

RANCH SCHEDULE
JANUARY 5 - 11, 2026

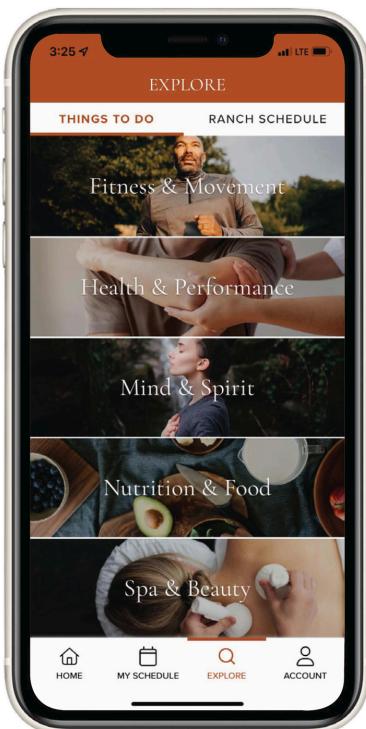


This schedule belongs to:



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,

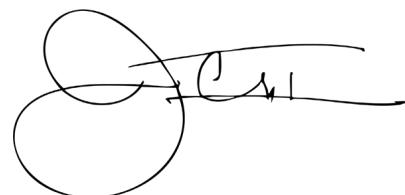
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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



RACQUET SPORTS

JANUARY 5 - 11

Join us for expert-led daily sessions on our premier indoor courts, where seasoned pros will guide you through targeted clinics focused on serving, returns, movement, positioning, and strategic point building. With personalized coaching, you'll refine your skills and unlock new levels of play. Between sessions, connect with fellow players, unwind in our world-class spa, and soak in the stunning mountain views.

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

UPCOMING



FIND YOUR FLOW

JANUARY 12 - 18

Join us for a week of movement, mindfulness, and connection. Explore a diverse lineup of yoga classes led by expert instructors, blending Eastern and Western traditions to support every experience level. Whether you're enhancing your current practice or trying something new, each session offers space to flow freely, recharge, and grow. Embrace the energy of the season, build community, and reconnect with yourself through breath, balance, and movement.



MOVE BETTER. TRAIN SMARTER. LIVE LONGER

JANUARY 19 - 25

Build strength and confidence with a week of functional movement and resilience. Our expert instructors will show you ways to boost your form, balance, and stamina while keeping your workouts safe and down-to-earth. You'll learn the basics of getting stronger, how to move correctly, and how to increase your workload. This gives you hands-on skills to avoid getting hurt and stay healthy. No matter your fitness level, this plan helps you move more in your day-to-day life.

MONDAY

January 5

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.

CANYON RANCH COMMUNITY TREE

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

“Winter is the time for deepening – what arises out of silence?”

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

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

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

**OFF THE COURT:
RACQUET SPORTS CONDITIONING CLINIC ***
DD • 50 min • Gym 2 • 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

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

**FUELING LONGEVITY:
FOOD FOR A HEALTHY LIFESPAN**
50 min • Berkshire Room • CME

**HIKE: LEVEL 3 - GOOSE POND
ON APPALACHIAN TRAIL ***
3 hr 30 min • Outdoor Sports Boards • Limit 10

ZUMBA®
45 min • Gym 1 • Limit 30

9:30 AM SHINRIN YOKU
2 hr • Outdoor Sports Boards • Limit 6

10:00 AM 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

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

11:00 AM MID-MORNING STRETCH
45 min • Gym 2

TRX CORE
45 min • Sports Court

GREAT PLATE WORKOUT
45 min • Gym 5 • Limit 20

**EVIDENCE-BASED
QI GONG & TAI CHI WORKSHOP ***
1 hr 30 min • Yoga Studio • Limit 6 • \$140

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

**WIRED FOR WONDER:
SPIRITUAL PATHWAYS OF THE BRAIN**
50 min • Berkshire 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 AERIAL HAMMOCK YOGA CLINIC *
50 min • Yoga Studio • Limit 6 • \$80

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

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

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

2:00 PM 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

EXERCISE & MENOPAUSE*
50 min • Berkshire Room • CME

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

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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 | 5:00 PM | STRETCH & RELAX 25 min • Gym 2 • Limit 30 |
| | PUNCH 45 min • Sports Court • Limit 20 | | MEDITATION 25 min • Yoga Studio |
| | AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25 | | OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room |
| | SELF-COMPASSION IS YOUR SUPERPOWER* 50 min • Berkshire Room • CME | 6:30 PM | 3-WORLDS OF SOUL EXPERIENCE * 1 hr 30 min • Yoga Studio • Limit 8 • \$110 |
| | TENNIS: AFTERNOON DRILLS * DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | 7:00 PM | COMMUNITY TABLE: DINE & CONNECT 50 min • Culinary Rebel™ • Limit 6 |
| 4:00 PM | FOAM ROLL & STRETCH DD • 45 min • Gym 2 • Limit 20 | | |
| | TRX BASIC STRENGTH 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 | | |
| | HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library | | |

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.

TUESDAY

January 6

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 | MID-MORNING STRETCH 45 min • Gym 2 |
| 8:00 AM | PRANAYAMA BREATHING 25 min • Yoga Studio | | BEGINNER PILATES 45 min • Gym 1 • Limit 30 |
| | INTRODUCTION TO COLD THERAPY CLINIC 25M * DD • 25 min • Skincare Reception • Limit 4 • \$45 | | POWER 45 min • Gym 5 • Limit 10 |
| 8:30 AM | TRX FLOW 20 min • Sports Court • Limit 15 | | THERAPEUTIC QI GONG: A TOOL FOR SELF HEALING 50 min • Rockwell Room |
| 9:00 AM | CHAIR YOGA 45 min • Yoga Studio • Limit 12 | NOON | BERKSHIRE BEAT 25 min • Gym 1 • Limit 20 |
| | AEROBIC CHOREO SCULPT 45 min • Gym 1 | | RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * 50 min • Yoga Studio • Limit 8 • \$110 |
| | POWER ROW 45 min • Rowing Studio • Limit 10 | | LUNCH & LEARN 50 min • Demo Kitchen • Limit 16 |
| | PILATES REFORMER CLINIC - BEGINNER * 50 min • Gym 4 • Limit 4 • \$80 | 12:30 PM | FITNESS FOR YOUR FEET DD • 20 min • Gym 2 • Limit 20 |
| | HIKE: LEVEL 3 - BEARTOWN RAMBLE * 3 hr 30 min • Outdoor Sports Boards • Limit 10 | 1:00 PM | PICKLEBALL: INTRO CLINIC * DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | PICKLEBALL: INTRO CLINIC * DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 | | |
| 10:00 AM | ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30 | | |
| | TUBES & LOOPS 45 min • Gym 2 • Limit 20 | | |
| | H2O POWER 45 min • Indoor Pool • Limit 25 | | |
| | LENOX HISTORY WALK * 2 hr • Outdoor Sports Boards • Limit 10 | | |
| | CARDIO TENNIS CLINIC – LEVEL 3.0+ * DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | | |
| | HANDS-ON COOKING: RECIPES FOR LONGEVITY * 50 min • Demo Kitchen • Limit 6 • \$110 | | |

DOWNHILL SKIING IN THE BERKSHIRES

1 PM - 5 PM | \$110 | LIMIT 6

Hit the slopes! Join us for a wintery adventure! Lift ticket & ski buddy included. Rental gear and lessons are an additional cost paid at the lodge. Lessons require 24 hours' notice. Meet at Outdoor Sports Boards in Main Spa Lobby

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

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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

| | | | | |
|----------------|--|----------------|--|---|
| 1:30 PM | TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10 | 4:00 PM | PERFORMANCE RECOVERY: RESET & RECHARGE DD • 45 min • Gym 2 • Limit 20 | |
| | HIKE: LEVEL 2 - KATIE'S BIG ASH TRAIL * 2 hr • Outdoor Sports Boards • Limit 10 | | RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30 | |
| | MEMBERSHIPS & GROUPS: CASUAL Q&A 30 min • Main Spa Lobby | | RHYTHM RIDE NEW • 45 min • Cycling Studio • Limit 12 | |
| 2:00 PM | YOGA FOR HEALTHY BACK 45 min • Yoga Studio • Limit 30 | | BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES 50 min • Rockwell Room • CME | |
| | GRITLAB: STRENGTH & ENDURANCE CONDITIONING 45 min • Sports Court • Limit 15 | | HANDS-ON COOKING: CULTURED FOODS FOR A HEALTHY GUT * 50 min • Demo Kitchen • Limit 6 • \$110 | |
| | CARDIO CIRCUIT 45 min • Gym 5 | 5:00 PM | STRETCH & RELAX 25 min • Gym 2 • Limit 30 | |
| | HANDS-ON COOKING: KITCHEN CONFIDENCE * 50 min • Demo Kitchen • Limit 6 • \$110 | | MEDITATION 25 min • Yoga Studio | |
| 3:00 PM | AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25 | | OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room | |
| | WARRIOR FLOW NEW • 45 min • Yoga Studio • Limit 30 | 7:00 PM | COMMUNITY TABLE: DINE & CONNECT 50 min • Culinary Rebel™ • Limit 6 | |
| | TENNIS: AFTERNOON DRILLS * DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | | 8:00 PM | THE PRACTICAL POWER OF GRATITUDE 50 min • Tanglewood Room |
| | STROOPS BUNGEE WORKOUT 45 min • Gym 1 • Limit 12 | | | |
| 3:30 PM | CREATIVITY CHALLENGE 25 min • Creative Expression Studio | | | |

YOUR WELLNESS, YOUR WAY

Discover your path to total well-being with integrative services and treatments across a range of disciplines. Our experts can guide you to what's right for your vision of well-being on a path that's yours alone.

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.

WEDNESDAY

January 7

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.

| | | | | | |
|----------|--|--|----------|--|---|
| 7:30 AM | QI GONG STRESS RELIEF MEDITATION * | 50 min • Gym 1 • Limit 6 • \$80 | 11:00 AM | MID-MORNING STRETCH | 45 min • Gym 2 |
| 7:45 AM | NORDIC WALK/POLE HIKE * | 1 hr • Outdoor Sports Boards • Limit 10 | | AMAZING ABS & HEALTHY HIPS | 45 min • Gym 1 • Limit 25 |
| 8:00 AM | SUN SALUTATIONS | 25 min • Yoga Studio • Limit 30 | | TNT: TABATA 'N' TRX | 45 min • Sports Court • Limit 14 |
| | ACTIVE STRETCH CLINIC * | 50 min • Gym 3 • Limit 5 • \$80 | | PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | HIKE: LEVEL 4 - TYRINGHAM APPALACHIAN TRAIL * | 5 hr • Outdoor Sports Boards • Limit 10 | NOON | TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? * | 50 min • Mansion Library • Limit 12 |
| 8:30 AM | ZEN•GA™ FLOW | 20 min • Gym 2 • Limit 30 | | HIIT IT | 25 min • Gym 1 • Limit 18 |
| 9:00 AM | YIN & RELEASE | 45 min • Yoga Studio • Limit 30 | | DISCOVER PERCUSSIVE THERAPY THERAGUN® CLINIC * | 50 min • Gym 3 • Limit 4 • \$80 |
| | CARDIO KICKBOXING | 45 min • Gym 1 • Limit 30 | | LUNCH & LEARN | 50 min • Demo Kitchen • Limit 16 |
| | PILATES REFORMER JUMPBOARD CLINIC * | 50 min • Gym 4 • Limit 4 • \$80 | 12:30 PM | BALANCE CHALLENGE | DD • 20 min • Gym 2 • Limit 20 |
| | HILLS & VALLEYS | NEW • 45 min • Cycling Studio • Limit 12 | | PICKLEBALL: INTRO CLINIC * | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | HIKE: LEVEL 3 - KENNEDY PARK TO CHOCOLATE SPRINGS * | 3 hr 30 min • Outdoor Sports Boards • Limit 10 | | BEAUTY TRENDS | 50 min • Tanglewood Room |
| 9:30 AM | STOCKBRIDGE HISTORY WALK * | 2 hr 30 min • Outdoor Sports Boards • Limit 10 | 1:30 PM | TRAIL WALK ON-PROPERTY * | 1 hr • Outdoor Sports Boards • Limit 10 |
| 10:00 AM | CR STRENGTH | 45 min • Gym 1 • Limit 20 | | HIKE: LEVEL 1 - KENNEDY PARK GAZEBO * | 2 hr • Outdoor Sports Boards • Limit 10 |
| | H2O POWER | 45 min • Indoor Pool • Limit 25 | | SACRAL CHAKRA HIP OPENING | 45 min • Yoga Studio |
| | CARDIO TENNIS CLINIC – LEVEL 3.0+ * | DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | | ENDURANCE RIDE | 45 min • Cycling Studio • Limit 12 |
| | HANDS-ON COOKING: THE HEART-SMART PLATE * | 50 min • Demo Kitchen • Limit 6 • \$110 | | BASIC AEROBIC CIRCUIT WEIGHTS | 45 min • Gym 5 |
| | YOGA SCULPT | 45 min • Yoga Studio • Limit 20 | | HANDS-ON COOKING: BALANCE BLOOD SUGAR WITH FOOD * | 50 min • Demo Kitchen • Limit 6 • \$110 |
| | | | | ONCE UPON A PAST LIFETIME... | 50 min • Berkshire Room |
| | | | | CAMP ARCHERY WORKSHOP * | 1 hr 30 min • Sports Court • Limit 4 • \$110 |

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

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

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

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

ROWING ESSENTIALS
45 min • Rowing Studio • Limit 10

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

MYTHS & FACTS ABOUT CARBS
50 min • Berkshire Room • CME

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

MEDITATION
25 min • Yoga Studio

CREATIVITY & DREAMS
50 min • Rockwell Room

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Culinary Rebel™ • Limit 6

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

SPICE & SPIRIT: TACOS AND TEQUILA

4 PM - 6 PM | \$175 | LIMIT 8

Demo Kitchen

Build your own tacos with simple, hands-on steps and fresh ingredients, then explore how tequila complements each flavor. Enjoy a guided tasting or a crafted cocktail (with mocktail option).

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.

THURSDAY

January 8

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 | MID-MORNING STRETCH |
| | 1 hr • Outdoor Sports Boards • Limit 10 | | 45 min • Gym 2 |
| 8:00 AM | SUN SALUTATIONS | | GREAT PLATE WORKOUT |
| | 25 min • Yoga Studio • Limit 30 | | 45 min • Gym 5 • Limit 20 |
| | PILATES REFORMER PICKLEBALL CLINIC * | | INTERMEDIATE MAT PILATES |
| | DD • 50 min • Gym 4 • Limit 4 • \$80 | | NEW • 45 min • Gym 1 • Limit 30 |
| 8:30 AM | HIIT IT | | THE ASTROLOGY OF SELF-DISCOVERY |
| | 20 min • Gym 1 • Limit 18 | | 50 min • Lenox Room |
| 9:00 AM | YOGA FOUNDATIONS | NOON | SHRED |
| | 45 min • Yoga Studio • Limit 30 | | 25 min • Gym 5 • Limit 15 |
| | STEP & STRENGTH | | THE ART OF FENCING: SWORDPLAY CLINIC * |
| | 50 min • Gym 1 • Limit 15 | | 50 min • Sports Court • Limit 6 • \$80 |
| | POWER ROW | | LUNCH & LEARN |
| | 45 min • Rowing Studio • Limit 10 | | 50 min • Demo Kitchen • Limit 16 |
| | NATUROPATHY & CHINESE MEDICINE: WHAT TO KNOW | 12:30 PM | FITNESS FOR YOUR FEET |
| | 50 min • Tanglewood Room • CME | | DD • 20 min • Gym 2 • Limit 20 |
| | PICKLEBALL: INTRO CLINIC * | 1:00 PM | PICKLEBALL: INTRO CLINIC * |
| | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 | | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | HIKE: LEVEL 2+ - BROTHER'S TRAIL | 1:30 PM | TRAIL WALK ON-PROPERTY * |
| | 3 hr • Outdoor Sports Boards • Limit 10 | | 1 hr • Outdoor Sports Boards • Limit 10 |
| 9:30 AM | EQUINE ESCAPE: HORSE CONNECTION * | | HIKE: LEVEL 2 - STEVEN'S GLEN * |
| | 2 hr 30 min • Outdoor Sports Boards • Limit 4 • \$250 | | 2 hr • Outdoor Sports Boards • Limit 10 |
| 10:00 AM | MUSCLE CONDITIONING | 2:00 PM | LONG & LEAN BARRE WORKOUT |
| | 45 min • Gym 2 • Limit 25 | | 45 min • Gym 1 • Limit 30 |
| | H2O POWER | | RIP 'N' RIDE |
| | 45 min • Indoor Pool • Limit 25 | | 45 min • Sports Court • Limit 10 |
| | POWER FLOW | | YIN YOGA |
| | NEW • 45 min • Yoga Studio • Limit 30 | | 45 min • Yoga Studio |
| | HANDS-ON COOKING: MOOD BOOSTING FOODS * | | PAUSING IN PLACE |
| | 50 min • Demo Kitchen • Limit 6 • \$110 | | 50 min • Rockwell Room |
| | CARDIO TENNIS CLINIC – LEVEL 3.0+ * | | HANDS-ON COOKING: PLANT POWERED |
| | DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | | 50 min • Demo Kitchen • Limit 6 • \$110 |
| | LENOX HISTORY WALK * | | |
| | 2 hr • Outdoor Sports Boards • Limit 10 | | |

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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

45 min • Sports Court • Limit 20

AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

QI GONG FOR HEALTH & VITALITY *

1 hr 30 min • Gym 1 • Limit 6 • \$80

TENNIS: AFTERNOON DRILLS *

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

5:00 PM STRETCH & RELAX

25 min • Gym 2 • Limit 30

FLOATING SOUND MEDITATION CLINIC *

50 min • Indoor Pool • Limit 6 • \$110

OPEN 12-STEP RECOVERY MEETING

50 min • Lenox Room

JOURNEY THROUGH THE TAROT

50 min • Rockwell Room

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Culinary Rebel™ • Limit 6

**4:00 PM PERFORMANCE RECOVERY:
RESET & RECHARGE**

DD • 45 min • Gym 2 • Limit 20

TRX BASIC STRENGTH

45 min • Sports Court • Limit 15

RESTORATIVE YOGA

45 min • Yoga Studio • Limit 30

**HISTORY OF BELLEFONTAINE:
TALK & MINI MANSION TOUR**

1 hr • Mansion Library

HANDS-ON COOKING: CHOCOLATE FIX! *

50 min • Demo Kitchen • Limit 9 • \$110

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.

4:30 PM ACRYLIC PAINTING

1 hr 30 min • Creative Expression Studio • Limit 8 • \$45



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.

FRIDAY

January 9

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 | MID-MORNING STRETCH 45 min • Gym 2 |
| 8:00 AM | PRANAYAMA BREATHING 25 min • Yoga Studio | | AMAZING ABS & HEALTHY HIPS 45 min • Gym 1 • Limit 25 |
| | 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 | | EXERCISE & MENOPAUSE 50 min • Berkshire Room • CME |
| 8:30 AM | WAKE-UP WARM-UP STRETCH 20 min • Gym 1 • Limit 30 | | PICKLEBALL: DAILY DOSE - LEVEL 2.5+ DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| 9:00 AM | YOGA ALIGNMENT 45 min • Yoga Studio | NOON | BERKSHIRE BEAT 25 min • Gym 1 • Limit 20 |
| | ROCKIN RETRO AEROBICS 45 min • Gym 1 • Limit 30 | | RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * 50 min • Yoga Studio • Limit 8 • \$110 |
| | RACE DAY NEW • 45 min • Cycling Studio • Limit 12 | | LUNCH & LEARN 50 min • Demo Kitchen • Limit 16 |
| | SADDLE & RIDE: HORSEBACK ADVENTURE * 3 hr • Outdoor Sports Boards • Limit 4 • \$350 | 12:30 PM | FITNESS FOR YOUR FEET DD • 20 min • Gym 2 • Limit 20 |
| | HIKE: LEVEL 3 - EAST MTN. ON THE APPALACHIAN TRAIL * 3 hr 30 min • Outdoor Sports Boards • Limit 10 | 1:00 PM | AFTERNOON OUTDOOR TAI CHI * 1 hr • Outdoor Sports Boards • Limit 10 |
| | CROSS-COUNTRY SKI TOUR OFF-PROPERTY * 3 hr 30 min • Outdoor Sports Boards • Limit 4 • \$110 | | PICKLEBALL: INTRO CLINIC * DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| 10:00 AM | ATHLETIC YOGA 45 min • Yoga Studio • Limit 30 | | |
| | TUBES & LOOPS 45 min • Gym 2 • Limit 20 | | |
| | H2O POWER 45 min • Indoor Pool • Limit 25 | | |
| | COMING HOME TO THE BODY 50 min • Tanglewood Room | | |
| | CARDIO TENNIS CLINIC – LEVEL 3.0+ DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | | |
| | HANDS-ON COOKING: SMOOTHIES & SHAKES * 30 min • Demo Kitchen • Limit 6 • \$70 | | |

ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS

1 PM - 3:30 PM | \$155 | LIMIT 6

Join Barrington Coffee Roasters for a hands-on coffee cupping session. Learn about roasting, sourcing, and tasting while building your sensory skills. Take-home a bag of coffee and a mug. Meet at Outdoor Sports Boards in Main Spa Lobby.

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

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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

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

MEMBERSHIPS & GROUPS: CASUAL Q&A
30 min • Main Spa Lobby

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

BEST BACKSIDE
45 min • Sports Court • Limit 16

**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 INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

PUNCH
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

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

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

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

WHAT IS SPIRITUAL WELLNESS?
25 min • Community Tree

ZEN IN MOTION
45 min • Gym 1 • Limit 12

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

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

MEDITATION
25 min • Yoga Studio

**EASTERN MEDICINE:
THE INSIDE SCOOP**
50 min • Tanglewood Room • CME

OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

7:00 PM COMMUNITY TABLE: DINE & CONNECT
50 min • Culinary Rebel™ • Limit 6



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 10

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 | MID-MORNING STRETCH |
| | 1 hr • Outdoor Sports Boards • Limit 10 | | 45 min • Gym 2 |
| 8:00 AM | SUN SALUTATIONS | | TRX CORE |
| | 25 min • Yoga Studio • Limit 30 | | 45 min • Sports Court |
| | INTRODUCTION TO COLD THERAPY CLINIC 25M * | | POWER |
| | DD • 25 min • Skincare Reception • Limit 4 • \$45 | | 45 min • Gym 5 • Limit 10 |
| | PILATES REFORMER CLINIC - BEGINNER * | | MYSTERY OF METABOLISM |
| | 50 min • Gym 4 • Limit 4 • \$80 | | 50 min • Berkshire Room • CME |
| | HIKE: LEVEL 5 - BEAR MOUNTAIN RIGA JUNCTION * | | PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * |
| | 6 hr 30 min • Outdoor Sports Boards • Limit 10 | | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| 8:30 AM | HIIT IT | NOON | LINE DANCING |
| | 25 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 |
| | CHINESE MEDICINE & WEIGHT LOSS | 1:00 PM | BOGA FITMAT® FITNESS CLINIC |
| | 50 min • Berkshire Room • CME | | 50 min • Indoor Pool • Limit 6 • \$80 |
| | PICKLEBALL: INTRO CLINIC | | PICKLEBALL: INTRO CLINIC |
| | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 | | DD • 50 min • Pickleball Court 1 • Limit 4 • \$80 |
| | HIKE: LEVEL 3 - TOM BALL MOUNTAIN * | 1:30 PM | EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP * |
| | 3 hr 30 min • Outdoor Sports Boards • Limit 10 | | 1 hr 30 min • Gym 2 • Limit 6 • \$140 |
| 9:30 AM | LEE HISTORY WALK | | TRAIL WALK ON-PROPERTY * |
| | 2 hr 30 min • Outdoor Sports Boards • Limit 10 | | 1 hr • Outdoor Sports Boards • Limit 10 |
| 10:00 AM | ROCK YOUR FLOW | | HIKE: LEVEL 2 - KENNEDY PARK COLDSPRING * |
| | 45 min • Yoga Studio • Limit 30 | | 2 hr • Outdoor Sports Boards • Limit 10 |
| | CR STRENGTH | 2:00 PM | CREATIVE FLOW YOGA |
| | 45 min • Gym 1 • Limit 20 | | 45 min • Yoga Studio • Limit 30 |
| | H2O POWER | | LONG & LEAN BARRE WORKOUT |
| | 45 min • Indoor Pool • Limit 25 | | 45 min • Gym 1 • Limit 30 |
| | TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? | | TRIPLE BLAST |
| | 50 min • Mansion Library • Limit 12 | | 45 min • Sports Court • Limit 30 |
| | CARDIO TENNIS CLINIC – LEVEL 3.0+ * | | HANDS-ON COOKING: ARTISAN BREAD BAKING * |
| | DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80 | | 1 hr 30 min • Demo Kitchen • Limit 8 • \$175 |

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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

3:00 PM AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

WARRIOR FLOW**NEW** • 45 min • Yoga Studio • Limit 30**CONTEMPLATIVE TEA PRACTICE**

50 min • Creative Expression Studio • Limit 8 • \$80

CAMP ARCHERY WORKSHOP *

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

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

45 min • Gym 1 • Limit 12

4:00 PM PERFORMANCE RECOVERY:**RESET & RECHARGE****DD** • 45 min • Gym 2 • Limit 20**RHYTHM RIDE****NEW** • 45 min • Cycling Studio • Limit 12**SOOTHE & SURRENDER****NEW** • 45 min • Yoga Studio • Limit 30**MINDFULNESS,
MENTAL HEALTH & LONGEVITY**

50 min • Tanglewood Room • CME

5:00 PM STRETCH & RELAX

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

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

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Culinary Rebel™ • Limit 6

8:00 PM MUSIC BINGO! WITH DJ BOB HECK

45 min • Rockwell Room



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 11

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

Signature Events + Discovery Days: **RACQUET SPORTS (5 - 11)**

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

AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

CAMP ARCHERY WORKSHOP *

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

TEA & TAROT *

1 hr 40 min • Creative Expression Studio • Limit 8 • \$140

STROOPS BUNGEE WORKOUT

45 min • Gym 1 • Limit 12

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

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 30 min • Yoga Studio • Limit 6 • \$140

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Culinary Rebel™ • Limit 6

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.

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.

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.

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

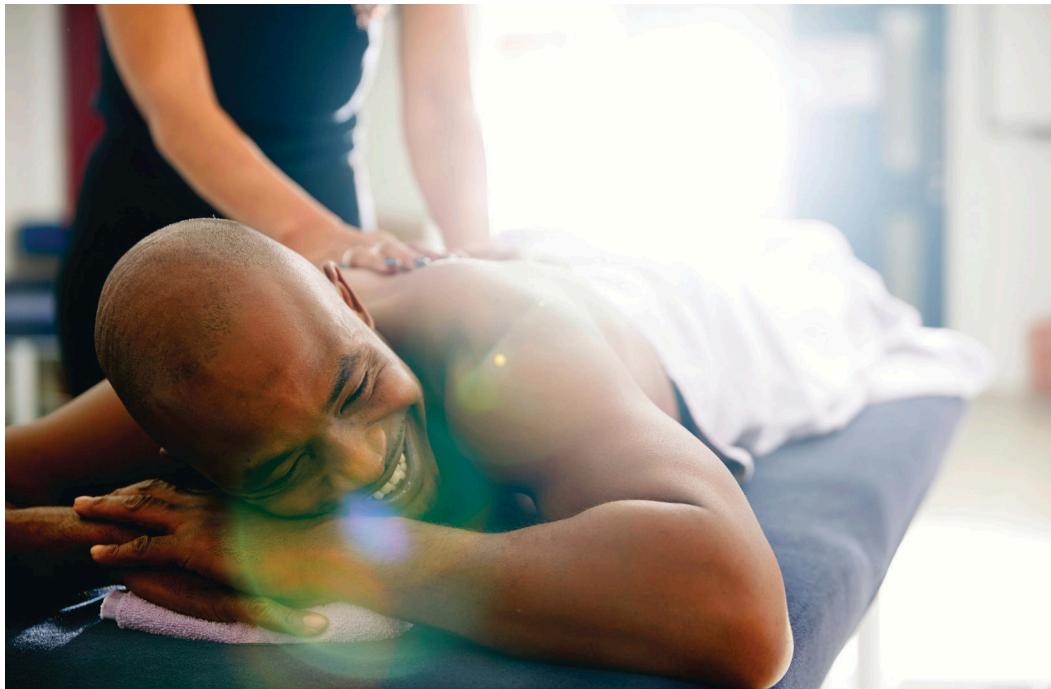
Leg spacer – Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric

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

PERFORMANCE SCIENCE

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

SPORTS MEDICINE

| | | |
|---|-------------------|-------|
| Arthritis Evaluation | 50 min | \$350 |
| Foundation Gait Analysis NEW | 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 |
| Personalized Nutrition Consultation | 50 min | 220 |
| Resting Metabolic Rate (RMR) Testing – two-part service NEW | 50 min each..... | 525 |
| 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 |
| Stress Management | 50 min | 250 |
| Tech for Mental Health & Wellness | 25 min | 140 |

METAPHYSICAL & ENERGY HEALING

| | | |
|--|--------------|------------|
| Alchemical Healing | 80 min | \$320 |
| Astrology | 50 min | 240 |
| Astrology Synastry Chart Reading For Two | 100 min | 250/person |
| Emotional Stress Release | 80 min | 320 |
| Energy Healing | 80 min | 310 |
| Energy Healing with Aromatherapy | 80 min | 320 |
| Heart Connection Healing | 80 min | 320 |
| 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 |

| | | |
|--------------------|---------------|------------|
| Somadome | 25 min | 45 |
| Sound Healing | 50 min | 250 |
| Soul Journey | 50 min | 250 |
| Spiritual Guidance | single 50 min | 250 |
| | duet 50 min | 195/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 |
| Cross-Country Ski Tour Off Property | times vary | 110/person |
| Downhill Skiing in the Berkshires..... | 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 |
| Keep it Rolling – Bike Maintenance Workshop | times vary | 110/person |
| Photography Hike | times vary | 110/person |
| Roast to Cup with Barrington Coffee Roasters..... | times vary | 155/person |
| Saddle & Ride: Horseback Adventure | times vary | 350/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 |
| Archery Workshop..... | 4 hours | 380/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 | 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 | 50 min | 95 |

FACIAL TREATMENTS

| | | |
|---|--------------|-------|
| AKAR Organic Facial | 50 min | \$220 |
| Biologique Recherche Custom Facial | 50 min | 240 |
| | 80 min..... | 360 |
| Biologique Recherche Lift & Sculpt Facial | 80 min | 440 |
| Cellular Renewal Facial by Augustinus Bader | 50 min | 220 |
| Collagen Lifting Facial | 80 min | 395 |
| Diamond Peptide Skin Fitness Facial | 50 min | 240 |
| Environ Vitamin Therapy Facial | 50 min | 220 |
| Hydrafacial MD | 50 min | 350 |
| Ionix Radiance Renewal Facial NEW | 80 min | 420 |
| Luzern Oxygen Infusion Facial | 50 min | 275 |
| | 80 min | 395 |
| TriaWave Skin Rejuvenation Facial | 80 min | 420 |
| VENN Advanced Collagen Facial | 50 min | 240 |

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

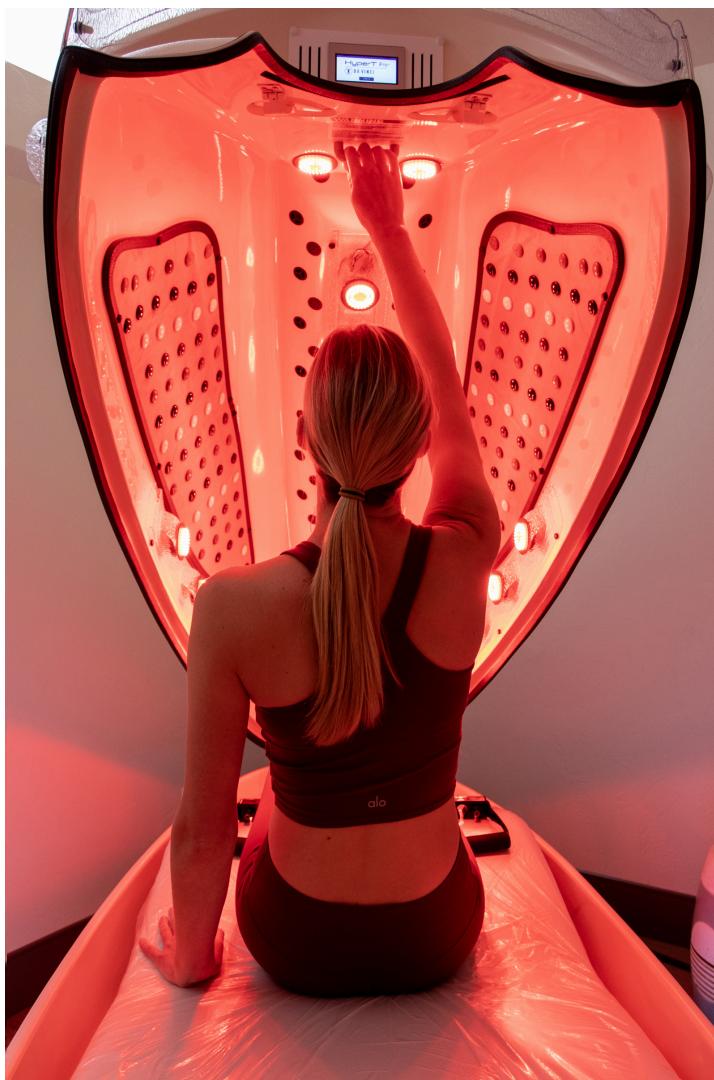
Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.



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

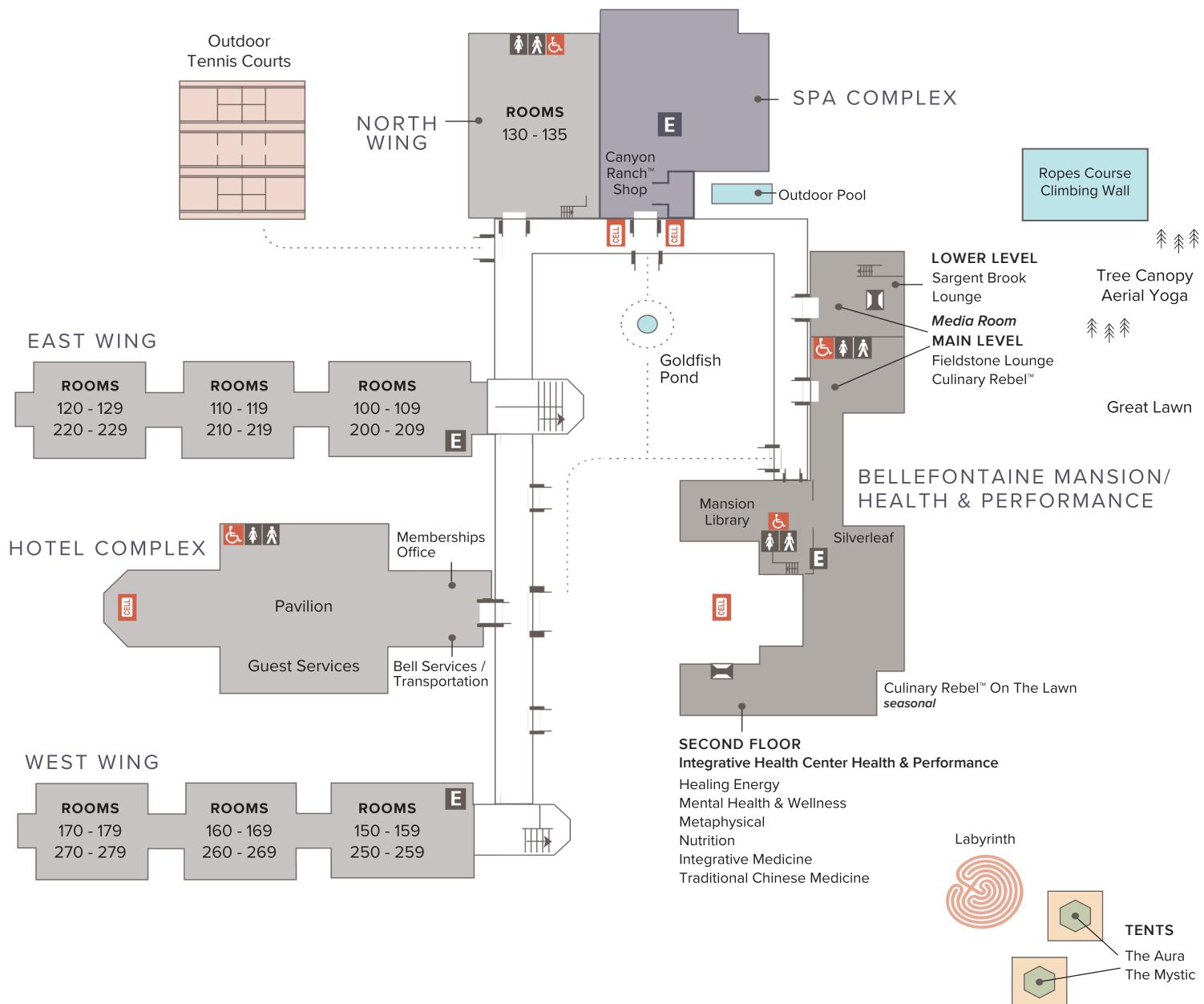
mharris@canyonranch.com

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

UPPER LEVEL

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