

RANCH SCHEDULE  
AUGUST 13 - 19, 2025



This schedule belongs to:

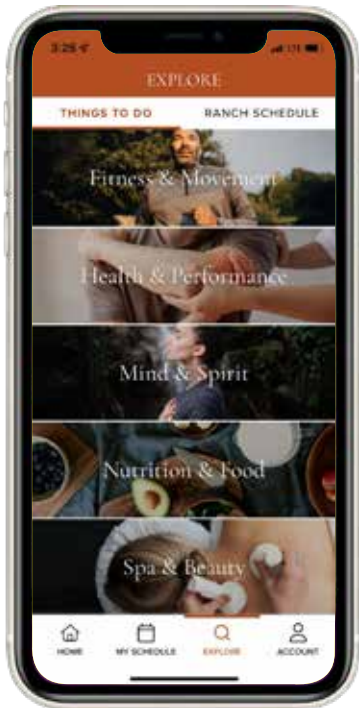
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CANYON  
RANCH.

# 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](https://www.canyonranch.com) FOR MORE UPCOMING EVENTS



## OPTIMIZE YOUR HEALTH WITH DR. STEPHEN BREWER

AUG 11 - 14

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

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](#)



## BROADWAY IN THE BERKSHIRES PERFORMANCES WITH BROADWAY STARS

AUG 13, 16, 18

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](#)



## SUSTAINABLE WEIGHT LOSS

EXPERT GUIDANCE TO ACHIEVE YOUR HEALTHIEST WEIGHT

AUG 17 - 20

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

Activities included in this event are [HIGHLIGHTED](#)



## FIND YOUR FLOW

A WEEK OF YOGA & MOVEMENT

AUG 18 - 24

Explore a diverse lineup of yoga classes led by expert instructors, blending Eastern and Western traditions to support every experience level. Embrace the energy of the season, build community, and reconnect with yourself through breath, balance, and movement..

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 13, 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.

## 7:30 AM

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

## 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** Lower Spa Lobby  
25 min.

**HIKE: LEVEL 5 – JONE'S NOSE AT MT. GREYLOCK** Limit: 10 Outdoor Sports Boards  
6 hr. 30 min.

## 8:30 AM

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

## 9:00 AM

**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.

**CHAIR YOGA** Limit: 12 Gym 2  
45 min.

## 9:30 AM

**ECO-TOUR WITH CERTIFIED FIELD NATURALIST** Limit: 6 \$ Outdoor Sports Boards  
2 hr. 30 min. \$110 Explore the Berkshires with a Massachusetts Certified Field Naturalist. Experience bird and animal tracking, plant identification, aquatic life & much more. Includes up to 1.5 miles of walking. Sign up: CR App or 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

**FIND YOUR INNER WARRIOR** Gym 2  
45 min.

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

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

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

**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 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.

**MINDFULNESS MEDITATION WORKSHOP** Limit: 5 \$ Front Spa Lobby  
1 hr. 30 min. \$140 Discover mindfulness meditation techniques to enhance peace of mind, reduce stress, and support wellbeing - guided by a Mental Health & Wellness expert. Find what works best for you! Sign up: CR App or with a Wellness Guide, Ext. 55423.

**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 Theragun Elite. Start with a mobility screening & learn percussive therapy for better mobility, recovery, & performance — plus improved sleep and less stress. Sign up: CR App or a Wellness Guide, Ext. 55423.

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

**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.

## 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.

## 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

**HIKE: LEVEL 1 – PLEASANT VALLEY BEAVER PONDS** Limit: 10 Outdoor Sports Boards  
2 hr.

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

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

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

**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.

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

## 3:00 PM

**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.

## NEW APPROACHES TO WEIGHT LOSS

CME Rockwell Room  
50 min. By normalizing your metabolic response to food, you improve your weight and decrease your risk for disease. With Dr. Stephen Brewer, discover current scientific research from his new book, The Canyon Ranch Guide to Weight Loss. Book signing follows.

## 4:00 PM

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

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

**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.

## 4:30 PM

**WATERCOLOR PAINTING** Limit: 8 \$ Creative Expression Studio  
1 hr. 30 min. \$45 Creative flow with watercolors! An inspiring and creative space for beginners and experienced artists alike to learn the fundamentals of painting with watercolors. Sign up: CR App or with a Wellness Guide, Ext. 55423.

## 5:00 PM

**MYTHS & FACTS ABOUT CARBS** CME Tanglewood 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.

**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

**LORA LEE GAYER & JESSICA KEENAN WYNN, IN CONCERT** Fieldstone Lounge  
50 min. These Broadway besties are joined by the incomparable Joel Waggoner on piano. Their combined Broadway credits include FOLLIES, HOLIDAY INN, HEATHERS: THE MUSICAL and DOCTOR ZHIVAGO. These stunning starlets will win your heart!

## 8:30 PM

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

# THURSDAY

August 14, 2025

## 7:00 AM

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

## STAND-UP

**PADDLEBOARD YOGA** Limit: 5 \$ Outdoor Sports Boards  
2 hr. \$110 A practice that is tranquil and challenging at the same time. Sign up: CR App or with a Wellness Guide, Ext. 55423.

## 8:00 AM

**BIKE RIDE: LEVEL 2**  
— HARLEM VALLEY RAIL TRAIL Limit: 4 Outdoor Sports Boards  
4 hr. 30 min.

**PRANAYAMA BREATHING** Yoga Studio  
25 min.

**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.

## 8:30 AM

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

## 9:00 AM

**HIKE: LEVEL 3**  
— MONUMENT MOUNTAIN Limit: 10 Outdoor Sports Boards  
3 hr.

**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.

**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.

## 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

**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.

**THE TRUTH ABOUT LONGEVITY** CME Rockwell Room  
50 min. Explore the secrets to a longer, vibrant life with Medical Director Stephen Brewer. Uncover the latest medical breakthroughs and practical tips for achieving longevity.

**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 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

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

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

**TRX CORE** Sports Court  
45 min.

**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.

**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

**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 Cardamom-Grilled Chicken with Mango-Lime Sauce, and watch our demo chef prepare the entrée. First come, first serve.

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

## 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!



## 12:30 PM

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

## 1:00 PM

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

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

## 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 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 – THOMAS & PALMER BROOK TRAIL** Limit: 10 Outdoor Sports Boards  
2 hr.

## 2:00 PM

**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.

**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 a Wellness Guide, Ext. 55423.

**HANDS-ON COOKING: THE MEDITERRANEAN KITCHEN** Limit: 7 \$ 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

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

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

**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.

## 4:00 PM

**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.

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

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

**HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR** Mansion Library

60 min. Soak in the beauty of our original period library and learn the history of Bellefontaine Mansion, the Foster family who built it, and the extravagant Gilded Age summers in Lenox. May include outdoor tour around the mansion, weather permitting.

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

## 5:00 PM

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

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

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

## 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.

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

## 8:00 PM

**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.

# FRIDAY

August 15, 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

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

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

**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.

**HIKE: LEVEL 5**  
**– MT. FRISSELL** Limit: 10 Outdoor Sports Boards  
5 hr. 30 min.

## 8:30 AM

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

## 9:00 AM

**HIKE: LEVEL 3 – GIGE'S TRAIL**  
**AT MAHANNA COBBLE** Limit: 10 Outdoor Sports Boards  
3 hr.

**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.

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

**CARDIO CIRCUIT** Gym 5  
45 min.

**YOGA FOUNDATIONS** Limit: 30 Gym 2  
45 min.

### SUMMER OUTDOOR SHOWER EXPERIENCE

RINSE. RECHARGE. RECONNECT.

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

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

## 10:00 AM

**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.

**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.

**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 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.

**TUBES & LOOPS** Limit: 20 Gym 1  
45 min.

**YOGA SCULPT** Limit: 20 Gym 2  
45 min.

## 11:00 AM

**MID-MORNING STRETCH** Gym 2  
45 min.

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

**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 Asian Shrimp Salad Bowls with Peanut-Miso Dressing 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.

Signature Events + Discovery Weeks: **INSPIRE THE IMAGINATION (11-17)**

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**

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

**AFTERNOON OUTDOOR TAI CHI** Limit: 16 Outdoor Sports Boards  
60 min.

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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 a Wellness Guide, Ext. 55423.

**MEMBERSHIPS & GROUPS: CASUAL Q&A** Main Spa Lobby  
30 min. Connect with our Sales Team to learn about the exclusive benefits of a Canyon Ranch Membership or Group Experience — ideal for personal wellness, corporate retreats, family getaways, and more. Ask questions and explore the possibilities!

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**2:00 PM**

**HIKE: LEVEL 1 – BENEDICT POND** Limit: 10 Outdoor Sports Boards  
2 hr. 30 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.

**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.

**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 a Wellness Guide, Ext. 55423.

**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.

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**3:00 PM**

**CREATIVE FLOW YOGA** Limit: 30 Yoga Studio  
45 min. Awaken your creative energy with dynamic yoga flows designed to inspire innovation and artistic expression. Enhance flexibility, clarity, and imagination through mindful movement.

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

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

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

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

**4:00 PM**

**THE PRACTICAL POWER OF GRATITUDE** Tanglewood Room

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

**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.

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

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

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**5:00 PM**

**EDIBLE PLANTS WITH AN EASTERN SLANT** 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.

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**7:45 PM**

**BELLEFONTAINE: A HISTORICAL MUSICAL JOURNEY** Mansion Library

1 hr. 15 min. Ron Ramsay takes you on a musical ride from yesteryear to present day with the timeless compositions of Cole Porter, Irving Berlin in the time of Giraud Foster, Bellefontaine's original owner. Ramsay weaves historical anecdotes with music of the day.

# SATURDAY

August 16, 2025

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## 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.

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## 8:00 AM

**HIKE: LEVEL 5 – MARCH CATARACT AT MT. GREYLOCK** Limit: 10 Outdoor Sports Boards  
6 hr.

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

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

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## 8:30 AM

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

**FALCONRY – HARRIS HAWK GUIDED WALK** Limit: 8 \$ Outdoor Sports Boards  
1 hr. 30 min. \$200 During this expert-guided walk, observe how the Harris Hawk navigates its environment and responds to natural cues. Walks are tailored to the group and weather. Waiver required. Sign up via the Canyon Ranch App or with a Wellness Guide at ext. 55423.

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## 9:00 AM

**HIKE: LEVEL 3 – KENNEDY PARK TO CHOCOLATE SPRINGS** Limit: 10 Outdoor Sports Boards  
3 hr.

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

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

**POWER ROW** Limit: 10 Rowing 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.

**YIN & RELEASE** Limit: 30 Gym 2  
45 min.

## 10:00 AM

**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: 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.

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

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

**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 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!

**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 a Wellness Guide, Ext. 55423.

**ROCK YOUR FLOW** Limit: 30 Gym 2  
45 min.

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## 11:00 AM

**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.

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## 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.

**FALCONRY – HARRIS HAWK GUIDED WALK** Limit: 8 \$ Outdoor Sports Boards  
1 hr. 30 min. \$200 During this expert-guided walk, observe how the Harris Hawk navigates its environment and responds to natural cues. Walks are tailored to the group and weather. Waiver required. Sign up via the Canyon Ranch App or with a Wellness Guide at ext. 55423.

## NOON

**LINE DANCING** Gym 1  
25 min.

**LUNCH & LEARN** Limit: 16 Demo Kitchen  
50 min. Enjoy a three-course meal featuring Adobo Salmon or Tofu Taco Bowl 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.



Signature Events + Discovery Weeks: **BROADWAY IN THE BERKSHIRES (13, 16, 18)** / **INSPIRE THE IMAGINATION (11-17)**

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

### 12:30 PM

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

### 1:00 PM

**BOGA FITMAT® 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 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.

### 1:30 PM

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP** Limit: 6 \$ Rockwell Room  
1 hr. 30 min. \$140 Led by certified EBGQ & Tai Chi instructor Tom Andrews, this workshop shows you movements & meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more. Sign up: CR App or 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+ – TYRINGHAM COBBLE** Limit: 10 Outdoor Sports Boards  
2 hr. 30 min.

### 2:00 PM

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

**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.

**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.

**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 a Wellness Guide, Ext. 55423.

### 2:30 PM

**FALCONRY - HARRIS HAWK GUIDED WALK** Limit: 8 \$ Outdoor Sports Boards  
1 hr. 30 min. \$200 During this expert-guided walk, observe how the Harris Hawk navigates its environment and responds to natural cues. Walks are tailored to the group and weather. Waiver required. Sign up via the Canyon Ranch App or with a Wellness Guide at ext. 55423.

### 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 learning about practices in preparing, tasting & savoring the tea experience. Sign up: CR App or 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.

### 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.

### 5:00 PM

**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.

**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.

### 8:00 PM

**BROADWAY'S ALAN H. GREEN, IN CONCERT** Fieldstone Lounge  
50 min. Known for his powerhouse vocals and versatile stage presence, Alan's career has taken him all over the world and finally, to Canyon Ranch! Broadway credits include Charlie & The Chocolate Factory, School of Rock and Sister Act. Don't miss this hour!

### 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 17, 2025

## 7:00 AM

**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

**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

**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** Gym 2  
25 min.

## 8:30 AM

**LENOX HISTORY WALK** Limit: 10 Outdoor Sports Boards  
2 hr.

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

## 9:00 AM

**HIKE: LEVEL 2 – ROUND MOUNTAIN** Limit: 10 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.

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

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

**YOGA FOUNDATIONS** Limit: 30 Gym 2  
45 min.

## 10:00 AM

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

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

**MUSCLE CONDITIONING** Limit: 25 Gym 2  
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 a Wellness Guide, Ext. 55423.

## 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.

## 11:30 AM

**CR VITALITY TOUR** Health & Performance Reception  
30 min. Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality.

## NOON

**HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC** Limit: 6 \$ 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.

## 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.

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

## 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.

### 1:30 PM

#### BIKE RIDE: INTRODUCTION

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

#### HIKE: LEVEL 1

– CANOE MEADOWS Limit: 10 Outdoor Sports Boards  
2 hr.

#### 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.

### 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

45 min. Lower Spa Lobby

#### YOGA ALIGNMENT

45 min. Yoga Studio

### 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

45 min. Great Lawn Tent

#### PUNCH Limit: 20

45 min. Sports Court

#### AQUA STRENGTH CIRCUIT CLASS Limit: 10

45 min. Outdoor Pool

### 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

45 min. Yoga Studio

#### FOAM ROLL & STRETCH Limit: 20

45 min. Gym 2

#### ROWING ESSENTIALS Limit: 10

45 min. Rowing Studio

### 5:00 PM

#### OPEN 12-STEP RECOVERY MEETING

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. Lenox Room

#### STRETCH & RELAX Limit: 30

25 min. Gym 2

#### LABYRINTH GLOW:

##### YOGA PRACTICE & FIRE RITUAL

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. Main Spa Lobby

### 5:30 PM

#### HEIGHTENED STATES

##### OF CONSCIOUSNESS Limit: 6 \$ Yoga Studio

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

### 6:00 PM

#### 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.

### 7:00 PM

#### COMMUNITY TABLE:

##### DINE & CONNECT

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

#### PIANO CLASSICS

##### WITH BEN KOHN

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

### 8:00 PM

#### NAVIGATING LIFE TRANSITIONS

##### WITH JERRY POSNER

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

# MONDAY August 18, 2025

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## 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.

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## 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.

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## 8:30 AM

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

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## 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.

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## 9:30 AM

**SHINRIN YOKU** Limit: 6 Outdoor Sports Boards  
2 hr.

**GRAVEL GRINDER BIKE: LEVEL 3  
– HOUSATONIC RAIL TRAIL** Limit: 4 Outdoor Sports Boards  
2 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 a Wellness Guide, Ext. 55423.

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## 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.

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

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

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## 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.

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## 12:30 PM

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



## 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 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.

**MAKE-UP MASTER CLASS** Stockbridge Room  
50 min. Lead CR stylist Jeannie Reilly-Ortega masters effortless beauty with Westman Atelier and Jane Iredale. Discover pro tips, techniques, and clean, luxurious makeup to create radiant, natural looks that enhance your unique features.

## 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 a Wellness Guide, Ext. 55423.

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

## 2:00 PM

**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.

**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 a Wellness Guide, Ext. 55423.

## 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.

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

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

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

## 4:00 PM

**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.

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

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

## 4:30 PM

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

## 5:00 PM

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

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

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

## 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.

## 8:00 PM

**MAIRI DORMAN-PHANEUF: THE HEALING SOUNDS OF CELLO** Fieldstone Lounge  
50 min. Bask in the sounds and vibrations of multi-cello arrangements, as performed by Broadway cellist, Mairi Dorman-Phaneuf.

# TUESDAY

August 19, 2025

## 7:00 AM

**STAND-UP PADDLEBOARD** Limit: 2 \$ 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

**RUCKING WALK FOR WELLNESS** Limit: 10 Outdoor Sports Boards  
60 min.

**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.

**BIKE RIDE: LEVEL 2 – HARLEM VALLEY RAIL TRAIL** Limit: 4 Outdoor Sports Boards  
4 hr. 30 min.

## 8:30 AM

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

## 9:00 AM

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

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

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

**CARDIO CIRCUIT** Gym 5  
45 min.

**PILATES REFORMER CLINIC – BEGINNER** Limit: 4 \$ Gym 4  
50 min. \$80 Increase body awareness as you focus on breathing, alignment, core stabilization and strengthening of the entire body. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

### CLASSES & ACTIVITIES

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

Need even more? Call Program Advising at Ext. 55423.

## 10:00 AM

**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.

**CR VITALITY TOUR** Health & Performance Reception  
30 min. Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality.

**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.

**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.

**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 a Wellness Guide, Ext. 55423.

**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.

**DECONSTRUCTING ADDICTION WITH MEL POHL** Rockwell Room  
50 min. Mel Pohl reviews and discusses addiction as brain disease. Engage in discussion about the causes of addiction and how the disease is diagnosed and how the reward system is hijacked by drugs and alcohol; and the road to treatment and recovery.

**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.

**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.

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

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

Signature Events + Discovery Weeks: **SUSTAINABLE WEIGHT LOSS (17-20)** / **FIND YOUR FLOW (18-24)**

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.

### 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.

### 1:30 PM

**MEMBERSHIPS & GROUPS: CASUAL Q&A** Main Spa Lobby  
30 min. Connect with our Sales Team to learn about the exclusive benefits of a Canyon Ranch Membership or Group Experience — ideal for personal wellness, corporate retreats, family getaways, and more. Ask questions and explore the possibilities!

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

### 2:00 PM

**BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING** Limit: 2 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.

**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.

**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 a Wellness Guide, Ext. 55423.

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

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

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

**HIKE: LEVEL 2 – STEVEN'S GLEN** Limit: 10 Outdoor Sports Boards  
2 hr.

### 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.

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

### 4:00 PM

**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.

**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.

**MINDFULNESS, MENTAL HEALTH & LONGEVITY** CME Rockwell 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.

### 5:00 PM

**CONQUER YOUR FOOD CRAVINGS** Berkshire Room  
50 min. Dive into the science of cravings and why certain foods seem so hard to resist. Learn everyday strategies to combat cravings, and in turn have better energy throughout the day, feel more in control of your nutrition, and eat with greater intention.

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

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

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

### 6:00 PM

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

### 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.

### 8:00 PM

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

# CLASSES & ACTIVITIES

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## CARDIO & WEIGHT GYM:

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

## REMINDERS

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

## OUTDOOR SPORTS HIGHLIGHTS

### CAMP ARCHERY

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

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

### ADVANCED MORNING HIKES

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

Wed & Sat – 8am

# HIKING & BIKING

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

## BEGINNER HIKES

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

## INTERMEDIATE & ADVANCED HIKES

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

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

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

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



## FITNESS

### Active Mobility

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

### Advanced Indoor Cycling

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

### Aerobic Choreo Sculpt

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

### Amazing Abs & Healthy Hips

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

### Aqua Strength Circuit Class

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

### Balance Challenge

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

### Basic Aerobic Circuit Weights

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

### Berkshire Beat

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

### Best Backside

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

### CR Strength

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

### Cardio Circuit

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

### 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

### 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

### 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

### 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

### 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, Th 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

### 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

### Restorative Yoga

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

### Rock Your Flow

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

### Sacral Chakra Hip Opening

Practice a Hip opening sequence while diving deeper into the sacral chakra. We 2:00pm, 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. 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, Su 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•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 - Harlem Valley Rail Trail

Rail trail runs through Columbia & Dutchess counties in NY. Enjoy nature as you ride through forest and wetlands on mostly paved trail. You may shorten your final mileage. Up to 26 miles. Sign-up: CR App or with a Wellness Guide, Ext. 55423. Th 8:00am, Tu 8:00am

## 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

## Birding & The Natural World

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

## Gravel Grinder Bike: Level 3-Housatonic Rail Trail

Enjoy a peaceful forest ride along a retired railroad bed with gentle grades and scenic views. This carriage-road-style ride winds up to 8 miles toward West Stockbridge on a gravel and forest floor path. Mo 9:30am

## Hike: Level 1 - Benedict Pond

A beautiful rocky hike at Beartown State Forest that includes a short section of the Appalachian Trail. Benedict Pond is man-made, built in the 1930s by the CCC. 2 miles. Vertical rise 331 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 2:00pm

## 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. 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. Mo 1:30pm

## Hike: Level 1 - Pleasant Valley Beaver Ponds

A leisurely hike on woodland trails, bridges, and boardwalks past several beaver ponds. Your guides will explain how beavers support and affect the forest ecology. 2 miles. Vertical rise 253 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 2:00pm

## Hike: Level 2 - Round Mountain

Venture to a remote tract of hills at McLennan Reservation in the Tyringham Valley. Flat start, then short, strong ascent past waterfalls to Hale Pond. Rocky descent. 3 miles. Vertical rise 540ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 9:00am

## Hike: Level 2 - Steven's Glen

Steep descent followed by a climb up to view a unique water flume. Moderate ascent back out of the glen. 1.5 miles. Vertical rise 400ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Tu 2:00pm

## Hike: Level 2 - Thomas & Palmer Brook Trail

Cross over the brook to the meadow. Trail winds along the woodland edge with expansive views of the wetland habitat. Climb to the unique feature, Whale Rock. 2 miles. Vertical rise 400ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 1:30pm

## Hike: Level 2+ - Tyringham Cobble

Tyringham Valley provides rolling meadows, rocky outcroppings, and a storied history. Hike through the meadows and to the top for three distinct vistas. 2.5 miles. Vertical rise 528ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 1:30pm

## 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. Tu 9:00am

## Hike: Level 3 - Gige's Trail at Mahanna Cobble

At the base of the ski area Bousquet, you'll hike steadily to two viewpoints, one of which is north to Mt. Greylock. Land was conserved by our beloved, Outdoor Sports Guide, Gige. 3.5miles. Vertical rise 912ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 9:00am

## Hike: Level 3 - Kennedy Park to Chocolate Springs

A 4-mile hike ending at the spectacular Chocolate Springs Cafe and Chocolatier. A shuttle is provided to return to Canyon Ranch with your tasty treats. All forms of payment accepted. 4 miles. Vertical rise 600ft. Sign up: CR App or with a Wellness Guide, Ext 55423 Sa 9:00am

## Hike: Level 3 - Monument Mountain

A Berkshire classic hike! Steady ascent with a rock scramble at the top. Great views! Steep Descent. 2.5 miles. 827ft vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 9:00am

## Hike: Level 5 - Jone's Nose at Mt. Greylock

Ascend into an ecosystem unlike any other in the Berkshires. A steep climb to the highest point in MA, then connect with the A.T. to expansive views from the summit of Mount Greylock. Lunch included. Sign up: CR App or with Wellness Guide, Ext. 55423 We 8:00am

## Hike: Level 5 - March Cataract at Mt. Greylock

Very steep trail following the gorgeous Roaring Brook. Followed by a moderate climb through lush hillside to the cascading falls. Reverse. Lunch included. 6 miles. 1,800ft Vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 8:00am

## Hike: Level 5 - Mt. Frissell

Spectacular hike! Scramble up two sections of rock to CT's high point marker. Pass a MA, CT, & NY tristate marker, to the bald summit of Brace Mt. Short descent to a gentle path and a quiet dirt road. Lunch included. 7miles. Vertical rise 1,240ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Fr 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 & Springlawn. 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

## Rucking Walk for Wellness

An on-property trail walk with a weighted pack and heart rate monitor for a low-impact, high-reward workout. Burn more calories with less stress than running. Use your own wearable or borrow one from Performance Science. Tu 8:00am

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

## YOUR CANYON RANCH PILLOW MENU

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

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

### OUR ROOM FEATURES

#### LUXURY PILLOWS ON YOUR BED

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

#### PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE

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

### PILLOWS YOU CAN REQUEST

#### LUXURY PILLOWS AVAILABLE BY REQUEST

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

#### BACK SLEEPERS

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

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

**Soft synthetic foam**

**Neck support**

**Contour memory foam**

#### SIDE SLEEPERS

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

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

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

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



# M E N U   O F   S E R V I C E S

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



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

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## HEALTH & PERFORMANCE

### PERSONALIZED MEDICINE

#### PERSONALIZED, PRECISE, PREVENTIVE

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

### SLEEP MEDICINE

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

## MENU OF SERVICES

### ALTERNATIVE MEDICINE

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

### PERFORMANCE SCIENCE

Body Composition Screening .....	25 min.....	\$130
Comprehensive Exercise Assessment – two-part service.....	50 min each.....	420
Hydration Testing – two-part service .....	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

## 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

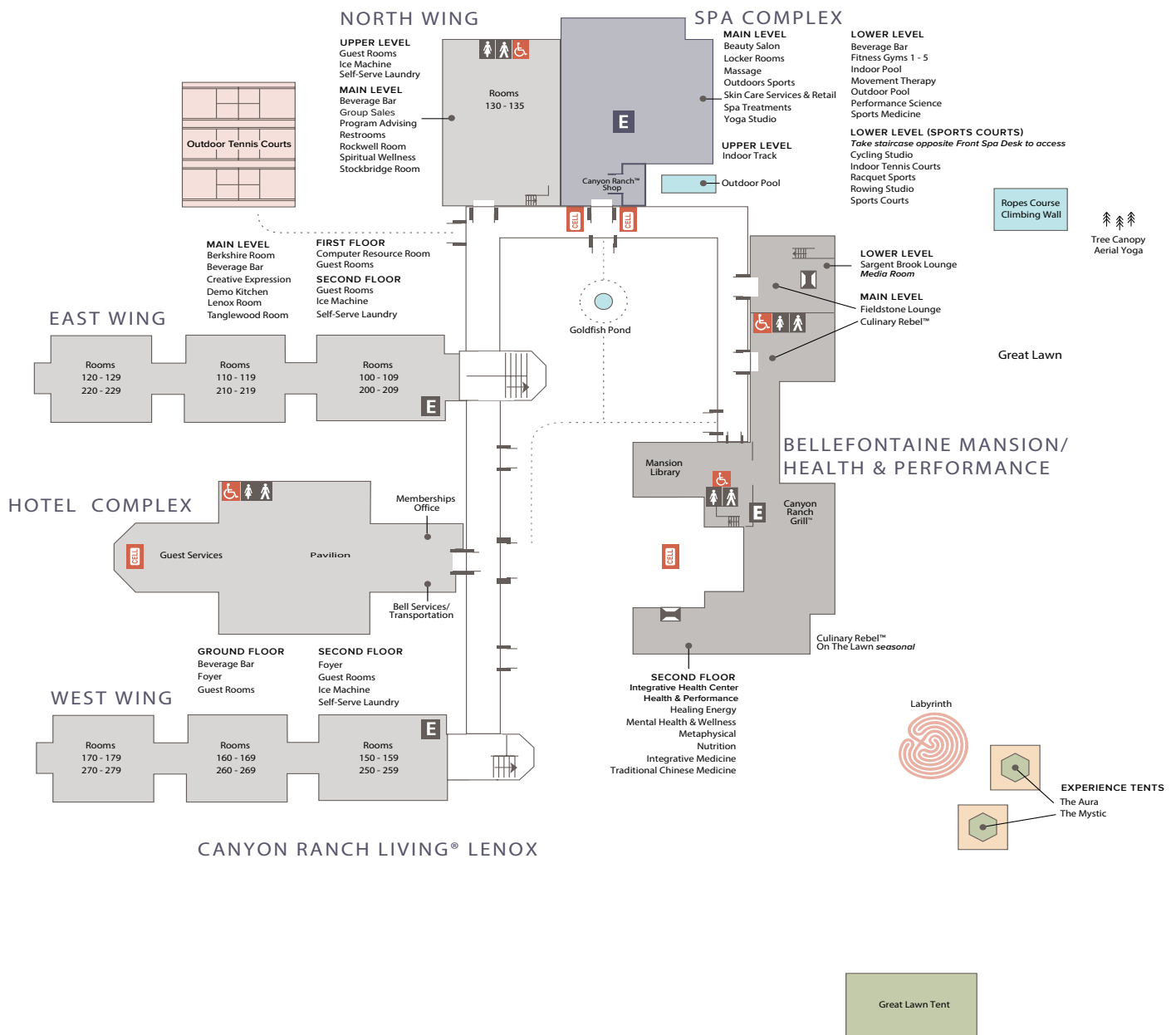
Our Membership Sales Office,  
located in the Hotel Lobby

#### 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