

RANCH SCHEDULE - SAMPLE

WINTER 2026



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WEDNESDAY

WINTER 2026

7:45 AM

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

8:00 AM

QI GONG STRESS RELIEF MEDITATION Limit: 6 \$ Rockwell Room

SUN SALUTATIONS Limit: 30 Yoga Studio

THE ART OF FENCING: SWORDPLAY CLINIC Limit: 6 \$ Sports Court

SNOWSHOE/HIKE: LEVEL 4 - 4.5HRS Limit: 10 Outdoor Sports Boards

4 hr. 30 min.

8:30 AM

ZEN-GA™ FLOW Limit: 30 Gym 2

20 min.

9:00 AM

CARDIO KICKBOXING Limit: 30 Gym 1

CHAIR YOGA Limit: 12 Yoga Studio

POWER ROW Limit: 10 Rowing Studio

PILATES REFORMER CLINIC – INTERMEDIATE Limit: 4 \$ Gym 4

50 min. \$80

PILATES REFORMER JUMPBOARD CLINIC Limit: 4 \$ Gym 4

50 min. \$80

HILLS & VALLEYS Limit: 12 Cycling Studio

SNOWSHOE/HIKE: LEVEL 3 - 3.5HRS Limit: 10 Outdoor Sports Boards

3 hr. 30 min.

10:00 AM

CARDIO TENNIS CLINIC – LEVEL 3.0+ Limit: 4 \$ Indoor Tennis Court 1

50 min. \$80

MYTHS & FACTS ABOUT CARBS CME Tanglewood Room

ATHLETIC YOGA Limit: 30 Yoga Studio

CR STRENGTH Limit: 20 Gym 1

SLAM! Limit: 12 Sports Court

11:00 AM

PICKLEBALL: DAILY DOSE - LEVEL 2.5+ Limit: 4 \$ Pickleball Court 1

MID-MORNING STRETCH Limit: 30 Gym 2

AMAZING ABS & HEALTHY HIPS Limit: 25 Gym 1

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

NOON

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

CARRY ON Limit: 10 Indoor Track

BARBELL CLINIC Limit: 4 \$ Gym 5

50 min. \$80

LUNCH & LEARN Limit: 16 Demo Kitchen

12:30 PM

BALANCE CHALLENGE Limit: 20 Gym 2

20 min.

1:00 PM

PICKLEBALL: INTRO CLINIC Limit: 4 \$ Pickleball Court 1

50 min. \$80

BEAUTY TRENDS Tanglewood Room

1:30 PM

TRAIL WALK ON-PROPERTY Limit: 10 Outdoor Sports Boards

2:00 PM

SNOWSHOE/HIKE: LEVEL 2 - 2HRS Limit: 10 Outdoor Sports Boards

2 hr.

HANDS-ON COOKING: FASTEST MEALS IMAGINABLE Limit: 6 \$ Demo Kitchen

50 min. \$110

YOGA ALIGNMENT Yoga Studio

BERKSHIRE BEAT Limit: 20 Gym 1

ENDURANCE RIDE Limit: 12 Cycling Studio

CAMP ARCHERY WORKSHOP Limit: 2 \$ Sports Court

1 hr. 30 min. \$110

WINTER'S HEALING ENERGY Berkshire Room

3:00 PM

INTERMEDIATE YOGA Limit: 30 Yoga Studio

QI GONG FOR HEALTH & VITALITY Limit: 6 \$ Rockwell Room

50 min. \$80

MATTERS OF MENOPAUSE CME Tanglewood Room

TENNIS: AFTERNOON DRILLS Limit: 4 \$ Indoor Tennis Court 1

50 min. \$45

INTERMEDIATE YOGA Limit: 30 Yoga Studio

STROOPS BUNGEE WORKOUT Limit: 12 Gym 1

4:00 PM

HANDS-ON COOKING: CHOCOLATE FIX! Limit: 6 \$ Demo Kitchen

50 min. \$110

RESTORATIVE YOGA Limit: 30 Yoga Studio

GOOD VIBRATIONS Limit: 15 Gym 2

TRX BASIC STRENGTH Limit: 15 Sports Court

4:30 PM

WATERCOLOR PAINTING Limit: 8 \$ Creative Expression Studio

1 hr. 30 min. \$45

5:00 PM

EVENING CAMPFIRE Firepit by Outdoor Pool

5 hr.

CREATIVITY & DREAMS Berkshire Room

MEDITATION Limit: 16 Yoga Studio

25 min.

STRETCH & RELAX Limit: 30 Gym 2

25 min.

5:30 PM

FULL MOON TRAIL WALK Limit: 10 Outdoor Sports Boards

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Silverleaf

8:30 PM

OLD SCHOOL BINGO Rockwell Room

A [live schedule of activities](#) for Canyon Ranch Lenox displays on our website up to five weeks in advance.

THURSDAY

WINTER 2026

7:45 AM				
ON-PROPERTY POLE HIKE/NORDIC WALK	Limit: 10		Outdoor Sports Boards	
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8:00 AM				
PRANAYAMA BREATHING	25 min.		Yoga Studio	
PILATES REFORMER CLINIC – BEGINNER	Limit: 4	\$	Gym 4	
50 min.	\$80			
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8:30 AM				
HIIT IT	Limit: 18		Gym 1	
20 min.				
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9:00 AM				
YOGA FOUNDATIONS	Limit: 30		Yoga Studio	
ZUMBA®	Limit: 30		Gym 1	
ADVANCED INDOOR CYCLING	Limit: 12		Cycling Studio	
SNOWSHOE/HIKE: LEVEL 2 – 3HRS	Limit: 10		Outdoor Sports Boards	
3 hr.				
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1	
50 min.	\$80			
NATUROPATHY & CHINESE MEDICINE: WHAT TO KNOW	CME		Tanglewood Room	
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9:30 AM				
TAI CHI WALK	Limit: 6		Outdoor Sports Boards	
2 hr. 30 min.				
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10:00 AM				
CARDIO TENNIS CLINIC – LEVEL 3.0+	Limit: 4	\$	Indoor Tennis Court 1	
50 min.	\$80			
POWER FLOW	Limit: 30		Yoga Studio	
MUSCLE CONDITIONING	Limit: 25		Gym 2	
GRITLAB: STRENGTH & ENDURANCE CONDITIONING	Limit: 15		Sports Court	
ACRYLIC PAINTING	Limit: 10	\$	Creative Expression Studio	
1 hr. 30 min.	\$45			
H2O POWER	Limit: 25		Indoor Pool	
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11:00 AM				
EMOTIONAL STRESS RELEASE THROUGH HEALING TOUCH			Berkshire Room	
MID-MORNING STRETCH	Limit: 30		Gym 2	
AMAZING ABS & HEALTHY HIPS	Limit: 25		Gym 1	
GREAT PLATE WORKOUT	Limit: 20		Gym 5	
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NOON				
SHRED	Limit: 15		Gym 5	
25 min.				
DISCOVER PERCUSSIVE THERAPY THERAGUN® CLINIC	Limit: 4	\$	Gym 3	
50 min.	\$80			
LUNCH & LEARN	Limit: 16		Demo Kitchen	
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12:30 PM				
FITNESS FOR YOUR FEET	Limit: 20		Gym 2	
20 min.				
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1:00 PM				
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1	
50 min.	\$80			
MYSTERY OF METABOLISM	CME		Berkshire Room	
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1:30 PM				
SHINRIN YOKU FIRESIDE	Limit: 6		Outdoor Sports Boards	
2 hr.				
SNOWSHOE/HIKE: LEVEL 1 – 2HRS	Limit: 10		Outdoor Sports Boards	
2 hr.				
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2:00 PM				
HANDS-ON COOKING: PLANT POWERED	Limit: 6	\$	Demo Kitchen	
50 min.	\$110			
SACRAL CHAKRA HIP OPENING			Yoga Studio	
LONG & LEAN BARRE WORKOUT	Limit: 30		Gym 1	
TRIPLE BLAST	Limit: 30		Sports Court	
TENNIS: AFTERNOON DRILLS	Limit: 4	\$	Indoor Tennis Court 1	
50 min.	\$80			
PAUSING IN PLACE			Rockwell Room	
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3:00 PM				
JOURNEY THROUGH THE TAROT			Lenox Room	
PUNCH	Limit: 20		Sports Court	
ZEN MOTION	Limit: 12		Gym 1	
WINTER FLOW YOGA	Limit: 30		Yoga Studio	
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4:00 PM				
RESTORATIVE YOGA	Limit: 30		Yoga Studio	
ROLL & RELEASE	Limit: 15		Gym 2	
ROW & BURN	Limit: 10		Rowing Studio	
HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR			Mansion Library	
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5:00 PM				
EVENING CAMPFIRE	5 hr.		Firepit by Outdoor Pool	
ELEMENTAL MAGIC OF WINTER			Stockbridge Room	
MEDITATION	Limit: 16		Yoga Studio	
25 min.				
STRETCH & RELAX	Limit: 30		Gym 2	
25 min.				
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6:00 PM				
DINNER & LEARN:				
LOCAL FOOD & THE ART OF PLATING	Limit: 24	\$	Demo Kitchen	
1 hr. 30min.	\$50			
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7:00 PM				
OVERCOMING PAIN PATTERNS			Berkshire Room	
COMMUNITY TABLE: DINE & CONNECT			Silverleaf	
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8:00 PM				
NAVIGATING LIFE TRANSITIONS WITH JERRY POSNER			Tanglewood Room	

A [live schedule of activities](#) for Canyon Ranch Lenox displays on our website up to five weeks in advance.

FRIDAY

WINTER 2026

7:45 AM				1:30 PM			
ON-PROPERTY POLE HIKE/NORDIC WALK	Limit: 10		Outdoor Sports Boards	TRAIL WALK ON-PROPERTY	Limit: 10		Outdoor Sports Boards
60 min.				WINTER WARMING RITUAL: CLEAR THE WINTER DOLDRUMS	Limit: 6		Outdoor Sports Boards
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8:00 AM				2:00 PM			
QI GONG STRESS RELIEF MEDITATION	Limit: 6	\$	Rockwell Room	HANDS-ON COOKING: ESSENTIAL KNIFE SKILLS	Limit: 6	\$	Demo Kitchen
50 min. \$80				50 min. \$110			
SUN SALUTATIONS	Limit: 30		Yoga Studio	BASIC AEROBIC CIRCUIT WEIGHTS			Gym 5
25 min.				YOGA FOR HEALTHY BACK			Yoga Studio
PILATES REFORMER JUMPCARD CLINIC	Limit: 3	\$	Gym 4	BEST BACKSIDE	Limit: 16		Sports Court
50 min. \$80				THE LATEST & GREATEST – EXPERT PRODUCT PICKS			Skincare Reception
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8:30 AM				3:00 PM			
WAKE-UP WARM-UP STRETCH	Limit: 30		Gym 2	TENNIS: AFTERNOON DRILLS	Limit: 4	\$	Indoor Tennis Court 1
20 min.				50 min. \$80			
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9:00 AM				4:00 PM			
GLUCOSE TRACKING FOR WEIGHT & ENERGY WORKSHOP	Limit: 10	\$	Lenox Room	WHAT IS SPIRITUAL WELLNESS?			Mansion Library
1 hr. 20 min. \$220				25 min.			
ROCKIN RETRO AEROBICS	Limit: 30		Gym 1	RESTORATIVE YOGA	Limit: 30		Yoga Studio
CARDIO CIRCUIT			Gym 5	GOOD VIBRATIONS	Limit: 15		Gym 2
YIN & RELEASE	Limit: 30		Yoga Studio	TRX BASIC STRENGTH	Limit: 15		Sports Court
SNOWSHOE/HIKE: LEVEL 3 – 3.5HRS	Limit: 10		Outdoor Sports Boards				
3 hr. 30 min.							
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10:00 AM				5:00 PM			
CARDIO TENNIS CLINIC – LEVEL 3.0+	Limit: 4	\$	Indoor Tennis Court 1	TEQUILA TASTING WITH EL TESORO	Limit: 17		Sargent Brook Lounge
50 min. \$80				EASTERN MEDICINE: THE INSIDE SCOOP		CME	Berkshire Room
COMING HOME TO THE BODY			Berkshire Room	EVENING CAMPFIRE			Firepit by Outdoor Pool
ROCK YOUR FLOW	Limit: 30		Yoga Studio	5 hr.			
TUBES & LOOPS	Limit: 20		Gym 2	MEDITATION	Limit: 16		Yoga Studio
SLAM!	Limit: 12		Sports Court	25 min.			
LENOX HISTORY WALK	Limit: 10		Outdoor Sports Boards	STRETCH & RELAX	Limit: 30		Gym 2
2 hr.				25 min.			
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11:00 AM				6:00 PM			
HANDS-ON COOKING: MASTERING MEAT WITH FLAVOR	Limit: 6	\$	Demo Kitchen	CHEF'S DINNER: ANTI-INFLAMMATORY INDIAN CUISINE	Limit: 24	\$	Demo Kitchen
1 hr. 45 min. \$110				1 hr. 30min. \$50			
ACTING YOUR FITNESS AGE	CME		Tanglewood Room	CANDLELIGHT YOGA	Limit: 16		Yoga Studio
PICKLEBALL: DAILY DOSE - LEVEL 2.5+	Limit: 4	\$	Pickleball Court 1	PIANIST, KAREN TCHOUGOURIAN			Mansion Library
50 min. \$80							
MID-MORNING STRETCH	Limit: 30		Gym 2				
TRX CORE			Sports Court				
POWER	Limit: 10		Gym 5				
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NOON				7:00 PM			
CARRY ON	Limit: 10		Indoor Track	COMMUNITY TABLE: DINE & CONNECT			Silverleaf
25 min.							
RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC	Limit: 8	\$	Yoga Studio				
50 min. \$80							
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12:30 PM				8:00 PM			
FITNESS FOR YOUR FEET	Limit: 20		Gym 2	MARYLEE FAIRBANKS, IN CONCERT			Fieldstone Lounge
20 min.							
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1:00 PM							
AFTERNOON OUTDOOR TAI CHI	Limit: 10		Outdoor Sports Boards				
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1				
50 min. \$80							

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SATURDAY

WINTER 2026

7:45 AM			
ON-PROPERTY POLE HIKE/NORDIC WALK	Limit: 10		Outdoor Sports Boards
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8:00 AM			
SNOWSHOE/HIKE: LEVEL 5 – 6.5HRS	Limit: 10		Outdoor Sports Boards
6 hr. 30 min.			
SUN SALUTATIONS	Limit: 30		Yoga Studio
25 min.			
PILATES TOWER CHAIR CLINIC – BEGINNER	Limit: 4	\$	Gym 3
50 min. \$80			
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8:30 AM			
HIIT IT	Limit: 18		Gym 1
20 min.			
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9:00 AM			
ZUMBA® STEP	Limit: 15		Gym 1
YOGA FOUNDATIONS	Limit: 30		Yoga Studio
POWER ROW	Limit: 10		Rowing Studio
SNOWSHOE/HIKE: LEVEL 3 – 3.5HRS	Limit: 10		Outdoor Sports Boards
3 hr. 30 min.			
CHINESE MEDICINE & WEIGHT LOSS	CME		Berkshire Room
HANDS-ON COOKING: SMOOTHIES & SHAKES	Limit: 6	\$	Demo Kitchen
30 min. \$70			
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1
50 min. \$80			
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10:00 AM			
CARDIO TENNIS CLINIC – LEVEL 3.0+	Limit: 4	\$	Indoor Tennis Court 1
50 min. \$80			
MANAGING ENERGY DYNAMICS IN RELATIONSHIPS			Tanglewood Room
YOGA SCULPT	Limit: 20		Yoga Studio
CR STRENGTH	Limit: 20		Gym 1
GRITLAB: STRENGTH & ENDURANCE CONDITIONING	Limit: 15		Sports Court
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11:00 AM			
SOURDOUGH PIZZA – CREATE & ENJOY YOUR OWN	Limit: 8	\$	Demo Kitchen
2 hr. \$175			
MID-MORNING STRETCH	Limit: 30		Gym 2
AMAZING ABS & HEALTHY HIPS	Limit: 25		Gym 1
TNT: TABATA 'N' TRX	Limit: 14		Sports Court
WAKE-UP CALL: IMPROVING YOUR SLEEP	CME		Berkshire Room
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NOON			
TAROT DEMO: WHAT'S IN THE CARDS FOR YOU?	Limit: 12		Mansion Library
LINE DANCING			Gym 1
25 min.			
AERIAL HAMMOCK YOGA CLINIC	Limit: 6	\$	Yoga Studio
50 min. \$80			
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12:30 PM			
BALANCE CHALLENGE	Limit: 20		Gym 2
20 min.			
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1:00 PM			
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1
50 min. \$80			
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1:30 PM			
TRAIL WALK ON-PROPERTY	Limit: 10		Outdoor Sports Boards
EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP	Limit: 6	\$	Rockwell Room
1 hr. 30 min. \$140			
SNOWSHOE/HIKE: LEVEL 2 – 2.5HRS	Limit: 10		Outdoor Sports Boards
2 hr. 30 min.			
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2:00 PM			
HANDS-ON COOKING: ARTISAN BREAD BAKING	Limit: 8	\$	Demo Kitchen
1 hr. 30 min. \$175			
LONG & LEAN BARRE WORKOUT	Limit: 30		Gym 1
YOGA FOR HEALTHY BACK	Limit: 30		Yoga Studio
TRIPLE BLAST	Limit: 30		Sports Court
NUTRITION, GUT HEALTH & IMMUNITY	CME		Berkshire Room
PICKLEBALL ROUND ROBIN TOURNAMENT	Limit: 8	\$	Pickleball Court 1
50 min. \$45			
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3:00 PM			
CONTEMPLATIVE TEA PRACTICE	Limit: 8	\$	Creative Expression Studio
50 min. \$80			
SINGLE WEIGHT WORKOUT			Gym 2
CAMP ARCHERY WORKSHOP	Limit: 4	\$	Sports Court
1 hr. 30 min. \$110			
HEART OPENING FLOW			Yoga Studio
STROOPS BUNGEE WORKOUT	Limit: 12		Gym 1
TENNIS: AFTERNOON DRILLS	Limit: 4	\$	Indoor Tennis Court 1
50 min. \$80			
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4:00 PM			
RESTORATIVE YOGA	Limit: 30		Yoga Studio
ROLL & RELEASE	Limit: 15		Gym 2
CYCLE CONNECT	Limit: 12		Cycling Studio
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5:00 PM			
TEQUILA TASTING WITH EL TESORO	Limit: 17		Sargent Brook Lounge
ACRYLIC PAINTING	Limit: 8	\$	Creative Expression Studio
1 hr. 30 min. \$45			
EVENING CAMPFIRE			Firepit by Outdoor Pool
5 hr.			
MEDITATION	Limit: 16		Yoga Studio
25 min.			
STRETCH & RELAX	Limit: 30		Gym 2
25 min.			
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6:00 PM			
CHEF'S DINNER: A TASTE OF MEXICO	Limit: 24	\$	Demo Kitchen
1 hr. 30min. \$50			
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7:00 PM			
COMMUNITY TABLE: DINE & CONNECT			Silverleaf
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7:30 PM			
ROBIN O'HERIN – LADY SINGS THE BLUES			Fieldstone Lounge
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8:30 PM			
MUSIC BINGO! WITH DJ BOB HECK			Rockwell Room

A [live schedule of activities](#) for Canyon Ranch Lenox displays on our website up to five weeks in advance.

SUNDAY

WINTER 2026

7:45 AM				1:00 PM			
ON-PROPERTY POLE HIKE/NORDIC WALK	Limit: 10		Outdoor Sports Boards	PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1
				50 min. \$80			
8:00 AM				GLOW TECH: TRANSFORMING SKIN WITH INNOVATIVE TOOLS			Skincare Reception
PRANAYAMA BREATHING			Yoga Studio				
25 min.							
ACTIVE STRETCH CLINIC	Limit: 4	\$	Gym 3				
50 min. \$80							
8:30 AM				1:30 PM			
TRX FLOW	Limit: 15		Sports Court	TRAIL WALK ON-PROPERTY	Limit: 10		Outdoor Sports Boards
20 min.				SNOWSHOE/HIKE: LEVEL 1 – 2.5HRS	Limit: 10		Outdoor Sports Boards
				2 hr. 30 min.			
9:00 AM				2:00 PM			
CARDIO KICKBOXING	Limit: 30		Gym 1	ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE			Berkshire Room
CHAIR YOGA	Limit: 12		Yoga Studio	BERKSHIRE BEAT	Limit: 20		Gym 1
ADVANCED INDOOR CYCLING	Limit: 12		Cycling Studio	YOGA ALIGNMENT			Yoga Studio
PILATES REFORMER CLINIC – INTERMEDIATE	Limit: 4	\$	Gym 4	BEST BACKSIDE	Limit: 16		Sports Court
50 min. \$80							
SHINRIN YOKU FIRESIDE	Limit: 6		Outdoor Sports Boards				
1 hr. 30 min.							
SNOWSHOE/HIKE: LEVEL 2 – 3HRS	Limit: 10		Outdoor Sports Boards				
3 hr.							
CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE			CME Tanglewood Room				
9:30 AM				3:00 PM			
STOCKBRIDGE HISTORY WALK	Limit: 10		Outdoor Sports Boards	WINTER FLOW YOGA	Limit: 30		Yoga Studio
2 hr. 30 min.				PUNCH	Limit: 20		Sports Court
				ZEN MOTION	Limit: 12		Gym 1
				TENNIS: AFTERNOON DRILLS	Limit: 4	\$	Indoor Tennis Court 1
				50 min. \$80			
10:00 AM				4:00 PM			
CARDIO TENNIS CLINIC – LEVEL 3.0+	Limit: 4	\$	Indoor Tennis Court 1	RESTORATIVE YOGA	Limit: 30		Yoga Studio
50 min. \$80				GOOD VIBRATIONS	Limit: 15		Gym 2
LANGUAGE OF THE HEART	Limit: 12	\$	Rockwell Room	ROW & BURN	Limit: 10		Rowing Studio
50 min. \$80				CAMP ARCHERY WORKSHOP	Limit: 4	\$	Sports Court
AROMATHERAPY BLENDING BAR: WELLNESS INTENTIONS			Front Spa Lobby	1 hr. 30 min. \$110			
2 hr.				BEING IN THIS BODY			Tanglewood Room
ATHLETIC YOGA	Limit: 30		Yoga Studio				
MUSCLE CONDITIONING	Limit: 25		Gym 2				
SLAM!	Limit: 12		Sports Court				
HANDS-ON COOKING: SMOOTHIES & SHAKES	Limit: 6	\$	Demo Kitchen				
30 min. \$70							
10:30 AM				5:00 PM			
BRUNCH & LEARN	Limit: 20		Demo Kitchen	EVENING CAMPFIRE			Firepit by Outdoor Pool
1 hr. 30 min.				5 hr.			
				STRETCH & RELAX	Limit: 30		Gym 2
				25 min.			
				NORTHERN LIGHTS SOUND BATH			Yoga Studio
11:00 AM				6:00 PM			
HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR			Mansion Library	INTUITIVE ZENTANGLE®	Limit: 8	\$	Creative Expression Studio
MID-MORNING STRETCH	Limit: 30		Gym 2	1 hr. 30 min. \$45			
TRX CORE			Sports Court				
GREAT PLATE WORKOUT	Limit: 20		Gym 5				
NOON				7:00 PM			
LUNCH & LEARN	Limit: 16		Demo Kitchen	COMMUNITY TABLE: DINE & CONNECT			Silverleaf
SHRED	Limit: 15		Gym 5				
25 min.							
HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC	Limit: 6	\$	Yoga Studio				
50 min. \$140							
12:30 PM				8:00 PM			
FITNESS FOR YOUR FEET	Limit: 20		Gym 2	MARY ANN PALERMO & FIRST TAKE BAND			Fieldstone Lounge
20 min.							

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MONDAY

WINTER 2026

7:45 AM				1:30 PM			
ON-PROPERTY POLE HIKE/NORDIC WALK	Limit: 10		Outdoor Sports Boards	TRAIL WALK ON-PROPERTY	Limit: 10		Outdoor Sports Boards
				SNOWSHOE/HIKE: LEVEL 2 – 2HRS	Limit: 10		Outdoor Sports Boards
				2 hr.			
8:00 AM				2:00 PM			
SUN SALUTATIONS	Limit: 30		Yoga Studio	HANDS-ON COOKING: CONFECTIONS A LA CANYON RANCH	Limit: 6	\$	Demo Kitchen
25 min.				1 hr. 30 min. \$175			
DISCOVER PERCUSSIVE THERAPY THERAGUN® CLINIC	Limit: 4	\$	Gym 3	THE LATEST & GREATEST – EXPERT PRODUCT PICKS			Skincare Reception
50 min. \$80				HIGH TEMPO BARRE	Limit: 25		Gym 1
				REBUILDING YOUR FITNESS		CME	Berkshire Room
				SACRAL CHAKRA HIP OPENING			Yoga Studio
				TRIPLE BLAST	Limit: 30		Sports Court
8:30 AM				3:00 PM			
WAKE-UP WARM-UP STRETCH	Limit: 30		Gym 2	WINTER FLOW YOGA	Limit: 30		Yoga Studio
20 min.				STROOPS BUNGEE WORKOUT	Limit: 12		Gym 1
				SINGLE WEIGHT WORKOUT			Gym 2
				SELF-COMPASSION IS YOUR SUPERPOWER		CME	Tanglewood Room
9:00 AM				4:00 PM			
PILATES TOWER CHAIR CLINIC – BEGINNER	Limit: 4	\$	Gym 3	HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR			Mansion Library
50 min. \$80				TRX BASIC STRENGTH	Limit: 15		Sports Court
YOGA FOUNDATIONS	Limit: 30		Yoga Studio	RESTORATIVE YOGA	Limit: 30		Yoga Studio
ADVANCED INDOOR CYCLING	Limit: 12		Cycling Studio	GOOD VIBRATIONS	Limit: 15		Gym 2
SNOWSHOE/HIKE: LEVEL 3 – 3HRS	Limit: 10		Outdoor Sports Boards	YOUR ROOT CHAKRA: FOUNDATION FOR HEALTH			Berkshire Room
3 hr.							
AEROBIC CHOREO SCULPT			Gym 1				
9:30 AM				4:30 PM			
LEE HISTORY WALK	Limit: 10		Outdoor Sports Boards	MINDFUL MANDALAS	Limit: 8	\$	Creative Expression Studio
2 hr. 30 min.				1 hr. 30 min. \$45			
10:00 AM				5:00 PM			
CR STRENGTH	Limit: 20		Gym 1	MEDITATION	Limit: 16		Yoga Studio
CARDIO TENNIS CLINIC – LEVEL 3.0+	Limit: 4	\$	Indoor Tennis Court 1	25 min.			
50 min. \$80				STRETCH & RELAX	Limit: 30		Gym 2
LOVING-KINDNESS MEDITATION			Tanglewood Room	25 min.			
SHINRIN YOKU	Limit: 6		Outdoor Sports Boards				
1 hr. 30 min.							
ROCK YOUR FLOW	Limit: 30		Yoga Studio				
SLAM!	Limit: 12		Sports Court				
11:00 AM				6:30 PM			
MID-MORNING STRETCH	Limit: 30		Gym 2	3-WORLDS OF SOUL EXPERIENCE	Limit: 8	\$	Yoga Studio
BEGINNER PILATES	Limit: 30		Gym 1	1 hr. 30 min. \$110			
PICKLEBALL: DAILY DOSE - LEVEL 2.5+	Limit: 4	\$	Pickleball Court 1				
50 min. \$80							
POWER	Limit: 10		Gym 5				
EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP	Limit: 6	\$	Rockwell Room				
1 hr. 30 min. \$140							
NOON				7:00 PM			
AERIAL HAMMOCK YOGA CLINIC	Limit: 6	\$	Yoga Studio	SACRED MOONLIGHT: AN EVENING OF MAGIC & MEANING	Limit: 12		Mansion Library
50 min. \$80				1 hr. 30 min.			
LINE DANCING			Gym 1	COMMUNITY TABLE: DINE & CONNECT			Silverleaf
25 min.							
LUNCH & LEARN	Limit: 16		Demo Kitchen				
12:30 PM				8:00 PM			
CR VITALITY TOUR			Health & Performance Reception	PIANO & VIOLIN WITH RON RAMSAY & EILEEN MARKLAND			Fieldstone Lounge
30 min.							
BALANCE CHALLENGE	Limit: 20		Gym 2				
20 min.							
1:00 PM							
PICKLEBALL: INTRO CLINIC	Limit: 4	\$	Pickleball Court 1				
50 min. \$80							

A [live schedule of activities](#) for Canyon Ranch Lenox displays on our website up to five weeks in advance.

TUESDAY

WINTER 2026

7:45 AM

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

8:00 AM

PRANAYAMA BREATHING 25 min. Yoga Studio
 INTRODUCTION TO COLD THERAPY CLINIC 25 min. \$45 Limit: 4 \$ Skincare Reception

8:30 AM

ACTIVE MOBILITY 20 min. Limit: 15 Sports Court

9:00 AM

PILATES REFORMER CLINIC – BEGINNER 50 min. \$80 Limit: 4 \$ Gym 4
 FIGHTING OFF DA: BEATING THE EFFECTS OF WINTER YIN & RELEASE Limit: 30 Tanglewood Room
 CARDIO CIRCUIT Yoga Studio
 PICKLEBALL: INTRO CLINIC 50 min. \$80 Limit: 4 \$ Pickleball Court 1
 STEP & STRENGTH Limit: 15 Gym 1

10:00 AM

TUBES & LOOPS Limit: 20 Gym 2
 CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min. \$80 Limit: 4 \$ Indoor Tennis Court 1
 LENOX HISTORY WALK 2 hr. Limit: 10 Outdoor Sports Boards
 YOGA SCULPT Limit: 20 Yoga Studio
 GRITLAB: STRENGTH & ENDURANCE CONDITIONING Limit: 15 Sports Court

11:00 AM

MID-MORNING STRETCH Limit: 30 Gym 2
 AMAZING ABS & HEALTHY HIPS Limit: 25 Gym 1
 TNT: TABATA 'N' TRX Limit: 14 Sports Court
 CHINESE HERBS FOR WINTER WELLNESS CME Berkshire Room

NOON

CR VITALITY TOUR 30 min. Health & Performance Reception
 RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC 50 min. \$80 Limit: 8 \$ Yoga Studio
 SHRED 25 min. Limit: 15 Gym 5
 LUNCH & LEARN Limit: 16 Demo Kitchen

12:30 PM

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

1:00 PM

PICKLEBALL: INTRO CLINIC 50 min. \$80 Limit: 4 \$ Pickleball Court 1
 THE ASTROLOGY OF SELF-DISCOVERY Lenox Room

1:30 PM

TRAIL WALK ON-PROPERTY Limit: 10 Outdoor Sports Boards

2:00 PM

FIRE POWER: FINDING PURPOSE Tanglewood Room
 HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS 50 min. \$110 Limit: 6 \$ Demo Kitchen
 SNOWSHOE/HIKE: LEVEL 1 – 2HRS 2 hr. Limit: 10 Outdoor Sports Boards
 YOGA FOR HEALTHY BACK Limit: 30 Yoga Studio
 ONE MINUTE MAX Limit: 24 Sports Court
 BASIC AEROBIC CIRCUIT WEIGHTS Gym 5

3:00 PM

HEART OPENING FLOW Yoga Studio
 PUNCH Limit: 20 Sports Court
 ZEN MOTION Limit: 12 Gym 1

3:30 PM

CREATIVITY CHALLENGE 25 min. Creative Expression Studio

4:00 PM

TACO TRADITIONS – CREATE & SAVOR AUTHENTIC TACOS 2 hr. \$175 Limit: 8 \$ Demo Kitchen
 CYCLE CONNECT Limit: 12 Cycling Studio
 RESTORATIVE YOGA Limit: 30 Yoga Studio
 ROLL & RELEASE Limit: 15 Gym 2

4:30 PM

JUST BEAD IT: BRACELET MAKING 1 hr. 30 min. \$45 Limit: 8 \$ Creative Expression Studio

5:00 PM

MINDFULNESS, MENTAL HEALTH & LONGEVITY CME Berkshire Room
 MEDITATION 25 min. Limit: 16 Yoga Studio
 STRETCH & RELAX 25 min. Limit: 30 Gym 2

6:00 PM

EVENING CAMPFIRE 5 hr. Goldfish Pond, Spa
 JUST BEAD IT: BRACELET MAKING 1 hr. 30 min. \$45 Limit: 8 \$ Creative Expression Studio

7:00 PM

COMMUNITY TABLE: DINE & CONNECT Silverleaf

8:00 PM

CULTIVATING CALMNESS WITH JERRY POSNER Tanglewood Room

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