

Leading Women

A Sutton Foster Retreat

CANYON RANCH®
LENOX
SCHEDULE OF ACTIVITIES

	MON MAR 23	TUES MAR 24	WED MAR 25	THURS MAR 26	
7 AM	Arrive at Canyon Ranch Lenox				7 AM
7:30					7:30
8 AM		7:30 - 8:30 a.m. Morning Exploration w/ ODS <i>Spa Lobby</i>	7:30 - 8:30 a.m. Morning Exploration w/ ODS <i>Spa Lobby</i>	7:30 - 8:30 a.m. Morning Exploration w/ ODS <i>Spa Lobby</i>	8 AM
8:30		8:30 - 9:30 a.m. Breakfast Chat <i>Culinary Rebel</i>	8:30 - 9:30 a.m. Breakfast Chat <i>Culinary Rebel</i>	8:30 - 9:30 a.m. Breakfast Chat <i>Culinary Rebel</i>	8:30
9 AM					9 AM
9:30	Time for Activities, and Services for Early Arrivals	9:30 - 10:45 a.m. Dance Cardio Strength + Sound with The Limit <i>Gym 1</i>	9:30 - 10:45 a.m. Dance Cardio + Tone with The Limit <i>Gym 1</i>	9:30 - 10:45 a.m. Cardio + Tone with The Limit <i>Gym 1</i>	9:30
10 AM					10 AM
10:30					10:30
11 AM				11:00 a.m. - Noon Closing Circle with Desi & Sutton <i>Yoga Studio</i>	11 AM
11:30					11:30
12 PM					12 PM
12:30					12:30
1 PM				HEALTH & PERFORMANCE Provider's hours vary.	1 PM
1:30				HEALTH & PERFORMANCE DESK: 8 am – 5 pm	1:30
2 PM		1:30 - 4:00 p.m. Group Hike <i>Spa Lobby</i>		SPA 6:30 am – 9 pm	2 PM
2:30				CR SHOPS™ 9 am – 5 pm	2:30
3 PM	3:00 - 4:00 p.m. Property Tour & Orientation <i>Hotel Pavilion</i>			SILVERLEAF™	3 PM
3:30					3:30
4 PM	4:00 - 5:00 p.m. Opening Circle + Intention Setting with Sutton & Desi <i>Yoga Studio</i>		3:30 - 5:30 p.m. Soul in the Spotlight: A Ritual of Empowerment With Desi Valentine <i>Yoga Studio</i>	BREAKFAST: 7 am – 10 am LUNCH: 11:30 am – 2pm DINNER: 5 pm – 8:30 pm (reservation required)	4 PM
4:30		4:30 - 5:30 p.m. Words in Stone <i>Rockwell Room</i>			4:30
5 PM				CULINARY REBEL™	5 PM
5:30	5:30 - 6:00 p.m. Apps + Arrangements <i>Rockwell / Demo</i>		5:30 - 6:00 p.m. Apps + Arrangements <i>Rockwell / Demo</i>		5:30
6 PM	6:00 - 7:30 p.m. Group Welcome Dinner <i>Culinary Rebel</i>	5:30 - 7:00 p.m. Group Dinner <i>Culinary Rebel</i>	6:00 - 7:30 p.m. Group Dinner <i>Culinary Rebel</i>	SNACKS & LIGHT FARE: Daily 6:30a – 5p LUNCH: Tue – Sun 11:30a – 2p DINNER: Tue – Sat 4:30p – 8p	6 PM
6:30					6:30
7 PM				Room Check-out: 12:00 pm	7 PM
7:30					7:30
8 PM	7:30 - 9:00 p.m. Game Night <i>Rockwell Room</i>	7:00 - 8:30 p.m. Musical Theater Trivia <i>Rockwell Room</i>	7:30 - 9:00 p.m. Evening Circle & Fire Ceremony <i>Rockwell Room</i>		8 PM
8:30					8:30
9 PM					9 PM

Social Activities
 Fitness & Outdoor Sports
 Presentation
 Group Meals

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CANYON RANCH.

LENOX

SCHEDULE OF ACTIVITIES

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

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. 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.

7:30 - 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.