

RANCH SCHEDULE
JANUARY 5 - 11, 2026

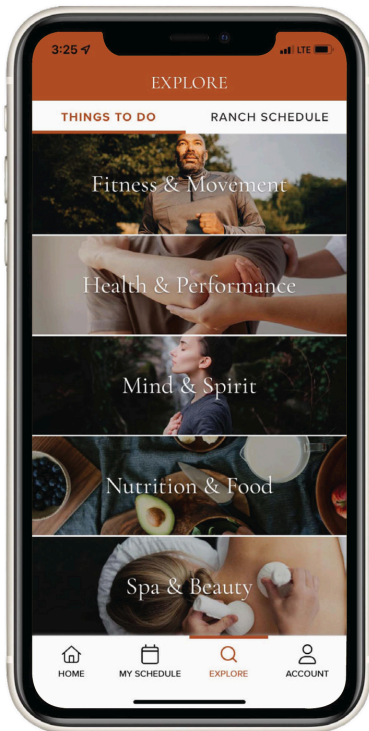


This schedule belongs to:



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

HOURS & LOCATIONS

SILVERLEAF

BREAKFAST: 7 A.M. – 10 A.M.

LUNCH: 11:30 A.M. – 2 P.M.

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

- Please make your dinner reservations prior to arrival with our Wellness Guides. On property? Stop by the Silverleaf host stand at breakfast or lunch or call Ext. 55310.
- Please allow 45 minutes for breakfast, 60 minutes for lunch and 90 minutes for dinner. If you need faster service due to scheduled appointments, please notify your server when you place your order.

COMMUNITY TABLE:

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

CULINARY REBEL™

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

LUNCH: DAILY 11:30 A.M. – 4 P.M.

DINNER: DAILY 5 P.M. – 8 P.M.

DEMO KITCHEN

Learn Ranch culinary secrets with our expert staff during hands-on private or group classes. Take home cooking tips you can use in your own kitchen.

LUNCH & LEARN: DAILY NOON – 1 P.M.

Seating is limited.

HEALTH & PERFORMANCE DESK

8 a.m. – 5 p.m.

Provider's hours vary.

SPA

Daily 6:30 a.m. – 9 p.m.

CR® SHOPS

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

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



@CanyonRanch

#LiveCanyonRanch

WELCOME

Dear Guests,

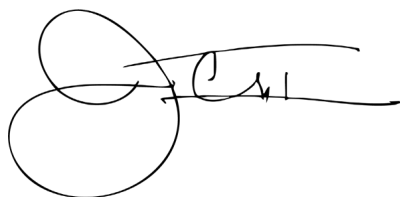
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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

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

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

Right now, you're in the perfect place to refresh your spirit, set goals, and reduce stress. Please let us know if there's anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.



John Trevenen
Managing Director



DECISIONS, DECISIONS ...

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

SCHEDULE A WELLNESS GUIDE CONSULT BY CALLING EXT. 55423 OR VISIT THE DESK, 8 A.M. TO 9 P.M., LOCATED IN THE SPA.

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



ACUPHORIA

Health & Performance | 50 min.

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

ASTROLOGY SYNASTRY CHART READING - DUET

Metaphysical | 100 min.

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

HANDS-ON COOKING WORKSHOPS

Nutrition | 50 min.

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

HEART CONNECTION HEALING

Healing Energy | 80 min.

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

HUNGARIAN MUD RITUAL

Spa | 100 min.

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

PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Fitness | Two-part service | 50 min. each

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

TRIAWAVE LIFTING FACIAL

Skincare | 80 min.

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

WARM COCONUT OIL MASSAGE

Spa | 50 min. | 80 min.

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

FEATURED EVENTS

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



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

PUNCH

45 min • Sports Court • Limit 20

AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

SELF-COMPASSION IS YOUR SUPERPOWER*

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

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

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

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 • Culinary Rebel™ • Limit 6

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 (*). Please arrive early to secure your spot as space may be limited.

- 7:45 AM

NORDIC WALK/POLE HIKE

1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM

PRANAYAMA BREATHING

25 min • Yoga Studio

INTRODUCTION TO COLD THERAPY CLINIC 25M *

DD • 25 min • Skincare Reception • Limit 4 • \$45
- 8:30 AM

TRX FLOW

20 min • Sports Court • Limit 15
- 9:00 AM

CHAIR YOGA

45 min • Yoga Studio • Limit 12

AEROBIC CHOREO SCULPT

45 min • Gym 1

POWER ROW

45 min • Rowing Studio • Limit 10

PILATES REFORMER CLINIC - BEGINNER *

50 min • Gym 4 • Limit 4 • \$80

HIKE: LEVEL 3 - BEARTOWN RAMBLE *

3 hr 30 min • Outdoor Sports Boards • Limit 10

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

11:00 AM

MID-MORNING STRETCH

45 min • Gym 2

BEGINNER PILATES

45 min • Gym 1 • Limit 30

POWER

45 min • Gym 5 • Limit 10

THERAPEUTIC QI GONG: A TOOL FOR SELF HEALING

50 min • Rockwell Room

NOON

BERKSHIRE BEAT

25 min • Gym 1 • Limit 20

RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC *

50 min • Yoga Studio • Limit 8 • \$110

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 *

DD • 50 min • Pickleball Court 1 • Limit 4 • \$80

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

HIKE: LEVEL 2 - KATIE'S BIG ASH TRAIL *
2 hr • Outdoor Sports Boards • Limit 10

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

2:00 PM YOGA FOR HEALTHY BACK
45 min • Yoga Studio • Limit 30

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

CARDIO CIRCUIT
45 min • Gym 5

HANDS-ON COOKING: KITCHEN CONFIDENCE *
50 min • Demo Kitchen • Limit 6 • \$110

3:00 PM AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

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

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

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

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

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

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

BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Rockwell Room • CME

HANDS-ON COOKING: CULTURED FOODS FOR A HEALTHY GUT *
50 min • Demo Kitchen • Limit 6 • \$110

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

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

8:00 PM THE PRACTICAL POWER OF GRATITUDE
50 min • Tanglewood Room

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 (*). 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	1:00 PM	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	2:00 PM	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 (*). Please arrive early to secure your spot as space may be limited.

- 7:45 AM** **NORDIC WALK/POLE HIKE ***
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM** **SUN SALUTATIONS**
25 min • Yoga Studio • Limit 30
- PILATES REFORMER PICKLEBALL CLINIC ***
DD • 50 min • Gym 4 • Limit 4 • \$80
- 8:30 AM** **HIIT IT**
20 min • Gym 1 • Limit 18
- 9:00 AM** **YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 30
- STEP & STRENGTH**
50 min • Gym 1 • Limit 15
- POWER ROW**
45 min • Rowing Studio • Limit 10
- NATUROPATHY & CHINESE MEDICINE:
WHAT TO KNOW**
50 min • Tanglewood Room • CME
- PICKLEBALL: INTRO CLINIC ***
DD • 50 min • Pickleball Court 1 • Limit 4 • \$80
- HIKE: LEVEL 2+ - BROTHER'S TRAIL**
3 hr • Outdoor Sports Boards • Limit 10
- 9:30 AM** **EQUINE ESCAPE: HORSE CONNECTION ***
2 hr 30 min • Outdoor Sports Boards • Limit 4 • \$250
- 10:00 AM** **MUSCLE CONDITIONING**
45 min • Gym 2 • Limit 25
- H2O POWER**
45 min • Indoor Pool • Limit 25
- POWER FLOW**
NEW • 45 min • Yoga Studio • Limit 30
- HANDS-ON COOKING:
MOOD BOOSTING FOODS ***
50 min • Demo Kitchen • Limit 6 • \$110
- CARDIO TENNIS CLINIC – LEVEL 3.0+ ***
DD • 50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- LENOX HISTORY WALK ***
2 hr • Outdoor Sports Boards • Limit 10

- 11:00 AM** **MID-MORNING STRETCH**
45 min • Gym 2
- GREAT PLATE WORKOUT**
45 min • Gym 5 • Limit 20
- INTERMEDIATE MAT PILATES**
NEW • 45 min • Gym 1 • Limit 30
- THE ASTROLOGY OF SELF-DISCOVERY**
50 min • Lenox Room
- NOON** **SHRED**
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 ***
DD • 50 min • Pickleball Court 1 • Limit 4 • \$80
- 1:30 PM** **TRAIL WALK ON-PROPERTY ***
1 hr • Outdoor Sports Boards • Limit 10
- HIKE: LEVEL 2 - STEVEN'S GLEN ***
2 hr • Outdoor Sports Boards • Limit 10
- 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
- PAUSING IN PLACE**
50 min • Rockwell Room
- HANDS-ON COOKING: PLANT POWERED**
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

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

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

4:30 PM ACRYLIC PAINTING

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

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

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.



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	<div><div>ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS</div><div>1 PM - 3:30 PM \$155 LIMIT 6</div><div>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.</div><div>For more information, visit the CR App or call the Wellness Guides at Ext. 55423.</div></div>	
	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		

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

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.

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

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

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

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

We 2 PM, Sa 3 PM, Su 3 PM

ADVANCED MORNING HIKES

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

We + Sa, 8 AM

RACQUET SPORTS

Join our instructors for 50-minute custom Tennis or Pickleball clinics. Play sessions recommended for families, friends, and groups to learn and improve skills.

\$80 per person.

HIKING & BIKING

To schedule private activities, please call the Wellness Guides at ext. 55423 or visit the Programming Desk in the front of the Spa between 8 AM and 9 PM daily.

BEGINNER HIKES

Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

INTERMEDIATE & ADVANCED HIKES

Rated 3 - 6, these hikes put more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group. Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

For all Outdoor Sport activities, please sign up in the CR App or with a Wellness Guide, Ext, 55423. For detailed information about Outdoor activities, visit the Outdoor Sports Board located in the front of the Spa. Departure times vary due to the location and level of hike.

It's important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group.

AMENITIES & MORE

LAUNDRY & DRY CLEANING

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

CUSTOM COMFORTS

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

PRIVACY, PLEASE

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

CLEAR THE AIR

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

YOUR VALUABLES

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

POOL TIME

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

SAFETY & SECURITY

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

TENNIS

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

TEEN SERVICES (AGES 14-17)

Guests ages 14–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance, and suggestions on making the most of your experience.

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities)
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, he or she must be accompanied by a parent or guardian.

YOUR CANYON RANCH PILLOW MENU

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

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

OUR ROOM FEATURES

LUXURY PILLOWSON YOUR BED
Down alternative – medium support; hypoallergenic.

PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE
Soothing, natural white noise opens the way to restorative, stable sleep.

PILLOWS YOU CAN REQUEST

LUXURY PILLOWS AVAILABLE BY REQUEST
The same pillow sthat are on the bed and feather pillows are available upon request.

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

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

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

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



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

HEALTH & PERFORMANCE

PERSONALIZED MEDICINE

PERSONALIZED,PRECISE,PREVENTIVE

DexaBody Composition &

Bone Density Evaluation – two-part service	50 min each	\$795
Naturopathic Medicine Consultation	50 min	335
Personalized Physician Consultation	25 min	230
	50 min	410

SLEEP MEDICINE

Sleep Screening (with follow-up)	Overnight	\$750
Sleep Disorder Consultation	25 min	230
	50 min	410

MENU OF SERVICES

ALTERNATIVE MEDICINE

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

PERFORMANCE SCIENCE

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
Udvertana 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

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

PHONE INSTRUCTIONS

LOCAL CALLS:

9 + number

TOLL-FREE:

9 + 1 + number

LONG DISTANCE:

9 + 1 + number (U.S. and Canada)

9 + 011 + country code + number (international)

ROOMS:

75 + three-digit room number

HEARING IMPAIRED:

To arrange for a telephone, call Ext. 55525

INTERNET

Complimentary Wi-Fi is available throughout the property.

No password is required. Please call our partner and provider

Cloud5 at 877-665-1288 for technical support.

Enjoy access to computers, Internet and printers 24 hours a day. The Computer Center is in the East Wing, first floor.

TV CHANNEL GUIDE

For a list of channels, press the Channel (CH) List button on your remote.

When the DVD player is turned on, the TV will switch to the proper input.

4 - Canyon Ranch Channel

100 through 142 offer various music channels

LIFE CHANGES AT CANYON RANCH

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



CANYON RANCH TUCSON, ARIZONA

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



CANYON RANCH LENOX, MASSACHUSETTS

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



CANYON RANCH FORT WORTH, TEXAS

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



CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

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

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



**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.**

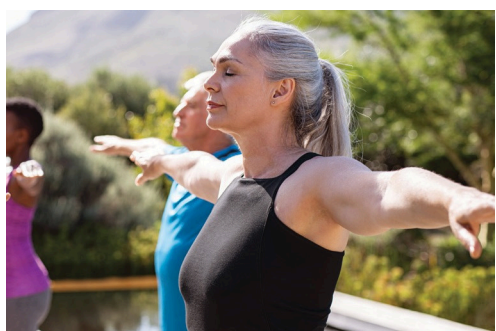
MEMBERSHIP

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

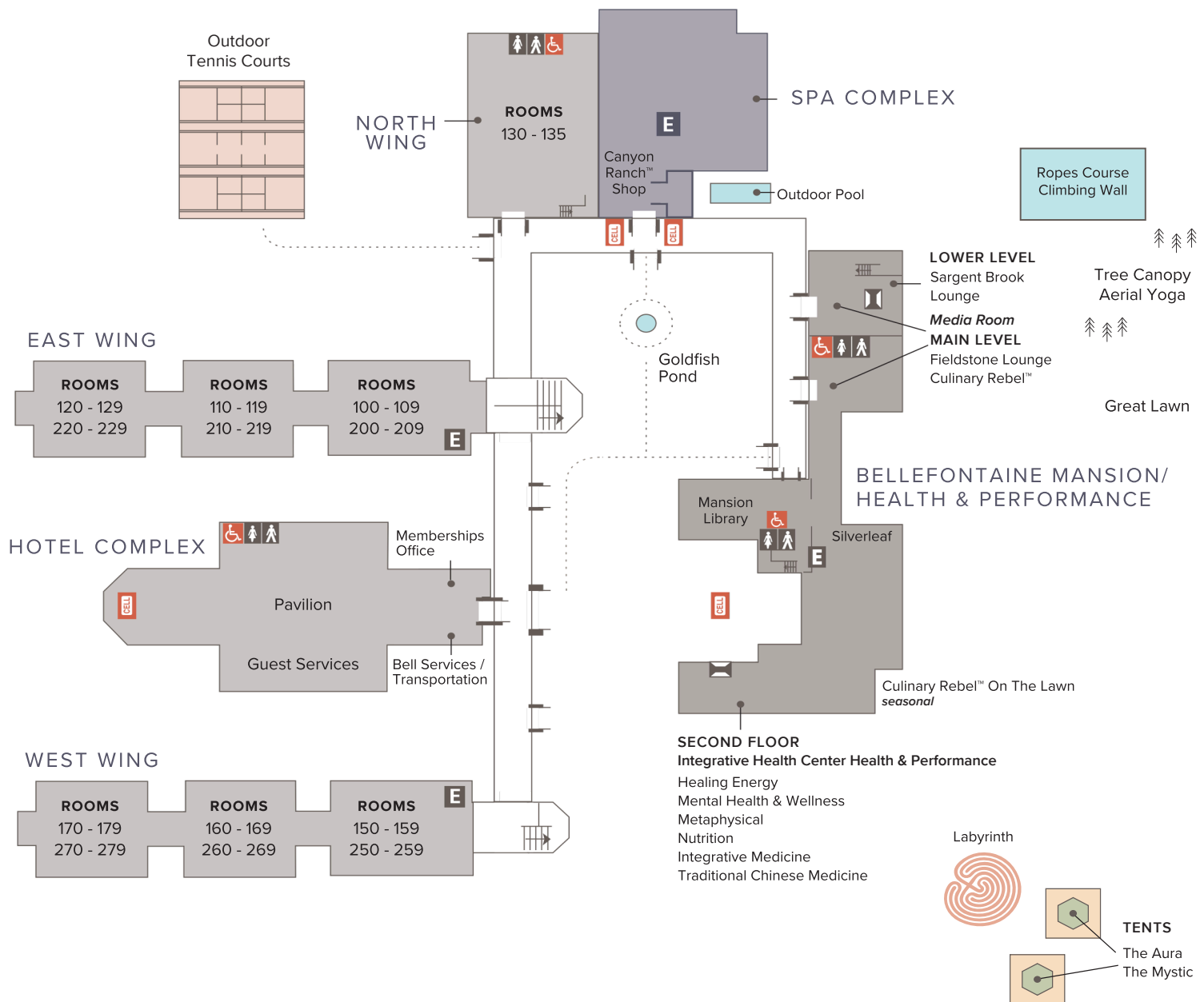
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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.

CANYON RANCH®

LENOX



CANYON RANCH LIVING® LENOX

NORTH WING

MAIN LEVEL

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

UPPER LEVEL

Guest Rooms
Ice Machine
Self-Serve Laundry

WEST WING

GROUND FLOOR

Beverage Bar
Foyer
Guest Rooms

SECOND FLOOR

Foyer
Guest Rooms
Ice Machine
Self-Serve Laundry

EAST WING

MAIN LEVEL

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

FIRST FLOOR

Computer Resource
Room Guest Rooms

SECOND FLOOR

Guest Rooms
Ice Machine
Self-Serve Laundry

SPA COMPLEX

LOWER LEVEL

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

LOWER LEVEL (SPORTS COURTS)

*Take staircase opposite
Front Spa Desk to access*

Cycling Studio
Indoor Tennis Courts
Racquet Sports
Rowing Studio
Sports Courts

MAIN LEVEL

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

UPPER LEVEL

Indoor Track

Great Lawn
Tent