

RANCH SCHEDULE
DECEMBER 22 - 28, 2025

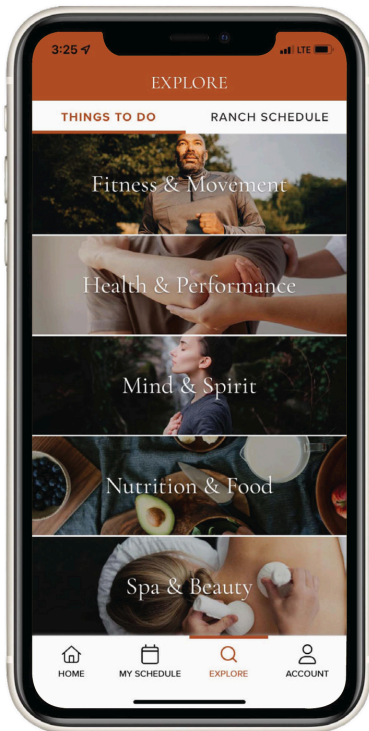


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY

HOURS & LOCATIONS

SILVERLEAF

BREAKFAST: 7 A.M. – 10 A.M.

LUNCH: 11:30 A.M. – 2 P.M.

DINNER: 5 P.M. – 8:30 P.M. (RESERVATIONS REQUIRED)

- 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.

COMMUNITY TABLE:

Looking to meet new people during your stay? We reserve a Community Table for each meal. Please inform the host you'd like to sit at the Community Table.

CULINARY REBEL™

SNACKS & LIGHT FARE: DAILY 6:30 A.M. – 5 P.M.

LUNCH: DAILY 11:30 A.M. – 4 P.M.

DINNER: DAILY 5 P.M. – 8 P.M.

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 P.M.

Seating is limited.

HEALTH & PERFORMANCE DESK

8 a.m. – 5 p.m.

Provider's hours vary.

SPA

Daily 6:30 a.m. – 9 p.m.

CR® SHOPS

Daily 9 a.m. – 6 p.m. Private shopping appointments available upon request. Inquire within the shop.

As a welcome gift, all guests receive a complimentary Canyon Ranch t-shirt. Please visit the CR Shop at any time during your stay to choose your size and take a piece of Canyon Ranch home with you.



@CanyonRanch

#LiveCanyonRanch

WELCOME

Dear Guests,

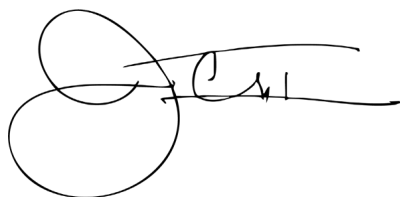
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

During your stay, you'll find countless favorite activities, services, and classes, as well as new opportunities to experience. I encourage you to explore our scenic landscape, connect with nature, and try something you've never done before.

Your Canyon Ranch App helps you manage your schedule and get the most from your stay. Use it to view your Ranch Schedule, add or cancel services, sign up for activities, and make dinner reservations at The Silverleaf restaurant. Scan the QR code on the opposite page to download or ask a Wellness Guide for help.

We're also thrilled to showcase the work of local artists and galleries throughout the property. We hope the works provide a variety of visual experiences that 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.

Right now, you're in the perfect place to refresh your spirit, set goals, and reduce 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 A.M. TO 9 P.M., LOCATED IN THE SPA.

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



ACUPHORIA

Health & Performance | 50 min.

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

Metaphysical | 100 min.

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

Nutrition | 50 min.

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

Healing Energy | 80 min.

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

Spa | 100 min.

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

Fitness | Two-part service | 50 min. each

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

Skincare | 80 min.

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 of optimal, long-lasting results.

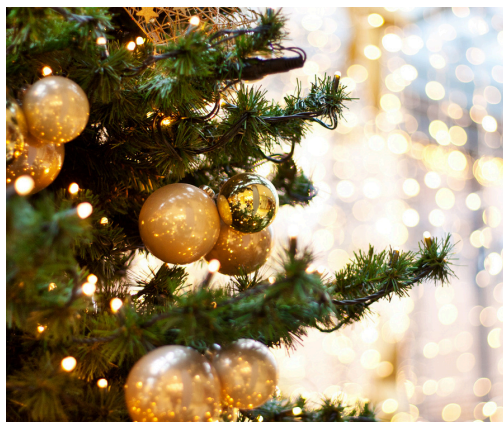
WARM COCONUT OIL MASSAGE

Spa | 50 min. | 80 min.

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.

FEATURED EVENTS

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



TIMELESS TRADITIONS IN THE BERKSHIRES DEC 1 - 30

Celebrate the magic of the season at our Lenox resort in the heart of the Berkshires. Throughout December, delight in candlelit yoga, gingerbread village building, cocoa-fueled trail walks, reflective talks, and festive concerts. Cozy campfires, seasonal rituals, and surprise experiences fill your days with warmth, joy, and connection. Let the charm of the Berkshires and the spirit of the holidays inspire you, nourish your body and mind, and create lasting memories.

Activities included in this event are noted with a **SNOWFLAKE** ❄️



OPTIMIZE YOUR HEALTH WITH DR. BREWER DEC 22 - 26

Join Stephen C. Brewer, MD, ABFM, Medical Director of Canyon Ranch Tucson, for a special wellness series designed to transform your understanding of modern medicine. With decades of clinical experience and a deep passion for personalized wellness, Dr. Brewer brings a holistic, forward-thinking perspective to some of today's most pressing health topics. Dr. Brewer will lead a series of thought-provoking sessions, offering guests the opportunity to learn directly from one of the nation's most respected voices in integrative medicine.

Activities included in this event are noted with **DD**





CELEBRATE THE SEASON DEC 22 - 28

Ring in the new year with joy, connection, and renewal in the Berkshires. Guided by our fitness, outdoor sports, mental health, and spiritual wellness experts, you'll enjoy energizing classes, seasonal activities, and heartwarming gatherings. From movement to reflection, this uplifting week helps you savor the magic of the season while nurturing your body, mind, and spirit — leaving you refreshed and ready for the year ahead.

Activities included in this event are noted with **DD**

MONDAY

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (*). Please arrive early to secure your spot as space may be limited.

- 7:45 AM**  **NORDIC WALK/POLE HIKE ***
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM** **SUN SALUTATIONS**
DD • 25 min • Yoga Studio • Limit 30
- THE ART OF FENCING:
SWORDPLAY CLINIC ***
50 min • Sports Court • Limit 6 • \$80
- 8:30 AM** **WAKE-UP WARM-UP STRETCH**
20 min • Gym 1 • Limit 30
- 9:00 AM** **ZUMBA®**
45 min • Gym 1 • Limit 30
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 30
- PILATES TOWER CHAIR
CLINIC - BEGINNER ***
50 min • Gym 3 • Limit 4 • \$80
- RACE DAY**
NEW • 45 min • Cycling Studio • Limit 12
- HIKE: LEVEL 3 - EAST MTN.
TOM LEONARD SHELTER ***
3 hr • Outdoor Sports Boards • Limit 10
- 9:30 AM** **SHINRIN YOKU**
2 hr • Outdoor Sports Boards • Limit 6
-  **STOCKBRIDGE HOLIDAY
& HISTORY WALK ***
DD • 2 hr 30 min • Outdoor Sports Boards • Limit 10
- 10:00 AM** **CARDIO TENNIS CLINIC – LEVEL 3.0+ ***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- ATHLETIC YOGA**
45 min • Yoga Studio • Limit 30
- CR STRENGTH**
45 min • Gym 1 • Limit 20
- H2O POWER**
45 min • Indoor Pool • Limit 25
- LOVING-KINDNESS MEDITATION**
50 min • Tanglewood Room

CANYON RANCH COMMUNITY TREE

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

"What Light Do You Bring With Your Presence?"

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

- 11:00 AM** **PICKLEBALL: DAILY DOSE - LEVEL 2.5+ ***
50 min • Pickleball Court 1 • Limit 4 • \$80
- EVIDENCE-BASED QI GONG
& TAI CHI WORKSHOP ***
1 hr 30 min • Yoga Studio • Limit 6 • \$140
- MID-MORNING STRETCH**
45 min • Gym 2
- TRX CORE**
45 min • Sports Court
- GREAT PLATE WORKOUT**
45 min • Gym 5 • Limit 20
- NOON** **LINE DANCING**
DD • 25 min • Gym 1
- LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- 12:30 PM** **BALANCE CHALLENGE**
20 min • Gym 2 • Limit 20
- 1:00 PM** **PICKLEBALL: INTRO CLINIC ***
50 min • Pickleball Court 1 • Limit 4 • \$80
- AERIAL HAMMOCK YOGA CLINIC ***
50 min • Yoga Studio • Limit 6 • \$80
- 1:30 PM** **TRAIL WALK ON-PROPERTY ***
1 hr • Outdoor Sports Boards • Limit 10
- HIKE: LEVEL 1
- PLEASANT VALLEY BEAVER PONDS ***
3 hr • Outdoor Sports Boards • Limit 10

2:00 PM TENNIS: AFTERNOON DRILLS *
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

**PASTA FROM SCRATCH
– ROLL, CUT, & ENJOY ***
1 hr • Demo Kitchen • Limit 8 • \$175

HIGH TEMPO BARRE
45 min • Gym 1 • Limit 25

CREATIVE FLOW YOGA
DD • 45 min • Yoga Studio • Limit 30

TRIPLE BLAST
45 min • Sports Court • Limit 30

EXERCISE & MENOPAUSE
50 min • Berkshire Room • CME

3:00 PM PUNCH
45 min • Sports Court • Limit 20

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

❄️ **WINTER FLOW YOGA**
45 min • Yoga Studio

**SELF-COMPASSION
IS YOUR SUPERPOWER**
DD • 50 min • Tanglewood Room • CME

**4:00 PM HISTORY OF BELLEFONTAINE:
TALK & MINI MANSION TOUR**
1 hr • Mansion Library

FOAM ROLL & STRETCH
45 min • Gym 2 • Limit 20

❄️ **SOOTHE & SURRENDER**
NEW • DD • 45 min • Yoga Studio • Limit 30

**ACTIVATE YOUR CHAKRAS,
EMPOWER YOUR LIFE**
50 min • Berkshire Room

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

4:30 PM MINDFUL MANDALAS *
1 hr • Creative Expression Studio • Limit 8 • \$45

5:00 PM MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

MEDICALLY UNEXPLAINED SYNDROMES
DD • 50 min • Rockwell Room • CME

❄️ **NIGHTWOODS AT THE MOUNT ***
2 hr • Outdoor Sports Boards • Limit 6

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

7:00 PM COMMUNITY TABLE: DINE & CONNECT
50 min • Silverleaf

FIND A WELLNESS WISH

DAILY | DECEMBER 22 - 28

A mindful twist on a beloved Canyon Ranch tradition. Each day in December, a shimmering Wellness Wish Star will be hidden somewhere around the property. If you discover it, read the intention on its tag and **bring your star to the CR Shop**, located in the Main Spa Lobby, to receive your special gift. May each wish you find inspired joy this season!



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

TUESDAY

December 23

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (*). Please arrive early to secure your spot as space may be limited.

7:45 AM	 NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10	12:30 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
8:00 AM	PRANAYAMA BREATHING DD • 25 min • Yoga Studio	1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
	INTRODUCTION TO COLD THERAPY CLINIC 25M * 25 min • Skincare Reception • Limit 4 • \$45	1:30 PM	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10
8:30 AM	TRX FLOW 20 min • sports Court • Limit 15		HIKE: LEVEL 2 - SHADOWBROOK * 2 hr • Outdoor Sports Boards • Limit 10
9:00 AM	CHAIR YOGA 45 min • Yoga Studio • Limit 12	2:00 PM	YOGA FOR HEALTHY BACK 45 min • Yoga Studio • Limit 30
	AEROBIC CHOREO SCULPT 45 min • Gym 1		GRITLAB: STRENGTH & ENDURANCE CONDITIONING 45 min • Sports Court • Limit 15
	POWER ROW 45 min • Rowing Studio • Limit 10		CARDIO CIRCUIT 45 min • Gym 5
	PILATES REFORMER CLINIC - BEGINNER * 50 min • Gym 4 • Limit 4 • \$80		HANDS-ON COOKING: CULTURED FOODS FOR A HEALTHY GUT 50 min • Demo Kitchen • Limit 6 • \$110
	NEW MEDICAL ADVANCEMENTS DD • 50 min • Rockwell Room • CME	3:00 PM	TENNIS: AFTERNOON DRILLS * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80
	HIKE: LEVEL 3 - PLEASANT VALLEY OVERBROOK TRAIL * 3 hr • Outdoor Sports Boards • Limit 10		AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25
9:30 AM	 ADVENT CANDLE LIGHTING 30 min • Mansion Library		STROOPS BUNGEE WORKOUT 45 min • Gym 1 • Limit 12
	 LEE HOLIDAY & HISTORY WALK DD • 2 hr 30 min • Outdoor Sports Boards • Limit 10		WARRIOR FLOW NEW • 45 min • Yoga Studio • Limit 30
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80	4:00 PM	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30
	H2O POWER 45 min • Indoor Pool • Limit 25		PERFORMANCE RECOVERY: RESET & RECHARGE 45 min • Gym 2 • Limit 20
	ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30		RHYTHM RIDE NEW • DD • 45 min • Cycling Studio • Limit 12
	TUBES & LOOPS 45 min • Gym 2 • Limit 20		STRESS LESS, SLEEP MORE 50 min • Tanglewood Room • CME
11:00 AM	MID-MORNING STRETCH 45 min • Gym 2	5:00 PM	MEDITATION 25 min • Yoga Studio
	BEGINNER PILATES 45 min • Gym 1 • Limit 30		STRETCH & RELAX 25 min • Gym 2 • Limit 30
	POWER 45 min • Gym 5 • Limit 10		OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room
NOON	BERKSHIRE BEAT 25 min • Gym 1 • Limit 20	6:00 PM	JUST BEAD IT: BRACELET MAKING * 1 hr • Creative Expression Studio • Limit 8 • \$45
	RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * DD • 50 min • Yoga Studio • Limit 8 • \$110	7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf
	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16		

WEDNESDAY

December 24

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (*). Please arrive early to secure your spot as space may be limited.

7:30 AM **QI GONG STRESS RELIEF MEDITATION ***
50 min • Gym 1 • Limit 6 • \$80

7:45 AM ❄️ **NORDIC WALK/POLE HIKE ***
DD • 1 hr • Outdoor Sports Boards • Limit 10

8:00 AM **SUN SALUTATIONS**
25 min • Yoga Studio • Limit 30

ACTIVE STRETCH CLINIC *
50 min • Gym 3 • Limit 5 • \$80

HIKE: LEVEL 4
- STONY LEDGE AT MT. GREYLOCK *
5 hr • Outdoor Sports Boards • Limit 10

8:30 AM **ZEN•GA™ FLOW**
DD • 20 min • Gym 2 • Limit 30

9:00 AM **YIN & RELEASE**
45 min • Yoga Studio • Limit 30

CARDIO KICKBOXING
45 min • Gym 1 • Limit 30

PILATES REFORMER JUMPBOARD CLINIC *
50 min • Gym 4 • Limit 4 • \$80

HILLS & VALLEYS
NEW • 45 min • Cycling Studio • Limit 12

NEW APPROACHES TO WEIGHT LOSS
DD • 50 min • Rockwell Room • CME

HIKE: LEVEL 3 - BURBANK TRAIL *
3 hr • Outdoor Sports Boards • Limit 10

10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+ ***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

H2O POWER
DD • 45 min • Indoor Pool • Limit 25

YOGA SCULPT
45 min • Yoga Studio • Limit 20

CR STRENGTH
45 min • Gym 1 • Limit 20

11:00 AM **PICKLEBALL: DAILY DOSE - LEVEL 2.5+ ***
50 min • Pickleball Court 1 • Limit 4 • \$80

MID-MORNING STRETCH
45 min • Gym 2

AMAZING ABS & HEALTHY HIPS
45 min • Gym 1 • Limit 25

TNT: TABATA 'N' TRX
45 min • Sports Court • Limit 14

NOON **TAROT DEMO:**
WHAT'S IN THE CARDS FOR YOU?
DD • 50 min • Mansion Library • Limit 12

HIIT IT
25 min • Gym 1 • Limit 18

DISCOVER PERCUSSIVE THERAPY
THERAGUN® CLINIC
50 min • Gym 3 • Limit 4 • \$80

LUNCH & LEARN
50 min • Demo Kitchen • Limit 16

12:30 PM **BALANCE CHALLENGE**
20 min • Gym 2 • Limit 20

1:00 PM **PICKLEBALL: INTRO CLINIC ***
50 min • Pickleball Court 1 • Limit 4 • \$80

BEAUTY TRENDS
50 min • Tanglewood Room

1:30 PM **TRAIL WALK ON-PROPERTY ***
1 hr • Outdoor Sports Boards • Limit 10

HIKE: LEVEL 1 - BULLARD WOODS *
2 hr • Outdoor Sports Boards • Limit 10

REFLECTION TREE: MESSAGES OF HOPE, JOY, AND PEACE

DAILY | DECEMBER 24 - JANUARY 1

Write a message to share with your fellow man. It can be something you wish for yourself, your loved ones, someone you've never met - the world! Let's put our collective well-wishes together and send them out into the universe for 2025!

Reflection trees located in hallway near the Fieldstone Lounge

2:00 PM **CAMP ARCHERY WORKSHOP ***
1 hr 30 min • Sports Court • Limit 4 • \$110

ONCE UPON A PAST LIFETIME...
50 min • Berkshire Room

SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio

ENDURANCE RIDE
45 min • Cycling Studio • Limit 12

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

**HANDS-ON COOKING:
BALANCE BLOOD SUGAR WITH FOOD ***
50 min • Demo Kitchen • Limit 6 • \$110

3:00 PM **TENNIS: AFTERNOON DRILLS ***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30


TEA & TAROT *
1 hr • Limit 8 • \$140

 **THE HISTORY OF CHRISTMAS CAROLS**
50 min • Tanglewood Room

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

4:00 PM **FOAM ROLL & STRETCH**
45 min • Gym 2 • Limit 20

ROWING ESSENTIALS
45 min • Rowing Studio • Limit 10

 **SOOTHE & SURRENDER**
NEW • DD • 45 min • Yoga Studio • Limit 30

HANDS-ON COOKING: CHOCOLATE FIX! *
50 min • Demo Kitchen • Limit 6 • \$110

5:00 PM **STRETCH & RELAX**
25 min • Gym 2 • Limit 30

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf

FIND A WELLNESS WISH

DAILY | DECEMBER 22 - 28

A mindful twist on a beloved Canyon Ranch tradition. Each day in December, a shimmering Wellness Wish Star will be hidden somewhere around the property. If you discover it, read the intention on its tag and **bring your star to the CR Shop**, located in the Main Spa Lobby, to receive your special prize. May each wish you find inspired joy this season!



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THURSDAY

December 25

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7:45 AM	 NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10	1:30 PM	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10 HIKE: LEVEL 2 - STEVEN'S GLEN * 2 hr • Outdoor Sports Boards • Limit 10
9:00 AM	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30 STEP & STRENGTH 45 min • Gym 1 • Limit 15 POWER ROW 45 min • Rowing Studio • Limit 10 HIKE: LEVEL 2+ - BASIN POND * 3 hr • Outdoor Sports Boards • Limit 10 PILATES REFORMER CLINIC - BEGINNER * 50 min • Gym 4 • Limit 4 • \$80	2:00 PM	LONG & LEAN BARRE WORKOUT 45 min • Gym 1 • Limit 30 RIP 'N' RIDE 45 min • Sports Court • Limit 10 YIN YOGA DD • 45 min • Yoga Studio
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 H2O POWER 45 min • Indoor Pool • Limit 25 MUSCLE CONDITIONING 45 min • Gym 2 • Limit 25 POWER FLOW NEW • 45 min • Yoga Studio • Limit 30  LENOX HOLIDAY & HISTORY WALK * DD • 2 hr 30 min • Outdoor Sports Boards • Limit 10	3:00 PM	TENNIS: AFTERNOON DRILLS * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25  WINTER FLOW YOGA 45 min • Yoga Studio PUNCH 45 min • Sports Court • Limit 20
11:00 AM	MID-MORNING STRETCH 45 min • Gym 2 GREAT PLATE WORKOUT 45 min • Gym 5 • Limit 20 INTERMEDIATE MAT PILATES NEW • 45 min • Gym 1 • Limit 30 THE ASTROLOGY OF SELF-DISCOVERY 50 min • Lenox Room	4:00 PM	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30 PERFORMANCE RECOVERY: RESET & RECHARGE 45 min • Gym 2 • Limit 20 TRX BASIC STRENGTH 45 min • Sports Court • Limit 15
NOON	SHRED 25 min • Gym 5 • Limit 15 THE ART OF FENCING: SWORDPLAY CLINIC * 50 min • Sports Court • Limit 6 • \$80	5:00 PM	OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room
12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20	7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf
1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80	8:00 PM	 CAROL'S! DEBORAH ZECHER & TRACY STARK, IN CONCERT DD • 50 min • Fieldstone Lounge

SIP N' SHOP

10 AM - NOON | CR Shop in Main Spa Lobby
Join us for a relaxed, hosted shopping experience at CR Shop where guests can enjoy some Prosecco, and personalized styling, in a fun, boutique atmosphere.

FRIDAY

December 26

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (*). Please arrive early to secure your spot as space may be limited.

7:45 AM ❄️ **NORDIC WALK/POLE HIKE ***
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM **QI GONG STRESS RELIEF MEDITATION ***
50 min • Gym 2 • Limit 6 • \$80

PRANAYAMA BREATHING
DD • 25 min • Yoga Studio

PILATES REFORMER JUMPBOARD CLINIC *
50 min • Gym 4 • Limit 4 • \$80

9:00 AM **YOGA ALIGNMENT**
45 min • Yoga Studio

ROCKIN RETRO AEROBICS
45 min • Gym 1 • Limit 30

❄️ **SADDLE & RIDE:
HORSEBACK ADVENTURE ***
3 hr • Outdoor Sports Boards • Limit 4 • \$350

RACE DAY
NEW • 45 min • Cycling Studio • Limit 12

THE TRUTH ABOUT LONGEVITY
DD • 50 min • Rockwell Room • CME

HIKE: LEVEL 3 - PARKER BROOK TRAIL *
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM ❄️ **STOCKBRIDGE
HOLIDAY & HISTORY WALK ***
DD • 2 hr 30 min • Outdoor Sports Boards • Limit 10

10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+ ***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

H2O POWER
45 min • Indoor Pool • Limit 25

ATHLETIC YOGA
45 min • Yoga Studio • Limit 30

TUBES & LOOPS
45 min • Gym 2 • Limit 20

❄️ **HANDS-ON COOKING:
HOLIDAY COOKIES ***
50 min • Demo Kitchen • Limit 6 • \$110

COMING HOME TO THE BODY
50 min • Tanglewood Room

11:00 AM **PICKLEBALL: DAILY DOSE - LEVEL 2.5+ ***
50 min • Pickleball Court 1 • Limit 4 • \$80

MID-MORNING STRETCH
45 min • Gym 2

AMAZING ABS & HEALTHY HIPs
45 min • Gym 1 • Limit 25

ONE MINUTE MAX
45 min • Sports Court • Limit 24

EXERCISE & MENOPAUSE
50 min • Berkshire Room • CME

NOON **BERKSHIRE BEAT**
25 min • Gym 1 • Limit 20

**RESTORATIVE AERIAL YOGA
& SOUND HEALING CLINIC ***
DD • 50 min • Yoga Studio • Limit 8 • \$110

LUNCH & LEARN
50 min • Demo Kitchen • Limit 16

12:30 PM **FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20

1:00 PM **PICKLEBALL: INTRO CLINIC ***
50 min • Pickleball Court 1 • Limit 4 • \$80

AFTERNOON OUTDOOR TAI CHI
1 hr • Outdoor Sports Boards • Limit 16

TRAIL WALK ON-PROPERTY *
1 hr • Outdoor Sports Boards • Limit 10

HIKE: LEVEL 1 - BENEDICT POND *
2 hr • Outdoor Sports Boards • Limit 10

2:00 PM **BASIC AEROBIC CIRCUIT WEIGHTS**
DD • 45 min • Gym 5

BEST BACKSIDE
45 min • Sports Court • Limit 16

**THE LATEST & GREATEST
- EXPERT PRODUCT PICKS**
50 min • Skincare Reception

**HANDS-ON COOKING:
ANTI-INFLAMMATORY FOODS ***
50 min • Demo Kitchen • Limit 15 • \$110

YOGA FOR A HEALTHY BACK
45 min • Yoga Studio • Limit 30

3:00 PM TENNIS: AFTERNOON DRILLS *

50 min • Indoor Tennis Court 1 • Limit 4 • \$80

AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

INTERMEDIATE YOGA

45 min • Yoga Studio • Limit 30

PUNCH

45 min • Sports Court • Limit 20

**MIXED EMOTIONS:
MAKING PEACE WITH YOURSELF**

50 min • Berkshire Room • CME

4:00 PM WHAT IS SPIRITUAL WELLNESS?

25 min • Community Tree

RESTORATIVE YOGA

45 min • Yoga Studio • Limit 30

FOAM ROLL & STRETCH

45 min • Gym 2 • Limit 20

ZEN IN MOTION

45 min • Gym 1 • Limit 12

5:00 PM MEDITATION

25 min • Yoga Studio

STRETCH & RELAX

25 min • Gym 2 • Limit 30

OPEN 12-STEP RECOVERY MEETING

50 min • Lenox Room

**EASTERN MEDICINE:
THE INSIDE SCOOP**

50 min • Tanglewood Room • CME

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Silverleaf

FIND A WELLNESS WISH

DAILY | DECEMBER 22 - 28

A mindful twist on a beloved Canyon Ranch tradition. Each day in December, a shimmering Wellness Wish Star will be hidden somewhere around the property. If you discover it, read the intention on its tag and **bring your star to the CR Shop**, located in the Main Spa Lobby, to receive your special gift. May each wish you find inspired joy this season!

CR VITALITY

DAILY 9 AM - 5 PM | MANSION 2ND FLOOR

Elevate your wellness routine with access to our dedicated recovery spaces, featuring state-of-the-art Health & Performance technologies. Support energy, recovery, sleep, and overall vitality as you explore innovative tools designed to help you feel your best.

For more information or to book your pass, please contact the Wellness Guides at ext. 55423.



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

SATURDAY

December 27

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (*). Please arrive early to secure your spot as space may be limited.

7:45 AM	 NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10	11:00 AM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * 50 min • Pickleball Court 1 • Limit 4 • \$80
8:00 AM	SUN SALUTATIONS DD • 25 min • Yoga Studio • Limit 30		MID-MORNING STRETCH 45 min • Gym 2
	INTRODUCTION TO COLD THERAPY CLINIC 25M * 25 min • Skincare Reception • Limit 4 • \$45		TRX CORE 45 min • Sports Court
	PILATES REFORMER PICKLEBALL CLINIC * 50 min • Gym 4 • Limit 4 • \$80		POWER 45 min • Gym 5 • Limit 10
	HIKE: LEVEL 5 - LION'S HEAD A.T. * 6 hr • Outdoor Sports Boards • Limit 10		MYSTERY OF METABOLISM 50 min • Berkshire Room • CME
8:30 AM	HIIT IT 25 min • Gym 1 • Limit 18	NOON	LINE DANCING 25 min • Gym 1
9:00 AM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80		AERIAL HAMMOCK YOGA CLINIC * 50 min • Yoga Studio • Limit 6 • \$80
	CHINESE MEDICINE & WEIGHT LOSS 50 min • Berkshire Room • CME		LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
	YIN & RELEASE 45 min • Yoga Studio • Limit 30	12:30 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
	POWER ROW 45 min • Rowing Studio • Limit 10	1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
	ZUMBA® STEP 45 min • Gym 1 • Limit 15		BOGA FITMAT® FITNESS CLINIC 50 min • Indoor Pool • Limit 6 • \$80
	HIKE: LEVEL 3 - GOOSE POND ON APPALACHIAN TRAIL * DD • 3 hr • Outdoor Sports Boards • Limit 10	1:30 PM	EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP * 1 hr 30 min • Gym 2 • Limit 6 • \$140
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10
	H2O POWER 45 min • Indoor Pool • Limit 25		HIKE: LEVEL 2+ - TYRINGHAM COBBLE * 3 hr • Outdoor Sports Boards • Limit 10
	ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30	2:00 PM	CREATIVE FLOW YOGA 45 min • Yoga Studio • Limit 30
	TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? 50 min • Mansion Library • Limit 12		LONG & LEAN BARRE WORKOUT 45 min • Gym 1 • Limit 30
	CR STRENGTH 45 min • Gym 1 • Limit 20		TRIPLE BLAST 45 min • Sports Court • Limit 30
	LENOX HOLIDAY & HISTORY WALK * 2 hr • Outdoor Sports Boards • Limit 10		HANDS-ON COOKING: ARTISAN BREAD BAKING * 1 hr • Demo Kitchen • Limit 8 • \$175

Signature Events + Discovery Days: **TIMELESS TRADITIONS (1 - 30)** ❄️ / **CELEBRATE THE SEASON (22 - 28) "DD"**

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

3:00 PM TENNIS: AFTERNOON DRILLS *
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

CAMP ARCHERY WORKSHOP *
1 hr 30 min • Sports Court • Limit 4 • \$110

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

WARRIOR FLOW
NEW • 45 min • Yoga Studio • Limit 30

CONTEMPLATIVE TEA PRACTICE *
DD • 50 min • Creative Expression Studio • Limit 8 • \$80

**4:00 PM PERFORMANCE RECOVERY:
RESET & RECHARGE**
45 min • Gym 2 • Limit 20

RHYTHM RIDE
NEW • 45 min • Cycling Studio • Limit 12

❄️ **SOOTHE & SURRENDER**
NEW • **DD** • 45 min • Yoga Studio • Limit 30

5:00 PM MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

**WINE TASTING:
A SENSORY EXPLORATION ***
50 min • Demo Kitchen • Limit 8 • \$110

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

7:00 PM COMMUNITY TABLE: DINE & CONNECT
50 min • Silverleaf

9:00 PM MUSIC BINGO! WITH DJ BOB HECK
45 min • Rockwell Room

THE MORE, THE MERRIER

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

For more information or to book a group, please contact:

Sr. Sales Manager, Rachel Christman
(413) 728-4421 rchristman@canyonranch.com



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

SUNDAY

December 28

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (*). Please arrive early to secure your spot as space may be limited.

7:45 AM ❄️ **NORDIC WALK/POLE HIKE ***
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM **PRANAYAMA BREATHING**
DD • 25 min • Yoga Studio

PILATES REFORMER CLINIC - INTERMEDIATE *
50 min • Gym 4 • Limit 4 • \$80

HIKE: LEVEL 5
- **ROARING BROOK AT MT. GREYLOCK ***
7 hr • Outdoor Sports Boards • Limit 10

8:30 AM **TRX FLOW**
20 min • Sports Court • Limit 15

9:00 AM **SHINRIN YOKU ***
1 hr 30min • Outdoor Sports Boards • Limit 6

CHAIR YOGA
45 min • Yoga Studio • Limit 12

CARDIO KICKBOXING
45 min • Gym 1 • Limit 30

ADVANCED INDOOR CYCLING
45 min • Cycling Studio • Limit 12

CHINESE MEDICINE:
PUTTING STRESS IN ITS PLACE
50 min • Tanglewood Room • CME

HIKE: LEVEL 2 - ROUND MOUNTAIN *
2 hr • Outdoor Sports Boards • Limit 10

9:30 AM ❄️ **LEE HOLIDAY & HISTORY WALK ***
2 hr 30 min • Outdoor Sports Boards • Limit 10

10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+ ***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

H2O POWER
45 min • Indoor Pool • Limit 25

YOGA SCULPT
45 min • Yoga Studio • Limit 20

MUSCLE CONDITIONING
45 min • Gym 2 • Limit 25

HANDS-ON COOKING:
FASTEST MEALS IMAGINABLE *
50 min • Demo Kitchen • Limit 6 • \$110

LANGUAGE OF THE HEART *
DD • 50 min • Rockwell Room • Limit 12 • \$80

11:00 AM **HISTORY OF BELLEFONTAINE:**
TALK & MINI MANSION TOUR
1 hr • Mansion Library

MID-MORNING STRETCH
45 min • Gym 2

BEGINNER PILATES
45 min • Gym 1 • Limit 30

TNT: TABATA 'N' TRX
45 min • Sports Court • Limit 14

NOON **BERKSHIRE BEAT**
DD • 25 min • Gym 1 • Limit 20

HARMONY WITHIN:
MEDITATION & PULSE OXIMETRY CLINIC *
50 min • Yoga Studio • Limit 6 • \$140

LUNCH & LEARN
50 min • Demo Kitchen • Limit 16

12:30 PM **FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20

1:00 PM **PICKLEBALL: INTRO CLINIC ***
50 min • Pickleball Court 1 • Limit 4 • \$80

1:30 PM **TRAIL WALK ON-PROPERTY ***
1 hr • Outdoor Sports Boards • Limit 10

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

2:00 PM **SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio

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

CARDIO CIRCUIT
DD • 45 min • Gym 5

MANAGING ENERGY DYNAMICS
IN RELATIONSHIPS
50 min • Berkshire Room

Signature Events + Discovery Days: **TIMELESS TRADITIONS (1 - 30)** ❄️ / **CELEBRATE THE SEASON (22 - 28) "DD"**

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

3:00 PM CAMP ARCHERY WORKSHOP *
1 hr 30 min • Sports Court • Limit 4 • \$110

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

❄️ **WINTER FLOW YOGA**
45 min • Yoga Studio

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

4:00 PM RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

FOAM ROLL & STRETCH
45 min • Gym 2 • Limit 20

ROWING ESSENTIALS
45 min • Rowing Studio • Limit 10

❄️ **FINDING STEADY GROUND
IN HOLIDAY STRESS**
50 min • Tanglewood Room

5:00 PM MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

❄️ **NIGHTWOODS AT THE MOUNT**
DD • 2 hr • Outdoor Sports Boards • Limit 10

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

CREATIVITY AS SPIRITUAL PRACTICE
50 min • Rockwell Room • CME

**5:30 PM HEIGHTENED STATES
OF CONSCIOUSNESS ***
1 hr • Yoga Studio • Limit 6 • \$140

7:00 PM COMMUNITY TABLE: DINE & CONNECT
50 min • Silverleaf

INDULGE IN FEELING AMAZING

BECAUSE WELL-BEING LOOKS GOOD ON YOU

Make wellness a habit you love with a Canyon Ranch Membership. Enjoy exclusive pricing, Member Nights, and the chance to return regularly to our transformative Lenox retreat. Feel supported, inspired, and connected all year long.

For more information or questions, please contact:
Mary Harris - Membership Sales Manager
(413) 728-4421 | mharris@canyonranch.com

REFLECTION TREE: MESSAGES OF HOPE, JOY, AND PEACE

DAILY | DECEMBER 24 - JANUARY 1

Write a message to share with your fellow man. It can be something you wish for yourself, your loved ones, someone you've never met - the world! Let's put our collective well-wishes together and send them out into the universe for 2025!

Reflection trees located in hallway by Fieldstone Lounge



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

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.

We 2 PM, Sa 3 PM, Su 3 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.

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.

POOL TIME

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

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 wake-up call you requested. We're here to make sure you're okay.

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.

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.

- 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.

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 PILLOWSON 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 pillow that are on the bed and feather pillows are available upon request.

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

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

M E N U O F S E R V I C E S

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



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

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

PERSONALIZED,PRECISE,PREVENTIVE

DexaBody 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

BodyComposition 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

ArthritisEvaluation	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 Session50 min\$150

Duet Training Session50 min110/person

Small Group Training Session (3-5 people)50 min80/person

Private Group Class50 min335/class

Heightened States: Private Breathwork Experience120 min320

Personal Training with Virtual Follow-Up – two sessions50 min each270

Yoga for Your Dosha – two sessions50 min each300

OUTDOOR SPORTS

GROUP ADVENTURES

Archery Workshop.....times vary\$110/person

Eco-Tour with Certified Field Naturalisttimes vary110/person

Equine Escape: Horse Connectiontimes vary250/person

Falconry - Harris Hawk Guided Walktimes vary200/person

Kayakingtimes vary110/person

Keep it Rolling – Bike Maintenance Workshoptimes vary110/person

Photography Hiketimes vary110/person

Saddle & Ride: Horseback Adventuretimes vary350/person

Stand-Up Paddleboardtimes vary110/person

HIGH ROPES ADVENTURES

Aerial Adventure.....times vary\$110/person

Climbing Walltimes vary110/person

High Ropes Challenge Course

2-4 hours, depending on the number of people220/person

Ladders & Bridges - Rope Challengetimes vary110/person

PRIVATE ADVENTURES

On Land

Archery, Bike, Hike, Mountain Bike, Run, Shinrin Yoku, Tai ChiFirst hour\$140/person

Each additional hour80/person

On Water Canoe, Kayak, Sculling, Stand-Up PaddleboardFirst two hours220/person

Each additional hour80/person

Fly Fishing - Drift Boat **NEW**Single half day575

Duet half day350/person

Single full day775

Duet full day500/person

RACQUET SPORTS

Pickleball & Tennis

Individual training session50 min\$150

Duet training session50 min110/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
Udvartana 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
Five Elements Ritual NEW	80 min	340
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– BarefootMassage.....	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

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®	54596
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

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

LIFE CHANGES AT CANYON RANCH

WHEREVER YOU ARE ON YOUR LIFE LONG JOURNEY, FIND
PERSONALIZED GUIDANCE AND PROVEN EXPERTISE TO
INSPIRE YOUR WELL WAY OF LIFE.



CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



CANYON RANCH FORT WORTH, TEXAS

Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



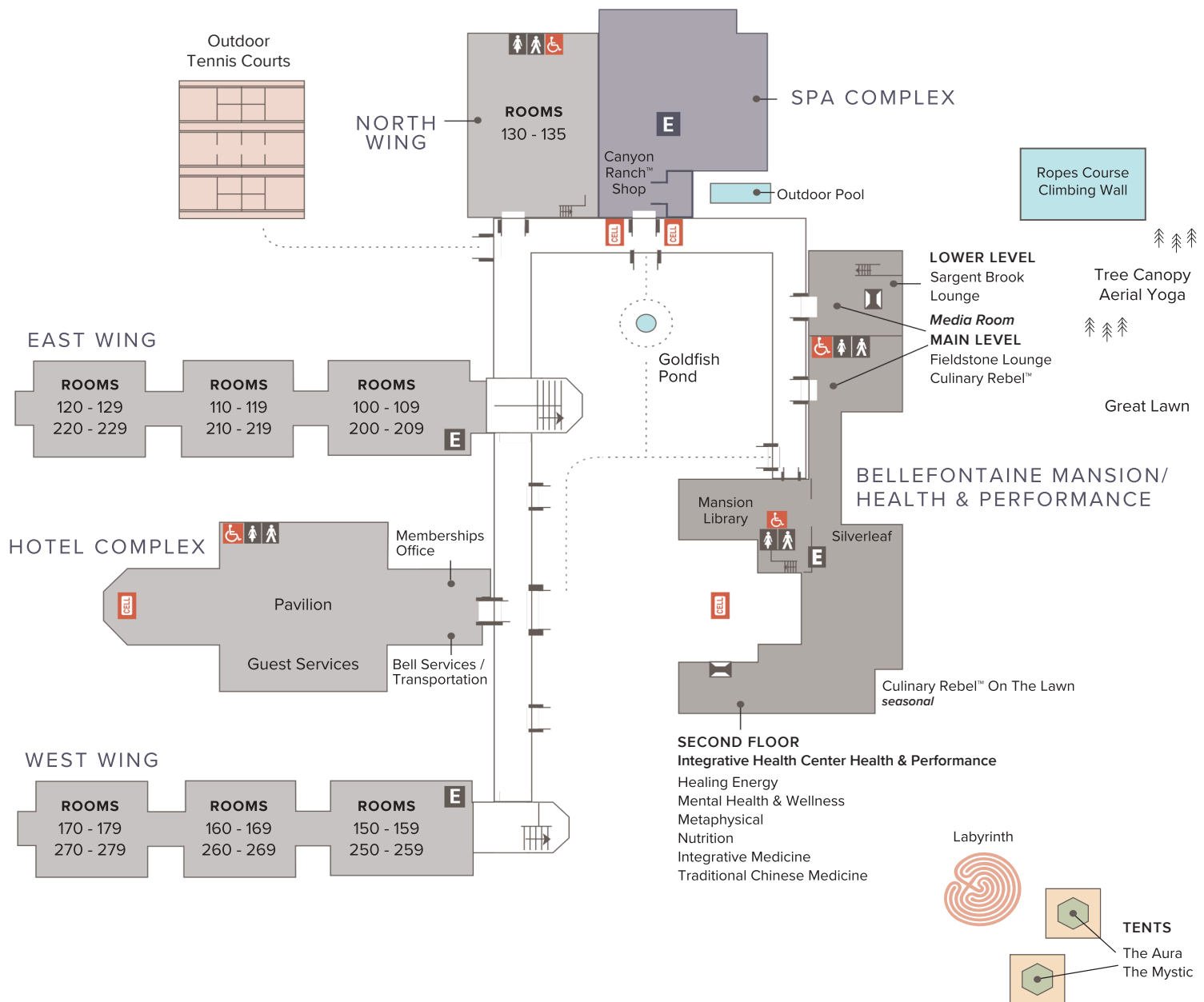
CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit canyonranch.com to learn more about all of our locations.

CANYON RANCH®

LENOX



CANYON RANCH LIVING® LENOX

NORTH WING

MAIN LEVEL

Beverage Bar
Group Sales
Program Advising
Restrooms
Rockwell Room
Spiritual Wellness
Stockbridge Room

UPPER LEVEL

Guest Rooms
Ice Machine
Self-Serve Laundry

WEST WING

GROUND FLOOR

Beverage Bar
Foyer
Guest Rooms

SECOND FLOOR

Foyer
Guest Rooms
Ice Machine
Self-Serve Laundry

EAST WING

MAIN LEVEL

Berkshire Room
Beverage Bar Creative
Expression Demo
Kitchen
Lenox Room
Tanglewood Room

FIRST FLOOR

Computer Resource
Room Guest Rooms

SECOND FLOOR

Guest Rooms
Ice Machine
Self-Serve Laundry

SPA COMPLEX

LOWER LEVEL

Beverage Bar
Fitness Gyms 1 - 5
Indoor Pool
Movement Therapy
Outdoor Pool
Performance Science
Sports Medicine

LOWER LEVEL (SPORTS COURTS)

*Take staircase opposite
Front Spa Desk to access*

Cycling Studio
Indoor Tennis Courts
Racquet Sports
Rowing Studio
Sports Courts

MAIN LEVEL

Beauty Salon
Locker Rooms
Massage
Outdoors Sports
Skin Care Services
& Retail Spa
Treatments
Yoga Studio

UPPER LEVEL

Indoor Track

Great Lawn
Tent