

RANCH SCHEDULE

DECEMBER 29 - JANUARY 4, 2025

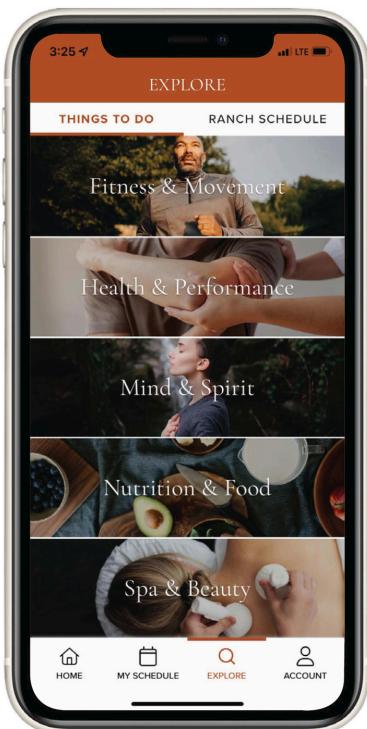


This schedule belongs to:



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



@CanyonRanch

#LiveCanyonRanch

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.

WELCOME

Dear Guests,

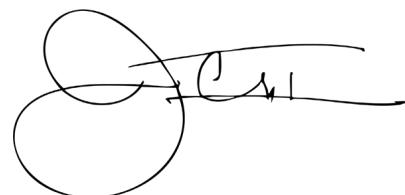
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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 for 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 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**



STRENGTH IN THE NEW YEAR

DEC 29 - JAN 4

Turn the page into 2026 with energy and purpose. This weeklong program blends powerful workouts with restorative practices to refresh body and mind. Strengthen your foundation through expert-led fitness sessions and discover recovery tools to help prevent burnout. Nutrition and lifestyle workshops offer guidance on establishing healthy routines, so you'll leave with momentum, clarity, and vitality for the year ahead.

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



A CANYON RANCH NEW YEAR

DEC 30 - JAN 1

Step into the new year with intention, energy, and joy at our Lenox resort. This annual retreat combines rhythm, movement, and music to help you release the past and embrace the year ahead. From candlelit yoga and drumming circles to DJ-led Glow-Ga and intention-setting rituals, experience meaningful, magical New Year's celebrations designed to refresh and renew your body, mind, and spirit.

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



SUSTAINABLE WEIGHT LOSS

JAN 1 - 4

In the age of semaglutides, this immersive weekend offers a sustainable, science-backed approach to achieving healthy weight loss. Led by Canyon Ranch experts in medicine, nutrition, fitness, mental health, and behavioral science, you'll gain practical tools and personalized guidance to support long-term results. Join us for a body-positive experience focused on real change — not quick fixes.

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

MONDAY

December 29

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 * DD • 1 hr • Outdoor Sports Boards • Limit 10
8:00 AM	SUN SALUTATIONS 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	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30
	PILATES TOWER CHAIR CLINIC - BEGINNER * 50 min • Gym 3 • Limit 4 • \$80
	ZUMBA® 45 min • Gym 1 • Limit 30
	RACE DAY NEW • 45 min • Cycling Studio • Limit 12
	NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN 50 min • Berkshire Room • CME
	HIKE: LEVEL 3 - PLEASANT VALLEY OVERTON BROOK TRAIL * DD • 3 hr • Outdoor Sports Boards • Limit 10
9:30 AM	SHINRIN YOKU 2 hr • Outdoor Sports Boards • Limit 6
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 DD • 45 min • Gym 1 • Limit 20
	H2O POWER 45 min • Indoor Pool • Limit 25
	 LENOX HOLIDAY & HISTORY WALK * 2 hr • Outdoor Sports Boards • Limit 10
	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 DD • 45 min • Sports Court
	GREAT PLATE WORKOUT 45 min • Gym 5 • Limit 20
	WIRED FOR WONDER: SPIRITUAL PATHWAYS OF THE BRAIN 50 min • Tanglewood Room • CME
NOON	LINE DANCING 25 min • Gym 1
	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
12:30 PM	BALANCE CHALLENGE DD • 20 min • Gym 2 • Limit 20
1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
	MAKE-UP MASTER CLASS 50 min • Stockbridge Room • Limit 12
	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
	CR VITALITY TOUR DD • 30 min • Health & Performance Reception
	HIKE: LEVEL 1 - KENNEDY PARK GAZEBO * 2 hr • Outdoor Sports Boards • Limit 10

December 29

Signature Events + Discovery Days: **TIMELESS TRADITIONS (1 - 30) ** / **STRENGTH IN THE NEW YEAR (DEC 29 - JAN 4)**

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

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

HIGH TEMPO BARRE
45 min • Gym 1 • Limit 25

CREATIVE FLOW YOGA
45 min • Yoga Studio • Limit 30

TRIPLE BLAST
45 min • Sports Court • Limit 30

REBUILDING YOUR FITNESS
DD • 50 min • Berkshire Room • CME

PASTA FROM SCRATCH – ROLL, CUT, & ENJOY *
1 hr 30 min • Demo Kitchen • Limit 8 • \$175

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
50 min • Tanglewood Room • CME

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

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

TRX BASIC STRENGTH
DD • 45 min • Sports Court • Limit 15

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

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

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

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

6:30 PM  **3-WORLDS OF SOUL EXPERIENCE ***
1 hr 30 min • Yoga Studio • Limit 8 • \$110

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

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 2026!

Reflection trees located in hallway near the 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.

TUESDAY

December 30

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	THERAPEUTIC QI GONG: A TOOL FOR SELF HEALING 50 min • Rockwell Room
8:00 AM	PRANAYAMA BREATHING 25 min • Yoga Studio		MID-MORNING STRETCH 45 min • Gym 2
	INTRODUCTION TO COLD THERAPY CLINIC 25M * DD • 25 min • Skincare Reception • Limit 4 • \$45		BEGINNER PILATES 45 min • Gym 1 • Limit 30
8:30 AM	TRX FLOW 20 min • Sports Court • Limit 15		POWER DD • 45 min • Gym 5 • Limit 10
9:00 AM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80	NOON	BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
	CHAIR YOGA 45 min • Yoga Studio • Limit 12		RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * DD • 50 min • Yoga Studio • Limit 8 • \$110
	AEROBIC CHOREO SCULPT 45 min • Gym 1		LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
	POWER ROW 45 min • Rowing Studio • Limit 10	12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20
	PILATES REFORMER CLINIC - BEGINNER * 50 min • Gym 4 • Limit 4 • \$80	1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
	HIKE: LEVEL 3 - BURBANK TRAIL * DD • 3 hr 30 min • Outdoor Sports Boards • Limit 10	1:30 PM	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10
9:30 AM	 STOCKBRIDGE HOLIDAY & HISTORY WALK * 2 hr 30 min • Outdoor Sports Boards • Limit 10		HIKE: LEVEL 2 - STEVEN'S GLEN 2 hr • Outdoor Sports Boards • Limit 10
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		MEMBERSHIPS & GROUPS: CASUAL Q&A 30 min • Main Spa Lobby
	H2O POWER 45 min • Indoor Pool • Limit 25	2:00 PM	GRITLAB: STRENGTH & ENDURANCE CONDITIONING DD • 45 min • Sports Court • Limit 15
	ROCK YOUR FLOW NEW • 45 min • Yoga Studio • Limit 30		CARDIO CIRCUIT 45 min • Gym 5
	TUBES & LOOPS 45 min • Gym 2 • Limit 20		MINDFUL METAPHYSICS WITH SHAWN MONINGER DD • 50 min • Tanglewood Room
			HANDS-ON COOKING: CULTURED FOODS FOR A HEALTHY GUT * 50 min • Demo Kitchen • Limit 6 • \$110
			YOGA FOR HEALTHY BACK 45 min • Yoga Studio • Limit 30

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

Signature Events + Discovery Days: **TIMELESS TRADITIONS (1 - 30)** / **STRENGTH IN THE NEW YEAR (DEC 29 - JAN 4)**
CANYON RANCH NEW YEAR (DEC 30 - JAN 1)

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

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

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

STROOPS BUNGEE WORKOUT
 45 min • Gym 1 • Limit 12

6:00 PM **JUST BEAD IT: BRACELET MAKING ***
 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45

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

8:00 PM **HOW TO MAKE THIS YOUR BEST YEAR WITH JERRY POSNER**
DD • 50 min • Tanglewood Room

3:30 PM **CREATIVITY CHALLENGE**
 25 min • Creative Expression Studio

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

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

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

HANDS-ON COOKING: FUEL FOR STRENGTH & PERFORMANCE
 50 min • Demo Kitchen • Limit 6 • \$110

WEIGHT LOSS: NUTRITION FOR BREAKING BARRIERS
DD • 50 min • Rockwell Room

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

OUTDOOR SPORTS ACTIVITIES

You'll find a complete schedule of outdoor sports activities at the Outdoor Sports Boards in 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 skill level. *Press dress for the weather, and wear hiking boots or appropriate footwear.*

SIGN UP FOR OUTDOOR SPORTS ACTIVITIES ON THE CR APP OR WITH A WELLNESS GUIDE, 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.

WEDNESDAY

December 31

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.

CHANCES TO WIN PRIZES!

All day, attend any fitness class, presentation, or outdoor sports activity today to get a raffle ticket for each one!

Prize drawing will take place during the 10 PM performance in the Fieldstone Lounge. Must be in attendance to win!

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 - MT. WILCOX A.T. *
DD • 5 hr • Outdoor Sports Boards • Limit 10

8:30 AM ZEN•GA™ FLOW
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 • DD • 45 min • Cycling Studio • Limit 12

HIKE: LEVEL 3 - TOM BALL MOUNTAIN *
3 hr 30 min • Outdoor Sports Boards • Limit 10

**9:30 AM NORDIC WALK
AT KENNEDY PARK: LEVEL 2+ ***
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

CR STRENGTH
DD • 45 min • Gym 1 • Limit 20

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

MINDFULNESS MEDITATION WORKSHOP
1 hr 30 min • Yoga Studio • Limit 12 • \$140

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?**
50 min • Mansion Library • Limit 12

HIIT IT
25 min • Gym 1 • Limit 18

**DISCOVER PERCUSSIVE THERAPY
THERAGUN® CLINIC ***
DD • 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 - GOULD MEADOWS *
2 hr • Outdoor Sports Boards • Limit 10

Signature Events + Discovery Days: **CANYON RANCH NEW YEAR (DEC 31 - JAN 1)** / **STRENGTH IN THE NEW YEAR (DEC 29 - JAN 4)**
 CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

2:00 PM	CAMP ARCHERY WORKSHOP 1 hr 30 min • Sports Court • Limit 4 • \$110
	SACRAL CHAKRA HIP OPENING DD • 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
	ONCE UPON A PAST LIFETIME... 50 min • Berkshire Room
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
	CORRECT PERCEPTION: RESOLUTIONS MANIFEST WITHIN DD • 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 • 45 min • Yoga Studio • Limit 30
	HANDS-ON COOKING: CHOCOLATE FIX! * 50 min • Demo Kitchen • Limit 6 • \$110
	MYTHS & FACTS ABOUT CARBS DD • 50 min • Berkshire Room • CME
5:00 PM	MEDITATION 25 min • Yoga Studio
	STRETCH & RELAX 25 min • Gym 2 • Limit 30
	CREATIVITY & DREAMS 50 min • Rockwell Room
	OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room
7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf

NEW YEAR'S EVE

3:00 PM - 10:00 PM

SELFIE PHOTOBOTH

Main Spa Lobby

Share the fun! Tag us on Facebook and Instagram photos, posts, and stories as you ring in the new year with us!
 @CanyonRanch #CanyonRanchNewYearsEve2025

5:00 PM - 5:45 PM

DJ GLOW-GA: GLOW IN THE DARK YOGA

Gym 1

Join us for a yoga session under neon lights, featuring a live DJ. This immersive class combines neon lights, glow sticks and body paint, live DJ music, and flowing yoga moves for the ultimate mix of movement, music, and celebration!

6:00 PM - 8:00 PM

RELEASE & RENEW: INTENTION SETTING & LIVE MUSIC

Mansion Library

On your way to dinner, stop by the Library and prepare for this evening's Transformational Fire Ceremony Drumming Circle by writing down your Let-Go's from 2025 on parchment paper, and infuse them with intention for release and transformation.

8:00 PM - 8:50 PM

ALIGN YOURSELF WITH THE ENERGY OF THE UNIVERSE

Fieldstone Lounge

A mindblowing, fun, and inspiring journey into well-being with **world-renowned mentalist, Gerard Senehi**, blending impossible feats with mystery and wonder to open space for deeper discovery of ourselves and the energy of the universe.

9:00 PM - 9:50 PM

TRANSFORMATIONAL FIRE CEREMONY & DRUMMING CIRCLE

Firepit by Outdoor Pool

Reflect on 2025 and let the flames carry them away. With rhythmic drumming, ignite new intentions and step into 2026 renewed and empowered.

10:00 PM - 10:50 PM

DESI OAKLEY & ANDY HUNTINGTON, IN CONCERT

Fieldstone Lounge

An intimate evening of piano, guitar and vocals with singer-songwriters Desi & Andy. Mocktails, celebratory treats, and a live raffle drawing included during the performance. **Must be present to win!**

11:00 PM - 11:50 PM

SOUND HEALING: WELCOME 2026

Yoga Studio

Relax into soothing vibrations as 2025 comes to a close with a serene sound healing session, ending with a countdown to midnight and a toast to 2026 as you ease into a peaceful, reflective start to the year ahead. Limit 24

THURSDAY

January 1

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

9:00 AM **YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 30

STEP & STRENGTH
DD • 45 min • Gym 1 • Limit 15

POWER ROW
45 min • Rowing Studio • Limit 10

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

NEW YEAR'S DAY HIKE: LEVEL 3
DD • 3 hr • Outdoor Sports Boards • Limit 10

10:00 AM **MUSCLE CONDITIONING**
DD • 45 min • Gym 2 • Limit 25

H2O POWER
45 min • Indoor Pool • Limit 25

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

LENOX HOLIDAY & HISTORY WALK
2 hr • Outdoor Sports Boards • Limit 10

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

**HANDS-ON COOKING:
MOOD BOOSTING FOODS ***
50 min • Demo Kitchen • Limit 6 • \$110

11:00 AM **GREAT PLATE WORKOUT**
45 min • Gym 5 • Limit 20

MID-MORNING STRETCH
45 min • Gym 2

INTERMEDIATE MAT PILATES
NEW • 45 min • Gym 1 • Limit 30

THE ASTROLOGY OF SELF-DISCOVERY
50 min • Lenox Room

CANYON RANCH COMMUNITY TREE

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

“What arises when you are SILENT?”

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

NOON **SHRED**
DD • 25 min • Gym 5 • Limit 15

**THE ART OF FENCING:
SWORDPLAY CLINIC ***
50 min • Sports Court • Limit 6 • \$80

LUNCH & LEARN
50 min • Demo Kitchen • Limit 16

12:30 PM **FITNESS FOR YOUR FEET**
DD • 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 ***
DD • 1 hr • Outdoor Sports Boards • Limit 10

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

2:00 PM **LONG & LEAN BARRE WORKOUT**
45 min • Gym 1 • Limit 30

RIP 'N' RIDE
45 min • Sports Court • Limit 10

YIN YOGA
45 min • Yoga Studio

**THE WORLD IS A MIRROR
OF OUR THOUGHTS WITH
DAVID FRIEDMAN**
DD • 50 min • Tanglewood Room

**HANDS-ON COOKING:
RECIPES FOR LONGEVITY ***
50 min • Demo Kitchen • Limit 6 • \$110

January 1

Signature Events + Discovery Days: **CANYON RANCH NEW YEAR (DEC 31 - JAN 1) / STRENGTH IN THE NEW YEAR (DEC 29 - JAN 4)**
CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

3:00 PM WINTER FLOW YOGA
45 min • Yoga Studio

PUNCH
DD • 45 min • Sports Court • Limit 20

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

JOURNEY THROUGH THE TAROT
50 min • Lenox Room

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

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

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

**FINDING YOUR SPIRITUALITY
THROUGH FITNESS**
DD • 50 min • Berkshire Room

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

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

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

MEDITATION
25 min • Yoga Studio

ENERGY CLEARING & ALIGNMENT
50 min • Tanglewood Room

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

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

8:00 PM OLD SCHOOL BINGO
DD • 50 min • Rockwell Room

SIP N' SHOP

5 PM - 7 PM | 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.

ACRYLIC PAINTING

4:30 PM - 6 PM | \$45 | LIMIT 8
Creative Arts Studio

A guided experience in painting from
still life, with acrylic paints & materials.
Tap into your inner artist, allow yourself
permission to be free & creative.
Beginners welcome!

For more information, visit the CR App or call
the Wellness Guides at Ext. 55423.

FRIDAY

January 2

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 * DD • 1 hr • Outdoor Sports Boards • Limit 10	11:00 AM	AMAZING ABS & HEALTHY HIPS DD • 45 min • Gym 1 • Limit 25
8:00 AM	PRANAYAMA BREATHING 25 min • Yoga Studio		MID-MORNING STRETCH 45 min • Gym 2
	PILATES REFORMER JUMPBOARD CLINIC * 50 min • Gym 4 • Limit 4 • \$80		ONE MINUTE MAX 45 min • Sports Court • Limit 24
	QI GONG STRESS RELIEF MEDITATION * 50 min • Gym 2 • Limit 6 • \$80		PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * 50 min • Pickleball Court 1 • Limit 4 • \$80
	RUCKING WALK FOR WELLNESS * 1 hr • Outdoor Sports Boards • Limit 10		EXERCISE & MENOPAUSE DD • 50 min • Berkshire Room • CME
8:30 AM	WAKE-UP WARM-UP STRETCH 20 min • Gym 1 • Limit 30	NOON	BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
9:00 AM	YOGA ALIGNMENT 45 min • Yoga Studio		RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * 50 min • Yoga Studio • Limit 8 • \$110
	ROCKIN RETRO AEROBICS DD • 45 min • Gym 1 • Limit 30		LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
	RACE DAY NEW • 45 min • Cycling Studio • Limit 12	12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20
	HIKE: LEVEL 3 - BEARTOWN RAMBLE 3 hr 30 min • Outdoor Sports Boards • Limit 10	1:00 PM	AFTERNOON OUTDOOR TAI CHI 1 hr • Outdoor Sports Boards • Limit 10
	SADDLE & RIDE: HORSEBACK ADVENTURE * DD • 3 hr • Outdoor Sports Boards • Limit 4 • \$350		PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
9:30 AM	LEE HOLIDAY & HISTORY WALK * 2 hr 30 min • Outdoor Sports Boards • Limit 10	1:30 PM	CR VITALITY TOUR 30 min • Health & Performance Reception
10:00 AM	ATHLETIC YOGA 45 min • Yoga Studio • Limit 30		TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10
	TUBES & LOOPS DD • 45 min • Gym 2 • Limit 20		SNOWSHOE/HIKE: LEVEL 1 - PLEASANT VALLEY BEAVER POND 2 hr • Outdoor Sports Boards • Limit 10
	H2O POWER 45 min • Indoor Pool • Limit 25	2:00 PM	YOGA FOR HEALTHY BACK 45 min • Yoga Studio • Limit 30
	COMING HOME TO THE BODY DD • 50 min • Tanglewood Room		BASIC AEROBIC CIRCUIT WEIGHTS DD • 45 min • Gym 5
	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		BEST BACKSIDE DD • 45 min • Sports Court • Limit 16
	HANDS-ON COOKING: SMOOTHIES & SHAKES * 30 min • Demo Kitchen • Limit 6 • \$70		HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS * 50 min • Demo Kitchen • Limit 6 • \$110

Signature Events + Discovery Days: **SUSTAINABLE WEIGHT LOSS (1 - 4)**

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

3:00 PM	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30
	PUNCH DD • 45 min • Sports Court • Limit 20
	AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25
	MIXED EMOTIONS: MAKING PEACE WITH YOURSELF 50 min • Berkshire Room • CME
4:00 PM	FOAM ROLL & STRETCH 45 min • Gym 2 • Limit 20
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30
	ZEN IN MOTION 45 min • Gym 1 • Limit 12
	WHAT IS SPIRITUAL WELLNESS? 25 min • Community Tree
5:00 PM	STRETCH & RELAX DD • 25 min • Gym 2 • Limit 30
	MEDITATION 25 min • Yoga Studio
	EASTERN MEDICINE: THE INSIDE SCOOP 50 min • Tanglewood 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
8:00 PM	HOW TO MAKE 2026 YOUR BEST YEAR WITH JERRY POSNER 50 min • Tanglewood Room

OUTDOOR SPORTS ACTIVITIES

You'll find a complete schedule of outdoor sports activities at the Outdoor Sports Boards in 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 skill level. *Press dress for the weather, and wear hiking boots or appropriate footwear.*

SIGN UP FOR OUTDOOR SPORTS ACTIVITIES ON THE CR APP OR WITH A WELLNESS GUIDE, 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

January 3

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 *	11:00 AM	TRX CORE
	DD • 1 hr • Outdoor Sports Boards • Limit 10		DD • 45 min • Sports Court
8:00 AM	SUN SALUTATIONS		POWER
	25 min • Yoga Studio • Limit 30		45 min • Gym 5 • Limit 10
	INTRODUCTION TO COLD THERAPY CLINIC 25M *		MID-MORNING STRETCH
	DD • 25 min • Skincare Reception • Limit 4 • \$45		45 min • Gym 2
	PILATES REFORMER PICKLEBALL CLINIC *		MYSTERY OF METABOLISM
	50 min • Gym 4 • Limit 4 • \$80		DD • 50 min • Berkshire Room • CME
	HIKE: LEVEL 5 - GOULD TRAIL TO GREYLOCK SUMMIT *		PICKLEBALL: DAILY DOSE - LEVEL 2.5+ *
	DD • 6 hr 30 min • Outdoor Sports Boards • Limit 10		50 min • Pickleball Court 1 • Limit 4 • \$80
8:30 AM	HIIT IT	NOON	LINE DANCING
	20 min • Gym 1 • Limit 18		25 min • Gym 1
9:00 AM	YIN & RELEASE		AERIAL HAMMOCK YOGA CLINIC *
	45 min • Yoga Studio • Limit 30		50 min • Yoga Studio • Limit 6 • \$80
	POWER ROW		LUNCH & LEARN
	45 min • Rowing Studio • Limit 10		50 min • Demo Kitchen • Limit 16
	ZUMBA® STEP	12:30 PM	BALANCE CHALLENGE
	45 min • Gym 1 • Limit 15		DD • 20 min • Gym 2 • Limit 20
	HIKE: LEVEL 3 - EAST MTN. ON THE APPALACHIAN TRAIL *		BOGA FITMAT® FITNESS CLINIC *
	3 hr • Outdoor Sports Boards • Limit 10		DD • 50 min • Indoor Pool • Limit 6 • \$80
	PICKLEBALL: INTRO CLINIC *		PICKLEBALL: INTRO CLINIC *
	50 min • Pickleball Court 1 • Limit 4 • \$80		50 min • Pickleball Court 1 • Limit 4 • \$80
	CURB CRAVINGS & HABITS WITH ACUPUNCTURE	1:00 PM	EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP *
	DD • 50 min • Berkshire Room • CME		1 hr 30 min • Gym 2 • Limit 6 • \$140
10:00 AM	ROCK YOUR FLOW	1:30 PM	TRAIL WALK ON-PROPERTY *
	DD • 45 min • Yoga Studio • Limit 30		1 hr • Outdoor Sports Boards • Limit 10
	CR STRENGTH		SNOWSHOE/HIKE: LEVEL 2+ - LAURA'S TOWER & ICE GLEN *
	45 min • Gym 1 • Limit 20		2 hr 30 min • Outdoor Sports Boards • Limit 10
	H2O POWER	2:00 PM	CREATIVE FLOW YOGA
	45 min • Indoor Pool • Limit 25		45 min • Yoga Studio • Limit 30
	TAROT DEMO: WHAT'S IN THE CARDS FOR YOU?		LONG & LEAN BARRE WORKOUT
	50 min • Mansion Library • Limit 12		DD • 45 min • Gym 1 • Limit 30
	LENOX HOLIDAY & HISTORY WALK *		TRIPLE BLAST
	2 hr • Outdoor Sports Boards • Limit 10		45 min • Sports Court • Limit 30
	CARDIO TENNIS CLINIC – LEVEL 3.0+ *		HANDS-ON COOKING: ARTISAN BREAD BAKING *
	50 min • Indoor Tennis Court 1 • Limit 4 • \$80		1 hr 30 min • Demo Kitchen • Limit 8 • \$175

Signature Events + Discovery Days: **SUSTAINABLE WEIGHT LOSS (1 - 4)**

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

3:00 PM **STROOPS BUNGEE WORKOUT**
45 min • Gym 1 • Limit 12

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

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

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

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

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

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

MINDFULNESS, MENTAL HEALTH & LONGEVITY
50 min • Tanglewood Room • CME

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

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

MEDITATION
25 min • Yoga Studio

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

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

FULL MOON TRAIL WALK *
1 hr • Outdoor Sports Boards • Limit 10

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

8:00 PM **MUSIC BINGO! WITH DJ BOB HECK**
50 min • Rockwell Room

FULL MOON TRAIL WALK

5 PM - 6 PM | LIMIT: 10

Step outside beneath the **Wolf Moon** for a guided evening trail walk. Traditionally associated with instinct, resilience, and renewal, this first full moon of the new year invites quiet reflection, grounding, and connection with the natural world as night begins to unfold. Meet at Outdoor Sports Boards in Main Spa Lobby.

For more information, visit the CR App or call 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.

SUNDAY

January 4

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 *	11:00 AM	BEGINNER PILATES
	DD • 1 hr • Outdoor Sports Boards • Limit 10		45 min • Gym 1 • Limit 30
8:00 AM	PRANAYAMA BREATHING		TNT: TABATA 'N' TRX
	25 min • Yoga Studio		45 min • Sports Court • Limit 14
	PILATES REFORMER CLINIC - INTERMEDIATE *		MID-MORNING STRETCH
	50 min • Gym 4 • Limit 4 • \$80		45 min • Gym 2
8:30 AM	TRX FLOW		HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR
	20 min • Sports Court • Limit 15		1 hr • Mansion Library
9:00 AM	SHINRIN YOKU *	11:30 AM	CR VITALITY TOUR
	1 hr 30min • Outdoor Sports Boards • Limit 6		30 min • Health & Performance Reception
	CHAIR YOGA	NOON	BERKSHIRE BEAT
	45 min • Yoga Studio • Limit 12		25 min • Gym 1 • Limit 20
	CARDIO KICKBOXING		HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC *
	DD • 45 min • Gym 1 • Limit 30		50 min • Yoga Studio • Limit 6 • \$140
	ADVANCED INDOOR CYCLING		LUNCH & LEARN
	45 min • Cycling Studio • Limit 12		50 min • Demo Kitchen • Limit 16
	CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE	12:30 PM	FITNESS FOR YOUR FEET
	50 min • Tanglewood Room • CME		DD • 20 min • Gym 2 • Limit 20
	SNOWSHOE/HIKE: LEVEL 2+ - FLAG ROCK *	1:00 PM	PICKLEBALL: INTRO CLINIC *
	DD • 3 hr • Outdoor Sports Boards • Limit 10		50 min • Pickleball Court 1 • Limit 4 • \$80
9:30 AM	STOCKBRIDGE HOLIDAY & HISTORY WALK *	1:30 PM	TRAIL WALK ON-PROPERTY *
	2 hr 30 min • Outdoor Sports Boards • Limit 10		1 hr • Outdoor Sports Boards • Limit 10
10:00 AM	YOGA SCULPT		SNOWSHOE/HIKE: LEVEL 1 - BENEDICT POND *
	45 min • Yoga Studio • Limit 20		2 hr 30 min • Outdoor Sports Boards • Limit 10
	MUSCLE CONDITIONING	2:00 PM	SACRAL CHAKRA HIP OPENING
	DD • 45 min • Gym 2 • Limit 25		45 min • Yoga Studio
	H2O POWER		GRITLAB: STRENGTH & ENDURANCE CONDITIONING
	45 min • Indoor Pool • Limit 25		DD • 45 min • Sports Court • Limit 15
	LANGUAGE OF THE HEART *		CARDIO CIRCUIT
	50 min • Rockwell Room • Limit 12 • \$80		DD • 45 min • Gym 5
	CARDIO TENNIS CLINIC – LEVEL 3.0+ *		MANAGING ENERGY DYNAMICS IN RELATIONSHIPS
	50 min • Indoor Tennis Court 1 • Limit 4 • \$80		50 min • Berkshire Room
	HANDS-ON COOKING: FASTEST MEALS IMAGINABLE *		
	50 min • Demo Kitchen • Limit 6 • \$110		

Signature Events + Discovery Days: **SUSTAINABLE WEIGHT LOSS (1 - 4)**

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

3:00 PM STROOPS BUNGEE WORKOUT

45 min • Gym 1 • Limit 12

WINTER FLOW YOGA

45 min • Yoga Studio

AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

CAMP ARCHERY WORKSHOP *

1 hr 30 min • Sports Court • Limit 4 • \$110

4:00 PM FOAM ROLL & STRETCH

DD • 45 min • Gym 2 • Limit 20

ROWING ESSENTIALS

45 min • Rowing Studio • Limit 10

RESTORATIVE YOGA

45 min • Yoga Studio • Limit 30

**REWIRE FOR RELIEF:
RELIEVING CHRONIC PAIN**

50 min • Tanglewood Room • CME

5:00 PM STRETCH & RELAX

25 min • Gym 2 • Limit 30

MEDITATION

25 min • Yoga Studio

**SOUL INSPIRED:
THE ART OF SPIRITUAL PRACTICE**

50 min • Rockwell Room • CME

OPEN 12-STEP RECOVERY MEETING

50 min • Lenox Room

**5:30 PM HEIGHTENED STATES
OF CONSCIOUSNESS ***

1 hr 20 min • Yoga Studio • Limit 6 • \$140

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Silverleaf

8:00 PM ZOE BATES, PIANO & VOCALS

50 min • Fieldstone Lounge

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



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 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

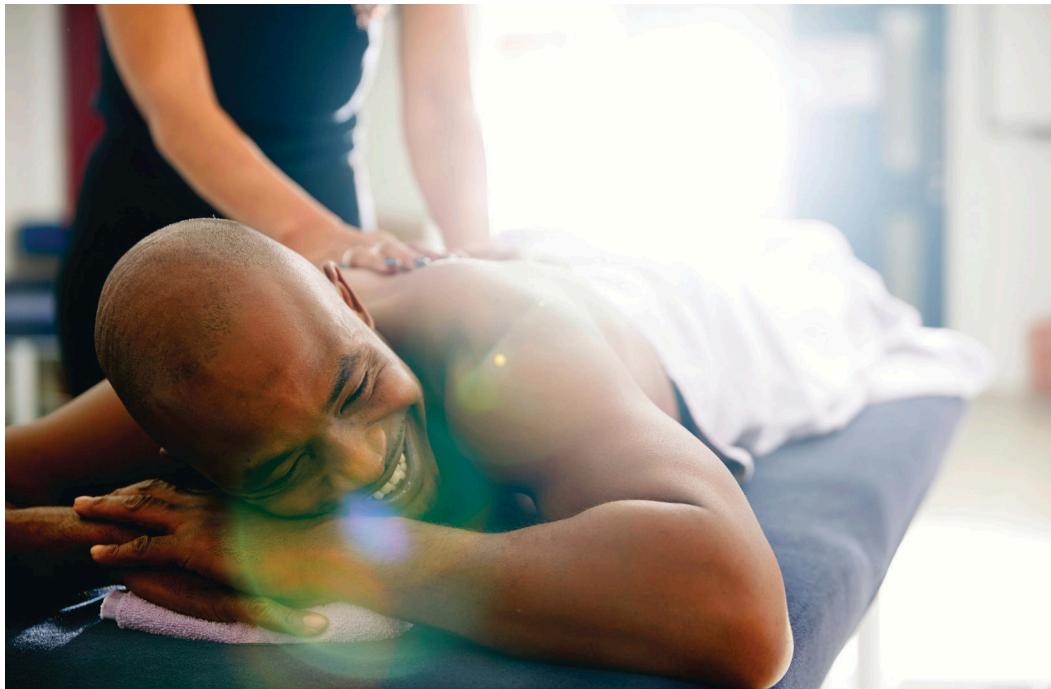
Leg spacer – Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric

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 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	\$350
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 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 & 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
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

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

When in doubt, call our Operator at 0, who will be happy to transfer your call.

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.

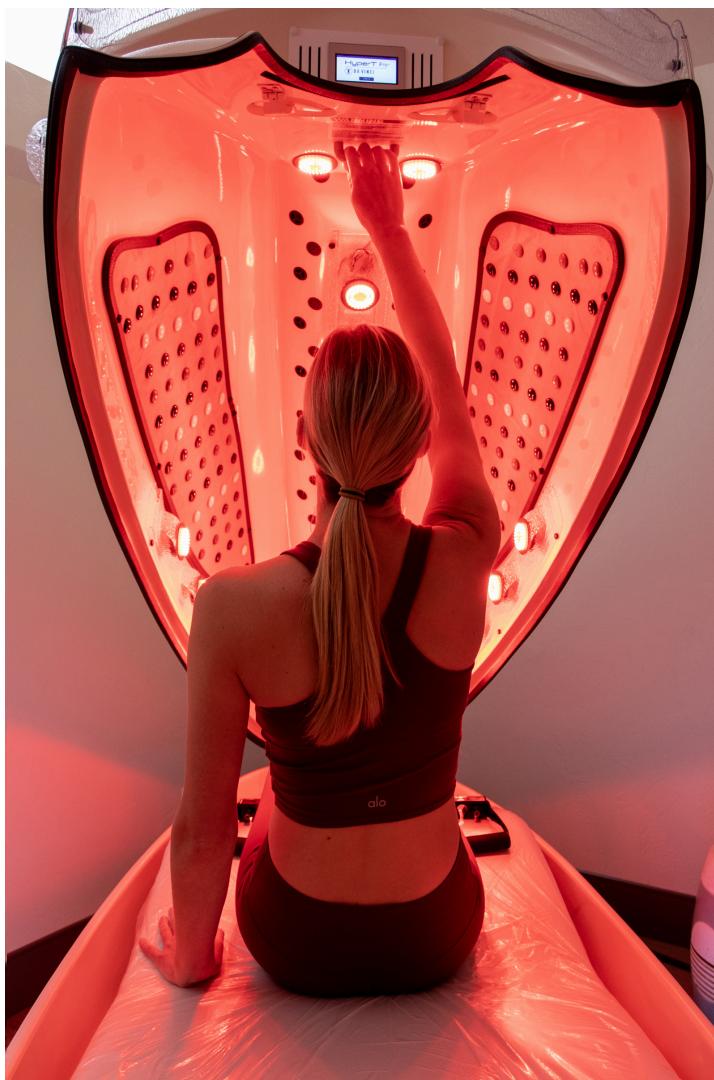
Visit canyonranch.com to learn more about all of our locations.



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 | \$100

To book, please contact your Wellness Guide or visit us at CR Vitality, located on the 2nd floor of the mansion. **Open Daily 9 am - 5 pm.**

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

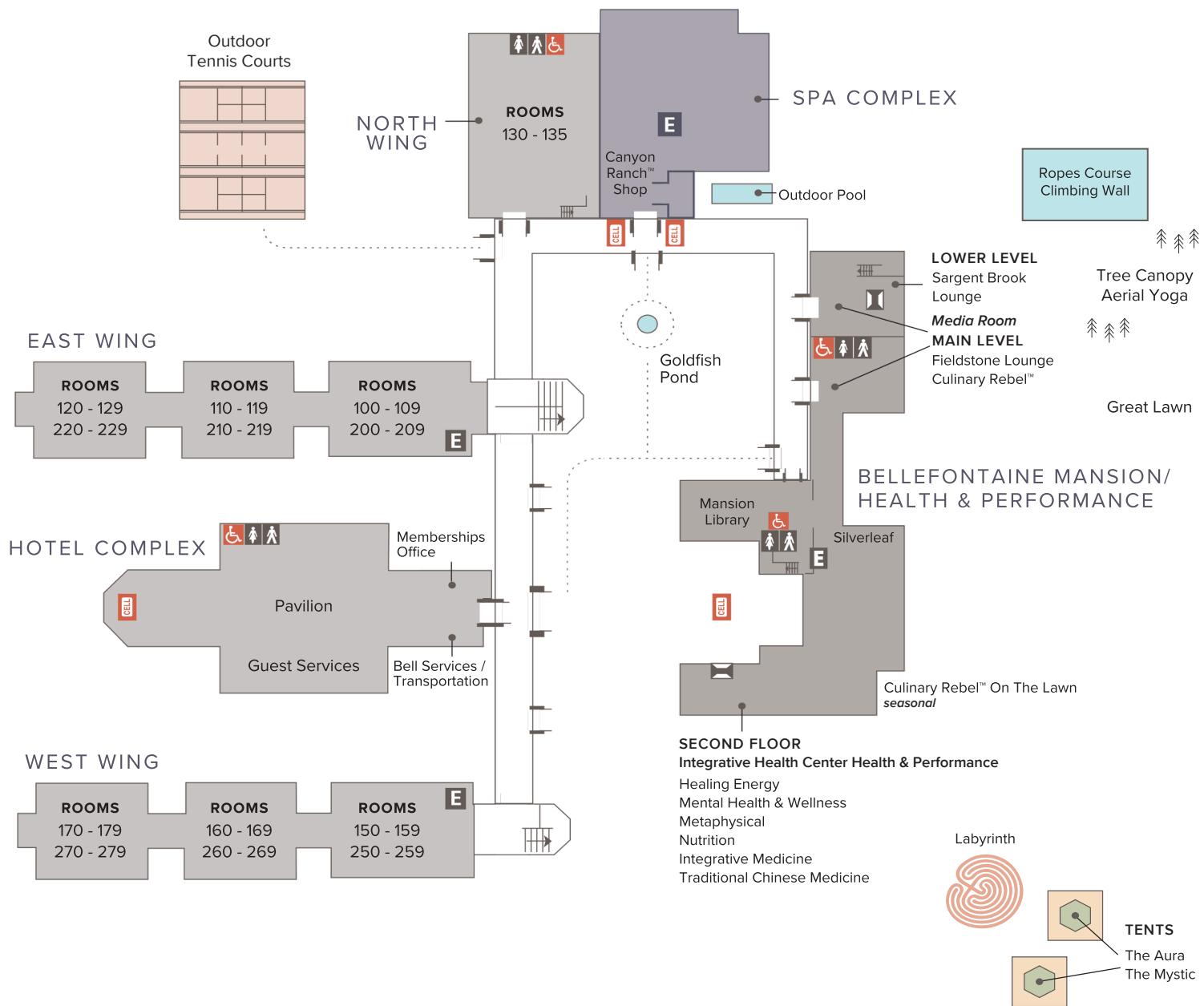
mharris@canyonranch.com

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



CANYON RANCH LIVING® LENOX

NORTH WING

MAIN LEVEL

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

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