

RANCH SCHEDULE
MARCH 9 - 15, 2026

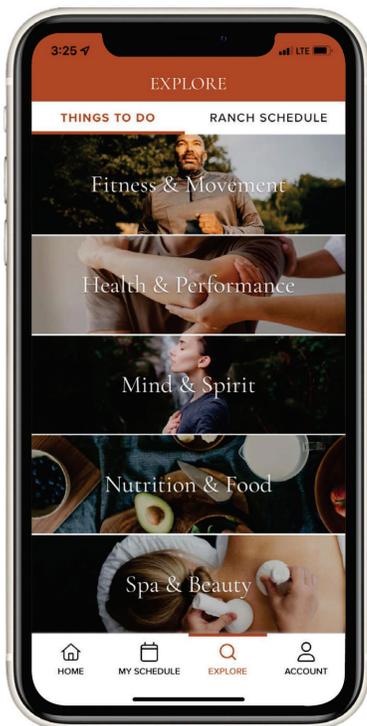


This schedule belongs to:



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

Dear Guests,

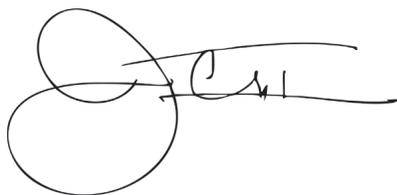
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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



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.

MUSCLE & JOINT ASSESSMENT

Sports Medicine | 50 min.

The best injury is the one you never get. Don't wait to be sidelined — optimize your movement today. Whether it's pain, limited mobility, or peak performance you're after, this proactive sports medicine evaluation uncovers hidden issues and delivers a personalized plan to get you moving at your best.

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



CULINARY WELLNESS WEEK MARCH 9 - 15

This week focuses on the connection between nutrition, cooking, and everyday habits. You'll enjoy hands-on cooking classes, interactive demonstrations, and educational nutrition sessions, along with thoughtfully prepared demo lunches. Our experts will cover practical skills, ingredient awareness, and approachable techniques you can use at home. Designed to support healthier choices without sacrificing flavor, this experience offers realistic ways to bring mindful cooking into daily life.

FEATURING GUEST EXPERT: LISA ROBERTS, M.PHIL.

Lisa Roberts is a culinary archaeologist, well-being strategist, and thought leader in food as medicine. She is the founder of The Archaeology of Well-Being™, a framework that supports how food, nutritional science, and daily practices shape cognition, nervous system health, women's health across midlife transitions, and longevity. She teaches at Stanford University and New York University in Wellness & Healthy Living, and is a frequent Guest Expert at Canyon Ranch. Lisa is recognized as 100 Women of Impact in New York City by CaringKind, and serves on the advisory board of Adesso Health.



UPCOMING



VISION & PURPOSE: INFUSING LIFE WITH MEANING MARCH 16 - 19

This week-long experience invites you to discover — or deepen — your connection to your calling. Through guided reflection, contemplative practices, ethical exploration, and creative exercises, you'll craft a meaningful personal mission statement and vision board. Learn simple rituals, community-building practices, and grounding techniques that nurture curiosity, compassion, and purpose. Leave with clarity, direction, and a renewed sense of meaning.

MONDAY

March 9

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
- THE ART OF FENCING:
SWORDPLAY CLINIC ***
50 min • Sports Court • Limit 6 • \$80
- EXERCISE & MENOPAUSE**
50 min • Tanglewood Room • CME
- 8:30 AM** **WAKE-UP WARM-UP STRETCH**
20 min • Gym 1 • Limit 30
- 9:00 AM** **FUELING LONGEVITY:
FOOD FOR A HEALTHY LIFESPAN**
DD • 50 min • Berkshire Room • CME
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 30
- ZUMBA®**
45 min • Gym 1 • Limit 30
- RACE DAY**
NEW • 45 min • Cycling Studio • Limit 12
- HIKE: LEVEL 3 - BURBANK TRAIL ***
3 hr 30 min • Outdoor Sports Boards • Limit 10
- 9:30 AM** **SHINRIN YOKU ***
2 hr • Outdoor Sports Boards • Limit 6
- LEE HISTORY WALK ***
2 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
- ATHLETIC YOGA**
45 min • Yoga Studio • Limit 30
- H2O POWER**
45 min • Indoor Pool • Limit 25
- STRENGTH & POWER
FOR LONGEVITY CLINIC ***
NEW • 50 min • Lower Spa Lobby • Limit 4 • \$110

CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon Ranch
Community Tree for the month of
March is **WONDER**:

*“What happened today that
opened me to wonder?”*

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

- 11:00 AM** **PICKLEBALL: DAILY DOSE - LEVEL 2.5+**
50 min • Pickleball Court 1 • Limit 4 • \$80
- MID-MORNING STRETCH**
45 min • Gym 2
- TRX CORE**
45 min • Sports Court
- GREAT PLATE WORKOUT**
45 min • Gym 5 • Limit 20
- WIRED FOR WONDER:
SPIRITUAL PATHWAYS OF THE BRAIN**
50 min • Berkshire Room • CME
- NOON** **LINE DANCING**
25 min • Gym 1
- PILATES REFORMER JUMPBOARD CLINIC ***
50 min • Gym 4 • Limit 4 • \$80
- LUNCH & LEARN:
FUELING FOR ENERGY & STRENGTH ***
DD • 50 min • Demo Kitchen • Limit 16
- 12:30 PM** **BALANCE CHALLENGE**
20 min • Gym 2 • Limit 20
- THE ART OF MANIFESTING ***
1 hr 20 min • Tanglewood Room • Limit 6 • \$110
- 1:00 PM** **PICKLEBALL: INTRO CLINIC ***
50 min • Pickleball Court 1 • Limit 4 • \$80
- AERIAL HAMMOCK YOGA CLINIC ***
50 min • Yoga Studio • Limit 6 • \$80

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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 - BENEDICT POND *
2 hr 30 min • Outdoor Sports Boards • Limit 10

2:00 PM CREATIVE FLOW YOGA
45 min • Yoga Studio • Limit 30

TRIPLE BLAST
45 min • Sports Court • Limit 30

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

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

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

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

CR VITALITY

DAILY 9 AM - 6 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

March 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 ***
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM **PRANAYAMA BREATHING**
25 min • Yoga Studio

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

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

8:30 AM **TRX FLOW**
20 min • Sports Court • Limit 15

9:00 AM **PREVENTING CHRONIC ILLNESS**
50 min • Tanglewood Room • CME

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

CHAIR YOGA
45 min • Yoga Studio • Limit 12

AEROBIC CHOREO SCULPT
45 min • Gym 1

POWER ROW
45 min • Rowing Studio • 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

LENOX HISTORY WALK
2 hr • Outdoor Sports Boards • Limit 10

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

POWER
45 min • Gym 5 • Limit 10

INTERMEDIATE MAT PILATES
NEW • 45 min • Gym 1 • Limit 30

HERBS FOR SEASONAL WELLNESS
DD • 50 min • Berkshire 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:
INGREDIENTS FOR LONGEVITY ***
DD • 50 min • Demo Kitchen • Limit 16

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

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

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

**HIKE: LEVEL 2
- THOMAS & PALMER BROOK TRAIL ***
2 hr • Outdoor Sports Boards • Limit 10

2:00 PM **ENERGY ALCHEMY
TO SUPPORT YOUR JOURNEY**
50 min • Berkshire Room

YOGA FOR A HEALTHY BACK
45 min • Yoga Studio • Limit 30

CARDIO CIRCUIT
45 min • Gym 5

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

**HANDS-ON COOKING:
RECIPES FOR LONGEVITY ***
DD • 50 min • Demo Kitchen • Limit 6 • \$110

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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

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

**HANDS-ON COOKING:
KNIFE SKILLS BASICS ***
DD • 30 min • Demo Kitchen • Limit 6 • \$70

EATING WITH INTENTION
DD • 50 min • Tanglewood Room • CME

5:00 PM **MEDITATION**
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

**MOVEMENT & MINDFULNESS
FOR BETTER PELVIC HEALTH**
50 min • Berkshire Room

6:00 PM **JUST BEAD IT: BRACELET MAKING ***
1 hr 30 min • Creative Expression Studio • Limit 8 • \$45

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

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

March 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	MID-MORNING STRETCH 45 min • Gym 2
7:45 AM	NORDIC WALK/POLE HIKE * 1 hr • Outdoor Sports Boards • Limit 10		PICKLEBALL: DAILY DOSE - LEVEL 2.5+ * 50 min • Pickleball Court 1 • Limit 4 • \$80
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		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	NOON	HIIT 25 min • Gym 1 • Limit 18
	STRENGTH METRICS FOR LIFE: AN INTERACTIVE SESSION NEW • 50 min • Lower Spa Lobby		DISCOVER PERCUSSIVE THERAPY THERAGUN® CLINIC * 50 min • Gym 3 • Limit 4 • \$80
8:30 AM	ZEN-GA™ FLOW 20 min • Gym 2 • Limit 30		TAROT DEMO: WHAT'S IN THE CARDS FOR YOU? 50 min • Mansion Library • Limit 12
9:00 AM	YIN & RELEASE 45 min • Yoga Studio • Limit 30		LUNCH & LEARN: COOKING FOR HEART HEALTH * DD • 50 min • Demo Kitchen • Limit 16
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30	12:30 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
	HILLS & VALLEYS NEW • 45 min • Cycling Studio • Limit 12		1:00 PM
	HIKE: LEVEL 3 - BEARTOWN RAMBLE * 3 hr 30 min • Outdoor Sports Boards • Limit 10		PICKLEBALL: INTRO CLINIC * 50 min • Pickleball Court 1 • Limit 4 • \$80
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ * 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		BEAUTY TRENDS 50 min • Tanglewood Room
	YOGA SCULPT 45 min • Yoga Studio • Limit 20		PILATES REFORMER CLINIC - INTERMEDIATE * 50 min • Gym 4 • Limit 4 • \$80
	H2O POWER 45 min • Indoor Pool • Limit 25	1:30 PM	TRAIL WALK ON-PROPERTY * 1 hr • Outdoor Sports Boards • Limit 10
	STRENGTH & POWER FOR LONGEVITY CLINIC * NEW • 50 min • Lower Spa Lobby • Limit 4 • \$110		HIKE: LEVEL 1 - CANOE MEADOWS * 2 hr • Outdoor Sports Boards • Limit 10

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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

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| <p>2:00 PM SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio</p> <p>ONCE UPON A PAST LIFETIME...
50 min • Berkshire Room</p> <p>BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5</p> <p>ENDURANCE RIDE
45 min • Cycling Studio • Limit 12</p> <p>CAMP ARCHERY WORKSHOP
1 hr 30 min • Sports Court • Limit 4 • \$110</p> <p>HANDS-ON COOKING:
CONFECTIONS A LA CANYON RANCH *
DD • 1 hr 30 min • Demo Kitchen • Limit 6 • \$175</p> <p>3:00 PM WAKE-UP CALL:
IMPROVING YOUR SLEEP
50 min • Tanglewood Room • CME</p> <p>TENNIS: AFTERNOON DRILLS
50 min • Indoor Tennis Court 1 • Limit 4 • \$80</p> <p>INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30</p> <p>AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25</p> <p>STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 11</p> <p>4:00 PM MYTHS & FACTS ABOUT CARBS
DD • 50 min • Berkshire Room • CME</p> <p>SOOTHE & SURRENDER
NEW • 45 min • Yoga Studio • Limit 30</p> <p>FOAM ROLL & STRETCH
45 min • Gym 2 • Limit 20</p> <p>ROWING ESSENTIALS
45 min • Rowing Studio • Limit 10</p> <p>SPICE & SPIRIT: TACOS AND TEQUILA *
1 hr 30 min • Limit 8 • \$175</p> | <p>4:30 PM WATERCOLOR PAINTING
1 hr 30 min • Creative Expression Studio • Limit 8 • \$45</p> <p>5:00 PM CREATIVITY & DREAMS
50 min • Tanglewood Room</p> <p>STRETCH & RELAX
25 min • Gym 2 • Limit 30</p> <p>HEALING FOR MODERN STRESS
50 min • Yoga Studio • Limit 4 • \$140</p> <p>6:00 PM TRAE SHEEHAN, SINGER-SONGWRITER
2 hr • Culinary Rebel™</p> <p>7:00 PM COMMUNITY TABLE: DINE & CONNECT
50 min • Silverleaf</p> <p>WINE TASTING:
A SENSORY EXPLORATION *
50 min • Demo Kitchen • Limit 8 • \$110</p> <p>8:00 PM OLD SCHOOL BINGO
50 min • Rockwell Room</p> |
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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.

THURSDAY

March 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 ***
1 hr • Outdoor Sports Boards • Limit 10

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

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

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

9:00 AM **NATUROPATHY & CHINESE MEDICINE:
WHAT TO KNOW**
50 min • Berkshire Room • CME

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

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30

STEP & STRENGTH
45 min • Gym 1 • Limit 15

POWER ROW
45 min • Rowing Studio • Limit 10

HIKE: LEVEL 2+ - FLAG ROCK *
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM **EQUINE ESCAPE: HORSE CONNECTION ***
2 hr 30 min • Outdoor Sports Boards • Limit 4 • \$250

STOCKBRIDGE HISTORY WALK *
2 hr 30 min • Outdoor Sports Boards • Limit 4

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

POWER FLOW
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

**HANDS-ON COOKING:
CULINARY MYTHS & WELLNESS ***
DD • 50 min • Demo Kitchen • Limit 6 • \$110

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

THE ASTROLOGY OF SELF-DISCOVERY
50 min • Lenox Room

INTERMEDIATE MAT PILATES
NEW • 45 min • Gym 1 • Limit 30

GREAT PLATE WORKOUT
45 min • Gym 5 • Limit 20

NOON **LUNCH & LEARN ***
DD • 50 min • Demo Kitchen • Limit 16

SHRED
25 min • Gym 5 • Limit 15

**THE ART OF FENCING:
SWORDPLAY CLINIC ***
50 min • Sports Court • Limit 6 • \$80

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

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

HIKE: LEVEL 2 - SHADOWBROOK *
2 hr • Outdoor Sports Boards • Limit 10

2:00 PM **YIN YOGA**
45 min • Yoga Studio

LONG & LEAN BARRE WORKOUT
45 min • Gym 1 • Limit 30

RIP 'N' RIDE
45 min • Sports Court • Limit 10

**BLESS YOUR HEART!
THE POWER OF SPOKEN WORDS**
50 min • Berkshire Room • CME

**HANDS-ON COOKING:
FASTEST MEALS IMAGINABLE ***
DD • 50 min • Demo Kitchen • Limit 6 • \$110

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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

3:00 PM QI GONG FOR HEALTH & VITALITY *

50 min • Gym 1 • Limit 6 • \$80

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 HISTORY OF BELLEFONTAINE:
TALK & MINI MANSION TOUR**

1 hr • Mansion Library

RESTORATIVE YOGA

45 min • Yoga Studio • Limit 30

**PERFORMANCE RECOVERY:
RESET & RECHARGE**

45 min • Gym 2 • Limit 20

TRX BASIC STRENGTH

45 min • Sports Court • Limit 15

**HANDS-ON COOKING:
CHOCOLATE FIX! ***

DD • 50 min • Demo Kitchen • Limit 6 • \$110

4:30 PM ACRYLIC PAINTING *

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

JOURNEY THROUGH THE TAROT

50 min • Berkshire Room

**6:00 PM SINGER-SONGWRITER,
ANTHONY BONNEVILLE**

2 hr • Culinary Rebel™

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Silverleaf

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.

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

AWARDS NIGHT BALLOT CONTEST

Think you know who will take home the little golden man? Join us for an Awards Night ballot contest during the broadcast of the 98th Academy Awards. Fill out an Oscars ballot and submit it to the Front Desk by 5:00 p.m. on Sunday for a chance to win a prize! The guest with the most correct predictions will be contacted on Monday.

Red Carpet coverage starts at 7 PM on ABC

- 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
- PRANAYAMA BREATHING**
25 min • Yoga Studio
- PILATES TOWER CHAIR CLINIC - BEGINNER ***
50 min • Gym 3 • Limit 4 • \$80
- 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 - KENNEDY PARK TO CHOCOLATE SPRINGS ***
DD • 3 hr 30 min • Outdoor Sports Boards • Limit 10

- 10:00 AM** **COMING HOME TO THE BODY**
50 min • Tanglewood Room
- 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
- STRENGTH & POWER FOR LONGEVITY CLINIC ***
NEW • 50 min • Lower Spa Lobby • Limit 4 • \$110
- LENOX HISTORY WALK ***
2 hr • Outdoor Sports Boards • Limit 10
- HANDS-ON COOKING: SMOOTHIES & SHAKES ***
DD • 30 min • Demo Kitchen • Limit 6 • \$70
- 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

LUNCH & LEARN: THE LONGEVITY BLUEPRINT *

DD • 50 min • Demo Kitchen • Limit 16
Featuring Guest Expert, Lisa Roberts

First come, first served. Enjoy a three-course meal Lisa Roberts translates longevity research into simple daily practices. Taste staple foods like bitter greens, legumes, fish, olive oil, fermented foods, and fiber-rich pairings.

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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 | RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30 |
| 1:00 PM | ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS *
DD • 2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$155 | | FOAM ROLL & STRETCH
45 min • Gym 2 • Limit 20 |
| | PICKLEBALL: INTRO CLINIC *
50 min • Pickleball Court 1 • Limit 4 • \$80 | | ZEN IN MOTION
45 min • Gym 1 • Limit 11 |
| 1:30 PM | TRAIL WALK ON-PROPERTY *
1 hr • Outdoor Sports Boards • Limit 10 | | PAUSING IN PLACE
50 min • Rockwell Room |
| | MEMBERSHIPS & GROUPS: CASUAL Q&A
30 min • Main Spa Lobby | 5:00 PM | EASTERN MEDICINE: THE INSIDE SCOOP
50 min • Tanglewood Room • CME |
| | HIKE: LEVEL 1 - KENNEDY PARK GAZEBO *
2 hr • Outdoor Sports Boards • Limit 10 | | MEDITATION
25 min • Yoga Studio |
| 2:00 PM | YOGA FOR A HEALTHY BACK
45 min • Yoga Studio • Limit 30 | | STRETCH & RELAX
25 min • Gym 2 • Limit 30 |
| | BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5 | 6:00 PM | WELLNESS THROUGH CONTRAST THERAPY *
50 min • Skincare Reception • Limit 6 • \$80 |
| | BEST BACKSIDE
45 min • Sports Court • Limit 16 | | BOBBY SWEET & LARA TUPPER, SINGER-SONGWRITERS
2 hr • Culinary Rebel™ |
| | HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS *
DD • 50 min • Demo Kitchen • Limit 15 • \$110 | 7:00 PM | COMMUNITY TABLE: DINE & CONNECT
50 min • Silverleaf |
| | THE LATEST & GREATEST - EXPERT PRODUCT PICKS
50 min • Skincare Reception | 8:00 PM | CULTIVATING CALMNESS 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

March 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
- 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
- CURB CRAVINGS & HABITS WITH ACUPUNCTURE**
50 min • Berkshire Room • CME
- YIN & RELEASE**
45 min • Yoga Studio • Limit 30
- ZUMBA® STEP**
45 min • Gym 1 • Limit 15
- POWER ROW**
45 min • Rowing Studio • Limit 10
- HIKE: LEVEL 3
- PLEASANT VALLEY OVERBROOK TRAIL ***
3 hr • Outdoor Sports Boards • Limit 10
- 9:30 AM** **ECO-TOUR WITH CERTIFIED FIELD NATURALIST ***
2 hr 5 min • Outdoor Sports Boards • Limit 6 • \$110
- 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
- HOW CAN THE SPA HELP ME FEEL BETTER?**
NEW • 45 min • Mansion Library
- CR STRENGTH**
45 min • Gym 1 • Limit 20

AWARDS NIGHT BALLOT CONTEST

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Red Carpet coverage starts at 7 PM on ABC

- 11:00 AM** **PICKLEBALL: DAILY DOSE - LEVEL 2.5+**
50 min • Pickleball Court 1 • Limit 4 • \$80
- 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:
MYTH-BUSTING COOKING ***
DD • 50 min • Demo Kitchen • Limit 16
- 12:30 PM** **BALANCE CHALLENGE**
20 min • Gym 2 • Limit 20

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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
- BOGA FITMAT® FITNESS CLINIC**
50 min • Indoor Pool • Limit 6 • \$80
- EMOTIONAL STRESS RELEASE THROUGH HEALING TOUCH**
50 min • Tanglewood Room
- 1:30 PM** **TRAIL WALK ON-PROPERTY ***
1 hr • Outdoor Sports Boards • Limit 10
- HIKE: LEVEL 2 - ED'S WAY AT LENOX MTN. ***
2 hr • Outdoor Sports Boards • Limit 10
- 2:00 PM** **CREATIVE FLOW YOGA**
45 min • Yoga Studio • Limit 30
- LONG & LEAN BARRE WORKOUT**
45 min • Gym 1 • Limit 30
- TRIPLE BLAST**
45 min • Sports Court • Limit 30
- MATTERS OF MENOPAUSE***
50 min • Berkshire Room • CME
- HANDS-ON COOKING: ARTISAN BREAD BAKING ***
DD • 1 hr 30 min • Demo Kitchen • Limit 12 • \$175
- 3:00 PM** **CONTEMPLATIVE TEA PRACTICE ***
DD • 50 min • Creative Expression Studio • Limit 8 • \$80
- 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

- 4:00 PM** **SOOTHE & SURRENDER**
NEW • 45 min • Yoga Studio • Limit 30
- PERFORMANCE RECOVERY: RESET & RECHARGE**
45 min • Gym 2 • Limit 20
- MINDFULNESS, MENTAL HEALTH & LONGEVITY**
50 min • Tanglewood Room • CME
- RHYTHM RIDE**
NEW • 45 min • Cycling Studio • Limit 12
- 5:00 PM** **MEDITATION**
25 min • Yoga Studio
- STRETCH & RELAX**
25 min • Gym 2 • Limit 30
- WINE TASTING: A SENSORY EXPLORATION ***
50 min • Demo Kitchen • Limit 8 • \$110
- 6:00 PM** **NATALIA BERNAL & JASON ENNIS: GUITAR & VOCALS**
50 min • Culinary Rebel™

THE NOURISHED TABLE: DINNER WITH LISA ROBERTS *
DD • 1 hr 30 min • Demo Kitchen • Limit 16
Featuring Guest Expert, Lisa Roberts

In this immersive dinner, Lisa Roberts presents a curated multi-course menu inspired by the world's longest-lived cultures. Each course features ingredients that support heart, metabolic, brain and microbiome health with an alcohol-free wine tasting.

- 7:00 PM** **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf
- 8:00 PM** **MUSIC BINGO! WITH DJ BOB HECK**
45 min • Rockwell Room



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

SUNDAY

March 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** **CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE**
50 min • Tanglewood Room • CME
- SHINRIN YOKU ***
1 hr 30 min • Outdoor Sports Boards • Limit 6
- 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
- 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

NOURISHING HORMONAL SHIFTS THROUGH FOOD

DD • 50 min • Berkshire Room

Featuring Guest Expert, Lisa Roberts

This culinary lecture explores how food choices can support metabolic balance, reduce inflammation, and nourish the nervous system during perimenopause and beyond, with practical strategies for everyday life.

AWARDS NIGHT BALLOT CONTEST

Think you know who will take home the little golden man? Join us for an Awards Night ballot contest during the broadcast of the 98th Academy Awards. Fill out an Oscars ballot and submit it to the Front Desk by 5:00 p.m. on Sunday for a chance to win a prize! The guest with the most correct predictions will be contacted on Monday.

Red Carpet coverage starts at 7 PM on ABC

- 11:00 AM** **HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR**
1 hr • Mansion Library
- 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
- NOON** **BERKSHIRE BEAT**
25 min • Gym 1 • Limit 20
- HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC ***
50 min • Yoga Studio • Limit 6 • \$140
- LUNCH & LEARN: HEALTHY MEALS AT HOME ***
DD • 50 min • Demo Kitchen • Limit 16
- 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
- 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

Signature Events + Discovery Days: **CULINARY WELLNESS (9 - 15) “DD”**

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

**2:00 PM MANAGING ENERGY DYNAMICS
IN RELATIONSHIPS**

50 min • Berkshire Room

SACRAL CHAKRA HIP OPENING

45 min • Yoga Studio

CARDIO CIRCUIT

45 min • Gym 5

**GRITLAB: STRENGTH &
ENDURANCE CONDITIONING**

45 min • Sports Court • Limit 15

**HANDS-ON COOKING:
FASTEST MEALS IMAGINABLE ***

DD • 50 min • Demo Kitchen • Limit 6 • \$110

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

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 SOUL INSPIRED:
THE ART OF SPIRITUAL PRACTICE**

50 min • Rockwell Room • CME

MEDITATION

25 min • Yoga Studio

STRETCH & RELAX

25 min • Gym 2 • Limit 30

7:00 PM COMMUNITY TABLE: DINE & CONNECT

50 min • Silverleaf

8:00 PM ZOE BATES, PIANO & VOCALS

50 min • Fieldstone Lounge

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.

Wed 2 PM, Sat 3 PM, Sun 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.

Wed & Sat, 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 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 Brain Spotting 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
Udvaartana 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.

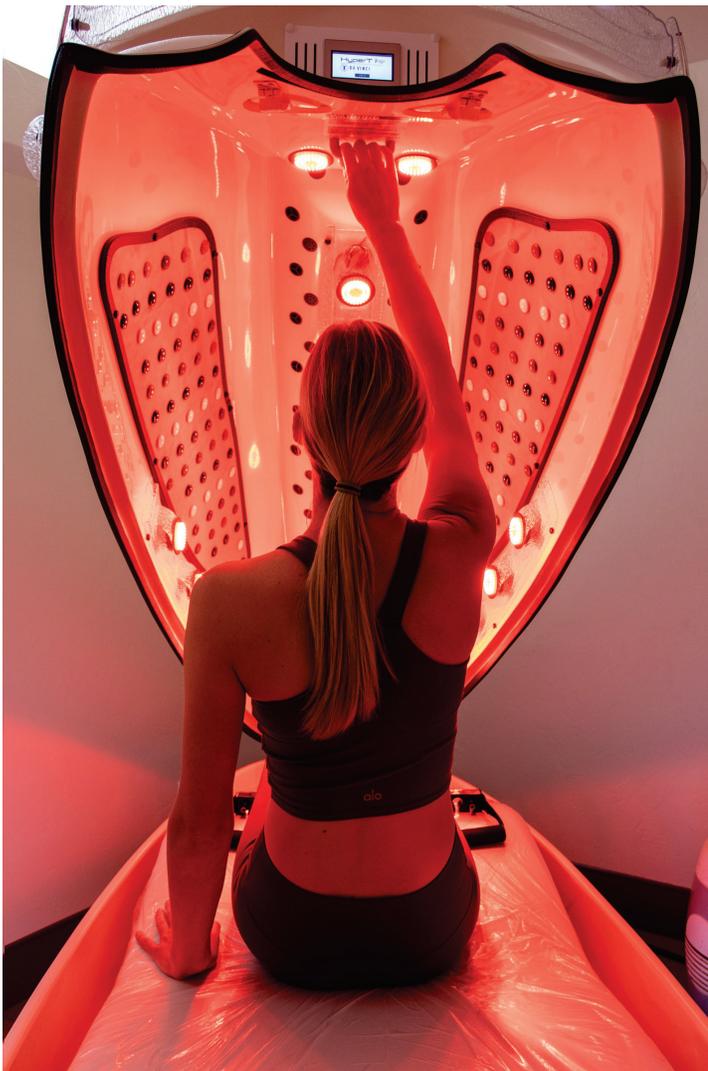
Visit canyonranch.com to learn more about all of our locations.



**OPEN DAILY FROM 9 AM - 6 PM
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 - 6 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

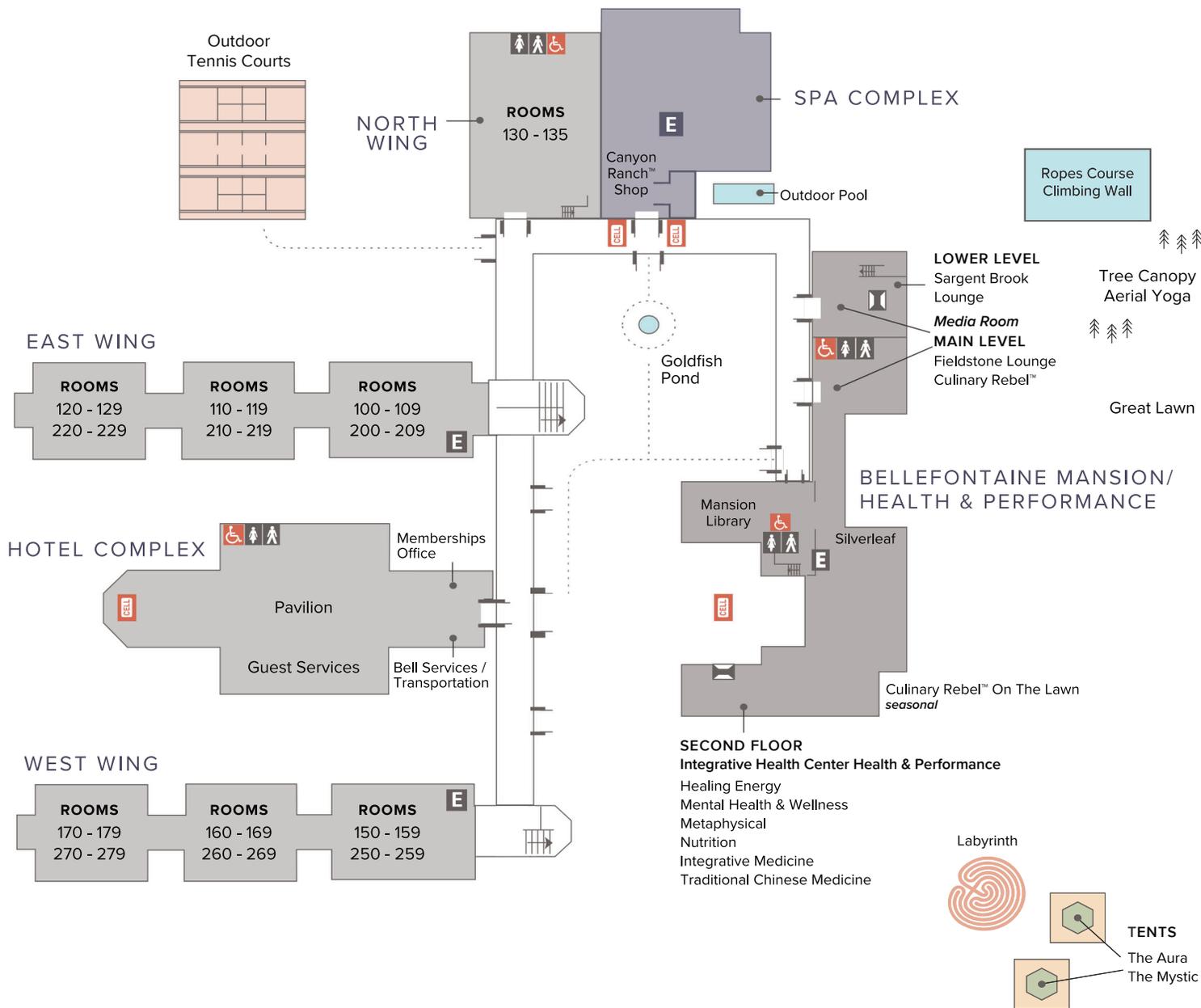
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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