

RANCH SCHEDULE
FEBRUARY 9 - 15, 2026

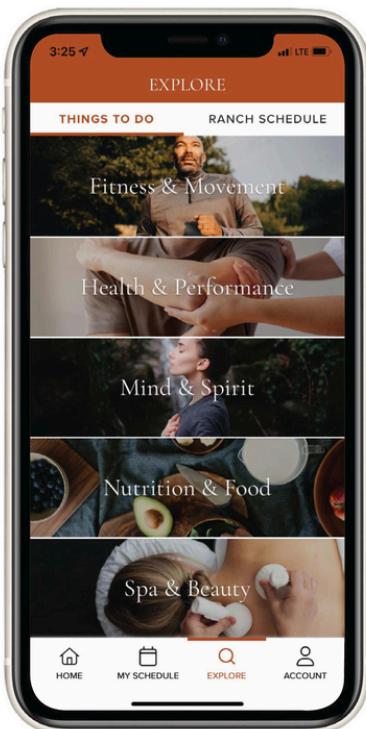


This schedule belongs to:



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. – 5 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.

DAILY 12-STEP MEETING

A welcoming, confidential space for reflection and connection. Meets daily at 5:00 p.m. in the Lenox Room, unless otherwise noted. Please refer to the Canyon Ranch App for the most up-to-date location.



@CanyonRanch

#LiveCanyonRanch

WELCOME

Dear Guests,

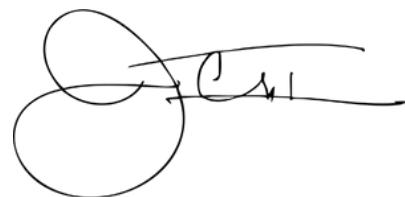
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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 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

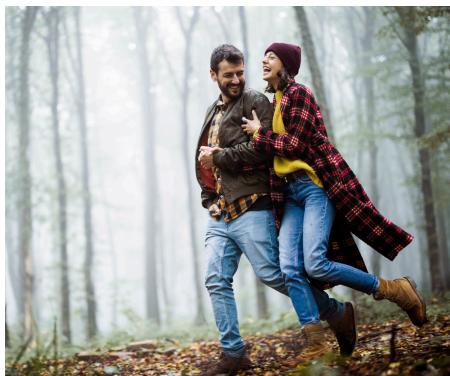
VISIT OUR LENOX EVENTS PAGE ON CANYONRANCH.COM FOR MORE UPCOMING EVENTS



WINTER RADIANCE: GLOW FROM WITHIN FEBRUARY 9 - 15

This week-long program is designed to restore your radiance and vitality. Learn expert skincare tailored to winter, explore rejuvenating beauty rituals, and practice self-care that nourishes from within. Each day blends protective treatments, mindful movement, and wellness practices that support confidence and a natural glow throughout the colder months.

Activities included in this event are noted with 



VALENTINE'S COUPLE ESCAPE FEBRUARY 12 - 16

Celebrate Valentine's weekend with a transformative couples getaway designed around connection, rest, and shared experiences. Enjoy a thoughtful balance of guided wellness practices and free time to reconnect, including shared floating meditation, sound healing, reflexology, and relationship-based workshops. Leave with practical tools to enhance communication, build emotional awareness, and sustain intimacy long after the weekend ends.

Activities included in this event are noted with 



SMASH & SERVE PICKLEBALL FEBRUARY 13 - 15

Elevate your pickleball skills during this immersive week. Join expert-led clinics focused on serving, returns, movement, and strategy, with personalized coaching tailored to your goals. Between sessions, relax and recharge with world-class spa amenities and stunning mountain views. Experience the perfect balance of skill development and restful rejuvenation.

Activities included in this event are noted with 



CHINESE NEW YEAR: IGNITE YOUR PASSION, BALANCE YOUR POWER FEBRUARY 15 - 18

Ring in the Chinese New Year with a dynamic guided practice that weaves movement, breath, and intention. Guided by Chinese medicine experts and featuring sessions with renowned Tai Chi and Qigong master Terry Dunn, this immersive experience explores the powerful energy of the Fire Horse and how to work with its momentum in 2026. Through mindful movement and moments of stillness, you'll learn how to stay grounded while boldly moving forward — cultivating clarity, emotional balance, and confident direction for the year ahead.

Activities included in this event are noted with 

MONDAY

February 9

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

CANYON RANCH COMMUNITY TREE

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

“What acts of kindness do you need & are willing to offer?

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 *	11:00 AM	EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP *
	1 hr • Outdoor Sports Boards • Limit 10		1 hr 30 min • Yoga Studio • Limit 6 • \$140
8:00 AM	 SUN SALUTATIONS	12:30 PM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ *
	25 min • Yoga Studio • Limit 30		50 min • Pickleball Court 1 • Limit 4 • \$80
	THE ART OF FENCING: SWORDPLAY CLINIC *	1:00 PM	MID-MORNING STRETCH
	50 min • Sports Court • Limit 6 • \$80		45 min • Gym 2
8:30 AM	WAKE-UP WARM-UP STRETCH	1:30 PM	TRX CORE
	20 min • Gym 1 • Limit 30		45 min • Sports Court
9:00 AM	FUELING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN	NOON	GREAT PLATE WORKOUT
	50 min • Berkshire Room • CME		45 min • Gym 5 • Limit 20
	YOGA FOUNDATIONS		WIRED FOR WONDER: SPIRITUAL PATHWAYS OF THE BRAIN
	45 min • Yoga Studio • Limit 30		50 min • Berkshire Room • CME
	ZUMBA®		NOON
	45 min • Gym 1 • Limit 30		LUNCH & LEARN
	RACE DAY		50 min • Demo Kitchen • Limit 16
	NEW • 45 min • Cycling Studio • Limit 12		 LINE DANCING
	HIKE: LEVEL 3 - BURBANK TRAIL *		25 min • Gym 1
	3 hr 30 min • Outdoor Sports Boards • Limit 10		PILATES REFORMER JUMPBOARD CLINIC *
9:30 AM	 SHINRIN YOKU *		50 min • Gym 4 • Limit 4 • \$80
	2 hr • Outdoor Sports Boards • Limit 6		NOON
	LEE HISTORY WALK *		BALANCE CHALLENGE
	2 hr 30 min • Outdoor Sports Boards • Limit 10		20 min • Gym 2 • Limit 20
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+		THE ART OF MANIFESTING *
	50 min • Indoor Tennis Court 1 • Limit 4 • \$80		1 hr 20 min • Rockwell Room • Limit 6 • \$110
	ATHLETIC YOGA		1:00 PM
	45 min • Yoga Studio • Limit 30		PICKLEBALL: INTRO CLINIC *
	H2O POWER		50 min • Pickleball Court 1 • Limit 4 • \$80
	45 min • Indoor Pool • Limit 25		AERIAL HAMMOCK YOGA CLINIC *
	STRENGTH & POWER FOR LONGEVITY CLINIC		50 min • Yoga Studio • Limit 6 • \$80
	NEW • 50 min • Lower Spa Lobby • Limit 4 • \$110		 THE LATEST & GREATEST - EXPERT PRODUCT PICKS
			50 min • Skincare Reception
			1:30 PM
			TRAIL WALK ON-PROPERTY *
			1 hr • Outdoor Sports Boards • Limit 10
			HIKE: LEVEL 1 - BENEDICT POND
			2 hr 30 min • Outdoor Sports Boards • Limit 10

Signature Events + Discovery Days: **WINTER RADIANCE (9-15)** 

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

2:00 PM **FITNESS FOR LONGEVITY**

50 min • Berkshire Room • CME

CREATIVE FLOW YOGA

45 min • Yoga Studio • Limit 30

TRIPLE BLAST

45 min • Sports Court • Limit 30

CR STRENGTH

45 min • Gym 1 • Limit 20

3:00 PM  **SELF-COMPASSION IS YOUR SUPERPOWER**

50 min • Tanglewood Room • CME

TENNIS: AFTERNOON DRILLS *

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

WINTER FLOW YOGA

45 min • Yoga Studio

AQUA STRENGTH CIRCUIT CLASS

45 min • Indoor Pool • Limit 25

PUNCH

45 min • Sports Court • Limit 20

4:00 PM  **ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE**

50 min • Berkshire Room

HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR

1 hr • Mansion Library

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

45 min • Gym 2 • Limit 20

TRX BASIC STRENGTH

45 min • Sports Court • Limit 15

4:30 PM **MINDFUL MANDALAS ***

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

5:00 PM **MEDITATION**

25 min • Yoga Studio

STRETCH & RELAX

25 min • Gym 2 • Limit 30

6:30 PM **3-WORLDS OF SOUL EXPERIENCE ***

1 hr 30 min • Yoga Studio • Limit 8 • \$110

7:00 PM **COMMUNITY TABLE: DINE & CONNECT**

50 min • Silverleaf

8:00 PM **MAIRI DORMAN-PHANEUF: THE HEALING SOUNDS OF CELLO**

50 min • Fieldstone Lounge

CR VITALITYDAILY 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

February 10

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

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	 PRANAYAMA BREATHING 25 min • Yoga Studio		POWER 45 min • Gym 5 • Limit 10
	INTRODUCTION TO COLD THERAPY CLINIC 25M *		INTERMEDIATE MAT PILATES NEW • 45 min • Gym 1 • Limit 30
	25 min • Skincare Reception • Limit 4 • \$45		 MAKE-UP MASTER CLASS 50 min • Stockbridge Room • Limit 10
	PILATES REFORMER CLINIC - BEGINNER *	NOON	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
	50 min • Gym 4 • Limit 4 • \$80		BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
8:30 AM	TRX FLOW 20 min • Sports Court • Limit 15		RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * 50 min • Yoga Studio • Limit 8 • \$110
9:00 AM	PREVENTING CHRONIC ILLNESS 50 min • Tanglewood Room • CME	12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20
	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80	1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
	CHAIR YOGA 45 min • Yoga Studio • Limit 12	1:30 PM	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10
	 AEROBIC CHOREO SCULPT 45 min • Gym 1		MEMBERSHIPS & GROUPS: CASUAL Q&A 30 min • Main Spa Lobby
	POWER ROW 45 min • Rowing Studio • Limit 10		HIKE: LEVEL 2 - THOMAS & PALMER BROOK TRAIL * 2 hr • Outdoor Sports Boards • Limit 10
	HIKE: LEVEL 3 - MOHICAN MONUMENT MTN. *		
	3 hr 30 min • Outdoor Sports Boards • Limit 10		
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		
	ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30		
	H2O POWER 45 min • Indoor Pool • Limit 25		
	TUBES & LOOPS 45 min • Gym 2 • Limit 20		
	HANDS-ON COOKING: RECIPES FOR LONGEVITY *		
	50 min • Demo Kitchen • Limit 6 • \$110		
	LENOX HISTORY WALK *		
	2 hr • Outdoor Sports Boards • Limit 10		

DAZZLE DRY NAIL BAR

10 AM - 4 PM | MAIN SPA LOBBY



Our experts will guide you through a 25-min polish change including filing/shaping, buffing, and the 4-step Dazzle Dry process. Enjoy the swift 5-min drying time and followed by a luxurious oil application. Limit 1 per session.

Sign Up: Call the Wellness Guides at Ext. 55423, or Skincare Reception at Ext. 54508.

Signature Events + Discovery Days: **WINTER RADIANCE (9-15)** 

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

2:00 PM YOGA FOR A HEALTHY BACK

45 min • Yoga Studio • Limit 30

 **ENERGY ALCHEMY
TO SUPPORT YOUR JOURNEY**

50 min • Berkshire Room

CARDIO CIRCUIT

45 min • Gym 5

**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

5:00 PM **MEDITATION**

25 min • Yoga Studio

STRETCH & RELAX

25 min • Gym 2 • Limit 30

6:00 PM **JUST BEAD IT: BRACELET MAKING ***

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

**STEVE IDE & ROB PUTNAM
- ROCK, JAZZ & BLUES**

2 hr • Culinary Rebel™

3:00 PM TENNIS: AFTERNOON DRILLS *

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

WARRIOR FLOW**NEW** • 45 min • Yoga Studio • Limit 30**AQUA STRENGTH CIRCUIT CLASS**

45 min • Indoor Pool • Limit 25

STROOPS BUNGEE WORKOUT

45 min • Gym 1 • Limit 11

3:30 PM CREATIVITY CHALLENGE

25 min • Creative Expression Studio

4:00 PM RESTORATIVE YOGA

45 min • Yoga Studio • Limit 30

**PERFORMANCE RECOVERY:
RESET & RECHARGE**

45 min • Gym 2 • Limit 20

RHYTHM RIDE**NEW** • 45 min • Cycling Studio • Limit 12 **NOURISHING BEAUTY:
DIET TIPS FOR SKIN & HAIR**

50 min • Rockwell Room

OUTDOOR SPORTS ACTIVITIES

You'll find a complete schedule of outdoor sports activities at the Outdoor Sports Boards in front of the main level of the Spa Complex.

We list length, terrain, duration, and vertical rise for all activities. Our staff will be happy to make recommendations to suit your interests and skill level. *Press dress for the weather, and wear hiking boots or appropriate footwear.*

SIGN UP FOR OUTDOOR SPORTS ACTIVITIES ON THE CR APP OR WITH A WELLNESS GUIDE, EXT. 55423



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

WEDNESDAY

February 11

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

7:30 AM	 QI GONG STRESS RELIEF MEDITATION * 50 min • Gym 1 • Limit 6 • \$80	11:00 AM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * 50 min • Pickleball Court 1 • Limit 4 • \$80
7:45 AM	NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10		MID-MORNING STRETCH 45 min • Gym 2
8:00 AM	SUN SALUTATIONS 25 min • Yoga Studio • Limit 30		AMAZING ABS & HEALTHY HIPS 45 min • Gym 1 • Limit 25
	ACTIVE STRETCH CLINIC * 50 min • Gym 3 • Limit 4 • \$80	NOON	TNT: TABATA 'N' TRX 45 min • Sports Court • Limit 14
	HIKE: LEVEL 4 - STONY LEDGE AT MT. GREYLOCK * 5 hr 30 min • Outdoor Sports Boards • Limit 10		LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
	STRENGTH METRICS FOR LIFE: AN INTERACTIVE SESSION NEW • 50 min • Lower Spa Lobby		HIIT IT 25 min • Gym 1 • Limit 18
8:30 AM	ZEN•GA™ FLOW 20 min • Gym 2 • Limit 30		DISCOVER PERCUSSIVE THERAPY THERAGUN® CLINIC * 50 min • Gym 3 • Limit 4 • \$80
9:00 AM	YIN & RELEASE 45 min • Yoga Studio • Limit 30	12:30 PM	TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? 50 min • Mansion Library • Limit 12
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30	1:00 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
	HILLS & VALLEYS NEW • 45 min • Cycling Studio • Limit 12		PICKLEBALL: INTRO CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	HIKE: LEVEL 3 - BEARTOWN RAMBLE * 3 hr 30 min • Outdoor Sports Boards • Limit 10		 BEAUTY TRENDS 50 min • Tanglewood Room
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		PILATES REFORMER CLINIC - INTERMEDIATE * 50 min • Gym 4 • Limit 4 • \$80
	 YOGA SCULPT 45 min • Yoga Studio • Limit 20	1:30 PM	TRAIL WALK ON-PROPERTY 1 hr • Outdoor Sports Boards • Limit 10
	H2O POWER 45 min • Indoor Pool • Limit 25		HIKE: LEVEL 1 - CANOE MEADOWS * 2 hr • Outdoor Sports Boards • Limit 10
	HANDS-ON COOKING: THE HEART-SMART PLATE * 50 min • Demo Kitchen • Limit 6 • \$110		
	STRENGTH & POWER FOR LONGEVITY CLINIC NEW • 50 min • Lower Spa Lobby • Limit 4 • \$110		

DAZZLE DRY NAIL BAR

10 AM - 4 PM | MAIN SPA LOBBY

Our experts will guide you through a 25-min polish change including filing/shaping, buffing, and the 4-step Dazzle Dry process. Enjoy the swift 5-min drying time and followed by a luxurious oil application. Limit 1 per session.



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Signature Events + Discovery Days: **WINTER RADIANCE (9-15)** 

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

2:00 PM	ONCE UPON A PAST LIFETIME... 50 min • Berkshire Room	4:30 PM	WATERCOLOR PAINTING * 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45
	SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio	5:00 PM	MEDITATION 25 min • Yoga Studio
	BASIC AEROBIC CIRCUIT WEIGHTS 45 min • Gym 5		 CREATIVITY & DREAMS 50 min • Rockwell Room
	ENDURANCE RIDE 45 min • Cycling Studio • Limit 12		STRETCH & RELAX 25 min • Gym 2 • Limit 30
	HANDS-ON COOKING: FASTEAST MEALS IMAGINABLE * 50 min • Demo Kitchen • Limit 6 • \$110	6:00 PM	SINGER-SONGWRITER, HANNAH BRACKEN 2 hr • Culinary Rebel™
	CAMP ARCHERY WORKSHOP * 1 hr 30 min • Sports Court • Limit 4 • \$110	7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf
3:00 PM	 WAKE-UP CALL: IMPROVING YOUR SLEEP 50 min • Tanglewood Room • CME		 SKINCARE MASTERCLASS 50 min • Demo Kitchen • Limit 10
	TENNIS: AFTERNOON DRILLS * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80	8:00 PM	OLD SCHOOL BINGO 50 min • Rockwell Room
	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30		
	AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25		
	STROOPS BUNGEE WORKOUT 45 min • Gym 1 • Limit 11		
4:00 PM	MYTHS & FACTS ABOUT CARBS 50 min • Berkshire Room • CME		
	SOOTHE & SURRENDER NEW • 45 min • Yoga Studio • Limit 30		
	FOAM ROLL & STRETCH 45 min • Gym 2 • Limit 20		
	ROWING ESSENTIALS 45 min • Rowing Studio • Limit 10		
	SPICE & SPIRIT: TACOS AND TEQUILA 1 hr 30 min • Demo Kitchen • Limit 8 • \$175		

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.



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THURSDAY

February 12

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

7:45 AM	NORDIC WALK/POLE HIKE *	11:00 AM	THE ASTROLOGY OF SELF-DISCOVERY
	1 hr • Outdoor Sports Boards • Limit 10		50 min • Lenox Room
8:00 AM	 SUN SALUTATIONS		MID-MORNING STRETCH
	25 min • Yoga Studio • Limit 30		45 min • Gym 2
	PILATES REFORMER CLINIC - BEGINNER *		INTERMEDIATE MAT PILATES
	50 min • Gym 4 • Limit 4 • \$80		NEW • 45 min • Gym 1 • Limit 30
8:30 AM	HIIT IT		GREAT PLATE WORKOUT
	20 min • Gym 1 • Limit 18		45 min • Gym 5 • Limit 20
9:00 AM	NATUROPATHY & CHINESE MEDICINE: WHAT TO KNOW	NOON	LUNCH & LEARN
	50 min • Berkshire Room • CME		50 min • Demo Kitchen • Limit 16
	PICKLEBALL: INTRO CLINIC *		 SHRED
	50 min • Pickleball Court 1 • Limit 4 • \$80		25 min • Gym 5 • Limit 15
	YOGA FOUNDATIONS		THE ART OF FENCING: SWORDPLAY CLINIC *
	45 min • Yoga Studio • Limit 30		50 min • Sports Court • Limit 6 • \$80
	STEP & STRENGTH	12:30 PM	FITNESS FOR YOUR FEET
	45 min • Gym 1 • Limit 15		20 min • Gym 2 • Limit 20
	POWER ROW	1:00 PM	PICKLEBALL: INTRO CLINIC *
	45 min • Rowing Studio • Limit 10		50 min • Pickleball Court 1 • Limit 4 • \$80
	 HIKE: LEVEL 2+ - FLAG ROCK *	1:30 PM	 WINTER WARMING RITUAL: CLEAR THE WINTER DOLDRUMS *
	3 hr • Outdoor Sports Boards • Limit 10		1 hr 30 min • Outdoor Sports Boards • Limit 6
9:30 AM	EQUINE ESCAPE: HORSE CONNECTION *		HIKE: LEVEL 2 - SHADOWBROOK *
	2 hr 30 min • Outdoor Sports Boards • Limit 4 • \$250		2 hr • Outdoor Sports Boards • Limit 10
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ *		
	50 min • Indoor Tennis Court 1 • Limit 4 • \$80		
	POWER FLOW		
	NEW • 45 min • Yoga Studio • Limit 30		
	H2O POWER		
	45 min • Indoor Pool • Limit 25		
	MUSCLE CONDITIONING		
	45 min • Gym 2 • Limit 25		
	LOVING-KINDNESS MEDITATION		
	50 min • Tanglewood Room		

ENVIRON MICROCURRENT MINI TREATMENTS



10 AM - 4 PM | SKINCARE RECEPTION

This personal mini treatment is the perfect introduction to our latest facial modality. Combining microcurrent, sound, and electrophoresis, this service targets your eye area to lift, hydrate, and brighten. Limit 1 per 30 minute session.

Sign Up: Call the Wellness Guides at Ext. 55423, or Skincare Reception at Ext. 54508.

Signature Events + Discovery Days: **WINTER RADIANCE (9-15)**  / **VALENTINE'S COUPLE ESCAPE (12-16)** 
CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

2:00 PM	PAUSING IN PLACE 50 min • Rockwell Room	4:30 PM	❤ COUPLES ACRYLIC PAINTING 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45
	YIN YOGA 45 min • Yoga Studio	5:00 PM	MEDITATION 25 min • Yoga Studio
	LONG & LEAN BARRE WORKOUT 45 min • Gym 1 • Limit 30		STRETCH & RELAX 25 min • Gym 2 • Limit 30
	RIP 'N' RIDE 45 min • Sports Court • Limit 10		 JOURNEY THROUGH THE TAROT 50 min • Berkshire Room
	HANDS-ON COOKING: PLANT POWERED * 50 min • Demo Kitchen • Limit 6 • \$110	6:00 PM	SONGSTRESS, VICKY VITELLO - GUITAR & VOCALS 2 hr • Culinary Rebel™
3:00 PM	QI GONG FOR HEALTH & VITALITY * 50 min • Gym 1 • Limit 6 • \$80	7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf
	TENNIS: AFTERNOON DRILLS * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80	7:30 PM	AYURVEDA'S SELF-CARE PRACTICES WITH EMILIE REID 50 min • Rockwell Room
	 WINTER FLOW YOGA 45 min • Yoga Studio		
	AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25		
	 PUNCH 45 min • Sports Court • Limit 20		
4:00 PM	HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library		
	PERFORMANCE RECOVERY: RESET & RECHARGE 45 min • Gym 2 • Limit 20		
	TRX BASIC STRENGTH 45 min • Sports Court • Limit 15		
	HANDS-ON COOKING: CHOCOLATE FIX! * 50 min • Demo Kitchen • Limit 6 • \$110		
	 CONNECTED CALM - COUPLES RESTORATIVE YOGA 45 min • Yoga Studio		

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

February 13

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

ROOTED IN LOVE REFLECTION TREES

FRIDAY - SUNDAY

Write a love note—to yourself, another, or the world—and hang it on the tree. You're also invited to pause, read messages from others, and let our shared words of love uplift and inspire.

Reflection trees located in hallway near the Fieldstone Lounge.

7:45 AM	NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10
8:00 AM	QI GONG STRESS RELIEF MEDITATION * 50 min • Gym 2 • Limit 6 • \$80
	PILATES REFORMER PICKLEBALL CLINIC * 50 min • Gym 4 • Limit 4 • \$80
	HEART TWO SOULS, ONE BREATH PRANAYAMA BREATHING 25 min • Yoga Studio
8:30 AM	WAKE-UP WARM-UP STRETCH 20 min • Gym 1 • Limit 30
9:00 AM	GLUCOSE TRACKING FOR WEIGHT & ENERGY WORKSHOP * 1 hr 20 min • Lenox Room • Limit 10 • \$220
	SADDLE & RIDE: HORSEBACK ADVENTURE * 3 hr • Outdoor Sports Boards • Limit 4 • \$350
	YOGA ALIGNMENT 45 min • Yoga Studio
	ROCKIN RETRO AEROBICS 45 min • Gym 1 • Limit 30
	RACE DAY NEW • 45 min • Cycling Studio • Limit 12
	HIKE: LEVEL 3 - GOOSE POND ON APPALACHIAN TRAIL * 3 hr 30 min • Outdoor Sports Boards • Limit 10
9:30 AM	STOCKBRIDGE HISTORY WALK 2 hr 30 min • Outdoor Sports Boards • Limit 10

10:00 AM	COMING HOME TO THE BODY 50 min • Tanglewood Room
	HEART CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min • Indoor Tennis Court 1 • Limit 4 • \$80
	ATHLETIC YOGA 45 min • Yoga Studio • Limit 30
	H2O POWER 45 min • Indoor Pool • Limit 25
	HANDS-ON COOKING: SMOOTHIES & SHAKES * 30 min • Demo Kitchen • Limit 6 • \$70
	STRENGTH & POWER FOR LONGEVITY CLINIC * 50 min • Lower Spa Lobby • Limit 4 • \$110
11:00 AM	ACTING YOUR FITNESS AGE 50 min • Berkshire Room • CME
	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * 50 min • Pickleball Court 1 • Limit 4 • \$80
	MID-MORNING STRETCH 45 min • Gym 2
	AMAZING ABS & HEALTHY HIPS 45 min • Gym 1 • Limit 25
	ONE MINUTE MAX 45 min • Sports Court • Limit 24
NOON	BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
	RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC * 50 min • Yoga Studio • Limit 8 • \$110
	HEART LUNCH & LEARN: COOKING (AND EATING) FOR TWO 50 min • Demo Kitchen • Limit 16

NUFACE CONSULTATIONS

10 AM - 4 PM | SKINCARE RECEPTION

NuFACE Microcurrent Treatments utilize gentle electrical currents to re-energize the skin & muscles for a toned and lifted appearance. Instant skin and body results with zero downtime.

Sign Up: CR App or call the Wellness Guides, Ext. 55423.

Signature Events + Discovery Days: **WINTER RADIANCE (9 - 15)** / **SMASH & SERVE (13 - 15)**
VALENTINE'S COUPLE ESCAPE (12 - 16)

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

12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20	4:00 PM	WHAT IS SPIRITUAL WELLNESS? 25 min • Community Tree
1:00 PM	AFTERNOON OUTDOOR TAI CHI * 1 hr • Outdoor Sports Boards • Limit 10		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30
	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80		FOAM ROLL & STRETCH 45 min • Gym 2 • Limit 20
	ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS * 2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$155		ZEN IN MOTION 45 min • Gym 1 • Limit 11
1:30 PM	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10	5:00 PM	STRETCH & RELAX 25 min • Gym 2 • Limit 30
	MEMBERSHIPS & GROUPS: CASUAL Q&A 30 min • Main Spa Lobby		CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE 50 min • Tanglewood Room • CME
	HIKE: LEVEL 1 - KENNEDY PARK GAZEBO * 2 hr • Outdoor Sports Boards • Limit 10		SOUL CONNECTION MEDITATION 25 min • Yoga Studio
2:00 PM	YOGA FOR A HEALTHY BACK 45 min • Yoga Studio • Limit 30	6:00 PM	RILEY COTTON - GUITAR & VOCALS 2 hr • Culinary Rebel™
	BASIC AEROBIC CIRCUIT WEIGHTS 45 min • Gym 5	7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf
	BEST BACKSIDE 45 min • Sports Court • Limit 16	8:00 PM	RETIRING MEANS REWIRING WITH JERRY POSNER 50 min • Tanglewood Room
3:00 PM	MIXED EMOTIONS: MAKING PEACE WITH YOURSELF 50 min • Berkshire Room • CME		
	TENNIS: AFTERNOON DRILLS * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		
	INTERMEDIATE YOGA 45 min • Yoga Studio • Limit 30		
	AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25		
	PUNCH 45 min • Sports Court • Limit 20		



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

February 14

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

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

INTRODUCTION TO COLD THERAPY CLINIC 25M *
25 min • Skincare Reception • Limit 4 • \$45

HIKE: LEVEL 5 - BEAR MOUNTAIN RIGA JUNCTION *
6 hr 30 min • Outdoor Sports Boards • Limit 10

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

8:30 AM **HIIT IT**
25 min • Gym 1 • Limit 18

9:00 AM **PICKLEBALL: INTRO CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80

YIN & RELEASE
45 min • Yoga Studio • Limit 30

ZUMBA® STEP
45 min • Gym 1 • Limit 15

POWER ROW
45 min • Rowing Studio • Limit 10

 **SEXUAL WELLNESS THROUGH ANCIENT MEDICINE**
50 min • Berkshire Room

HIKE: LEVEL 3 - PLEASANT VALLEY OVERTON BROOK TRAIL *
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM  **NORDIC WALK AT KENNEDY PARK: LEVEL 2+ ***
2 hr 30 min • Outdoor Sports Boards • Limit 10

NUFACE CONSULTATIONS

10 AM - 4 PM | SKINCARE RECEPTION

NuFACE Microcurrent Treatments utilize gentle electrical currents to re-energize the skin & muscles for a toned and lifted appearance. Instant skin and body results with zero downtime.

Sign Up: CR App or call the Wellness Guides, Ext. 55423.

LOVE IN BLOOM FLOWER CART

2 PM - 7 PM | MAIN SPA LOBBY

Celebrate Valentine's Day with a visit to our Flower Cart, where you're invited to create a bouquet that's entirely your own. Choose from a curated selection of fresh, seasonal blooms and enjoy a moment of creativity as you design something beautiful to take with you or share with someone special.

10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+**
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

ROCK YOUR FLOW
45 min • Yoga Studio • Limit 30

H2O POWER
45 min • Indoor Pool • Limit 25

CR STRENGTH
45 min • Gym 1 • Limit 20

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

 **PARTNER MID-MORNING STRETCH**
45 min • Gym 2

TRX CORE
45 min • Sports Court

POWER
45 min • Gym 5 • Limit 10

MYSTERY OF METABOLISM
50 min • Berkshire Room • CME

NOON **LINE DANCING**
25 min • Gym 1

AERIAL HAMMOCK YOGA CLINIC *
50 min • Yoga Studio • Limit 6 • \$80

 **LUNCH & LEARN: EATING FOR ENERGY, MOOD & DESIRE**
50 min • Demo Kitchen • Limit 16

12:30 PM **BALANCE CHALLENGE**
20 min • Gym 2 • Limit 20

Signature Events + Discovery Days: **WINTER RADIANCE (9 - 15)** / **SMASH & SERVE (13 - 15)**
VALENTINE'S COUPLE ESCAPE (12 - 16)

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

1:00 PM	PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80	4:00 PM	PERFORMANCE RECOVERY: RESET & RECHARGE 45 min • Gym 2 • Limit 20
	BOGA FITMAT® FITNESS CLINIC * 50 min • Indoor Pool • Limit 6 • \$80		RHYTHM RIDE NEW • 45 min • Cycling Studio • Limit 12
	EMOTIONAL STRESS RELEASE THROUGH HEALING TOUCH 50 min • Tanglewood Room		RE-ESTABLISHING THE CONNECTION 50 min • Tanglewood Room • CME
1:30 PM	EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP * 1 hr 30 min • Gym 2 • Limit 6 • \$140		SOOTHE & SURRENDER NEW • 45 min • Yoga Studio • Limit 30
	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10	5:00 PM	STRETCH & RELAX 25 min • Gym 2 • Limit 30
	HIKE: LEVEL 2 - ED'S WAY AT LENOX MTN. * 2 hr • Outdoor Sports Boards • Limit 10		MEDITATION 25 min • Yoga Studio
2:00 PM	CREATIVE FLOW YOGA 45 min • Yoga Studio • Limit 30	6:00 PM	MUSICIAN, ANTHONY BONNEVILLE 2 hr • Culinary Rebel™
	LONG & LEAN BARRE WORKOUT 45 min • Gym 1 • Limit 30	7:00 PM	COMMUNITY TABLE: DINE & CONNECT 50 min • Silverleaf
	TRIPLE BLAST 45 min • Sports Court • Limit 30	8:00 PM	MUSIC BINGO! WITH DJ BOB HECK 45 min • Rockwell Room
	HANDS-ON COOKING: ARTISAN BREAD BAKING * 1 hr 30 min • Demo Kitchen • Limit 12 • \$175		
	MATTERS OF MENOPAUSE 50 min • Berkshire Room • CME		
3:00 PM	CAMP ARCHERY WORKSHOP * 1 hr 30 min • Sports Court • Limit 4 • \$110		
	TENNIS: AFTERNOON DRILLS * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		
	WARRIOR FLOW NEW • 45 min • Yoga Studio • Limit 30		
	AQUA STRENGTH CIRCUIT CLASS 45 min • Indoor Pool • Limit 25		
	STROOPS BUNGEE WORKOUT 45 min • Gym 1 • Limit 11		
	COUPLES CONTEMPLATIVE TEA PRACTICE * 50 min • Creative Expression Studio • Limit 8 • \$80		

VALENTINE'S DAY WINE DINNER



6 PM - 7:30 PM | \$50 | LIMIT 16

Demo Kitchen

Indulge in a Valentine's Day wine dinner where elegant flavors and expertly paired wines set the mood. This intimate dining experience invites you to slow down, savor each course, and celebrate love through exceptional food and drink. Sign-up required.

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

SUNDAY

February 15

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis.

7:45 AM	 NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10
8:00 AM	 PRANAYAMA BREATHING 25 min • Yoga Studio
	PILATES REFORMER CLINIC - INTERMEDIATE * 50 min • Gym 4 • Limit 4 • \$80
8:30 AM	TRX FLOW 20 min • Sports Court • Limit 15
9:00 AM	CHAIR YOGA 45 min • Yoga Studio • Limit 12
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30
	ADVANCED INDOOR CYCLING 45 min • Cycling Studio • Limit 12
	 EASTERN MEDICINE: THE INSIDE SCOOP 50 min • Tanglewood Room • CME
	HIKE: LEVEL 2 - WILDCAT TRAIL * 3 hr • Outdoor Sports Boards • Limit 10
9:30 AM	 LEE HISTORY WALK 2 hr 30 min • Outdoor Sports Boards • Limit 10
10:00 AM	 LANGUAGE OF THE HEART * 50 min • Rockwell Room • Limit 12 • \$80
	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80
	YOGA SCULPT 45 min • Yoga Studio • Limit 20
	H2O POWER 45 min • Indoor Pool • Limit 25
	MUSCLE CONDITIONING 45 min • Gym 2 • Limit 25
11:00 AM	 MID-MORNING STRETCH 45 min • Gym 2
	BEGINNER PILATES 45 min • Gym 1 • Limit 30
	TNT: TABATA 'N' TRX 45 min • Sports Court • Limit 14

ROOTED IN LOVE REFLECTION TREES

FRIDAY - SUNDAY

Write a love note—to yourself, another, or the world—and hang it on the tree. You're also invited to pause, read messages from others, and let our shared words of love uplift and inspire.

Reflection trees located in hallway near the Fieldstone Lounge.

NOON	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16
	BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
	HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC * 50 min • Yoga Studio • Limit 6 • \$140
12:30 PM	 FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20
1:00 PM	 PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
	 TAI CHI FOR HEALTH WITH TERRY DUNN 2 hr • Gym 2
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
2:00 PM	 MANAGING ENERGY DYNAMICS IN RELATIONSHIPS 50 min • Berkshire Room
	CARDIO CIRCUIT 45 min • Gym 5
	GRITLAB: STRENGTH & ENDURANCE CONDITIONING 45 min • Sports Court • Limit 15
	 YIN YOGA 45 min • Yoga Studio

Signature Events + Discovery Days: **WINTER RADIANCE (9 - 15)**  / **SMASH & SERVE (13 - 15)** 
VALENTINE'S COUPLE ESCAPE (12 - 16)  / **CHINESE NEW YEAR (15 - 18)** 

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

3:00 PM  **CAMP ARCHERY WORKSHOP**
1 hr 30 min • Sports Court • Limit 4 • \$110

WINTER FLOW YOGA
45 min • Yoga Studio

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 11

 **TEA & TAROT**
1 hr 40 min • Lenox Room • Limit 8 • \$140

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

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

ROWING ESSENTIALS
45 min • Rowing Studio • Limit 10

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

 **COPLES SOUND HEALING**
50 min • Yoga Studio • Limit 16

6:00 PM **SINGER-SONGWRITER,
HANNAH BRACKEN**
2 hr • Culinary Rebel™

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

 **FLYING PHOENIX QI GONG
WITH TERRY DUNN**
2 hr • Yoga Studio

SINGER-SONGWRITER, HANNAH BRACKEN

6 PM - 8 PM | Culinary Rebel™

Ease into an evening of live music and delicious food as you unwind from the day. Enjoy a savory dinner and easy conversation as singer-songwriter Hannah Bracken provides the soundtrack.

Hannah brings a musical mix of dreamy and frisky, mixing ethereal melodies with curiosity, awe and transformation. Covers include influences like The Cranberries, Lucinda Williams, Allison Russell.

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

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



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

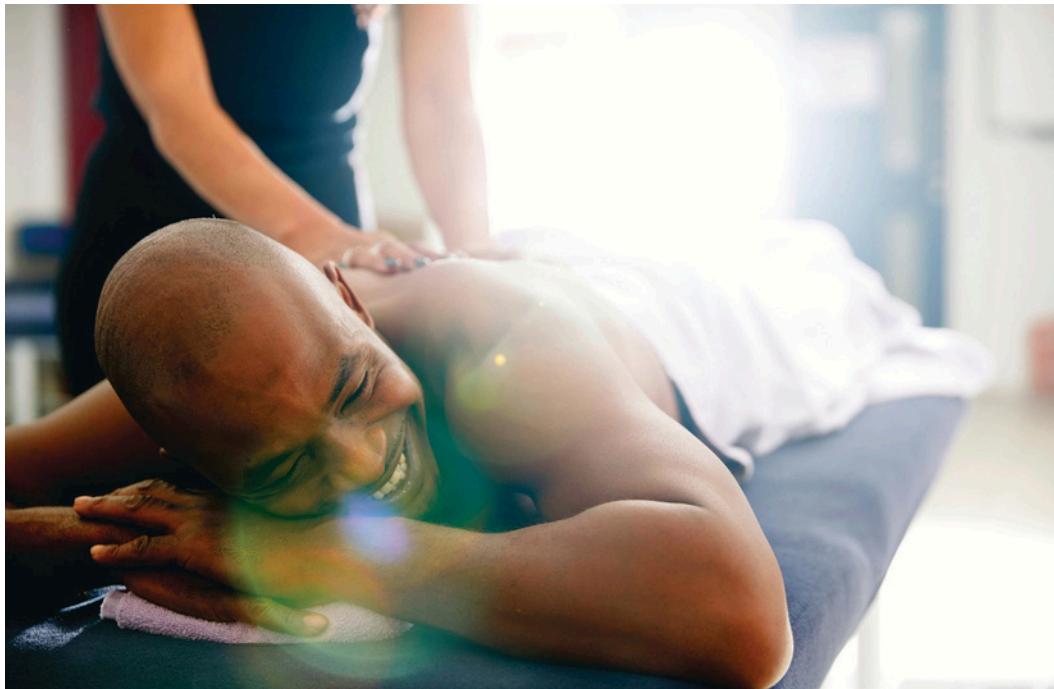
Leg spacer – Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric

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
	small group (3+ people)	185/person
	duet 50 min	195/person
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
	small group (3+ people)	185/person
Spirituality & Longevity	50 min	250

MENU OF SERVICES

FITNESS & MOVEMENT

FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice
Private Fitness Training
Private Mind-Body Practice
Private Pilates or Gyrotonic Training Private Yoga Practice

Individual Training Session	50 min	\$150
Duet Training Session	50 min	110/person
Small Group Training Session (3-5 people)	50 min	80/person
Private Group Class	50 min	335/class
Heightened States: Private Breathwork Experience	120 min	320
Personal Training with Virtual Follow-Up – two sessions	50 min each	270
Yoga for Your Dosha – two sessions	50 min each	300

OUTDOOR SPORTS

GROUP ADVENTURES

Archery Workshop	times vary	\$110/person
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

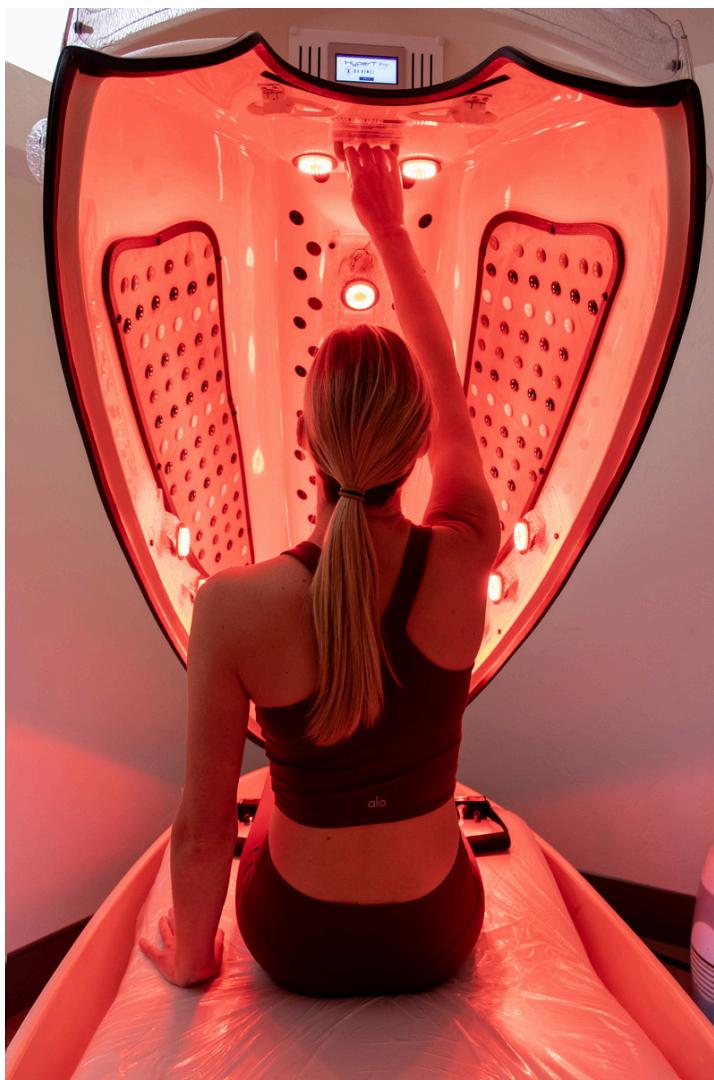
Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.



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

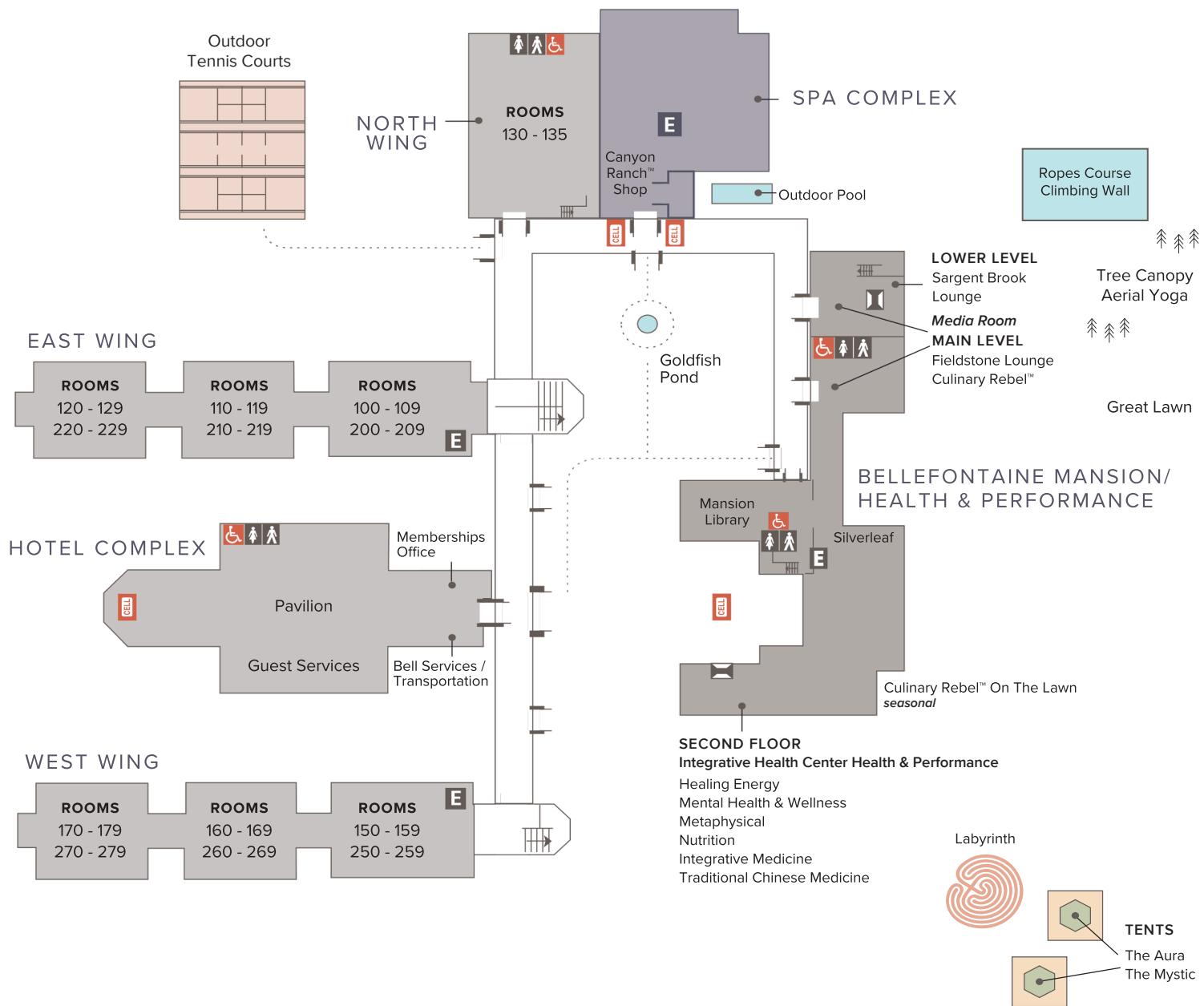
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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

SECOND FLOOR

Computer Resource
Room Guest Rooms
FIRST 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