

Leading Women

A Sutton Foster Retreat

CANYONRANCH®

LENOX

SCHEDULE OF ACTIVITIES

MON MAR 23		TUES MAR 24		WED MAR 25		THURS MAR 26	
7 AM							7 AM
7:30							7:30
8 AM							8 AM
8:30							8:30
9 AM							9 AM
9:30							9:30
10 AM	Arrive at Canyon Ranch Lenox						10 AM
10:30							10:30
11 AM	Time for Activities, and Services for Early Arrivals						11 AM
11:30							11:30
12 PM							12 PM
12:30							12:30
1 PM							1 PM
1:30							1:30
2 PM							2 PM
2:30							2:30
3 PM	3:00 - 4:00 p.m. Property Tour & Orientation Hotel Pavilion		1:30 - 4:00 p.m. Group Hike Spa Lobby		3:30 - 5:30 p.m. Soul in the Spotlight: A Ritual of Empowerment With Desi Valentine Yoga Studio		3 PM
3:30							3:30
4 PM	4:00 - 5:00 p.m. Opening Circle + Intention Setting with Sutton & Desi Yoga Studio		4:30 - 5:30 p.m. Words in Stone Rockwell Room		5:30 - 6:00 p.m. Apps + Arrangements Rockwell / Demo		4 PM
4:30							4:30
5 PM							5 PM
5:30	5:30 - 6:00 p.m. Apps + Arrangements Rockwell / Demo		5:30 - 7:00 p.m. Group Dinner Culinary Rebel		6:00 - 7:30 p.m. Group Dinner Culinary Rebel		5:30
6 PM							6 PM
6:30	6:00 - 7:30 p.m. Group Welcome Dinner						6:30
7 PM	Culinary Rebel						7 PM
7:30							7:30
8 PM	7:30 - 9:00 p.m. Game Night Rockwell Room		7:00 - 8:30 p.m. Musical Theater Trivia Rockwell Room		7:30 - 9:00 p.m. Evening Circle & Fire Ceremony Rockwell Room		8 PM
8:30							8:30
9 PM							9 PM

Social Activities

Fitness & Outdoor Sports

Presentation

Group Meals

HEALTH & PERFORMANCE
Provider's hours vary.

HEALTH & PERFORMANCE
DESK: 8 am – 5 pm

SPA 6:30 am – 9 pm

CR SHOPS™ 9 am – 5 pm

SILVERLEAF™

BREAKFAST: 7 am – 10 am
LUNCH: 11:30 am – 2pm
DINNER: 5 pm – 8:30 pm
(reservation required)

CULINARY REBEL™

SNACKS & LIGHT FARE:
Daily 6:30a – 5p
LUNCH: Tue – Sun 11:30a – 2p
DINNER: Tue – Sat 4:30p – 8p

Room Check-out: 12:00 pm

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MONDAY, MAR 23

3:00- 4:00 P.M. PROPERTY TOUR & ORIENTATION WITH TEGAN CAMPBELL, DIRECTOR OF HEALTH & PERFORMANCE

Hotel Lobby

Explore the beauty of Canyon Ranch Lenox on a guided property tour.

5:30 - 6:00 P.M. APPS & ARRANGEMENTS

Demo Kitchen for Apps, Rockwell for Arrange

Guests split into two groups—one joining our chef in the demo kitchen to prepare a shared appetizer, the other designing beautiful floral arrangements—for a fun, hands-on experience blending culinary and creative expression.

6:00 - 7:30 P.M. NOURISH & CONNECT: GROUP WELCOME DINNER

Culinary Rebel

Come together as a group and enjoy a wonderful meal in good company. Connect as you unwind and nourish both body and spirit.

7:30 - 9:00 P.M. GAME NIGHT

Sgt. Brook Lounge

Join us for a fun evening in community. We'll have a mix of games on hand for anyone who wants to take part.

TUESDAY, MAR 24

7:30- 8:30 A.M. MORNING EXPLORATION WITH OUTDOOR SPORTS

Spa Lobby

Join us for a morning exploration that invites you to connect with the day in a thoughtful and refreshing way.

8:30- 9:30 A.M. RISE & REFLECT BREAKFAST

Culinary Rebel

Ease into the day with a morning chat over breakfast, offering space to connect and reflect.

9:30- 10:45 A.M. DANCE CARDIO STRENGTH & SOUND WITH THE LIMIT

Gym 1

Full-body & mind workout: dance cardio, plyometrics, strength training, and a 15-minute sound bath meditation. Move, sweat, and restore your energy.

1:30 - 4:00 P.M. GROUP HIKE

Spa Lobby

Join us for a guided hike suitable for all levels. Enjoy fresh air, gentle movement, and the chance to connect with nature and the surrounding scenery.

4:30 - 5:30 P.M. WORDS IN STONE

Rockwell Room

Paint and adorn a river rock with your word of intention, then exchange with the group to receive the message meant for you.

5:30 - 7:00 P.M. GROUP DINNER

Culinary Rebel

Come together as a group and enjoy a wonderful meal in good company. Connect as you unwind and nourish both body and spirit.

7:00 - 8:30 P.M. MUSICAL THEATER TRIVIA

Rockwell Room

A lively Broadway-themed trivia night where guests mark musicals and iconic moments as clips play—fun, creative, and full of show-stopping energy.

WEDNESDAY, MAR 25

7:30- 8:30 A.M. MORNING EXPLORATION WITH OUTDOOR SPORTS

Spa Lobby

Join us for a morning exploration that invites you to connect with the day in a thoughtful and refreshing way.

8:30- 9:30 A.M. RISE & REFLECT BREAKFAST

Culinary Rebel

Ease into the day with a morning chat over breakfast, offering space to connect and reflect.

9:30- 10:45 A.M. DANCE CARDIO & TONE WITH THE LIMIT

Gym 1

Dance, plyometrics & light weights combine for a full-body workout that tones, strengthens & energizes—leaving you ready to shine all day at Canyon Ranch!

3:30 - 5:30 P.M. SOUL IN THE SPOTLIGHT: A RITUAL OF EMPOWERMENT WITH DESI VALENTINE

Yoga Studio

Join Desi Valentine and Sutton Foster for a transformative, somatic reclamation ceremony. Explore embodiment, vibration, touch, energy medicine and personal truth to illuminate your inner light and translate spiritual insight into real-world leadership.

5:30 - 6:00 P.M. APPS & ARRANGEMENTS

Demo Kitchen for Apps, Rockwell for Arrange

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6:00 - 7:30 P.M. GROUP DINNER

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Come together as a group and enjoy a wonderful meal in good company. Connect as you unwind and nourish both body and spirit.

7:30 - 9:00 P.M. EVENING CIRCLE

Sgt. Brook Lounge

An uplifting evening circle to connect, reflect, and integrate the retreats activities—creating space for clarity, gratitude, and community.

THURSDAY, MAR 26

7:30- 8:30 A.M. MORNING EXPLORATION WITH OUTDOOR SPORTS

Spa Lobby

Join us for a morning exploration that invites you to connect with the day in a thoughtful and refreshing way.

8:30- 9:30 A.M. RISE & REFLECT BREAKFAST

Culinary Rebel

Ease into the day with a morning chat over breakfast, offering space to connect and reflect.

9:00- 10:45 A.M. CARDIO & TONE WITH THE LIMIT

Gym 1

Tone, sculpt & sweat! Use light weights, plyometrics & HIIT cardio for a fun, full-body workout that builds strength and boosts overall health.

11:00 - 12:00 P.M. CLOSING CIRCLE WITH DESI & SUTTON

Yoga Studio

Come together one last time to honor your retreat journey. This closing gathering offers space for a gentle transition as you prepare to return to daily life.



In addition to these complimentary event inclusions, scan to see our complete Ranch Schedule for daily activities you can also enjoy.