

RANCH SCHEDULE
NOVEMBER 5 - 11, 2025



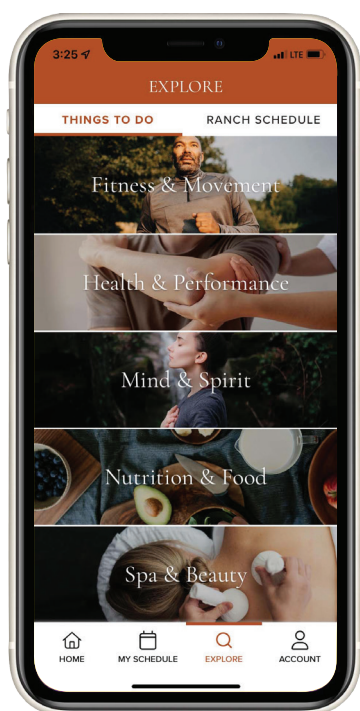
This schedule belongs to:



CANYON
RANCH®

SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

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

iOS App Store



Google Play



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 5 PM – 8 PM

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.



@CanyonRanch

#LiveCanyonRanch



WELCOME

We're delighted to have you in our inspiring corner of the world. Think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

We recently launched our App, an accessible way to manage your experience with just a few taps. The App gives you the ability to view your Ranch Schedule, add or cancel services, sign up for things to do on property, and make dinner reservations at The Grill. You can scan the QR code on page 2 to download and use, or ask a Wellness Guide for more information.

While here with us in Lenox, check out our feature events and familiarize yourself with any upcoming Immersions—our transformative events designed around today's most powerful wellness topics for an exclusive group of guests.

We're thrilled to showcase the work of local artists and galleries throughout the property. We hope the works provide a variety of visual experiences which encourage you to embrace the artistry surrounding you. If a piece captures your interest, you'll find a corresponding information card with details on how to contact the gallery directly for any questions or purchase arrangements.

During your stay, you'll find countless favorite activities, services, and classes, plus new opportunities to experience. I encourage you to explore our scenic landscape, connect with nature and try something you've never done before. Right now, you're in the perfect place for refreshing your spirit, setting goals, and reducing stress. Please let us know if there's anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.

John Trevenen
Managing Director

DECISIONS, DECISIONS ...

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

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

HIGHLY RECOMMENDED SERVICES & ACTIVITIES

MAKE YOUR STAY MORE MEMORABLE WITH THESE SIGNATURE SERVICES



ACUPHORIA

Experience traditional acupuncture with an expert practitioner who uses evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your stay so you can enjoy all the activities and experiences ahead of you.

ASTROLOGY SYNASTRY CHART READING - DUET

Enjoy a unique chart reading experience for two, where a gifted Canyon Ranch expert compares and analyzes both your natal charts to forecast your relationship. Bring your partner to discover the dynamics of your relationship and what the stars have in store for you during this explorative and enlightening consultation.

HANDS ON COOKING WORKSHOPS

Learn and grow as a cook! These fun classes provide practical skills and techniques you can use daily, as well as recipes for healthy, flavorful meals that are easy to prepare. See daily schedule for available classes or inquire about a Private Class with our Wellness Guides.

HEART CONNECTION HEALING

This unique blend of healing techniques help you nurture your relationships, addressing conflict, loss, emotional pain, or boundary challenges. Through guided dialogue and visualization, we'll help you release blockages, fostering peace, acceptance, and a better ability to give and receive love.

HUNGARIAN MUD RITUAL

Indulge in a rejuvenating spa experience with this exclusive, total-body exfoliation treatment. Immerse yourself in the luxury of sea salt, Hungarian moor mud, and capsicum peptide, to revitalize and purify your skin. Our cleansing body mask, meticulously crafted for deep cleansing, will leave your skin nourished and hydrated.

PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Our fitness experts at Canyon Ranch hold the industry's top certifications and will work with you to create an exercise program to suit your unique goals and preferences.

TRIAWAVE LIFTING FACIAL

Revitalize and renew your skin with the power of TriaWave technology combined with Environ's potent ingredients. This treatment lifts, tones, and deeply hydrates, while targeting wrinkles, sagging, and uneven skin tone for a smoother, firmer, and more radiant complexion. Choose a single session or a series for optimal, long-lasting results.

WARM COCONUT OIL MASSAGE

Indulge in our signature warm coconut oil massage, where gently warmed oil envelops your skin in deep hydration. This soothing treatment softens and revitalizes your skin while melting away tension, promoting profound relaxation and a sense of total well-being, leaving you refreshed, balanced, and deeply cared for.

To book services and more information please visit our Wellness Guides or use the Canyon Ranch Mobile App.

UPCOMING EVENTS

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



BEYOND THE FINISH LINE MARATHON RECOVERY EVENT NOV 2 - 5

After the intense build-up and physical demands of 26.2 miles, running recovery is not only warranted — it's essential. Just a few hours from New York City, our Lenox resort offers a post-marathon recovery retreat designed to restore your body and renew your mind. This immersive experience features expert-led mobility sessions, therapeutic spa treatments, performance-focused nutrition, and mindfulness practices that support your post-marathon recovery plan.

Activities included in this event are **HIGHLIGHTED**



RECALIBRATING YOUR WELLNESS RESET YOUR MIND, BODY & SPIRIT BEFORE THE HOLIDAYS NOV 3 - 9

Before the holiday rush begins, give yourself the gift of space to breathe, reset, and realign. This week is your invitation to slow down and return to what truly matters. Through mindfulness, movement, rest, and nourishment, you'll strengthen your inner foundation, protect your energy, and cultivate clarity, resilience, and presence for the season ahead.

Activities included in this event are **HIGHLIGHTED**



AYURVEDA'S FIVE ELEMENTS A JOURNEY OF RENEWAL NOV 9 - 13

During this five-day experience, you'll explore and embody the five elements of Ayurveda through daily rituals, mindful movement, and reflection. Each session offers practices that cultivate clarity, presence, flow, creativity, and grounding. By connecting fully with space, air, fire, water, and earth, you'll realign with your inner rhythm as well as nature's cycles.

Activities included in this event are **HIGHLIGHTED**



COZY & CONNECTED A WEEK OF WARMTH, STILLNESS & JOYFUL CONNECTION NOV 10 - 16

As autumn gives way to winter and the days grow shorter, join us for a week to slow down and find warmth within and among others. Enjoy cozy wellness rituals like candlelit yoga, elemental rituals, communal meals, and fireside s'mores — all designed to nurture your connection to yourself, your community, and the beauty of the season. Embrace warm well-being for more comfort, presence, and joy throughout the end of autumn.

Activities included in this event are **HIGHLIGHTED**

WEDNESDAY November 5, 2025

CANYON RANCH COMMUNITY TREE

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

"I Am Grateful For..."

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

7:00 AM

MORNING WALK

45 min.

Outdoor Sports Boards

7:30 AM

QI GONG

STRESS RELIEF MEDITATION

Limit: 6

\$

Gym 1

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.

7:45 AM

NORDIC WALK/POLE HIKE

Limit: 10

Outdoor Sports Boards

60 min.

8:00 AM

ACTIVE STRETCH CLINIC

Limit: 8

\$

Gym 3

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

HIKE: LEVEL 4

- MT. WILCOX A.T.

Limit: 10

Outdoor Sports Boards

5 hr.

SUN SALUTATIONS

Limit: 30

Yoga Studio

25 min.

8:30 AM

ZEN•GA™ FLOW

Limit: 30

Gym 2

20 min.

9:00 AM

YIN & RELEASE

Limit: 30

Yoga Studio

45 min.

CARDIO KICKBOXING

Limit: 30

Gym 1

45 min.

PILATES REFORMER JUMPBOARD CLINIC

Limit: 4

\$

Gym 4

50 min. \$80 Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required. Sign up: CR App or with a Wellness Guide, Ext 55423.

HIKE: LEVEL 3 - GOOSE POND

ON APPALACHIAN TRAIL

Limit: 10

Outdoor Sports Boards

3 hr. 30 min.

HILLS & VALLEYS **NEW** Limit: 12

Cycling Studio

45 min.

9:30 AM

NORDIC WALK AT

KENNEDY PARK: LEVEL 2+

Limit: 10

Outdoor Sports Boards

2 hr. 30 min.

10:00 AM

EXERCISE & MENOPAUSE

CME

Tanglewood Room

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

CARDIO TENNIS CLINIC

— LEVEL 3.0+ Limit: 4

\$

Indoor Tennis Court 1

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

H2O POWER

Limit: 25

Indoor Pool

45 min.

YOGA SCULPT

Limit: 20

Yoga Studio

45 min.

CR STRENGTH

Limit: 20

Gym 1

45 min.

11:00 AM

AMAZING ABS & HEALTHY HIPS

Limit: 25

Gym 1

45 min.

TNT: TABATA 'N' TRX

Limit: 14

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.

MINDFULNESS

MEDITATION WORKSHOP

Limit: 12

\$

Yoga Studio

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

MID-MORNING STRETCH

Gym 2

45 min.

NOON

TAROT DEMO:

WHAT'S IN THE CARDS FOR YOU?

Limit: 12

Rockwell Room

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!

HIIT IT

Limit: 18

Gym 1

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 Chicken Posole, Shredded Vegetable Slaw and watch our demo chef prepare the entrée. First come, first serve.

12:30 PM

BALANCE CHALLENGE

Limit: 20

Gym 2

20 min.

1:00 PM

BEAUTY TRENDS

Tanglewood Room

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

PICKLEBALL: INTRO CLINIC

Limit: 4

\$

Pickleball Court 1

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

Signature Events + Discovery Days: **BEYOND THE FINISH LINE (2 - 5)** / **RECALIBRATING YOUR WELLNESS (3 - 9)**

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

1:30 PM

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

2:00 PM

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.

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.

HIKE: LEVEL 1 - PLEASANT VALLEY BEAVER PONDS 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

SACRAL CHAKRA HIP OPENING Yoga Studio
45 min.

ENDURANCE RIDE Limit: 12 Cycling Studio
45 min.

BASIC AEROBIC CIRCUIT WEIGHTS Gym 5
45 min.

3:00 PM

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

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

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool
45 min.

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

4:00 PM

HANDS-ON COOKING: CHOCOLATE FIX! Limit: 9 \$ Demo Kitchen
50 min. \$110 Chocolate lovers rejoice! Learn to create healthy chocolatey snacks that will conquer your cravings and keep you on track between meals. Sign up: CR App or with a Wellness Guide, Ext 55423.

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.

ROWING ESSENTIALS Limit: 10 Rowing Studio
45 min.

4:30 PM

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

5:00 PM

MEDITATION Yoga Studio
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

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.

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.

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

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits 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

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.

9:00 PM

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

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

THURSDAY

November 6, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min.

7:45 AM

NORDIC WALK/POLE HIKE Limit: 10 Outdoor Sports Boards
60 min.

8:00 AM

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

SUN SALUTATIONS Limit: 30 Yoga Studio
25 min.

8:30 AM

HIIT IT Limit: 18 Gym 1
20 min.

9:00 AM

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

STEP & STRENGTH Limit: 15 Gym 1
45 min.

POWER ROW Limit: 10 Rowing Studio
45 min.

HIKE: LEVEL 2+
- BASIN POND Limit: 10 Outdoor Sports Boards
3 hr.

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

9:30 AM

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

STOCKBRIDGE HISTORY WALK Limit: 10 Outdoor Sports Boards
2 hr. 30 min.

10:00 AM

HANDS-ON COOKING: CULTURED FOODS
FOR A HEALTHY GUT Limit: 6 \$ Demo Kitchen
50 min. \$110 Explore the world of gut-friendly foods and ferments. Learn how prebiotics differ from probiotics, decode live cultures, and discover why a diverse diet supports the microbiome. Sign up: CR App or with a Wellness Guide, Ext 55423.

H2O POWER Limit: 25 Indoor Pool
45 min.

MUSCLE CONDITIONING Limit: 25 Gym 2
45 min.

POWER FLOW NEW Limit: 30 Yoga Studio
45 min.

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

11:00 AM

GREAT PLATE WORKOUT Limit: 20 Gym 5
45 min.

INTERMEDIATE MAT PILATES NEW Limit: 30 \$ Gym 1
45 min. \$30

THE ART OF MANIFESTING Limit: 6 \$ Tanglewood Room
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.

MID-MORNING STRETCH Gym 2
45 min.

NOON

SHRED Limit: 15 Gym 5
25 min.

THE ART OF FENCING:
SWORDPLAY CLINIC Limit: 6 \$ Sports Court
50 min. \$80 En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout. Sign up: CR App or with a Wellness Guide, Ext 55423.

12:30 PM

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

1:00 PM

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

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

ASK A NUTRITIONIST

Thursdays, NOON – 1 PM

Isn't this delicious? A nutritionist is available to visit your table this lunch hour in Silverleaf to offer practical advice for how to bring the Canyon Ranch food philosophy home with you!

Silverleaf

Signature Events + Discovery Days: **RECALIBRATING YOUR WELLNESS (3 - 9)**

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

1:30 PM

HIKE: LEVEL 2 - THOMAS & PALMER BROOK TRAIL Limit: 10 Outdoor Sports Boards
2 hr. 30 min.

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.

TRAIL WALK ON-PROPERTY Limit: 10 Outdoor Sports Boards
60 min.

2:00 PM

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.

YIN YOGA Yoga Studio
45 min.

HANDS-ON COOKING:

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

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 with 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.

TEA & TAROT Limit: 8 \$ 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

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool
45 min.

FALL FLOW YOGA Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

QI GONG FOR HEALTH & VITALITY Limit: 6 \$ Gym 1
50 min. \$80 Tao Tan Pai Elixir Method of Qi Gong, is a meditation with breath control that imparts good health & vitality. Jeanne Schnackenberg shows you ways to open your heart, clear the mind, and strengthen your body. Sign up: CR App or with a Wellness Guide, Ext 55423.

4:00 PM

HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR

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

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

PERFORMANCE RECOVERY:

RESET & RECHARGE Limit: 20 Gym 2
45 min.

TRX BASIC STRENGTH Limit: 15 Sports Court
45 min.

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.

5:00 PM

MEDITATION Yoga Studio
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

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.

ENERGY CLEARING & ALIGNMENT Rockwell Room
50 min. Tap into your personal energy and break free from the weight of others' emotions. Through guided practices, you'll gain powerful tools to release what isn't yours, restore balance, and reconnect with your true essence.

6:00 PM

EVENING CAMPFIRE

Goldfish Pond, Spa
2 hr. The perfect way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits 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.

OVERCOMING PAIN PATTERNS

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

8:00 PM

RETIRING MEANS REWIRING

WITH JERRY POSNER

Tanglewood Room
50 min. How do you feel about retirement? Whether you're already retired, or just starting to think about it, Jerry Posner shares practical advice and effective strategies to help make the transition purposeful, meaningful and rewarding.

FRIDAY November 7, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min.

7:45 AM

NORDIC WALK/POLE HIKE Limit: 10 Outdoor Sports Boards
60 min.

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

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

8:30 AM

WAKE-UP WARM-UP STRETCH Limit: 30 Gym 2
20 min.

9:00 AM

YOGA ALIGNMENT Yoga Studio
45 min.

ROCKIN RETRO AEROBICS Limit: 30 Gym 1
45 min.

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

RACE DAY **NEW** Limit: 12 Cycling Studio
45 min.

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

9:30 AM

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

OUTDOOR SPORTS ACTIVITIES

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

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

10:00 AM

HANDS-ON COOKING:
SMOOTHIES & SHAKES Limit: 6 \$ Demo Kitchen
30 min. \$70 Learn how to create balanced smoothies and shakes for any time of day while increasing your fruits and vegetable consumption. Sign up: CR App or with a Wellness Guide, Ext 55423.

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 with a Wellness Guide, Ext. 55423.

H2O POWER Limit: 25 Indoor Pool
45 min.

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.

ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

TUBES & LOOPS Limit: 20 Gym 2
45 min.

11:00 AM

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

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

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.

ONE MINUTE MAX Limit: 24 Sports Court
45 min.

MID-MORNING STRETCH Gym 2
45 min.

NOON

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

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.

12:30 PM

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

Signature Events + Discovery Days: **RECALIBRATING YOUR WELLNESS (3 - 9)**

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.

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

1:30 PM

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

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

2:00 PM

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.

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.

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

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

BASIC AEROBIC CIRCUIT WEIGHTS Gym 5
45 min.

BEST BACKSIDE Limit: 16 Sports Court
45 min.

HIKE: LEVEL 1 - BENEDICT POND Limit: 14 Outdoor Sports Boards
2 hr. 30 min.

3:00 PM

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool
45 min.

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.

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

INTERMEDIATE YOGA Limit: 30 Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

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

4:00 PM

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.

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

ZEN MOTION Limit: 12 Gym 1
45 min.

5:00 PM

MEDITATION Yoga Studio
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

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.

5:30 PM

BUSTING NUTRITION MYTHS Berkshire Room
50 min. Sit in with our nutrition expert for a myth-busting session that dishes up the truth about nutrition, helping you make confident, informed food choices.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits featuring rich artisan chocolate and our house-made marshmallows.

HEIGHTENED STATES OF CONSCIOUSNESS Limit: 6 \$ Private 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

BROADWAY IN THE BERKSHIRES: LIISI LAFONTAINE Fieldstone Lounge
50 min. Last seen on the West End in London originating the role of Satine in Moulin Rouge after originating the role of Deena Jones in Dreamgirls on the West End. She released her first studio EP, titled Golden, and is currently working on new music.

SATURDAY

November 8, 2025

7:00 AM

MORNING WALK

45 min.

Outdoor Sports Boards

7:45 AM

NORDIC WALK/POLE HIKE

60 min.

Limit: 10

Outdoor Sports Boards

8:00 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.

PILATES REFORMER PICKLEBALL CLINIC

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

SUN SALUTATIONS

25 min.

Limit: 30

Yoga Studio

HIKE: LEVEL 5 - BEAR MOUNTAIN

RIGA JUNCTION

6 hr. 30 min.

Limit: 10

Outdoor Sports Boards

8:30 AM

HIIT IT

20 min.

Limit: 18

Gym 1

9:00 AM

CHINESE MEDICINE & WEIGHT LOSS

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

YIN & RELEASE

45 min.

Limit: 30

Yoga Studio

POWER ROW

45 min.

Limit: 10

Rowing Studio

ZUMBA® STEP

45 min.

Limit: 15

Gym 1

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.

HIKE: LEVEL 3 - KENNEDY PARK TO CHOCOLATE SPRINGS

3 hr.

Limit: 10

Outdoor Sports Boards

10:00 AM

CARDIO TENNIS CLINIC

— LEVEL 3.0+

Limit: 4

\$

Indoor Tennis Court 1

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

H2O POWER

45 min.

Limit: 25

Indoor Pool

ROCK YOUR FLOW

45 min.

Limit: 30

Yoga Studio

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!

CR STRENGTH

45 min.

Limit: 20

Gym 1

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.

11:00 AM

TRX CORE

45 min.

Sports Court

POWER

45 min.

Limit: 10

Gym 5

MATTERS OF MENOPAUSE

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

PICKLEBALL:

DAILY DOSE - LEVEL 2.5+

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

MID-MORNING STRETCH

45 min.

Gym 2

NOON

LINE DANCING

25 min.

Gym 1

LUNCH & LEARN

Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Salmon Burgers with Quick-Pickled Vegetables and watch our demo chef prepare the entrée. First come, first serve.

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.

12:30 PM

BALANCE CHALLENGE

20 min.

Limit: 20

Gym 2

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.

Signature Events + Discovery Days: **RECALIBRATING YOUR WELLNESS (3 - 9)**

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

1:00 PM

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

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

1:30 PM

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

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

HIKE: LEVEL 2+ - TYRINGHAM COBBLE Limit: 14 Outdoor Sports Boards
2 hr. 30 min.

2:00 PM

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

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.

CREATIVE FLOW YOGA Limit: 30 Yoga Studio
45 min.

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

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

TRIPLE BLAST Limit: 30 Sports Court
45 min.

3:00 PM

CONTEMPLATIVE TEA PRACTICE Limit: 8 \$ Creative Expression Studio
50 min. \$80 For over 5,000 years, rituals around tea have spanned the globe. Pause and reflect with a spiritual wellness provider while learning about practices in preparing, tasting & savoring the tea experience. Sign up: CR App or a Wellness Guide, Ext. 55423.

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

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool
45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
45 min.

WARRIOR FLOW NEW Limit: 30 Yoga Studio
45 min.

4:00 PM

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

RHYTHM RIDE NEW 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

MEDITATION Yoga Studio
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

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.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits 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

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

9:00 PM

MUSIC BINGO! WITH DJ BOB HECK Rockwell Room
60 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 November 9, 2025

7:00 AM

MORNING WALK Outdoor Sports Boards
45 min.

7:45 AM

ON-PROPERTY
POLE HIKE/NORDIC WALK Limit: 10 Outdoor Sports Boards
60 min.

8:00 AM

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

PRANAYAMA BREATHING Yoga Studio
25 min.

9:00 AM

CHAIR YOGA Limit: 12 Yoga Studio
45 min.

CARDIO KICKBOXING Limit: 30 Gym 1
45 min.

ADVANCED INDOOR CYCLING Limit: 12 Cycling Studio
45 min.

HIKE: LEVEL 2
- ROUND MOUNTAIN Limit: 12 Outdoor Sports Boards
3 hr.

SHINRIN YOKU Limit: 7 Outdoor Sports Boards
1 hr. 30 min.

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

9:30 AM

LEE HISTORY WALK Limit: 10 Outdoor Sports Boards
2 hr. 30 min.

10:00 AM

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

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.

H2O POWER Limit: 25 Indoor Pool
45 min.

YOGA SCULPT Limit: 20 Yoga Studio
45 min.

MUSCLE CONDITIONING Limit: 25 Gym 2
45 min.

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

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.

11:00 AM

BEGINNER PILATES Limit: 30 Gym 1
45 min.

TNT: TABATA 'N' TRX Limit: 14 Sports Court
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.

MID-MORNING STRETCH Gym 2
45 min.

NOON

BERKSHIRE BEAT Limit: 20 Gym 1
25 min.

HARMONY WITHIN: MEDITATION
& PULSE OXIMETRY CLINIC Limit: 6 \$ Yoga Studio
50 min. \$140 Mind/Body & Performance Scientists guide meditation while tracking blood O2 and heart rate. Learn benefits of stress reduction and mental clarity while enhancing cardiopulmonary health. Sign up: CR App or with a Wellness Guide, Ext 55423.

LUNCH & LEARN Limit: 16 Demo Kitchen
50 min. Enjoy a three-course meal featuring Chicken Tikka Masala 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, 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: **RECALIBRATING YOUR WELLNESS (3 - 9)** / **AYURVEDA'S FIVE ELEMENTS (9 - 13)**
 CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

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

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

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

2:00 PM

SACRAL CHAKRA HIP OPENING Yoga Studio
 45 min.

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

CARDIO CIRCUIT Gym 5
 45 min.

3:00 PM

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool
 45 min.

FALL FLOW YOGA Yoga Studio
 45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1
 45 min.

4:00 PM

RESTORATIVE YOGA Limit: 30 Yoga Studio
 45 min.

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.

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

ROWING ESSENTIALS Limit: 10 Rowing Studio
 45 min.

5:00 PM

MEDITATION Yoga Studio
 25 min.

STRETCH & RELAX Limit: 30 Gym 2
 25 min.

ELEMENTAL RITUALS: SPACE - EMBRACING OPENNESS Berkshire Room
 50 min. Explore your relationship with openness and emptiness. Learn rituals for creating sacred space and attuning to the subtle sounds of life, inviting a sense of presence and possibility.

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.

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 way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

ACTIVATE YOUR INNER HEALER WITH CAROLE MURKO Rockwell Room
 50 min. Your body is designed to heal and you can learn to unlock its full potential. Discover how your thoughts shape healing and explore neuroscience, biology, and powerful tools like breathwork, qigong and mindfulness to activate lasting transformation.

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.

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.

MONDAY

November 10, 2025

7:00 AM
MORNING WALK Outdoor Sports Boards
45 min.

7:45 AM
NORDIC WALK/POLE HIKE Limit: 10 Outdoor Sports Boards
60 min.

8:00 AM
THE ART OF FENCING:
SWORDPLAY CLINIC Limit: 6 \$ Sports Court
50 min. \$80 En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout. Sign up: CR App or with a Wellness Guide, Ext 55423.
SUN SALUTATIONS Limit: 30 Yoga Studio
25 min.

8:30 AM
WAKE-UP WARM-UP STRETCH Limit: 30 Gym 1
25 min.

9:00 AM
HIKE: LEVEL 3
- BEARTOWN RAMBLE Limit: 10 Outdoor Sports Boards
3 hr. 30 min.

PILATES TOWER CHAIR CLINIC - BEGINNER Limit: 4 \$ Gym 3
50 min. \$80 A perfect blend of Pilates tower and chair exercises to activate core strength, enhance stability, and restore flexibility with this well-rounded apparatus combo. Sign up: CR App or with a Wellness Guide, Ext. 55423.

ZUMBA® Limit: 30 Gym 1
45 min.

YOGA FOUNDATIONS Limit: 30 Yoga Studio
45 min.

RACE DAY NEW Limit: 12 Cycling Studio
45 min.

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.

9:30 AM
GRAVEL GRINDER BIKE: LEVEL 3
- OCTOBER MTN. WATERS Limit: 4 Outdoor Sports Boards
3 hr.
SHINRIN YOKU Limit: 6 Outdoor Sports Boards
2 hr.

10:00 AM
ATHLETIC YOGA Limit: 30 Yoga Studio
45 min.

CR STRENGTH Limit: 20 Gym 1
45 min.

H2O POWER Limit: 25 Indoor Pool
45 min.

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

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

11:00 AM
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.

MID-MORNING STRETCH Gym 2
45 min.

TRX CORE Sports Court
45 min.

GREAT PLATE WORKOUT Limit: 20 Gym 5
45 min.

NOON
LINE DANCING Gym 1
25 min.

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

12:30 PM
BALANCE CHALLENGE Limit: 20 Gym 2
20 min.

THE ART OF MANIFESTING Limit: 6 \$ Creative Expression Studio
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.

Signature Events + Discovery Days: **AYURVEDA'S FIVE ELEMENTS (9 - 13)** / **COZY & CONNECTED (10 - 16)**

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.

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.

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

2:00 PM

HIGH TEMPO BARRE Limit: 25 Gym 1
45 min.

CREATIVE FLOW YOGA Limit: 30 Yoga Studio
45 min.

TRIPLE BLAST Limit: 30 Sports Court
45 min.

TRAIL WALK ON-PROPERTY Limit: 10 Outdoor Sports Boards
60 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 with a Wellness Guide, Ext 55423.

3:00 PM

FALL FLOW YOGA Yoga Studio
45 min.

PUNCH Limit: 20 Sports Court
45 min.

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool
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

RESTORATIVE YOGA Limit: 30 Yoga Studio
45 min.

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

TRX BASIC STRENGTH Limit: 15 Sports Court
45 min.

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

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

4:30 PM

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

5:00 PM

MEDITATION Yoga Studio
25 min.

STRETCH & RELAX Limit: 30 Gym 2
25 min.

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.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa
2 hr. The perfect way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits featuring rich artisan chocolate and our house-made marshmallows.

7:00 PM

THE M FACTOR
- FILM SCREENING WITH TAMSSEN FADAL Rockwell Room
1 hr. Join Tamsen Fadal for a screening of The M Factor, a powerful film sparking honest conversations about midlife and menopause. Experience this transformative journey together.

ELEMENTAL RITUALS:
AIR - BREATH & PERSPECTIVE Yoga Studio
50 min. Discover lightness, ease, and perspective through Air. Practice rituals that connect you with breath and the unseen currents that lift and carry us, offering new ways of sensing yourself.

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!

TUESDAY

November 11, 2025

7:00 AM

MORNING WALK

45 min.

Outdoor Sports Boards

7:45 AM

NORDIC WALK/POLE HIKE

Limit: 10

60 min.

Outdoor Sports Boards

8:00 AM

PRANAYAMA BREATHING

25 min.

Yoga Studio

8:30 AM

TRX FLOW

Limit: 15

20 min.

Sports Court

9:00 AM

CHAIR YOGA

Limit: 12

45 min.

Yoga Studio

AEROBIC CHOREO SCULPT

45 min.

Gym 1

POWER ROW

Limit: 10

45 min.

Rowing Studio

PREVENTING CHRONIC ILLNESS

CME

Tanglewood Room

50 min.

Chronic disease is largely caused by lifestyle choices. This means the secret to living a longer, healthier life is within your power. A medical doctor shares how nurturing mind, body and spirit prevents future ailments and improves your life today.

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.

HIKE: LEVEL 3

- BURBANK TRAIL

Limit: 10

3 hr. 30 min.

Outdoor Sports Boards

PILATES REFORMER CLINIC - BEGINNER

Limit: 4

\$

Gym 4

50 min.

\$80 Increase body awareness as you focus on breathing, alignment, core stabilization and strengthening of the entire body. Sign up: CR App or with a Wellness Guide, Ext 55423.

INTRODUCTION TO

COLD THERAPY CLINIC 25M

Limit: 6

\$

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.

9:30 AM

STOCKBRIDGE HISTORY WALK

Limit: 10

2 hr. 30 min.

Outdoor Sports Boards

10:00 AM

CARDIO TENNIS CLINIC

- LEVEL 3.0+

Limit: 4

\$

Indoor Tennis Court 1

50 min.

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

CANYON RANCH GUIDE TO OPTIMAL RECOVERY

Rockwell Room

50 min.

Our Sports Medicine and Performance Science experts discuss top tips for post-workout recovery and managing joint and muscle pain.

H2O POWER

Limit: 25

45 min.

Indoor Pool

ROCK YOUR FLOW

Limit: 30

45 min.

Yoga Studio

TUBES & LOOPS

Limit: 20

45 min.

Gym 2

11:00 AM

BEGINNER PILATES

Limit: 30

45 min.

Gym 1

POWER

Limit: 10

45 min.

Gym 5

THERAPEUTIC QI GONG: A TOOL FOR SELF HEALING

Tanglewood Room

50 min.

Qi Gong can aid digestion, improve sleep, and boost immunity — and even support cancer recovery. Join our Chinese medicine expert for an empowering session that gets your qi flowing through guided practice and discussion of this ancient healing art.

MID-MORNING STRETCH

45 min.

Gym 2

NOON

LUNCH & LEARN

Limit: 16

Demo Kitchen

50 min.

Enjoy a three-course meal featuring Citrus Salmon with Lemon-Crushed Potatoes and watch our demo chef prepare the entrée. First come, first serve.

BERKSHIRE BEAT

Limit: 20

25 min.

Gym 1

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.

12:30 PM

FITNESS FOR YOUR FEET

Limit: 20

20 min.

Gym 2

Signature Events + Discovery Days: **AYURVEDA'S FIVE ELEMENTS (9 - 13)** / **COZY & CONNECTED (10 - 16)**

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

TRAIL WALK ON-PROPERTY Limit: 10 Outdoor Sports Boards 60 min.

BIKE RIDE: INTRODUCTION

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

2:00 PM

HANDS-ON COOKING: CULTURED FOODS

FOR A HEALTHY GUT Limit: 6 \$ Demo Kitchen

50 min. \$110 Explore the world of gut-friendly foods and ferments. Learn how prebiotics differ from probiotics, decode live cultures, and discover why a diverse diet supports the microbiome. Sign up: CR App or with a Wellness Guide, Ext 55423.

HIKE: LEVEL 2

- STEVEN'S GLEN Limit: 10 Outdoor Sports Boards
2 hr.

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

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

CARDIO CIRCUIT Gym 5 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 with a Wellness Guide, Ext 55423.

ELEMENTAL RITUALS:

FIRE - CREATIVE SPARK

Mansion Library

50 min. Awaken your inner spark with Fire. Explore rituals that fuel creativity, passion, and vision, inviting you to shine brightly, dream boldly, and connect with the fire of transformation.

AQUA STRENGTH CIRCUIT CLASS Limit: 25 Indoor Pool 45 min.

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1 45 min.

WARRIOR FLOW NEW Limit: 30 Yoga Studio 45 min.

4:00 PM

HANDS-ON COOKING: FUEL FOR

STRENGTH & PERFORMANCE Limit: 6 \$ Demo Kitchen

50 min. \$110 Discover the pantry staples that support strength, energy, and endurance — pre- and post-workout. Plus, learn how to use carbs, caffeine, collagen, and fats wisely. Sign up: CR App or with a Wellness Guide, Ext 55423.

RESTORATIVE YOGA Limit: 30 Yoga Studio 45 min.

PERFORMANCE RECOVERY:

RESET & RECHARGE Limit: 20 Gym 2 45 min.

RHYTHM RIDE NEW Limit: 12 Cycling Studio 45 min.

5:00 PM

MEDITATION Yoga Studio 25 min.

STRETCH & RELAX Limit: 30 Gym 2 25 min.

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.

6:00 PM

EVENING CAMPFIRE Goldfish Pond, Spa

2 hr. The perfect way to end your day - gather by the fire for a cozy evening under the stars. Enjoy gourmet s'mores kits featuring rich artisan chocolate and our house-made marshmallows.

JUST BEAD IT:

BRACELET MAKING Limit: 8 \$ Creative Expression Studio

1 hr. 30 min. \$45 Relax into the creative process and complete your own beaded creation. Make a gift for a loved one, or take home a tangible reminder of your Canyon Ranch experience. Guided by an instructor, make up to two bracelets to take home with you and enjoy. Sign up: 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

CULTIVATING CALMNESS

WITH JERRY POSNER

Tanglewood Room

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

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM:

OPEN DAILY 7 AM – 9 PM

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

REMINDERS

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

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

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

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

ADVANCED MORNING HIKES

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

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

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

Advanced Indoor Cycling

The outdoor ride is transported into the studio where you will experience an advanced strength, endurance or interval-focused class. Su 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. We 11:00am, Fr 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. Su 2:00pm, Tu 2:00pm

Cardio Kickboxing

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

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 a 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, Mo 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. We 12:00pm, 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

Hills & Valleys

Rise with the hills, glide through the valleys, and sprint your way to victory. This challenging cycle class mixes climbs, intervals, and speed for a full-body, heart-pumping ride. We 9:00am

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

One Minute Max

Train like an athlete in this class that combines, speed, strength and agility utilizing body weight, the Body Bar and an agility ladder which will take your work out to the next level. Fr 11:00am

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 Flow

Push your practice to the next level. This advanced Vinyasa Flow builds stamina, strength, and power through dynamic sun salutations and balance poses. Th 10:00am

Power Row

A transformative total-body workout using our TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized. Th 9:00am, Sa 9:00am, Tu 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, Mo 3:00pm

Race Day

Race Day is your chance to ride like a champion—tackle big climbs, push through speedy sprints, and test your endurance in an advanced ride that captures the thrill of competition while taking you past your limits. Fr 9:00am, Mo 9:00am

Rhythm Ride

Let the music lead the way! This all-levels, rhythm-based ride connects breath, beat, and movement with interval training and resistance challenges. Sa 4:00pm, Tu 4:00pm

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. We 4:00pm, Su 4:00pm

Shred

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

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, Su 3:00pm, Tu 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. Th 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®. Sa 11:00am, Mo 11:00am

TRX Flow

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

TnT: Tabata 'N' TRX

This workout offers the best of both worlds, combining Tabata cardio intervals with working blocks of TRX® strength exercises. We 11:00am, Su 11:00am

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. Fr 10:00am, Mo 10:00am

Beginner Pilates

This method of mental and physical conditioning emphasizes foundational core strength, muscular balance, concentration and breathing. Su 11:00am, Tu 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. Su 9:00am, Tu 9:00am

Creative Flow Yoga

Awaken your creative energy with dynamic yoga flows designed to inspire innovation and artistic expression. Enhance flexibility, clarity, and imagination through mindful movement. Sa 2:00pm, Mo 2:00pm

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

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

Intermediate Mat Pilates

Featuring coordinated and challenging exercises, this flowing mat-based class strengthens, lengthens, and aligns the body. Build core strength, stability, and flexibility. Th 11:00am

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

Meditation

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. We 5:00pm, Th 5:00pm, Fr 5:00pm, Sa 5:00pm, Su 5:00pm, Mo 5:00pm, Tu 5:00pm

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

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. 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, Tu 10:00am

Sacral Chakra Hip Opening

Practice a hip-opening sequence while diving deeper into the sacral chakra. We 2:00pm, Su 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

Sun Salutations

Greet the sun in 25 minutes, linking 12 postures to stimulate heat in the body. An intermediate flow. We 8:00am, Th 8:00am, Sa 8:00am, Mo 8:00am

Wake-Up Warm-Up Stretch

A 25-minute standing stretch class – a great morning starter! No shoes. Fr 8:30am, Mo 8:30am

Warrior Flow

Step onto the mat and flow like a warrior. This multi-level class blends strength, breath, and balance through empowering poses that build resilience, flexibility, and focus, leaving you grounded and energized. Sa 3:00pm, Tu 3:00pm

Yin & Release

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

Yin Yoga

This 25-minute class will increase your flexibility and release inner tension. This contemplative class takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes. Th 2:00pm

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. Fr 9:00am

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, Tu 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, 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. We 10:00am, Su 10:00am

Zen Motion

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

Zen•Ga™ Flow

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

OUTDOOR SPORTS

Afternoon Outdoor Tai Chi

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

Bike Ride: Introduction to Mountain Biking

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

Gravel Grinder Bike: Level 3 - October Mtn. Waters

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

Gravel Grinder Bike: Level 3-Richmond Country Rds

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

Hike: Level 1 - Benedict Pond

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

Hike: Level 1 - Canoe Meadows

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

Hike: Level 1 - Kennedy Park Gazebo

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

Hike: Level 1 - Pleasant Valley Beaver Ponds

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

Hike: Level 2 - Round Mountain

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

Hike: Level 2 - Steven's Glen

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

Hike: Level 2 - Thomas & Palmer Brook Trail

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

Hike: Level 2+ - 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 - Beartown Ramble

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

Hike: Level 3 - Burbank Trail

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

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

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

Hike: Level 3 - Goose Pond on Appalachian Trail

Experience the varied existence of a thru-hiker. Begin by crossing a pedestrian bridge over the Mass Turnpike/I90 then hike up a steep section to the ridge. Enjoy the descent to Upper Goose Pond and reverse. 3.25 miles. Vertical Rise 800ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 9:00am

Hike: Level 3 - Kennedy Park to Chocolate Springs

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

Hike: Level 4 - Mt. Wilcox A.T.

On this section, expect ascents & rolling terrain. Climb through woods, over rocky trail, past Benedict Pond, & to an outcropping with a southern view. Reverse. 5.5 miles. Vertical rise 1350ft. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 8:00am

Hike: Level 5 - Bear Mountain Riga Junction

Hike in CT's Mt. Riga State Park. Moderate climbs to the A.T. Steep, rocky climbs through mountain laurel to the summit and a stacked rock monument. Lunch included. 5.5 miles. 1,575ft Vertical rise. Sign up: CR App or with a Wellness Guide, Ext. 55423. Sa 8:00am

Lee History Walk

Stroll through picturesque Lee, MA and learn how the marble and paper industry influenced the town's culture. Explore the architecture of its buildings and churches. 2 miles over varied surfaces. Sign up: CR App or with a Wellness Guide, Ext 55423 Su 9:30am

Morning Walk

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

Nordic Walk at Kennedy Park: Level 2+

Join us for a brisk, energizing walk using poles for extra aerobic conditioning. Walking poles provided. Sign up: CR App or with a Wellness Guide, Ext 55423. We 9:30am

Nordic Walk/Pole Hike

Join us for a brisk, energizing walk on our woodland trails using poles for extra aerobic conditioning. Sign up: CR App or with a Wellness Guide, Ext. 55423. We 7:45am, Th 7:45am, Fr 7:45am, Sa 7:45am, Mo 7:45am, Tu 7:45am

On-Property Pole Hike/Nordic Walk

Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning. Sign up: CR App or with a Wellness Guide, Ext. 55423. Su 7:45am

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. Th 9:30am, Tu 9:30am

Trail Walk On-property

Join our guides for a walk on the beautiful woodland trails of Canyon Ranch. Learn about the property and the history of this area. Sign up: Outdoor Sports Board. Th 1:30pm, Mo 2:00pm, Tu 1:30pm

AMENITIES & MORE

LAUNDRY & DRY CLEANING

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

CUSTOM COMFORTS

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

PRIVACY, PLEASE

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

CLEAR THE AIR

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

YOUR VALUABLES

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

SAFETY & SECURITY

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

POOL TIME

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

TENNIS

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

YOUR CANYON RANCH PILLOW MENU

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

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

OUR ROOM FEATURES

LUXURY PILLOWS ON YOUR BED

Down alternative – medium support; hypoallergenic.

PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE

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

PILLOWS YOU CAN REQUEST

LUXURY PILLOWS AVAILABLE BY REQUEST

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

BACK SLEEPERS

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

SIDE SLEEPERS

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

MENU OF SERVICES

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



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

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

PERSONALIZED, PRECISE, PREVENTIVE

Dexa Body Composition &

Bone Density Evaluation – two-part service 50 min each.....\$795

Naturopathic Medicine Consultation..... 50 min.....335

Personalized Physician Consultation 25 min..... 230

50 min..... 410

SLEEP MEDICINE

Sleep Screening (with follow-up)..... Overnight.....\$750

Sleep Disorder Consultation 25 min..... 230

50 min 410

MENU OF SERVICES

ALTERNATIVE MEDICINE

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

PERFORMANCE SCIENCE

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

SPORTS MEDICINE

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

NUTRITION & FOOD

NUTRITION

Addressing Cravings & Emotional Eating– two-part service	50 min each.....	\$470
Building Muscle.....	50 min.....	220
Continuous Glucose Monitor Follow-Up & Education	50 min.....	220
Diet Score – two-part service	50 min each.....	525
Digestive Wellness.....	50 min.....	220
Fastest Meals Imaginable	50 min.....	250
Fueling For Longevity	50 min.....	220
Hydration Testing – two-part service	50 min each.....	460
Personalized Nutrition Consultation	50 min.....	220
Strategies for Raising Nutritious Eaters	50 min.....	220

COOKING FOR FUN, PLEASURE & HEALTH

Hands-On Cooking Class.....	50 min.....	\$110/person
	90 min.....	175/person
Hands-On Cooking Private.....	80 min.....	185
	small group (3 – 5 guests) 100 min.....	175/person

Services & fees subject to change without notice.

MIND & SPIRIT

MENTAL HEALTH & WELLNESS

Addressing Cravings & Emotional Eating - two-part service.....	50 min each.....	\$470
Establishing Healthy Habits	50 min.....	250
Hypnotherapy.....	50 min.....	250
Intro to Brainspotting NEW	50 min.....	250
Life Mapping.....	50 min.....	250
Longevity Mindset	50 min.....	250
Meditation, Mindfulness & Mental Health.....	50 min.....	250
Mental Health & Wellness Consultation	single 50 min.....	250
	duet 50 min.....	195/person
Performance Mindset	50 min.....	250
Stress Management	50 min.....	250
Tech for Mental Health & Wellness	25 min.....	140

METAPHYSICAL

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

SPIRITUAL WELLNESS

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

MENU OF SERVICES

FITNESS & MOVEMENT

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

Private Fitness Training

Private Mind-Body Practice

Private Pilates or Gyrotonic Training

Private Yoga Practice

Individual Training Session.....	50 min.....	\$150
Duet Training Session.....	50 min.....	110/person
Small Group Training Session (3-5 people).....	50 min.....	80/person
Private Group Class.....	50 min.....	335/class
Heightened States: Private Breathwork Experience	120 min.....	320
Personal Training with Virtual Follow-Up – two sessions	50 min each.....	270
Yoga for Your Dosha – two sessions.....	50 min each.....	300

OUTDOOR SPORTS

GROUP ADVENTURES

Archery Workshop.....	times vary.....	\$110/person
Eco-Tour with Certified Field Naturalist	times vary.....	110/person
Equine Escape: Horse Connection	times vary.....	250/person
Falconry - Harris Hawk Guided Walk	times vary.....	200/person
Kayaking	times vary.....	110/person
Keep it Rolling – Bike Maintenance Workshop	times vary.....	110/person
Photography Hike	times vary.....	110/person
Saddle & Ride: Horseback Adventure	times vary.....	350/person
Stand-Up Paddleboard	times vary.....	110/person

HIGH ROPES ADVENTURES

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

PRIVATE ADVENTURES

On Land

Archery, Bike, Hike, Mountain Bike, Run,

Shinrin Yoku, Tai Chi,	First hour.....	\$140/person
	Each additional hour.....	80/person

On Water

Canoe, Kayak, Sculling, Stand-Up Paddleboard	First two hours.....	220/person
	Each additional hour	80/person
Fly Fishing - Drift Boat NEW	Single half day.....	575
	Duet half day.....	350/person
	Single full day	775
	Duet full day	500/person

RACQUET SPORTS

Pickleball

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

Tennis

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

Services & fees subject to change without notice.

SPA

AYURVEDIC TREATMENTS

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

BODY TREATMENTS

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

EASTERN THERAPIES

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

MASSAGE

Aromatherapy Massage.....	50 min.....	\$220
	80 min.....	320
Canyon Ranch Massage.....	50 min.....	220
	80 min.....	320
	100 min.....	410
Canyon Stone Massage.....	75 min.....	340
Chakra Balancing Massage	80 min.....	320
Craniosacral Therapy.....	50 min.....	240
Deep Tissue Massage.....	50 min.....	240
	80 min.....	340
	100 min.....	440
Hands, Feet & Scalp Massage.....	50 min.....	200
Head, Neck & Shoulders Massage	50 min.....	220
Hydrating Body Bar Massage.....	50 min.....	240
	80 min.....	340
	100 min.....	410
Lymphatic Treatment.....	50 min.....	240
	80 min.....	340
Mama Moisturizing Massage.....	50 min.....	240
	80 min.....	340
Neuromuscular Therapy	100 min.....	440
Prenatal Massage.....	50 min.....	220
	80 min.....	320

MENU OF SERVICES

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

SALON

HAIR CARE

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

MAKEUP

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

MANICURES

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

PEDICURES

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

FACIAL TREATMENTS

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

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

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 cutting-edge percussion and pneumatic compression therapy tools from Hyperice and Therabody®, along with hot and cold treatments and self-myofascial release (SMR) therapies. Enhance your recovery, ease muscle soreness, improve mobility, and more.

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

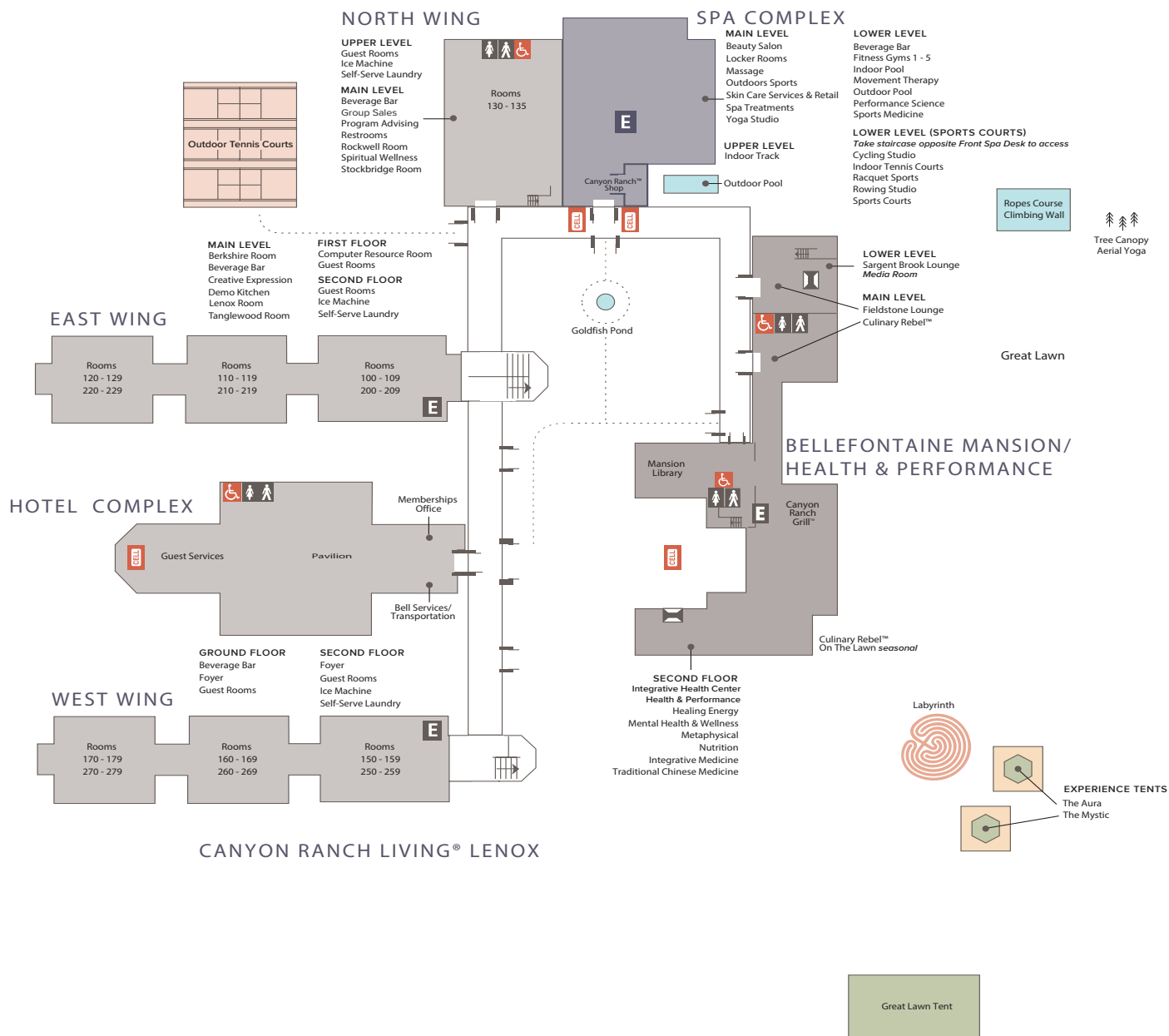
Our Membership Sales Office,
located in the Hotel Lobby

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