....	50 min .....	240
Deep Tissue Massage.....	50 min .....	240
	80 min.....	340
	100 min .....	440
Hands, Feet & Scalp Massage.....	50 min .....	200
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
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 <b>NEW</b> .....	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 <b>NEW</b> .....	45 min .....	80

#### PEDICURES

Canyon Ranch Pedicure .....	50 min .....	\$95
Foot Rescue! Pedicure .....	50 min .....	95
Gentlemen's Pedicure .....	50 min .....	95
Hungarian Pedicure .....	50 min .....	95
Recovery CBD Pedicure <b>NEW</b> .....	50 min .....	95

### FACIAL TREATMENTS

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

## SPECIALTIES

### METAPHYSICAL

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

## 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 13–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance, and suggestions on making the most of your experience.

#### GUIDELINES FOR TEENS

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

# ESSENTIALS

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## PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

### RESORT SERVICES                      EXTENSION

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

### DEPARTMENTS                      EXTENSION

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

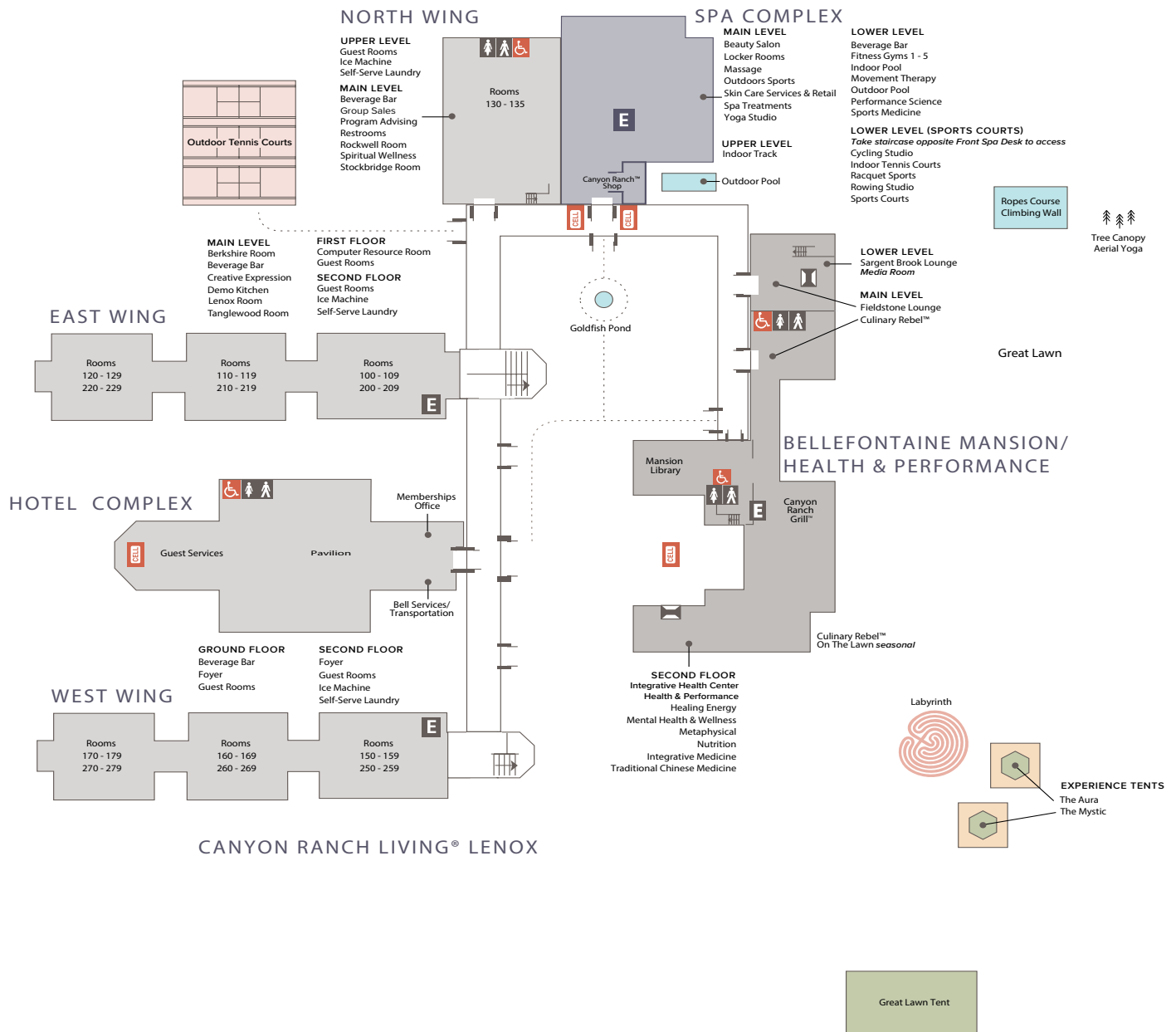
Our Membership Sales Office,  
located in the Hotel Lobby

#### 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.



CANYONRANCH.  
LENOX