

RANCH SCHEDULE
OCTOBER 1 - 7, 2025



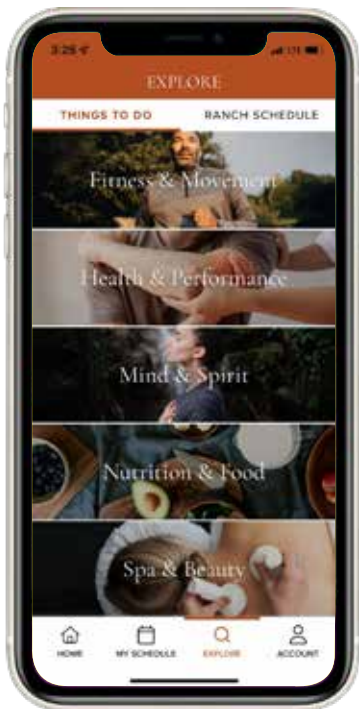
This schedule belongs to:



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

SILVERLEAF

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 Silverleaf 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 Silverleaf 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 need faster service due to scheduled appointments, 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: Daily NOON – 1 PM

Seating is limited.

HEALTH & PERFORMANCE

HEALTH & PERFORMANCE DESK: 8 AM – 5 PM

Provider's hours vary.

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

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.

UPCOMING EVENTS

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



SUSTAINABLE WEIGHT LOSS

ACHIEVE YOUR HEALTHIEST WEIGHT
SEP 29 - OCT 2

Join us for a three-night retreat full of science-backed research and expert guidance for achieving your healthiest weight. 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**



RACQUET SPORTS

EXPERT TRAINING, COACHING & RECOVERY
SEP 29 - OCT 5

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

Activities included in this event are **HIGHLIGHTED**



NOURISH YOUR SOUL

LISTENING TO WHAT YOUR HEART WOULD LOVE TO SAY
OCT 1 - 4

This lecture series invites you to explore what truly nourishes your spirit and brings you to life. Through reflection, imagery, music, and guided conversations, you'll gain clarity on what energizes you and what drains you. You'll learn to process challenges with compassion, discover daily practices that cultivate joy, and redefine beauty as an authentic expression of your inner self.

Activities included in this event are **HIGHLIGHTED**



SERENITY & STILLNESS

MEDITATION, YOGA, OUTDOOR WALKS & MORE
OCT 6 - 12

Join us for a serene lineup of events and activities dedicated to mindfulness and meditation — where tranquility meets inner peace. Immerse yourself in silent breakfasts, mindfulness workshops, and guided meditation sessions. Engage in yoga, outdoor walks, and grounding practices, all designed to foster mental clarity and deep relaxation.

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

October 1, 2025

CANYON RANCH COMMUNITY TREE

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

"My Ancestors ..."

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

7:00 AM

MORNING WALK

45 min.

Outdoor Sports Boards

7:30 AM

QI GONG

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

8:00 AM

ACTIVE STRETCH CLINIC Limit: 8 \$ Gym 1
50 min. \$80 Decrease injury & improve mobility. Active stretching with resistance bands will optimize everyday tasks and athletic performance. Used around hips, shoulders, wrists or ankles the bands improve mobility in joints, motor control and resolve pain. Sign up: CR App or with a Wellness Guide, Ext 55423.

HIKE: LEVEL 4

- YOKUN SEAT Limit: 10 Outdoor Sports Boards
4 hr. 30 min.

OUTDOOR SUN SALUTATIONS

25 min. Lower Spa Lobby

8:30 AM

ZEN•GA™ FLOW Limit: 30 Gym 2
20 min.

9:00 AM

CHAIR YOGA Limit: 12 Yoga Studio
45 min.

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

POWER ROW Limit: 10 Rowing Studio
45 min.

CANOE/HIKE COMBO LEVEL 2+ Limit: 20 Outdoor Sports Boards
3 hr. 30 min.

FINDING YOUR SPIRITUALITY THROUGH FITNESS

Tanglewood 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.

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.

10:00 AM

CR STRENGTH Limit: 20 Gym 1
45 min.

H2O POWER Limit: 25 Indoor Pool
45 min.

FIND YOUR INNER WARRIOR Yoga Studio
45 min.

CARDIO TENNIS CLINIC

- LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80 A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext 55423.

EXERCISE & MENOPAUSE 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.

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.

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 Tandoori Chicken Bowls 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

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

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

Signature Events + Discovery Days: **SUSTAINABLE WEIGHT LOSS (SEP 29 - OCT 2)** / **RACQUET SPORTS (SEP 29 - OCT 5)** / **NOURISH YOUR SOUL (1 - 4)**
CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

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.

APPLE PICKING AT BARTLETT'S ORCHARD Limit: 10 Outdoor Sports Boards
2 hr. 30 min. Join us for a day of apple-picking at this beloved family orchard run by the Bartletts for four generations. For over 75 years, they've grown, harvested, and sold apples and warm baked goods.

2:00 PM

HIKE: LEVEL 1 - CANOE MEADOWS Limit: 12 Outdoor Sports Boards
2 hr.

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: 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.

ENDURANCE RIDE Limit: 12 Cycling Studio
45 min.

YOGA ALIGNMENT Yoga Studio
45 min.

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

3:00 PM

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

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

FEEDING YOUR SOUL WITH JEANNIE DUBOSE Rockwell Room
50 min. Gain awareness about the desires of your heart as a means to finding vitality, clarity, and purpose. Consider what is life-giving and life-draining in your world, as well as strategies for expanding your energy and authenticity.

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

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

4:00 PM

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.

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.

HANDS-ON COOKING: BALANCE BLOOD SUGAR WITH FOOD Limit: 6 \$ Demo Kitchen
50 min. \$110 Through thoughtful menu design, learn how to use acid, fiber, fat, protein, and spices — like cinnamon and turmeric — to craft balanced meals that help stabilize blood sugar. Sign up: CR App or with a Wellness Guide, Ext 55423.

4:30 PM

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

5:00 PM

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.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Limit: 6 Silverleaf
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

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

8:30 PM

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

Signature Events + Discovery Days: **SUSTAINABLE WEIGHT LOSS (SEP 29 - OCT 2)** / **RACQUET SPORTS (SEP 29 - OCT 5)** / **NOURISH YOUR SOUL (1 - 4)**
CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

1:00 PM

PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 1
50 min. \$80 A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext 55423.

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

1:30 PM

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

CAMP ARCHERY WORKSHOP Limit: 8 \$ Outdoor Sports Boards
1 hr. 30 min. \$110 Improve your archery skills at this semi-private archery session. Join us at our range, use a sight to fine-tune your shot. Sign up: CR App or with a Wellness Guide, Ext 55423.

2:00 PM

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

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.

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

HANDS-ON COOKING: RECIPES FOR LONGEVITY Limit: 6 \$ Demo Kitchen
50 min. \$110 Explore diet staples from the Blue Zones — regions known for longevity — including beans, greens, whole grains, healthy fats, and intact carbs like purple sweet potatoes and barley. Sign up: CR App or with a Wellness Guide, Ext 55423.

3:00 PM

PUNCH Limit: 20 Sports Court
45 min.

TENNIS: AFTERNOON DRILLS Limit: 4 \$ Indoor 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.

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

FALL FLOW YOGA Yoga Studio
45 min.

TEA & TAROT Limit: 5 \$ Front Spa Lobby
1 hr. 40 min. \$140 Step into our Mystic Tent for tea & tarot. In this 100-min circle, sip soulful teas & explore the cards with our metaphysical practitioner. A magical gathering for seekers of guidance & new paths. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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.

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.

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

5:00 PM

FLOATING SOUND MEDITATION CLINIC 50M Limit: 6 \$ Indoor Pool
50 min. \$110 Floating meditation and sound healing on a BOGA FiTMAT® led by spiritual wellness and mind-body providers. Sign up: CR App or with a Wellness Guide, Ext. 55423. Inclement weather: activity will be Restorative Aerial & Sound Clinic in the Yoga Studio.

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

STRETCH & RELAX Limit: 30 Gym 2
25 min.

HOW TO HEAL WITH JEANNIE DUBOSE Rockwell Room
50 min. If you live long enough, hard things happen; there's no shame in that. Explore how to metabolize your charged emotions, as well as how to prevent your pain from calcifying. Our capacity to heal is amazing; flowers blossom after the rain.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

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

COMMUNITY TABLE: DINE & CONNECT Limit: 6 Silverleaf
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

RON RAMSAY & SAMANTHA TALORA, IN CONCERT Fieldstone Lounge
50 min. An evening of amusing novelty songs with a blend of cherished Broadway favorites & classic standards. Ron's cabaret nightclub acts have sold out such rooms as the Algonquin, Feinstein's & Town Hall.

FRIDAY

October 3, 2025

7:00 AM

MORNING WALK
45 min.

Outdoor Sports Boards

8:00 AM

PILATES REFORMER JUMPMAT 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.

YIN YOGA Limit: 30 Yoga Studio
25 min.

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

8:30 AM

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

9:00 AM

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

ROCKIN RETRO AEROBICS Limit: 30 Gym 1
45 min.

CARDIO CIRCUIT Gym 5
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

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

9:30 AM

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

AUTUMN OUTDOOR SHOWER EXPERIENCE

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.

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.

HARVESTING JOY WITH JEANNIE DUBOSE Tanglewood Room
50 min. Explore the activities, habits, and circumstances which invite your heart to soften and see yourself, others, and the world through a lens of gratitude, wonder, and awe. Jeannie explores this topic playfully and reverentially through images, music, and reflection.

YOGA SCULPT Limit: 20 Yoga Studio
45 min.

TUBES & LOOPS Limit: 20 Gym 2
45 min.

H2O POWER Limit: 25 Indoor Pool
45 min.

CARDIO TENNIS CLINIC
- LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80 A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext 55423.

11:00 AM

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

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

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

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

PICKLEBALL:
DAILY DOSE - LEVEL 2.5+ Limit: 4 \$ Pickleball Court 1
50 min. \$80 Enhance your game with pointers from a Canyon Ranch Pickleball Pro. Court shoes are strongly recommended. For players at Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423.

NOON

RESTORATIVE AERIAL YOGA
& SOUND HEALING CLINIC Limit: 8 \$ Yoga Studio
50 min. \$110 Experience supported & suspended restorative yoga postures with the vibrational healing from sound instruments. The practice assists in slowing your body and reduce physical & emotional stress. Sign up: CR App or with a Wellness Guide, Ext 55423.

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Fajita Bowl with Shrimp or Tempeh and Guacamole & Salsa, and watch our demo chef prepare the entrée. First come, first serve.

12:30 PM

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

Signature Events + Discovery Days: **RACQUET SPORTS (SEP 29 - OCT 5)** / **NOURISH YOUR SOUL (1 - 4)**

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

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. Fajita Bowl with Shrimp or Tempeh, guacamole & salsa

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

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!

CLIMBING WALL Limit: 4 \$ Outdoor Sports Boards
1 hr. 30 min. \$110 Conquer our climbing wall! It's fun, challenging, burns mega-calories, builds strength & works every major muscle group. A variety of routes for beginning to intermediate climbers. 45 min–2 hrs. Sign up: CR App or with a Wellness Guide, Ext. 55423.

2:00 PM

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

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

BEST BACKSIDE Limit: 16 Sports Court
45 min.

BASIC AEROBIC CIRCUIT WEIGHTS Gym 5
45 min.

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

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

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.

3:00 PM

TENNIS: AFTERNOON DRILLS Limit: 4 \$ Indoor 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: KITCHEN CONFIDENCE Limit: 6 \$ Demo Kitchen
50 min. \$110 Sharpen your knife skills, master mise en place, and prep like a pro. Discover how the right tools and setup can boost your efficiency and confidence in the kitchen. Sign up: CR App or with a Wellness Guide, ext. 55423.

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

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

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 Welless Guides at Ext. 55423.

4:00 PM

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

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

5:00 PM

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

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

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Limit: 6 Silverleaf
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

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.

SATURDAY

October 4, 2025

7:00 AM

MORNING WALK
45 min.

Outdoor Sports Boards

8:00 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.

HIKE: LEVEL 5
- RACE BROOK FALLS Limit: 10 Outdoor Sports Boards
6 hr. 30 min.

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.

OUTDOOR SUN SALUTATIONS Lower Spa Lobby
25 min.

INTRODUCTION TO
COLD THERAPY CLINIC 25M Limit: 4 \$ Skincare Reception
25 min. \$45 Learn and experience the benefits of proper exposure to cold therapy in our Women's Spa cold plunge. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PILATES REFORMER CLINIC - BEGINNER Limit: 4 \$ Gym 5
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.

8:30 AM

HIIT IT Limit: 18 Gym 1
20 min.

9:00 AM

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

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

ZUMBA® STEP Limit: 15 Gym 1
45 min.

POWER ROW Limit: 10 Rowing Studio
45 min.

YIN & RELEASE Limit: 30 Yoga Studio
45 min.

PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 1
50 min. \$80 A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

10:00 AM

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!

ROCK YOUR FLOW Limit: 30 Yoga Studio
45 min.

CR STRENGTH Limit: 20 Gym 1
45 min.

H2O POWER Limit: 25 Indoor Pool
45 min.

CARDIO TENNIS CLINIC
- LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1
50 min. \$80 A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423.

11:00 AM

CAMP ARCHERY WORKSHOP Limit: 8 \$ Outdoor Sports Boards
1 hr. 30 min. \$110 Improve your archery skills at this semi-private archery session. Join us at our range, use a sight to fine-tune your shot. Sign up: CR App or with a Wellness Guide, Ext 55423.

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

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

POWER Limit: 10 Gym 5
45 min.

TRX CORE Sports Court
45 min.

PICKLEBALL:
DAILY DOSE - LEVEL 2.5+ Limit: 4 \$ Pickleball Court 1
50 min. \$80 Enhance your game with pointers from a Canyon Ranch Pickleball Pro. Court shoes are strongly recommended. For players at Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423.

NOON

LINE DANCING Gym 1
25 min.

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

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

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

Signature Events + Discovery Days: **RACQUET SPORTS (SEP 29 - OCT 5)** / **NOURISH YOUR SOUL (1 - 4)**

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

1:00 PM

BOGA FITMAT® FITNESS CLINIC Limit: 6 \$ Indoor Pool
50 min. \$80 Take your fitness to the next level and float it! Athletic, strength, and cardio exercises are taken to the water on your floating BOGA FITMAT®. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 1
50 min. \$80 A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

1:30 PM

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

**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 with a Wellness Guide, Ext. 55423.

HIGH ROPES COURSE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$220 Safely explore your limits and build self-confidence as you journey through a series of ropes, cables and wood constructs set high above the Great Lawn. Sign up: Outdoor Sports Board.

2:00 PM

**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.

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.

3:00 PM

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

**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

**YOUR INNER BEAUTY
WITH JEANNIE DUBOSE** Tanglewood Room
50 min. Beauty is often confused with glamour, but true beauty is about the substantial becoming of who you are. We will go beyond the notion of mirror-image beauty and invite you to consider your encounters with the beauty of your sacred center.

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.

4:30 PM

**WINE TASTING:
A SENSORY EXPLORATION** Limit: 8 \$ 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.

5:00 PM

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

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Limit: 6 Silverleaf
1 hr. 30 min. Join fellow guests for a shared dining experience at our community table. Reservations required - sign up at the host stand.

8:30 PM

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

SUNDAY

October 5, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min.

8:00 AM

PRANAYAMA BREATHING Yoga Studio
25 min.

PILATES REFORMER CLINIC - INTERMEDIATE Limit: 4 \$ Gym 4
50 min. \$80 This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required. Sign up: CR App or with a Wellness Guide, Ext. 55423.

8:30 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.

TRX FLOW Limit: 15 Sports Court
20 min.

9:00 AM

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

CHAIR YOGA Limit: 12 Yoga Studio
45 min.

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

HIKE: LEVEL 3 - BEARTOWN RAMBLE Limit: 12 Outdoor Sports Boards
3 hr. 30 min.

SHINRIN YOKU Limit: 8 Outdoor Sports Boards
1 hr. 30 min.

10:00 AM

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

ATHLETIC YOGA Limit: 30 Yoga Studio
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 \$ Indoor Tennis Court 1
50 min. \$80 A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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.

11:00 AM

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

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

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

OUTDOOR BOOT CAMP Lower Spa Lobby
45 min.

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

NOON

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

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

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

12:30 PM

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

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 MORE, THE MERRIER

Interested in bringing a group? Ideal for milestone birthday celebrations, family reunions, girlfriend getaways, book clubs, corporate retreats and more.

For more information or booking a group, please contact Sr. Sales Manager, Rachel Christman

(413) 728-4421 | rchristman@canyonranch.com

Signature Events + Discovery Days: **RACQUET SPORTS (SEP 29 - OCT 5)**

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

1:30 PM

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

HIKE: LEVEL 1 - GOULD MEADOWS Limit: 12 Outdoor Sports Boards
2 hr.

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.

2:00 PM

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

OUTDOOR WALK YOUR WORKOUT Lower Spa Lobby
45 min.

YOGA ALIGNMENT Yoga Studio
45 min.

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.

3:00 PM

TEA & TAROT Limit: 5 \$ Front Spa Lobby
1 hr. 40 min. \$140 Step into our Mystic Tent for tea & tarot. In this 100-min circle, sip soulful teas & explore the cards with our metaphysical practitioner. A magical gathering for seekers of guidance & new paths. Sign up: CR App or with a Wellness Guide, Ext. 55423.

PUNCH Limit: 20 Sports Court
45 min.

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

FALL FLOW YOGA Yoga Studio
45 min.

4:00 PM

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

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

ROWING ESSENTIALS Limit: 10 Rowing Studio
45 min.

OUTDOOR SPORTS ACTIVITIES

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

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

5:00 PM

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

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

STRETCH & RELAX Limit: 30 Gym 2
25 min.

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

6:00 PM

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

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Silverleaf
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.

MONDAY

October 6, 2025

7:00 AM

MORNING WALK

45 min.

Outdoor Sports Boards

8:00 AM

OFF THE COURT: RACQUET SPORTS

CONDITIONING CLINIC

Limit: 6

\$

Gym 2

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

OUTDOOR MEDITATION

25 min.

Lower Spa Lobby

8:30 AM

OUTDOOR WAKE-UP

WARM-UP STRETCH

20 min.

Lower Spa Lobby

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

45 min.

Yoga Studio

ZUMBA®

Limit: 30

45 min.

Gym 1

ADVANCED INDOOR CYCLING

Limit: 12

45 min.

Cycling Studio

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: 22

3 hr. 30 min.

Outdoor Sports Boards

LOVING-KINDNESS MEDITATION

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.

Tanglewood Room

9:30 AM

GRAVEL GRINDER BIKE: LEVEL 3

- OCTOBER MTN. WATERS

Limit: 4

3 hr.

Outdoor Sports Boards

SHINRIN YOKU

Limit: 6

2 hr.

Outdoor Sports Boards

10:00 AM

ROCK YOUR FLOW

Limit: 30

45 min.

Yoga Studio

CR STRENGTH

Limit: 20

45 min.

Gym 1

H2O POWER

Limit: 25

45 min.

Indoor Pool

CARDIO TENNIS CLINIC

– LEVEL 3.0+

Limit: 4

\$

Indoor Tennis Court 1

50 min. \$80 A fun new approach to tennis in a great group aerobic workout. This clinic is for players Level 3.0 and above. Sign up: CR App or with a Wellness Guide, Ext. 55423.

11:00 AM

MID-MORNING STRETCH

Limit: 30

45 min.

Gym 2

BEGINNER PILATES

Limit: 30

45 min.

Gym 1

OUTDOOR BOOT CAMP

45 min.

Lower Spa Lobby

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.

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 with a Wellness Guide, Ext. 55423.

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.

NOON

LUNCH & LEARN

Limit: 16

50 min.

Demo Kitchen

Enjoy a three-course meal featuring Blackened Shrimp and Venezuelan Salsa, and watch our demo chef prepare the entrée. First come, first serve.

LINE DANCING

25 min.

Gym 1

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 with Wellness Guide at Ext. 55423.

12:30 PM

BALANCE CHALLENGE

Limit: 20

20 min.

Gym 2

Signature Events + Discovery Days: **SERENITY & STILLNESS (6 - 12)**

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

1:00 PM

PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 1
50 min. \$80 A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. Meet at Indoor Tennis Courts. Sign up: CR App or with a Wellness Guide, Ext. 55423.

BOGA FITMAT® FITNESS CLINIC Limit: 6 \$ Indoor Pool
50 min. \$80 Take your fitness to the next level and float it! Athletic, strength, and cardio exercises are taken to the water on your floating BOGA FITMAT®. Sign up: CR App or with a Wellness Guide, Ext. 55423.

1:30 PM

HIKE: LEVEL 1
- **BULLARD WOODS** Limit: 12 Outdoor Sports Boards
2 hr.

CAMP ARCHERY WORKSHOP Limit: 4 \$ Outdoor Sports Boards
1 hr. 30 min. \$110 Improve your archery skills at this semi-private archery session. Join us at our range, use a sight to fine-tune your shot. Sign up: CR App or with a Wellness Guide, Ext. 55423.

KAYAK: SEMIPRIVATE Limit: 4 \$ Outdoor Sports Boards
2 hr. \$110 Enjoy a kayak tour on one of our beautiful local lakes. Instruction included. Must be an able swimmer. Weather dependent. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

HANDS-ON COOKING: SEASONAL EATS Limit: 6 \$ Demo Kitchen
50 min. \$110 Celebrate each seasons bounty by using fresh, peak produce. Get inspired by spices, herbs and cooking techniques to create fast, delicious, and varied dishes from around the world, year-round. Sign up: CR App or with 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.

FALL FLOW YOGA Yoga Studio
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.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

6:30 PM

3-WORLDS OF SOUL EXPERIENCE Limit: 8 \$ Yoga Studio
1 hr. 30 min. \$110 In Mystic and Shamanic practices, the soul can experience through three levels of consciousness. Explore these unique spaces in a Soul Journey and discover inner resources for personal growth. Sign Up: CR App or with a Wellness Guide, Ext. 55423

FULL MOON TRAIL WALK Limit: 10 Outdoor Sports Boards
60 min. Soak up the moon glow during this on-property trail walk. Sign up: CR App or with a Wellness Guide, Ext. 55423.

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Silverleaf
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

JAZZ CLASSICS: BLUES TO BOSSANOVA Fieldstone Lounge
50 min. Great jazz standards of the 20th century. With Charlie Tokarz on woodwinds & Ron Ramsay on piano, enjoy a variety of jazz tunes. From Duke Ellington to Herbie Hancock – end your day on a high note!

1:00 PM

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

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

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

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

KAYAK: SEMIPRIVATE Limit: 3 \$ 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.

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.

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

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

3:00 PM

TENNIS: AFTERNOON DRILLS Limit: 4 \$ Indoor 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.

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

HANDS-ON COOKING: FUEL FOR STRENGTH & PERFORMANCE Limit: 6 \$ Demo Kitchen
50 min. \$110 Discover the pantry staples that support strength, energy, and endurance — pre- and post-workout. Plus, learn how to use carbs, caffeine, collagen, and fats wisely. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

ROWING ESSENTIALS Limit: 10 Rowing Studio
45 min.

5:00 PM

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

OUTDOOR MEDITATION Lower Spa Lobby
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect ending to your day - join us for a cozy evening around the fire. Gourmet s'mores kits are available for purchase in Culinary Rebel, featuring rich artisan chocolate and our house-made marshmallows.

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

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Silverleaf
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

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.

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM:

OPEN DAILY 7 AM – 9 PM

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

REMINDERS

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

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

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

Th 1:30 PM, Sa 10 AM, Mo 1:30 PM

ADVANCED MORNING HIKES

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

Wed & Sat – 8 AM

HIKING & BIKING

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

BEGINNER HIKES

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

INTERMEDIATE & ADVANCED HIKES

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

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

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

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

FITNESS

Active Mobility

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

Advanced Indoor Cycling

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

Aerobic Choreo Sculpt

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

Amazing Abs & Healthy Hips

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

Aqua Strength Circuit Class

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

Balance Challenge

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

Basic Aerobic Circuit Weights

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

Berkshire Beat

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

Best Backside

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

CR Strength

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

Cardio Circuit

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

Cardio Kickboxing

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

Carry On

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

Endurance Ride

Zone 2 training is moderate, steady exercise. A Performance Science expert shares the benefits of training in Zone 2 for aerobic efficiency. Receive your personalized Functional Threshold Power assessment, followed by an endurance indoor cycling ride. We 2:00pm

Great Plate Workout

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

GritLAB: Strength & Endurance Conditioning

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

H2O Power

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

HIIT IT

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

High Tempo Barre

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

Line Dancing

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

Long & Lean Barre Workout

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

Muscle Conditioning

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

Outdoor - Walk Your Workout

Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll, resistance strength work will be integrated to teach you how to take this workout on the road. In the event of inclement weather, this class will take place in the Indoor Track. Su 2:00pm, Tu 2:00pm

Outdoor Boot Camp

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

Pedal, Lift, Flow

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

Performance Recovery: Reset & Recharge

Awaken your body and boost mobility with Therabody® tools! Learn self-myofascial release using the Wave Duo, Roller, and Theragun Mini to ease tension, correct imbalances, and promote full-body recovery and performance. Th 4:00pm, Sa 4:00pm, Tu 4:00pm

Power

It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our self-power driven cardio machines and multi-dimensional strength moves. Sa 11:00am, Tu 11:00am

Power Row

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

Punch

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

Rip 'N' Ride

Crank up the intensity with this high-energy fusion of fan bike intervals and TRX® Rip Trainer strength work. Torch calories, build power, and ride your way to peak performance! Th 2:00pm

Rockin Retro Aerobics

Get your heart pumping and spark nostalgia in this low-impact class featuring fun and easy choreography set to music from the '60s, '70s and '80s. Fr 9:00am

Rowing Essentials

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

Shred

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

Step & Strength

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

Stroops Bungee Workout

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

TRX Basic Strength

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

TRX Core

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

TRX Flow

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

Triple Blast

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

Tubes & Loops

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

Zumba®

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

Zumba® Step

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

MIND-BODY

Athletic Yoga

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

Beginner Pilates

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

Chair Yoga

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

Fall Flow Yoga

Fall is a powerful time of transition. Learn to shift your yoga routine to connect and align with the qualities each season has to offer. Explore a yoga practice of warming postures and breath work to embrace change and find harmony. Th 3:00pm, Su 3:00pm, Mo 3:00pm

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

Fitness For Your Feet

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

Foam Roll & Stretch

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

Heart Opening Flow

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

Intermediate Yoga

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

Mid-Morning Stretch

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

Outdoor Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. In the event of inclement weather, this class will take place in the Yoga Studio. We 5:00pm, Fr 5:00pm, Sa 5:00pm, Su 5:00pm, Mo 8:00am, Mo 5:00pm, Tu 5:00pm

Outdoor Sun Salutations

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

Outdoor Wake-Up Warm-Up Stretch

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

Pranayama Breathing

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

Restorative Yoga

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

Rock Your Flow

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

Sacral Chakra Hip Opening

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

Stretch & Relax

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

Twist & Shout Yoga

Ignite your energy and shake off stress in this dynamic yoga flow! Through vibrant twists, breathwork, and lively movement, you'll clear stagnant energy, release tension, and leave feeling refreshed, clear, and fully present. Tu 10:00am

Walk In The Woods Yoga

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

Yin & Release

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

Yin Yoga

This 25-minute class will increase your flexibility and release inner tension. This contemplative class takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes. Fr 8:00am

Yoga Alignment

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

Yoga For Healthy Back

Explore basic strategies for strengthening and stretching areas of the body that can cause chronic low back pain. Not for those with serious spinal injuries or diagnosed spinal conditions. No shoes. Fr 2:00pm

Yoga Foundations

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

Yoga Sculpt

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

Zen•Ga™ Flow

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

OUTDOOR SPORTS

Afternoon Outdoor Tai Chi

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

Bike Ride: Introduction to Mountain Biking

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

Bike Ride: Level 2 - Ashuwillticook Rail Trail

Trail runs through mid-Berkshire County. Along the shores of Cheshire Lake, the Hoosic River, and to Adams, MA. You may turn around mid-way and shorten your final mileage. Up to 22 miles. Sign-up: CR App or with a Wellness Guide, Ext. 55423. Tu 8:30am

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 8:30am

Birding & The Natural World

Enjoy a gentle hike led by naturalist and birding expert Tom Lewis. Flora, fauna, & bird song identification with a sprinkling of natural history. Delight in this morning endeavor. Tu 7:30am

Canoe/Hike Combo Level 2+

A perennial favorite! Our Outdoor Guides will lead you on a Level 2+ hike on the Appalachian Trail and a canoe trip on Goose Pond. Must be an able swimmer. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 9:00am, Mo 9:00am

Gravel Grinder Bike: Level 3 - October Mtn. Waters

Enjoy a ride at the top of the State Forest, surrounded by stunning views and bodies of water that make up the local watershed. This route features loose gravel and hard-packed dirt — cycling experience on both is preferred. Distance: up to 10 miles. Mo 9:30am

Gravel Grinder Bike: Level 3-Richmond Country Rds

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

Hike: Level 1 - Bullard Woods

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

Hike: Level 1 - Canoe Meadows

A Massachusetts Audubon sanctuary with generally flat terrain, open meadows and forest. The wetland ponds, abound with wildlife, beaver and birds. 2 miles. Vertical rise is minimal. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 2:00pm

Hike: Level 1 - Gould Meadows

A gentle hike that takes you along the shores of the beautiful Stockbridge Bowl, and through the surrounding forest and meadows. Grassy paths and rooty trails. 1.5 miles. Vertical rise is minimal. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 1:30pm

Hike: Level 1 - Kennedy Park Gazebo

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

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

Rolling hike that traverses part of Yokun Ridge. Viewpoint at the rocky Kennedy Cliffs looking back at Lenox and the surrounding Berkshire Hills. Rocky terrain. 2 miles. Vertical rise 400 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 1:30pm

Hike: Level 2 - Shadowbrook

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

Hike: Level 2+ - Flag Rock

The hike begins with steep section followed by moderate terrain with boulders flanking the trail. Look west over the town and river of Housatonic and New York State. 4 miles. Vertical rise 900 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 9:00am

Hike: Level 3 - Beartown Ramble

Traverse around Benedict Pond. Climb the Wildcat trail to a westward vista over the quaint village of Great Barrington. Possible view of the Catskills. Reverse. 3 miles. Vertical rise 300 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 9:00am

Hike: Level 3 - Burbank Trail

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

Hike: Level 3 - Pleasant Valley Overbrook Trail

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

Hike: Level 4 - Stony Ledge at Mt. Greylock

Elevation gain up a steep, rocky ascent to the view at Stony Ledge. Epic view of the surrounding mountains and into VT. Reverse or head down Roaring Brook trail. 5.5miles. Vertical rise 1644ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Tu 8:00am

Hike: Level 4 - Yokun Seat

Hike near beaver ponds at Pleasant Valley Audubon Sanctuary. Climb steadily to expansive westerly views. Traverse the ridgeline to a view of Mt. Greylock. Reverse. 6 miles. Vertical rise 1330ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 8:00am

Hike: Level 5 - Race Brook Falls

Steep, rocky ascent that climbs near the brook and up to a series of falls. Above you will reach a rolling section between two peaks. Climb to the summit of Mt. Everett for sweeping views. Lunch included. 6.5miles. Vertical rise 2,000ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 8:00am

Lenox History Walk

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

Morning Walk

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

Shinrin Yoku

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

AMENITIES & MORE

LAUNDRY & DRY CLEANING

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

CUSTOM COMFORTS

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

PRIVACY, PLEASE

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

CLEAR THE AIR

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

YOUR VALUABLES

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

SAFETY & SECURITY

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

POOL TIME

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

TENNIS

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

YOUR CANYON RANCH PILLOW MENU

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

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

OUR ROOM FEATURES

LUXURY PILLOWS ON YOUR BED

Down alternative – medium support; hypoallergenic.

PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE

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

PILLOWS YOU CAN REQUEST

LUXURY PILLOWS AVAILABLE BY REQUEST

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

BACK SLEEPERS

- Buckwheat** – Relaxes and aligns the neck for breathing comfort
- Cervical** – Aligns and relaxes the cervical spine
- Soft synthetic foam**
- Neck support**
- Contour memory foam**

SIDE SLEEPERS

- Side sleeping pillow** – Improves breathing, aligns the spine; memory foam
- Leg spacer** – Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric
- Body pillow** – For side and belly sleepers, aligns the spine when between the knees, excellent for pregnancy; polyester fill
- Back and/or side sleeper** – King-sized soft gel that contours to your body

MENU OF SERVICES

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



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

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

PERSONALIZED, PRECISE, PREVENTIVE

Dexa Body Composition &

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

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
Personalized Exercise Program	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
Functional Movement Analysis	50 min.....	350
Hiking Performance	50 min.....	350
Low Back Pain Evaluation	50 min.....	350
Muscle & Joint Assessment	50 min.....	350
RacquetFit™ Racquet Health Program	50 min.....	350
Running Form & Performance	50 min.....	350
TPI™ Golf Health Program – two-part service.....	50 min each.....	570

NUTRITION & FOOD

NUTRITION

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
Hydration Testing – two-part service	50 min each.....	460
Personalized Nutrition Consultation	50 min.....	220
Strategies for Raising Nutritious Eaters	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

Addressing Cravings & Emotional Eating - two-part service.....	50 min each.....	\$470
Establishing Healthy Habits	50 min.....	250
Hypnotherapy.....	50 min.....	250
Intro to Brainspotting NEW	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	25 min.....	140

METAPHYSICAL

Alchemical Healing	80 min.....	\$320
Astrology	50 min.....	240
Astrology Synastry Chart Reading For Two NEW	100 min.....	250/person
Emotional Stress Release	80 min.....	320
Healing Energy	80 min.....	310
Healing Energy with Aromatherapy	80 min.....	320
Heart Connection Healing	80 min.....	320
Intuitive Mentoring NEW	50 min.....	240
Learn to Read Tarot Cards.....	50 min.....	240
Meeting Your Inner Oracles	100 min.....	395
Optimize Healing	80 min.....	320
Past Life Experience	100 min.....	395
Tarot Card Reading	50 min.....	240
	Duet session.....	175/person

SPIRITUAL WELLNESS

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

MENU OF SERVICES

FITNESS & MOVEMENT

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

Private Fitness Training

Private Mind-Body Practice

Private Pilates or Gyrotonic Training

Private Yoga Practice

Individual Training Session.....	50 min.....	\$150
Duet Training Session.....	50 min.....	110/person
Small Group Training Session (3-5 people).....	50 min.....	80/person
Private Group Class.....	50 min.....	335/class
Heightened States: Private Breathwork Experience	120 min.....	320
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
Equine Escape: Horse Connection	times vary.....	250/person
Falconry - Harris Hawk Guided Walk	times vary.....	200/person
Kayaking	times vary.....	110/person
Keep it Rolling – Bike Maintenance Workshop	times vary.....	110/person
Photography Hike	times vary.....	110/person
Saddle & Ride: Horseback Adventure	times vary.....	350/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 NEW	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

Services & fees subject to change without notice.

SPA

AYURVEDIC TREATMENTS

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

BODY TREATMENTS

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

EASTERN THERAPIES

Ashiatsu – Barefoot Massage	50 min.....	\$240
	80 min.....	340
Reflexology	50 min.....	240
Reiki	50 min.....	220
Thai Massage.....	100 min.....	440

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

MENU OF SERVICES

Sole Rejuvenation.....	50 min	\$200
Therapeutic CBD Pain Relief Massage	50 min	250
	80 min.....	350
	100 min	450
Skin Vitality Massage NEW	50 min	220
Warm Coconut Oil Massage	50 min	240
	80 min.....	340

SALON

HAIR CARE

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

MAKEUP

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

MANICURES

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

PEDICURES

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

FACIAL TREATMENTS

AKAR Organic Facial NEW	50 min	\$220
Biologique Recherche Custom Facial.....	50 min	240
Biologique Recherche Lift & Sculpt Facial.....	80 min	420
Cellular Renewal Facial by Augustinus Bader	50 min	220
Collagen Lifting Facial NEW	80 min	395
Diamond Peptide Skin Fitness Facial	50 min	240
Environ Age-Defying Facial	80 min	395
Environ Vitamin Therapy Facial	50 min	220
Hydrafacial MD.....	50 min	275

Ionix Radiance Renewal Facial NEW	80 min	\$420
Mineral-Rich Moor Mud Facial	50 min	220
Oxygen Luxe Facial	50 min	275
	80 min	395
TriaWave Lifting Facial NEW	80 min	420
VENN Advanced Collagen Facial	50 min	220

OUTDOOR TREATMENTS **NEW**

YOUR JOURNEY TO RENEWAL BEGINS UNDER THE OPEN SKY

EASTERN THERAPIES

Outdoor Grounding Reflexology	50 min	\$300
Outdoor Chakra Recharge	50 min	\$300

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 14 – 17)

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

GUIDELINES FOR TEENS

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

ESSENTIALS

PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

RESORT SERVICES EXTENSION

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

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

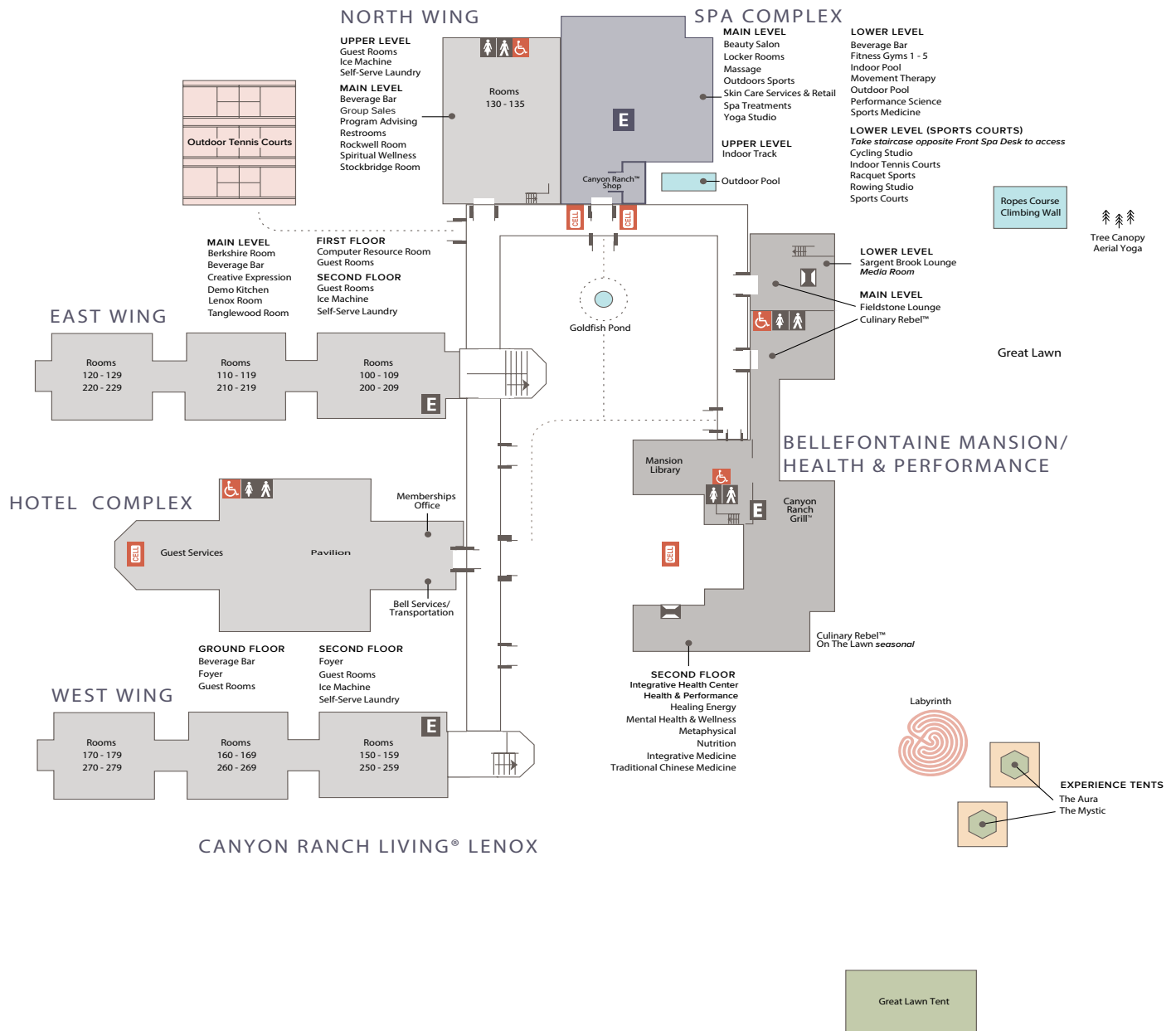
Our Membership Sales Office,
located in the Hotel Lobby

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