

RANCH SCHEDULE  
OCTOBER 8 - 14, 2025



This schedule belongs to:

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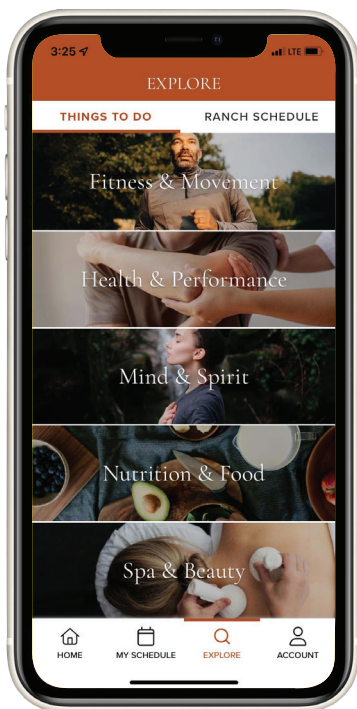




CANYON  
RANCH.

# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



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

#### WHAT YOU CAN DO

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



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### 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

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## DECISIONS, DECISIONS ...

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

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

# UPCOMING EVENTS

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



## 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**



HOW TO COMMUNICATE WITH YOUR PET  
WITH PET COMMUNICATOR, DIANE ROADCAP  
OCT 11 - 12

Ever wondered what your pet is thinking or feeling? Join us for an extraordinary experience led by Diane Roadcap, an internationally renowned pet communicator. During this unique event, Diane will share her wisdom and techniques, empowering you to forge a deeper bond with your furry friend. Bring along photos of your pet to receive personalized insights from Diane.

Activities included in this event are **HIGHLIGHTED**



BERKSHIRES FALL FOLIAGE ESCAPE  
LEAF PEEPING, YOGA, TALKS & MORE  
OCT 13 - 19

Join us this October for a soul-stirring retreat during New England's most magical season. Amid the golden glow and fiery foliage of the Berkshires, you'll immerse yourself in daily yoga, mindful hikes, creative expression, wellness wisdom, and restorative spa rituals. Allow the crisp autumn air to awaken your senses as the beauty of the season guides your transformation.

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 8, 2025

## 7:00 AM

MORNING WALK  
45 min.

Outdoor Sports Boards

## 7:30 AM

### QI GONG

#### STRESS RELIEF MEDITATION

Limit: 6 \$ Tanglewood Room

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

## 8:00 AM

ACTIVE STRETCH CLINIC Limit: 8 \$ Gym 1

50 min. \$80 Decrease injury & improve mobility. Active stretching with resistance bands will optimize everyday tasks and athletic performance. Sign up: CR App or with a Wellness Guide, Ext 55423.

#### OUTDOOR SUN SALUTATIONS

25 min. Lower Spa Lobby

#### HIKE: LEVEL 5

- MT. FRISSELL Limit: 10 Outdoor Sports Boards  
5 hr. 30 min.

## 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.

## 9:30 AM

### 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.

### ECO-TOUR WITH CERTIFIED

FIELD NATURALIST Limit: 6 \$ Outdoor Sports Boards  
2 hr. 30 min. \$110 Explore the Berkshires with a Massachusetts Certified Field Naturalist. Experience bird and animal tracking, plant identification, aquatic life & much more. Includes up to 1.5 miles of walking. Sign up: CR App or a Wellness Guide, Ext. 55423.

## CANYON RANCH COMMUNITY TREE

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

*"I Honor My Ancestors By ..."*

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

## 10:00 AM

CR STRENGTH Limit: 20 Gym 1  
45 min.

H2O POWER Limit: 25 Indoor Pool  
45 min.

FIND YOUR INNER WARRIOR Yoga Studio  
45 min.

### 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 a Wellness Guide, Ext. 55423.

### EXERCISE & MENOPAUSE

CME Tanglewood Room

50 min. Explore the role of exercise in managing menopause. Learn how to optimize your exercise routine to help you flourish during your transition.

## 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 Sheet Pan Chicken Parmesan with Roasted Vegetable Salad and watch our demo chef prepare the entrée. First come, first serve.

### TAROT DEMO:

WHAT'S IN THE CARDS FOR YOU? Limit: 12 Mansion Library

50 min. A metaphysical practitioner shares the power of tarot cards with brief reading and demonstration for everyone. Do you have a question you'd like to gain some perspective about? Ask the tarot!

## 12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2  
20 min.



Signature Events + Discovery 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

### 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.

## 1:30 PM

### HIGH ROPES COURSE Limit: 4 \$ Outdoor Sports Boards

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

## 2:00 PM

### HIKE: LEVEL 1 - PLEASANT VALLEY

BEAVER PONDS Limit: 10 Outdoor Sports Boards  
2 hr.

### KAYAK: SEMIPRIVATE Limit: 5 \$ 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

### BASIC AEROBIC CIRCUIT WEIGHTS

Gym 5

45 min.

### ENDURANCE RIDE Limit: 12

Cycling Studio

45 min.

### YOGA ALIGNMENT

Yoga Studio

45 min.

### ONCE UPON A PAST LIFETIME...

Berkshire Room

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

### 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.

## 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.

### 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:

CHOCOLATE FIX! Limit: 6 \$ Demo Kitchen

50 min. \$110 Chocolate lovers rejoice! Learn to create healthy chocolatey snacks that will conquer your cravings and keep you on track between meals. Sign up: CR App or with a Wellness Guide, Ext 55423.

## 4:30 PM

### WATERCOLOR PAINTING Limit: 8 \$ Creative Expression Studio

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

## 5:00 PM

### MYTHS & FACTS ABOUT CARBS CME Tanglewood Room

50 min. Carbs dominate the American diet but are often misunderstood. We'll clear up common misconceptions and explain the best carb sources, amounts, and timing for different people.

### OPEN 12-STEP RECOVERY MEETING

Lenox Room

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

### OUTDOOR MEDITATION

Lower Spa Lobby

25 min.

### STRETCH & RELAX Limit: 30

Gym 2

25 min.

## 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

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

Berkshire Room

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





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.

## 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.

### 1:30 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

**ZOMBIE APOCALYPSE ARCHERY** Limit: 8 \$ Outdoor Sports Boards  
1 hr. 30 min. \$110 Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: CR App or with a Wellness Guide, Ext 55423.

### 2:00 PM

**HIKE: LEVEL 2 - THOMAS & PALMER BROOK TRAIL** Limit: 10 Outdoor Sports Boards  
2 hr.

**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.

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

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

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

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

### 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.

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

**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

**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.

**SOURDOUGH PIZZA – CREATE & ENJOY YOUR OWN** Limit: 10 \$ Demo Kitchen  
1 hr. 30 min. \$175 Explore sourdough fermentation for perfect pizza doughs, including gluten-free! Mix dough, prep sauces, craft toppings, and sit down to enjoy your handmade pizza. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

**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

**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

**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.

**GATHER & PLAY: GAME NIGHT!** Limit: 20 Sargent Brook Lounge  
50 min. Join H&P Director Tegan Campbell for a fun-filled board game night! Whether you love the classics or want to try something new, we'll choose games that fit the group. Enjoy connection, community, and snacks!

**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

**LINDA KAHN PRESENTS: WAIT 'TIL YOU SEE WHAT'S NEXT** Fieldstone Lounge  
50 min. NY Cabaret artist Linda Kahn sings songs about the winding path to lasting love, from her award-winning CD, "Wait Til You See What's Next."

# FRIDAY

October 10, 2025

## 7:00 AM

MORNING WALK  
45 min.

Outdoor Sports Boards

## 8:00 AM

PILATES REFORMER JUMPBOARD CLINIC Limit: 4 \$ Gym 4  
50 min. \$80 Challenge yourself to a Pilates cardio interval workout.  
Increase your heart rate, burn fat, improve bone density and create a long,  
lean, strong body. Reformer experience required. | Sign up: Program Advis-  
ing, Ext. 55423.

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

OUTDOOR MEDITATION Lower Spa Lobby  
25 min.

## 8:30 AM

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

## 9:00 AM

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

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

ROCKIN RETRO AEROBICS Limit: 30 Gym 1  
45 min.

CARDIO CIRCUIT Gym 5  
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio  
45 min.

## 9:30 AM

GRAVEL GRINDER BIKE: LEVEL 3  
- HOUSATONIC RAIL TRAIL Limit: 4 Outdoor Sports  
Boards  
2 hr. 30 min.

## 10:00 AM

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

YOGA SCULPT Limit: 20 Yoga Studio  
45 min.

TUBES & LOOPS Limit: 20 Gym 2  
45 min.

H2O POWER Limit: 25 Indoor Pool  
45 min.

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

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 a Wellness  
Guide, Ext. 55423.

## 11:00 AM

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 Pick-  
leball 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 Spicy Shrimp Grain Bowl with  
Peanut-Miso Dressing, 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.

## 1:00 PM

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

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

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.

## 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: **SERENITY & STILLNESS (6-12)**

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

### 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 - BENEDICT POND** Limit: 10 Outdoor Sports Boards  
2 hr. 30 min.

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

**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.

**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.

### 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.

#### MIXED EMOTIONS:

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

**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.

## HARVEST HAYRIDES

2:00pm - 4:00pm | Every 30 min.

Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Dress comfortably.

LIMIT: 8 per ride 30 min each ride, last at 4pm

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

### 4:00 PM

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

**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.

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

### 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

**RELATIONSHIP MYTHS & SAVING TRUTHS** Tanglewood Room  
50 min. Greg Taylor, Imago relationship therapist, dispels relationship myths by covering principles from the Harville Hendrix and Helen LaKelly Hunt book, "Making Marriage Simple." Guests do not have to be married to benefit from this experience.

# SATURDAY

October 11, 2025

## 7:00 AM

MORNING WALK Outdoor Sports Boards  
45 min.

## 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.

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.

HIKE: LEVEL 5 - LION'S HEAD A.T. Limit: 10 Outdoor Sports Boards  
6 hr.

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

OUTDOOR MEDITATION Lower Spa Lobby  
25 min.

## 8:30 AM

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

HIIT IT Limit: 18 Gym 1  
20 min.

## 9:00 AM

HIKE: LEVEL 3 - EAST MTN. TOM LEONARD SHELTER Limit: 10 Outdoor Sports Boards  
3 hr.

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.

HERBS FOR SEASONAL WELLNESS CME Berkshire Room  
50 min. A Chinese Medicine practitioner shares how healing foods, the five elements & related tips, and herbs can be used to maintain good health and balance through the current season. This presentation changes seasonally.

## 10:00 AM

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

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 a Wellness Guide, Ext. 55423.

## 11:00 AM

ZOMBIE APOCALYPSE ARCHERY Limit: 8 \$ Outdoor Sports Boards  
1 hr. 30 min. \$110 Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: CR App or with a Wellness Guide, Ext 55423.

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 Burgers with Quick Pickles, 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.

LOVE THROUGH THE CHAKRAS Tanglewood Room  
50 min. Each chakra generates a different energy and focus of attention within the overall experience of love. JoAnn Levitt takes you on a guided chakra journey to appreciate the true nature and dominant focus of love in your life.

## 12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2  
20 min.

### HARVEST HAYRIDES

2:00pm - 4:00pm | Every 30 min.

Hop on a tractor drawn hay ride for a guided tour of our grounds. Learn the history of the property & sip hot cider. Dress comfortably.

LIMIT: 8 per ride 30 min each ride, last at 4pm

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



Signature Events + Discovery Days: **SERENITY & STILLNESS (6-12)** / **HOW TO COMMUNICATE WITH YOUR PET (11-12)**

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 a Wellness Guide, Ext. 55423.

### 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.

**HIKE: LEVEL 2+ - TYRINGHAM COBBLE** Limit: 12 Outdoor Sports Boards  
2 hr. 30 min.

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP** Limit: 6 \$ Rockwell Room  
1 hr. 30 min. \$140 Led by certified EBGQ & Tai Chi instructor Tom Andrews, this workshop shows you movements & meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more. Sign up: CR App or a Wellness Guide, Ext. 55423.

### 2:00 PM

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

**HANDS-ON COOKING: 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.

**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.

### 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.

**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

**ANIMALS AS TEACHER & HEALERS WITH DIANE ROADCAP** Rockwell Room  
50 min. Discuss the roles our pets play, and the lessons they can teach us. Bring a picture of your pet, and Diane will spend a few minutes answering questions about your animals feelings and behaviors.

**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

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

**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** 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

**TONY-AWARD WINNING ARTIST, TED SPERLING** Fieldstone Lounge  
50 min. Singer, pianist and music director Ted Sperling takes you on a trip through his storied Broadway career with perennial favorites and behind-the-scenes Broadway stories of Floyd Collins, My Fair Lady, Fiddler on the Roof and The King and I, and more!

### 9:00 PM

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

# SUNDAY

October 12, 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 a Wellness Guide, Ext. 55423.

## 8:30 AM

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

## 9:00 AM

### CHINESE MEDICINE:

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

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

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

### MILONGAS:

**TANGO DANCE PARTY WITH SERGIO CARDOSO** Gym 1  
45 min. Learn the basics of tango, with exercises in balance, coordination and posture while working on connection, dance floor navigation, tango choreography and musicality.

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

### HIKE: LEVEL 2

**- ROUND MOUNTAIN** Limit: 15 Outdoor Sports Boards  
3 hr.

## 9:30 AM

**STOCKBRIDGE HISTORY WALK** Limit: 10 Outdoor Sports Boards  
2 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 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 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.

### CREATING RITUALS THAT EVOKE SANCTUARY

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

## 11:00 AM

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

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

### HARMONY WITHIN: MEDITATION

**& PULSE OXIMETRY CLINIC** Limit: 6 \$ Front Spa Lobby  
50 min. \$140 Mind/Body & Performance Scientists guide meditation while tracking blood O2 and heart rate. Learn benefits of stress reduction and mental clarity while enhancing cardiopulmonary health. Sign up via CR App or Wellness Guide, Ext. 55423.

## 12:30 PM

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

## 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.

### 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 a Wellness Guide, Ext. 55423.

### 1:30 PM

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

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

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

### 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.

**DID YOU KNOW YOUR ANIMALS ARE TALKING TO YOU?** Rockwell Room  
 50 min. Our animals are attuned to our emotional core, and are always communicating with us - but are we listening? Pet Communicator, Diane Roadcap shares insights for how your pet is communicating with you.

### 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.

### 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.

### 5:30 PM

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

### 6:00 PM

**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

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



# MONDAY

October 13, 2025

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## 7:00 AM

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

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## 8:00 AM

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

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

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## 8:30 AM

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

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## 9:00 AM

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

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

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

**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.

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

**ZUMBA®** Limit: 30 Gym 1  
45 min.

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## 9:30 AM

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

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

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## 10:00 AM

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

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

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

**LOVING-KINDNESS MEDITATION** Tanglewood Room  
50 min. A healing energy provider guides this heart-centered meditation practice, inviting you to soften your heart by turning inward to nurture compassion and loving kindness toward yourself and extending that healing energy outward, offering it to others.

**CARDIO TENNIS CLINIC  
- LEVEL 3.0+** Limit: 4 \$ 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 a Wellness Guide, Ext. 55423.

## 11:00 AM

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

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

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

**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.

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## NOON

**LINE DANCING** Gym 1  
25 min.

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

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

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## 12:30 PM

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

**THE ART OF MANIFESTING** Limit: 6 \$ Front Spa Lobby  
1 hr. 20 min. \$110 A transformative workshop that guides you through a process of self-discovery. Clear old patterns, tap into your creative potential and align with a new life vision and renewed purpose. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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## 1:00 PM

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

**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.

Signature Events + Discovery Days: **FALL FOLIAGE ESCAPE (13-19)**

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

### 1:30 PM

#### HIKE: LEVEL 1

- KENNEDY PARK GAZEBO Limit: 10 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.

#### ZOMBIE

APOCALYPSE ARCHERY Limit: 8 \$ Outdoor Sports Boards  
1 hr. 30 min. \$110 Outdoor archery for beginners. Join our USA Archery Instructors at our haunted archery range to learn the skill of archery. Sign up: CR App or with a Wellness Guide, Ext 55423.

### 2:00 PM

TRIPLE BLAST Limit: 20 Sports Court  
45 min.

HIGH TEMPO BARRE Limit: 25 Gym 1  
45 min.

WALK IN THE WOODS YOGA Lower Spa Lobby  
45 min.

#### PASTA FROM SCRATCH

– ROLL, CUT, & ENJOY Limit: 8 \$ Demo Kitchen  
1 hr. 30 min. \$175 Discover pasta-making fundamentals, from flour types to mixing dough. Roll, shape, and fill fresh pasta, prepare pesto with or without nuts, then sit down to enjoy the meal you've created. Sign up: CR App or with a Wellness Guide, Ext. 55423.

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

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.

### 3:00 PM

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

FALL FLOW YOGA Yoga Studio  
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1  
45 min.

#### SELF-COMPASSION

IS YOUR SUPERPOWER CME Tanglewood Room  
50 min. Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

### 4:00 PM

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

RESTORATIVE YOGA Limit: 30 Yoga Studio  
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

### 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

#### PIANO & VIOLIN WITH

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

## 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.**





Signature Events + Discovery Days: **FALL FOLIAGE ESCAPE (13-19)**

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

## 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

### 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.

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

**HIKE: LEVEL 2 - STEVEN'S GLEN** Limit: 10 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.

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

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

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

## 3:00 PM

### 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.

### EVERYDAY MAGIC: THE SCIENCE & ART OF UNSTUCK

Tanglewood Room

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.

**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.

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

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

## 4:00 PM

### WEIGHT LOSS:

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

**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.

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

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

**RESTORATIVE YOGA** Limit: 30 Yoga 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

### JUST BEAD IT:

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

**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.

### PIANIST, KARÈN TCHOUGOURIAN

Fieldstone Lounge

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

## 8:00 PM

### NAVIGATING LIFE TRANSITIONS WITH JERRY POSNER

Tanglewood Room

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

# CLASSES & ACTIVITIES

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## CARDIO & WEIGHT GYM:

OPEN DAILY 7 AM – 9 PM

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

## REMINDERS

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

## OUTDOOR SPORTS HIGHLIGHTS

### CAMP ARCHERY

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

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

### ADVANCED MORNING HIKES

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

We + Sa, 8 AM

### RACQUET SPORTS

Join our instructors for 50-minute custom Tennis or Pickleball clinics. Play sessions recommended for families, friends, and groups to learn and improve skills.

\$80 per person.

# HIKING & BIKING

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

## BEGINNER HIKES

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

## INTERMEDIATE & ADVANCED HIKES

Rated 3 - 6, these hikes put more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group. Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

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

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

## FITNESS

### Active Mobility

Utilizing the latest self-massage technology via the Therabody 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. We 2:00pm, Fr 2:00pm

### Berkshire Beat

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

### Best Backside

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

### CR Strength

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

### Cardio Circuit

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

### Cardio Kickboxing

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

### Carry On

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

### Endurance Ride

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

### Great Plate Workout

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

### GritLAB: Strength & Endurance Conditioning

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

### H2O Power

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

### HIIT IT

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

### High Tempo Barre

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

### Line Dancing

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

### Long & Lean Barre Workout

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

### Muscle Conditioning

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

### Outdoor - Walk Your Workout

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

### 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, Th 5:00pm, Fr 8:00am, Fr 5:00pm, Sa 8:00am, Sa 5:00pm, Su 5:00pm, Mo 5:00pm, Tu 5:00pm

### Outdoor Sun Salutations

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

### Outdoor Wake-Up Warm-Up Stretch

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

### Pranayama Breathing

Every cell in our bodies needs oxygen to function properly. Join us in this engaged breathing practice that can decrease the effects of stress on the body and increase overall physical and mental 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

### 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

### Yoga Alignment

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

### Yoga For Healthy Back

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

### Yoga Foundations

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

### Yoga Sculpt

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

### Zen Motion

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

### Zen•Ga™ Flow

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

## OUTDOOR SPORTS

### Afternoon Outdoor Tai Chi

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

### Bike Ride: 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, Tu 8:30am

### 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

### 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-Housatonic Rail Trail

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

### Hike: Level 1 - Benedict Pond

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

### Hike: Level 1 - Canoe Meadows

A Massachusetts Audubon sanctuary with generally flat terrain, open meadows and forest. The wetland ponds, abound with wildlife, beaver and birds. 2 miles. Vertical rise is minimal. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 1:30pm

### Hike: Level 1 - Kennedy Park Gazebo

Wooded, rocky trails wind through mixed woods. Discover the site of the Aspinwall Hotel which was lost to fire in 1931. Ends with a view of Lenox and Tanglewood. 2 miles. Vertical rise 344 ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Mo 1:30pm

### Hike: Level 1 - Pleasant Valley Beaver Ponds

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

### Hike: Level 2 - Round Mountain

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

### Hike: Level 2 - Steven's Glen

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

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

Cross over the brook to the meadow. Trail winds along the woodland edge with expansive views of the wetland habitat. Climb to the unique feature, Whale Rock. 2 miles. Vertical rise 400ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 2:00pm

### Hike: Level 2+ - Basin Pond

The trail leads you through a lacework of streams, through a boulder-strewn natural amphitheater to a beaver pond and the site of two long-gone man-made dams. 4 miles. Vertical rise 902ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. Th 9:00am

### Hike: Level 2+ - Tyringham Cobble

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

### Hike: Level 3 - Burbank Trail

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

### Hike: Level 3 - East Mtn. Tom Leonard Shelter

Hike features a moderate rocky ascent to the lip of an enchanting gorge. Follow the AT through a two-step scramble to the Tom Leonard Shelter with views to the south. 3.25 miles. Vertical Rise 800ft. Sign up: CR App or with a Wellness Guide, Ext. 55423 Sa 9:00am

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

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

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

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

### Hike: Level 5 - Mt. Frissell

Spectacular hike! Scramble up two sections of rock to CT's high point marker. Pass a MA, CT, & NY tristate marker, to the bald summit of Brace Mt. Short descent to a gentle path and a quiet dirt road. Lunch included. 7miles. Vertical rise 1,240ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 8:00am

### 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

### Stockbridge History Walk

A 2+ mile walk from Stockbridge's historic downtown to the cemetery. Town history will be discussed. We may make a stop at Stockbridge Coffee! Able walkers only, sturdy walking shoes required. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 9:30am

### Tai Chi Walk

Enjoy a simple lesson in tai chi during this off-property walk. Sign up: CR App or with a Wellness Guide, Ext. 55423 Th 9:30am

# 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/](http://canyonranch.com/lenox/services/)

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## 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 <b>NEW</b> .....	50 min.....	250
Life Mapping.....	50 min.....	250
Longevity Mindset .....	50 min.....	250
Meditation, Mindfulness & Mental Health.....	50 min.....	250
Mental Health & Wellness Consultation .....	single 50 min.....	250
	duet 50 min.....	195/person
Performance Mindset .....	50 min.....	250
Stress Management .....	50 min.....	250
Tech for Mental Health & Wellness .....	25 min.....	140

### METAPHYSICAL

Alchemical Healing .....	80 min.....	\$320
Astrology .....	50 min.....	240
Astrology Synastry Chart Reading For Two <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	25 min.....	45
Sound Healing.....	50 min.....	250
Soul Journey .....	50 min.....	250
Spiritual Guidance .....	single 50 min.....	250
	duet 50 min.....	195/person
	small group (3+ people) .....	185/person
Spirituality & Longevity .....	50 min.....	250

## 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 <b>NEW</b> .....	Single half day.....	575
	Duet half day.....	350/person
	Single full day .....	775
	Duet full day .....	500/person

##### RACQUET SPORTS

Pickleball

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

Tennis

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



*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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	45 min .....	80

### PEDICURES

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

## FACIAL TREATMENTS

AKAR Organic Facial <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	80 min .....	\$420
Mineral-Rich Moor Mud Facial .....	50 min .....	220
Oxygen Luxe Facial .....	50 min .....	275
	80 min .....	395
TriaWave Lifting Facial <b>NEW</b> .....	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

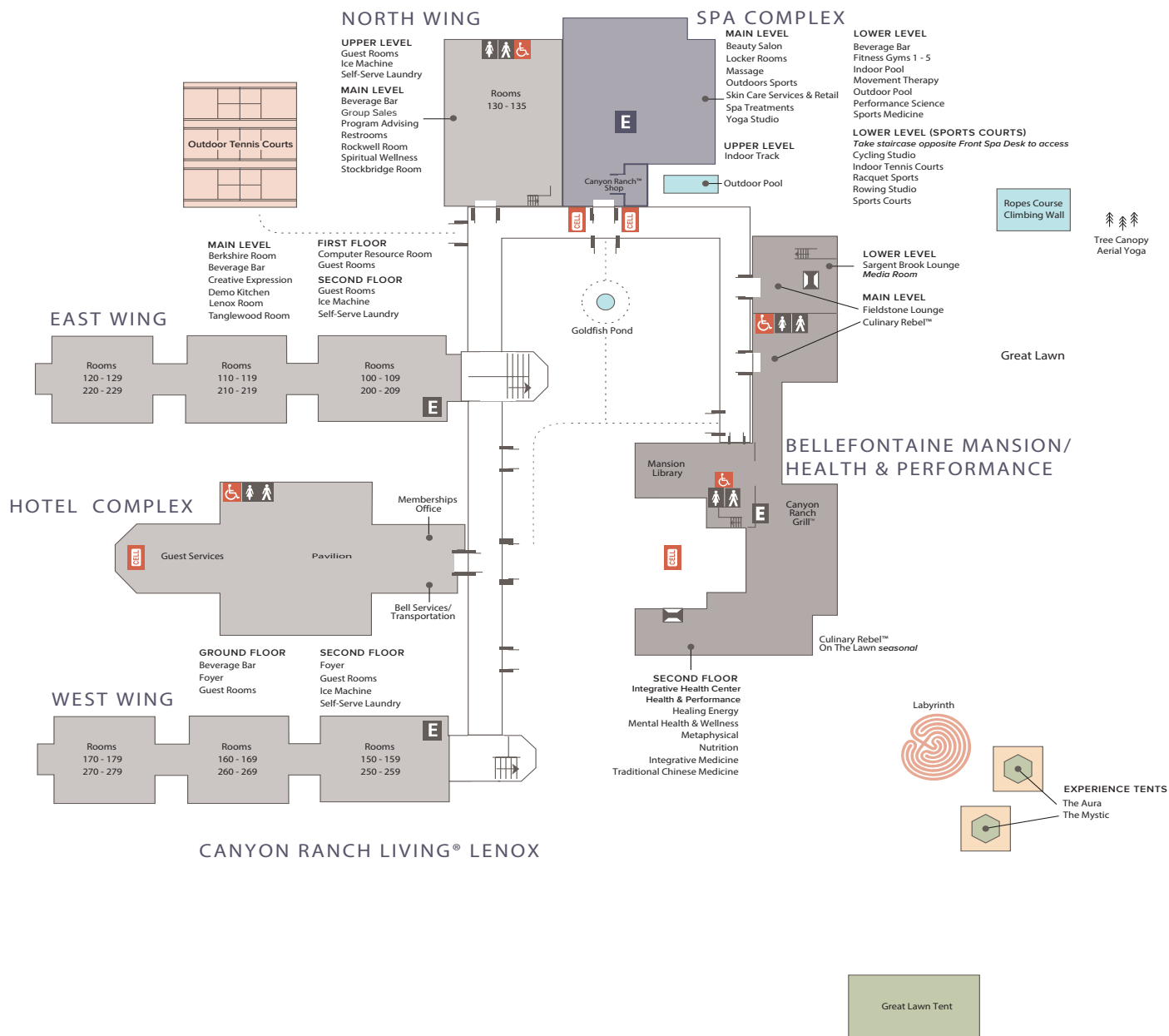
Our Membership Sales Office,  
located in the Hotel Lobby

#### 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