

RANCH SCHEDULE  
MARCH 16 - 22, 2026



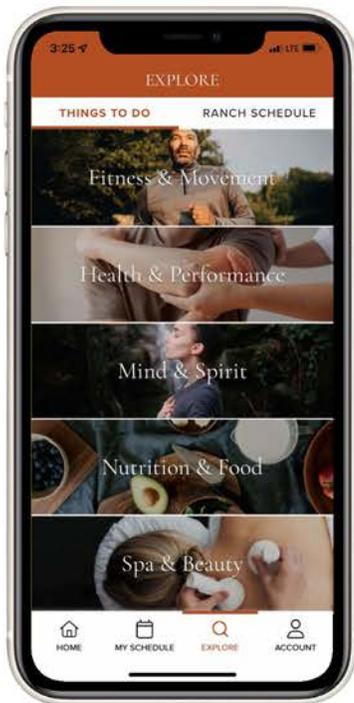
This schedule belongs to:

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# 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



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### SILVERLEAF

BREAKFAST: 7–10 a.m.

LUNCH: 11:30–2 p.m.

DINNER: 5–8:30 p.m.

Please make your dinner reservations with our Wellness Guides prior to arrival. 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 if 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 5–8 p.m.

### DEMO KITCHEN

Learn special culinary secrets with our expert staff during hands-on private or group classes, and take home cooking tips to use in your own kitchen.

LUNCH & LEARN: Daily Noon–1 p.m.

*Seating is limited.*

### HEALTH & PERFORMANCE DESK

8 a.m.–5 p.m.

*Providers' hours vary.*

### SPA

DAILY 6:30 a.m.–9 p.m.

### CR SHOPS™

DAILY 9 a.m.–5 p.m.

Private shopping appointments are available upon request; inquire with 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.

### OPEN 12-STEP RECOVERY MEETING

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

### CELL PHONE POLICY

To maintain a tranquil environment, we kindly ask guests to refrain from taking phone calls in public areas, especially dining spaces and locker rooms. Calls are welcome in your private room, the Spa phone booths, and other designated areas. Thank you for helping keep Canyon Ranch serene.

Dear Guests,

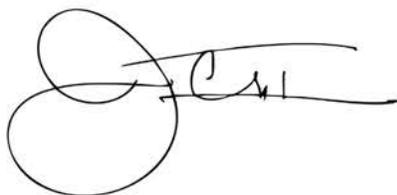
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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



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## 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 capsiicum 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](http://CANYONRANCH.COM) FOR MORE UPCOMING EVENTS

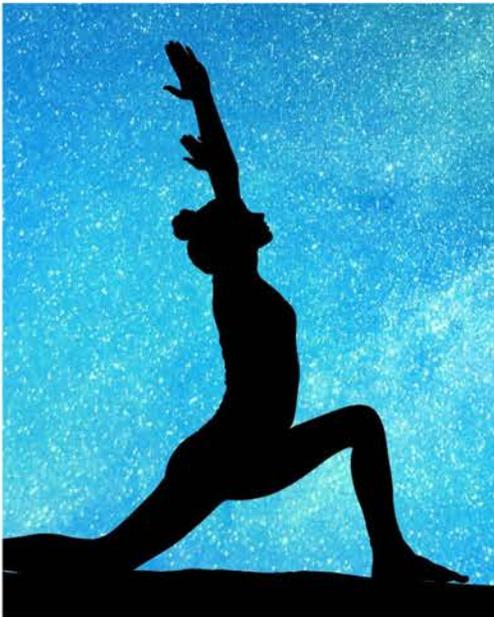


## **VISION & PURPOSE: INFUSING LIFE WITH MEANING**

**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.

Activities included in this event are noted with “DD”



## **AWAKEN: MOVE YOUR BODY, MOVE YOUR SOUL A MOVEMENT & METAPHYSICAL FESTIVAL**

**MARCH 19 - 22**

Join us for a three-night wellness festival in the Berkshires blending energizing movement, mindful recovery, and metaphysical exploration. Led by top instructors, this weekend features a curated mix of yoga, fitness, sculpt, Pilates, dance, meditation, and sound healing, alongside restorative spa experiences. Through intuitive movement, spiritual development workshops, and more, guests are invited to expand their practice and recharge within a vibrant, like-minded community.

Activities included in this event are noted with “DD”

# MONDAY

March 16

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
- FITNESS FOR LONGEVITY**  
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**  
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  
- EAST MTN. TOM LEONARD SHELTER \***  
3 hr • Outdoor Sports Boards • Limit 10
- 9:30 AM**    **SHINRIN YOKU \***  
**DD** • 2 hr • Outdoor Sports Boards • Limit 6
- 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
- LENOX HISTORY WALK \***  
2 hr • Outdoor Sports Boards • Limit 10

## 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
- EVIDENCE-BASED  
QI GONG & TAI CHI WORKSHOP \***  
1 hr 30 min • Yoga Studio • Limit 6 • \$140
- 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**  
**DD** • 50 min • Berkshire Room • CME
- NOON**        **LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16
- LINE DANCING**  
25 min • Gym 1
- PILATES REFORMER JUMPBOARD CLINIC \***  
50 min • Gym 4 • Limit 4 • \$80
- 12:30 PM**    **BALANCE CHALLENGE**  
20 min • Gym 2 • Limit 20
- THE ART OF MANIFESTING**  
1 hr 20 min • Tanglewood Room • Limit 6 • \$110

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "DD"**

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

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| <p><b>1:00 PM</b>    <b>PICKLEBALL: INTRO CLINIC *</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>              <b>AERIAL HAMMOCK YOGA CLINIC *</b><br/>50 min • Yoga Studio • Limit 6 • \$80</p> <p><b>1:30 PM</b>    <b>TRAIL WALK ON-PROPERTY</b><br/>1 hr • Outdoor Sports Boards • Limit 10</p> <p>              <b>HIKE: LEVEL 1 - BULLARD WOODS</b><br/>2 hr • Outdoor Sports Boards • Limit 10</p> <p><b>2:00 PM</b>    <b>CREATIVE FLOW YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p>              <b>TRIPLE BLAST</b><br/>45 min • Sports Court • Limit 30</p> <p>              <b>CR STRENGTH</b><br/>45 min • Gym 1 • Limit 20</p> <p>              <b>PASTA FROM SCRATCH</b><br/>– ROLL, CUT, &amp; ENJOY *<br/>1 hr 30 min • Demo Kitchen • Limit 8 • \$175</p> <p><b>3:00 PM</b>    <b>SELF-COMPASSION</b><br/><b>IS YOUR SUPERPOWER</b><br/>DD • 50 min • Tanglewood Room • CME</p> <p>              <b>TENNIS: AFTERNOON DRILLS *</b><br/>50 min • Indoor Tennis Court 1 • Limit 4 • \$80</p> <p>              <b>WINTER FLOW YOGA</b><br/>45 min • Yoga Studio</p> <p>              <b>AQUA STRENGTH CIRCUIT CLASS</b><br/>45 min • Indoor Pool • Limit 25</p> <p>              <b>PUNCH</b><br/>45 min • Sports Court • Limit 20</p> <p><b>4:00 PM</b>    <b>ACTIVATE YOUR CHAKRAS,</b><br/><b>EMPOWER YOUR LIFE</b><br/>50 min • Berkshire Room</p> <p>              <b>HISTORY OF BELLEFONTAINE:</b><br/><b>TALK &amp; MINI MANSION TOUR</b><br/>1 hr • Mansion Library</p> <p>              <b>SOOTHE &amp; SURRENDER</b><br/>DD • NEW • 45 min • Yoga Studio • Limit 30</p> <p>              <b>FOAM ROLL &amp; STRETCH</b><br/>45 min • Gym 2 • Limit 20</p> <p>              <b>TRX BASIC STRENGTH</b><br/>45 min • Sports Court • Limit 15</p> | <p><b>4:30 PM</b>    <b>MINDFUL MANDALAS</b><br/>1 hr 30 min • Creative Expression Studio • Limit 8 • \$45</p> <p><b>5:00 PM</b>    <b>MEDITATION</b><br/>25 min • Yoga Studio</p> <p>              <b>STRETCH &amp; RELAX</b><br/>25 min • Gym 2 • Limit 30</p> <p><b>6:30 PM</b>    <b>JOURNEY INTO PURPOSE *</b><br/>DD • 1 hr 30 min • Yoga Studio • Limit 8 • \$110</p> <p><b>7:00 PM</b>    <b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br/>50 min • Silverleaf</p> <p><b>8:00 PM</b>    <b>GRAMMY-NOMINATED</b><br/><b>SINGER &amp; SONGWRITER, MATT CUSSON</b><br/>50 min • Fieldstone Lounge</p> |
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**CR VITALITY**

DAILY 9 AM - 6 PM | MANSION 2<sup>ND</sup> 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 17

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

<b>7:45 AM</b>	<b>NORDIC WALK/POLE HIKE *</b> 1 hr • Outdoor Sports Boards • Limit 10	<b>11:00 AM</b>	<b>MID-MORNING STRETCH</b> 45 min • Gym 2
<b>8:00 AM</b>	<b>PRANAYAMA BREATHING</b> DD • 25 min • Yoga Studio		<b>POWER</b> 45 min • Gym 5 • Limit 10
	<b>INTRODUCTION TO COLD THERAPY CLINIC 25M *</b> 25 min • Skincare Reception • Limit 4 • \$45		<b>INTERMEDIATE MAT PILATES</b> NEW • 45 min • Gym 1 • Limit 30
	<b>PILATES REFORMER CLINIC - BEGINNER *</b> 50 min • Gym 4 • Limit 4 • \$80		<b>NEEDLE-FREE CHINESE MEDICINE PRACTICES</b> 50 min • Berkshire Room • CME
<b>8:30 AM</b>	<b>TRX FLOW</b> 20 min • Sports Court • Limit 15	<b>NOON</b>	<b>BERKSHIRE BEAT</b> 25 min • Gym 1 • Limit 20
<b>9:00 AM</b>	<b>PREVENTING CHRONIC ILLNESS</b> 50 min • Tanglewood Room • CME		<b>RESTORATIVE AERIAL YOGA &amp; SOUND HEALING CLINIC *</b> 50 min • Yoga Studio • Limit 8 • \$110
	<b>PICKLEBALL: INTRO CLINIC *</b> 50 min • Pickleball Court 1 • Limit 4 • \$80		<b>LUNCH &amp; LEARN</b> 50 min • Demo Kitchen • Limit 16
	<b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 12	<b>12:30 PM</b>	<b>FITNESS FOR YOUR FEET</b> 20 min • Gym 2 • Limit 20
	<b>AEROBIC CHOREO SCULPT</b> 45 min • Gym 1	<b>1:00 PM</b>	<b>PICKLEBALL: INTRO CLINIC *</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>POWER ROW</b> 45 min • Rowing Studio • Limit 10	<b>1:30 PM</b>	<b>TRAIL WALK ON-PROPERTY *</b> DD • 1 hr • Outdoor Sports Boards • Limit 10
	<b>HIKE: LEVEL 3 - SHAKER VILLAGE MOUNTAIN LOOP *</b> 3 hr 30 min • Outdoor Sports Boards • Limit 10		<b>MEMBERSHIPS &amp; GROUPS: CASUAL Q&amp;A</b> 30 min • Main Spa Lobby
	<b>MANIFEST YOUR VISION - CREATE A VISION BOARD *</b> DD • 1 hr 20 min • Creative Expression Studio • Limit 8 • \$140	<b>2:00 PM</b>	<b>HIKE: LEVEL 2 - SHADOWBROOK *</b> 2 hr • Outdoor Sports Boards • Limit 10
<b>9:30 AM</b>	<b>STOCKBRIDGE HISTORY WALK *</b> 2 hr 30 min • Outdoor Sports Boards • Limit 10		<b>ENERGY ALCHEMY TO SUPPORT YOUR JOURNEY</b> 50 min • Berkshire Room
<b>10:00 AM</b>	<b>ROCK YOUR FLOW</b> 45 min • Yoga Studio • Limit 30		<b>YOGA FOR A HEALTHY BACK</b> 45 min • Yoga Studio • Limit 30
	<b>H2O POWER</b> 45 min • Indoor Pool • Limit 25		<b>CARDIO CIRCUIT</b> 45 min • Gym 5
	<b>TUBES &amp; LOOPS</b> 45 min • Gym 2 • Limit 20		<b>GRITLAB: STRENGTH &amp; ENDURANCE CONDITIONING</b> 45 min • Sports Court • Limit 15
			<b>HANDS-ON COOKING: RECIPES FOR LONGEVITY *</b> 50 min • Demo Kitchen • Limit 6 • \$110

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "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**  
**DD • 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 \***  
30 min • Demo Kitchen • Limit 6 • \$70

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

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

**STRETCH & RELAX**  
25 min • Gym 2 • Limit 30

**MOVEMENT & MINDFULNESS  
FOR BETTER PELVIC HEALTH**  
50 min • Tanglewood 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

**8:00 PM**    **HABIT IS A HUMAN SUPERPOWER**  
50 min • Tanglewood 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

March 18

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

**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

**ACTIVE STRETCH CLINIC**  
50 min • Gym 3 • Limit 4 • \$80

**STRENGTH METRICS FOR LIFE:  
AN INTERACTIVE SESSION**  
**NEW** • 50 min • Lower Spa Lobby

**HIKE: LEVEL 4 - YOKUN SEAT \***  
4 hr 30 min • Outdoor Sports Boards • Limit 10

**8:30 AM**    **ZEN•GA™ FLOW**  
20 min • Gym 2 • Limit 30

**9:00 AM**    **YIN & RELEASE**  
45 min • Yoga Studio • Limit 30

**CARDIO KICKBOXING**  
45 min • Gym 1 • Limit 30

**HILLS & VALLEYS**  
**NEW** • 45 min • Cycling Studio • Limit 12

**MYTHS & FACTS ABOUT CARBS**  
50 min • Berkshire Room • CME

**HIKE: LEVEL 3 - TOM BALL MOUNTAIN \***  
3 hr 30 min • Outdoor Sports Boards • Limit 10

**CEREMONIAL CACAO EXPERIENCE \***  
**DD** • 1 hr 30 min • Demo Kitchen • Limit 12 • \$140

**9:30 AM**    **TAI CHI 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

**YOGA SCULPT**  
45 min • Yoga Studio • Limit 20

**H2O POWER**  
45 min • Indoor Pool • Limit 25

**STRENGTH & POWER  
FOR LONGEVITY CLINIC \***  
**NEW** • 50 min • Lower Spa Lobby • Limit 4 • \$110

**11:00 AM**    **CREATIVITY & DREAMS**  
50 min • Tanglewood Room

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

**AMAZING ABS & HEALTHY HIPS**  
45 min • Gym 1 • Limit 25

**TNT: TABATA 'N' TRX**  
45 min • Sports Court • Limit 14

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

**NOON**    **HIIT**  
25 min • Gym 1 • Limit 18

**DISCOVER PERCUSSIVE THERAPY  
THERAGUN® CLINIC \***  
50 min • Gym 3 • Limit 4 • \$80

**TAROT DEMO:  
WHAT'S IN THE CARDS FOR YOU?**  
**DD** • 50 min • Mansion Library • Limit 12

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

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

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

**BEAUTY TRENDS**  
50 min • Tanglewood Room

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

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

**HIKE: LEVEL 1 -  
PLEASANT VALLEY BEAVER PONDS \***  
2 hr • Outdoor Sports Boards • Limit 10

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "DD"**

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| <p><b>2:00 PM</b></p> <p><b>SACRAL CHAKRA HIP OPENING</b><br/>DD • 45 min • Yoga Studio</p> <p><b>ONCE UPON A PAST LIFETIME...</b><br/>50 min • Berkshire Room</p> <p><b>BASIC AEROBIC CIRCUIT WEIGHTS</b><br/>45 min • Gym 5</p> <p><b>ENDURANCE RIDE</b><br/>45 min • Cycling Studio • Limit 12</p> <p><b>CAMP ARCHERY WORKSHOP *</b><br/>1 hr 30 min • Sports Court • Limit 4 • \$110</p> <p><b>HANDS-ON COOKING:<br/>CONFECTIONS A LA CANYON RANCH *</b><br/>DD • 1 hr 30 min • Demo Kitchen • Limit 6 • \$175</p> <p><b>3:00 PM</b></p> <p><b>WAKE-UP CALL:<br/>IMPROVING YOUR SLEEP</b><br/>50 min • Tanglewood Room • CME</p> <p><b>TENNIS: AFTERNOON DRILLS *</b><br/>50 min • Indoor Tennis Court 1 • Limit 4 • \$80</p> <p><b>INTERMEDIATE YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>AQUA STRENGTH CIRCUIT CLASS</b><br/>45 min • Indoor Pool • Limit 25</p> <p><b>STROOPS BUNGEE WORKOUT</b><br/>45 min • Gym 1 • Limit 11</p> <p><b>4:00 PM</b></p> <p><b>UNLOCKING HUMILITY<br/>AS A CATALYST FOR GROWTH</b><br/>DD • 50 min • Berkshire Room • CME</p> <p><b>SOOTHE &amp; SURRENDER</b><br/>NEW • 45 min • Yoga Studio • Limit 30</p> <p><b>FOAM ROLL &amp; STRETCH</b><br/>45 min • Gym 2 • Limit 20</p> <p><b>ROWING ESSENTIALS</b><br/>45 min • Rowing Studio • Limit 10</p> <p><b>SPICE &amp; SPIRIT: TACOS AND TEQUILA *</b><br/>1 hr 30 min • Limit 8 • \$175</p> | <p><b>4:30 PM</b></p> <p><b>WATERCOLOR PAINTING *</b><br/>1 hr 30 min • Creative Expression Studio • Limit 8 • \$45</p> <p><b>5:00 PM</b></p> <p><b>INTENTION SETTING &amp; FIRE CEREMONY</b><br/>2 hr • Fieldstone Lounge</p> <p><b>STRETCH &amp; RELAX</b><br/>25 min • Gym 2 • Limit 30</p> <p><b>HEALING FOR MODERN STRESS *</b><br/>50 min • Yoga Studio • Limit 4 • \$140</p> <p><b>7:00 PM</b></p> <p><b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br/>50 min • Silverleaf</p> <p><b>WINE TASTING:<br/>A SENSORY EXPLORATION *</b><br/>50 min • Demo Kitchen • Limit 8 • \$110</p> <p><b>8:00 PM</b></p> <p><b>OLD SCHOOL BINGO</b><br/>50 min • Berkshire 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 19

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

<b>7:45 AM</b>	<b>NORDIC WALK/POLE HIKE *</b> 1 hr • Outdoor Sports Boards • Limit 10	<b>11:00 AM</b>	<b>MID-MORNING STRETCH</b> 45 min • Gym 2
<b>8:00 AM</b>	<b>SUN SALUTATIONS</b> DD • 25 min • Yoga Studio • Limit 30		<b>THE ASTROLOGY OF SELF-DISCOVERY</b> DD • 50 min • Lenox Room
	<b>PILATES REFORMER CLINIC - BEGINNER *</b> 50 min • Gym 4 • Limit 4 • \$80		<b>INTERMEDIATE MAT PILATES</b> <b>NEW</b> • 45 min • Gym 1 • Limit 30
<b>8:30 AM</b>	<b>HIIT IT</b> 25 min • Gym 1 • Limit 18		<b>GREAT PLATE WORKOUT</b> 45 min • Gym 5 • Limit 20
<b>9:00 AM</b>	<b>NATUROPATHY &amp; CHINESE MEDICINE: WHAT TO KNOW</b> 50 min • Berkshire Room • CME	<b>NOON</b>	<b>LUNCH &amp; LEARN *</b> DD • 50 min • Demo Kitchen • Limit 16
	<b>PICKLEBALL: INTRO CLINIC *</b> 50 min • Pickleball Court 1 • Limit 4 • \$80		<b>SHRED</b> 25 min • Gym 5 • Limit 15
	<b>YOGA FOUNDATIONS</b> 45 min • Yoga Studio • Limit 30		<b>THE ART OF FENCING: SWORDPLAY CLINIC *</b> 50 min • Sports Court • Limit 6 • \$80
	<b>STEP &amp; STRENGTH</b> 45 min • Gym 1 • Limit 15	<b>12:30 PM</b>	<b>FITNESS FOR YOUR FEET</b> 20 min • Gym 2 • Limit 20
	<b>POWER ROW</b> 45 min • Rowing Studio • Limit 10	<b>1:00 PM</b>	<b>PICKLEBALL: INTRO CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>HIKE: LEVEL 2+ - BASIN POND *</b> 3 hr • Outdoor Sports Boards • Limit 10		<b>JOURNEY THROUGH THE TAROT</b> DD • 50 min • Tanglewood Room
<b>9:30 AM</b>	<b>EQUINE ESCAPE: HORSE CONNECTION *</b> DD • 2 hr 30 min • Outdoor Sports Boards • Limit 4 • \$250	<b>1:30 PM</b>	<b>TRAIL WALK ON-PROPERTY *</b> 1 hr • Outdoor Sports Boards • Limit 10
	<b>LEE HISTORY WALK *</b> 2 hr 30 min • Outdoor Sports Boards • Limit 10		<b>HIKE: LEVEL 2 - THOMAS &amp; PALMER BROOK TRAIL *</b> 2 hr • Outdoor Sports Boards • Limit 10
	<b>SHINRIN YOKU *</b> DD • 2 hr • Outdoor Sports Boards • Limit 6	<b>2:00 PM</b>	<b>SIMPLE BOUNCE: THE NESS</b> DD • 45 min • Gym 2 • Limit 11
<b>10:00 AM</b>	<b>CARDIO TENNIS CLINIC – LEVEL 3.0+ *</b> 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		<b>RIP 'N' RIDE</b> 45 min • Sports Court • Limit 10
	<b>POWER FLOW</b> <b>NEW</b> • 45 min • Yoga Studio • Limit 30		<b>BLESS YOUR HEART! THE POWER OF SPOKEN WORDS</b> 50 min • Berkshire Room • CME
	<b>H2O POWER</b> 45 min • Indoor Pool • Limit 25		<b>HANDS-ON COOKING: FASTEST MEALS IMAGINABLE *</b> 50 min • Demo Kitchen • Limit 6 • \$110
	<b>MUSCLE CONDITIONING</b> 45 min • Gym 2 • Limit 25		<b>YIN YOGA</b> DD • 45 min • Yoga Studio
	<b>LOVING-KINDNESS MEDITATION</b> DD • 50 min • Tanglewood Room		
	<b>HANDS-ON COOKING: CULINARY MYTHS &amp; WELLNESS *</b> 50 min • Demo Kitchen • Limit 6 • \$110		

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "DD"** / **AWAKEN FESTIVAL (16 - 19) "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

**THE SALT DROP: SIGNATURE**

DD • 45 min • Gym 1 • Limit 25

**4:00 PM**

**HISTORY OF BELLEFONTAINE:  
TALK & MINI MANSION TOUR**

1 hr • Mansion Library

**RESTORATIVE YOGA**

45 min • Yoga Studio • Limit 30

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

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

**FUZE HOUSE: PILATES**

DD • 50 min • Gym 1 • Limit 25

**4:30 PM**

**ACRYLIC PAINTING \***

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

**5:00 PM**

**STRETCH & RELAX**

25 min • Gym 2 • Limit 30

**FLOATING SOUND MEDITATION CLINIC \***

DD • 50 min • Indoor Pool • Limit 6 • \$110

**6:00 PM**

**SINGER-SONGWRITER,  
BARBARA STEIN**

2 hr • Culinary Rebel™

**FLOATING SOUND MEDITATION CLINIC \***

DD • 50 min • Indoor Pool • Limit 6 • \$110

**7:00 PM**

**COMMUNITY TABLE: DINE & CONNECT**

50 min • Silverleaf

**SOUNDS OF SPRING SOUND HEALING**

DD • 50 min • Yoga Studio

**8:00 PM**

**GATHER & PLAY: GAME NIGHT!**

50 min • Stockbridge 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.

# FRIDAY

March 20

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**    **QI GONG STRESS RELIEF MEDITATION \***  
50 min • Gym 2 • Limit 6 • \$80
- PRANAYAMA BREATHING**  
25 min • Yoga Studio
- PILATES TOWER CHAIR CLINIC - BEGINNER \***  
DD • 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
- 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
- DANCEBODY CARDIO**  
DD • 45 min • Gym 1 • Limit 30
- BARRINGTON COFFEE ROASTERS MASTERCLASS \***  
DD • 50 min • Demo Kitchen • Limit 20 • \$45
- 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
- H2O POWER**  
45 min • Indoor Pool • Limit 25
- STRENGTH & POWER FOR LONGEVITY CLINIC \***  
**NEW** • 50 min • Lower Spa Lobby • Limit 4 • \$110
- HANDS-ON COOKING: SMOOTHIES & SHAKES \***  
30 min • Demo Kitchen • Limit 6 • \$70
- THE SALTDROP: SIGNATURE**  
DD • 45 min • Gym 1 • Limit 25
- 10:30 AM**    **LENOX HISTORY WALK \***  
2 hr • Outdoor Sports Boards • Limit 10
- 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
- ONE MINUTE MAX**  
45 min • Sports Court • Limit 24
- FUZEHOUSE: PILATES STRENGTH**  
DD • 50 min • Gym 1 • Limit 25
- NOON**        **BERKSHIRE BEAT**  
25 min • Gym 1 • Limit 20
- RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC \***  
DD • 50 min • Yoga Studio • Limit 8 • \$110
- LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16
- 12:30 PM**    **FITNESS FOR YOUR FEET**  
20 min • Gym 2 • Limit 20

## AURA READINGS WITH AURATHERAPY

9 AM - 4 PM | \$75

*Main Spa Lobby*

Combining technology and intuition, experience an expert Auratherapy reading with insights into your energy, personality, and chakra health - plus tips to restore balance. Limit 1 per 15 min. session.

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

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "DD"** / **AWAKEN FESTIVAL (16 - 19) "DD"**  
 CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

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|-----------------------|--|-----------------------|--|
| <p><b>1:00 PM</b></p> | <p><b>PICKLEBALL: INTRO CLINIC *</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>AFTERNOON OUTDOOR TAI CHI *</b><br/>1 hr • Outdoor Sports Boards • Limit 10</p> <p><b>THE ART OF CHANNELING</b><br/>DD • 50 min • Lenox Room</p> <p><b>LONG &amp; LEAN BARRE WORKOUT</b><br/>DD • 45 min • Gym 1 • Limit 30</p>  | <p><b>4:00 PM</b></p> | <p><b>FOAM ROLL &amp; STRETCH</b><br/>45 min • Gym 2 • Limit 20</p> <p><b>ZEN IN MOTION</b><br/>45 min • Gym 1 • Limit 11</p> <p><b>VERNAL EQUINOX<br/>INDOOR LABYRINTH WALK</b><br/>DD • 50 min • Yoga Studio</p> <p><b>INTRODUCTION TO TAROT READING *</b><br/>DD • <b>NEW</b> • 1 hr 40 min • Stockbridge Room • Limit 10 • \$140</p> |
| <p><b>1:30 PM</b></p> | <p><b>TRAIL WALK ON-PROPERTY *</b><br/>1 hr • Outdoor Sports Boards • Limit 10</p> <p><b>HIKE: LEVEL 1 - BENEDICT POND *</b><br/>2 hr 30 min • Outdoor Sports Boards • Limit 10</p> <p><b>MEMBERSHIPS &amp; GROUPS: CASUAL Q&amp;A</b><br/>30 min • Main Spa Lobby</p>   | <p><b>5:00 PM</b></p> | <p><b>EASTERN MEDICINE: THE INSIDE SCOOP</b><br/>50 min • Berkshire Room • CME</p> <p><b>STRETCH &amp; RELAX</b><br/>25 min • Gym 2 • Limit 30</p> <p><b>MEDITATION</b><br/>25 min • Gym 1</p>   |
| <p><b>2:00 PM</b></p> | <p><b>BASIC AEROBIC CIRCUIT WEIGHTS</b><br/>45 min • Gym 5</p> <p><b>BEST BACKSIDE</b><br/>45 min • Sports Court • Limit 16</p> <p><b>HANDS-ON COOKING:<br/>ANTI-INFLAMMATORY FOODS*</b><br/>50 min • Demo Kitchen • Limit 15 • \$110</p> <p><b>THE LATEST &amp; GREATEST<br/>- EXPERT PRODUCT PICKS</b><br/>50 min • Skincare Reception</p>   | <p><b>6:00 PM</b></p> | <p><b>WELLNESS THROUGH<br/>CONTRAST THERAPY *</b><br/>DD • <b>NEW</b> • 50 min • Skincare Reception • Limit 6 • \$80</p>   |
| <p><b>3:00 PM</b></p> | <p><b>MIXED EMOTIONS:<br/>MAKING PEACE WITH YOURSELF</b><br/>50 min • Berkshire Room • CME</p> <p><b>TENNIS: AFTERNOON DRILLS *</b><br/>50 min • Indoor Tennis Court 1 • Limit 4 • \$80</p> <p><b>INTERMEDIATE YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>AQUA STRENGTH CIRCUIT CLASS</b><br/>45 min • Indoor Pool • Limit 25</p> <p><b>SIMPLE SCULPT: THE NESS</b><br/>DD • 45 min • Gym 2 • Limit 11</p> | <p><b>7:00 PM</b></p> | <p><b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br/>50 min • Silverleaf</p> <p><b>BALANCING CHAKRAS &amp; AURAS<br/>WITH AROMATHERAPY</b><br/>DD • 50 min • Berkshire Room</p>   |
|                       |  | <p><b>8:00 PM</b></p> | <p><b>GRAMMY-NOMINATED,<br/>ABBY MUELLER &amp; SHARON KENNY</b><br/>50 min • Fieldstone Lounge</p> <p><b>SACRED MOONLIGHT:<br/>AN EVENING OF MAGIC &amp; MEANING</b><br/>DD • 50 min • Mansion Library • Limit 12</p>  |



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# SATURDAY

March 21

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**  
DD • 25 min • Yoga Studio • Limit 30
- PILATES REFORMER ATHLETIC CLINIC \***  
50 min • Gym 4 • Limit 4 • \$80
- INTRODUCTION TO COLD THERAPY CLINIC 25M \***  
25 min • Skincare Reception • Limit 4 • \$45
- HIKE: LEVEL 5 - CHESHIRE HARBOR ON MT. GREYLOCK \***  
6 hr • Outdoor Sports Boards • Limit 10
- 8:30 AM**    **HIIT IT**  
25 min • Gym 1 • Limit 18
- 9:00 AM**    **CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE**  
50 min • Tanglewood Room • CME
- PICKLEBALL: INTRO CLINIC \***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- YIN & RELEASE**  
45 min • Yoga Studio • Limit 30
- POWER ROW**  
45 min • Rowing Studio • Limit 10
- HIKE: LEVEL 3 - KENNEDY PARK TO CHOCOLATE SPRINGS \***  
3 hr 30 min • Outdoor Sports Boards • Limit 10
- SIMPLE BOUNCE: THE NESS**  
DD • 45 min • Gym 2 • Limit 11
- 9:30 AM**    **ECO-TOUR WITH CERTIFIED FIELD NATURALIST \***  
2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$110

## AURA READINGS WITH AURATHERAPY

9 AM - 5 PM | \$75

*Main Spa Lobby*

Combining technology and intuition, experience an expert Auratherapy reading with insights into your energy, personality, and chakra health - plus tips to restore balance. Limit 1 per 15 min. session.

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

## AYURVEDIC INSIGHTS WITH SHANKARA

10 AM - 1 PM | 2 PM - 5 PM

*Main Spa Lobby*

Discover a gentle snapshot of your well-being through tongue analysis. Join Monique Blake, NAMA-certified Ayurvedic Practitioner, for a fun 15-minute experience exploring dosha, digestion, and inner balance. Limit 1 per 15 min. session.

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

- 10:00 AM**    **CARDIO TENNIS CLINIC – LEVEL 3.0+ \***  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- TAROT DEMO: WHAT'S IN THE CARDS FOR YOU?**  
DD • 50 min • Mansion Library • Limit 12
- H2O POWER**  
45 min • Indoor Pool • Limit 25
- CR STRENGTH**  
45 min • Gym 1 • Limit 20
- ROCK YOUR FLOW**  
45 min • Yoga Studio
- 11:00 AM**    **PICKLEBALL: DAILY DOSE - LEVEL 2.5+**  
DD • 50 min • Pickleball Court 1 • Limit 4 • \$80
- MID-MORNING STRETCH**  
45 min • Gym 2
- POWER**  
45 min • Gym 5 • Limit 10
- MYSTERY OF METABOLISM**  
50 min • Tanglewood Room • CME
- DANCEBODY CARDIO**  
DD • 45 min • Gym 1 • Limit 30
- NOON**        **LINE DANCING**  
25 min • Gym 1
- HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC \***  
50 min • Yoga Studio • Limit 6 • \$140
- LUNCH & LEARN \***  
50 min • Demo Kitchen • Limit 16
- AERIAL HAMMOCK YOGA CLINIC \***  
DD • 50 min • Yoga Studio • Limit 6 • \$80

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "DD"** / **AWAKEN FESTIVAL (16 - 19) "DD"**

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

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| 12:30 PM | <p><b>BALANCE CHALLENGE</b><br/>20 min • Gym 2 • Limit 20</p>   |  | 4:00 PM | <p><b>SOOTHE &amp; SURRENDER</b><br/>DD • <b>NEW</b> • 45 min • Yoga Studio • Limit 30</p>   |
| 1:00 PM  | <p><b>PICKLEBALL: INTRO CLINIC *</b><br/>50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p><b>BOGA FITMAT® FITNESS CLINIC *</b><br/>50 min • Indoor Pool • Limit 6 • \$80</p> <p><b>EMOTIONAL STRESS RELEASE THROUGH HEALING TOUCH</b><br/>DD • 50 min • Tanglewood Room</p>  |  |         | <p><b>PERFORMANCE RECOVERY: RESET &amp; RECHARGE</b><br/>45 min • Gym 2 • Limit 20</p> <p><b>RHYTHM RIDE</b><br/><b>NEW</b> • 45 min • Cycling Studio • Limit 12</p> <p><b>MINDFULNESS, MENTAL HEALTH &amp; LONGEVITY</b><br/>50 min • Rockwell Room • CME</p>   |
| 1:30 PM  | <p><b>TRAIL WALK ON-PROPERTY *</b><br/>1 hr • Outdoor Sports Boards • Limit 10</p> <p><b>EVIDENCE-BASED QI GONG &amp; TAI CHI WORKSHOP *</b><br/>1 hr 30 • Rockwell Room • Limit 6 • \$140</p> <p><b>HIKE: LEVEL 2+ - TYRINGHAM COBBLE *</b><br/>3 hr 30 min • Outdoor Sports Boards • Limit 10</p>   |  | 5:00 PM | <p><b>MEDITATION</b><br/>25 min • Yoga Studio</p> <p><b>STRETCH &amp; RELAX</b><br/>25 min • Gym 2 • Limit 30</p> <p><b>WINE TASTING: A SENSORY EXPLORATION *</b><br/>50 min • Demo Kitchen • Limit 8 • \$110</p> <p><b>MIRACLES, LUCK &amp; THE BUTTERFLY EFFECT</b><br/>50 min • Tanglewood Room</p> <p><b>ENERGY ALCHEMY TO SUPPORT YOUR JOURNEY</b><br/>DD • 50 min • Berkshire Room</p> |
| 2:00 PM  | <p><b>HOW CAN THE SPA HELP ME FEEL BETTER?</b><br/><b>NEW</b> • 45 min • Mansion Library</p> <p><b>CREATIVE FLOW YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>TRIPLE BLAST</b><br/>45 min • Sports Court • Limit 30</p> <p><b>HANDS-ON COOKING: ARTISAN BREAD BAKING *</b><br/>50 min • Demo Kitchen • Limit 12 • \$175</p> <p><b>THE SALTDROP: SIGNATURE</b><br/>DD • 45 min • Gym 1 • Limit 25</p>          |  | 6:00 PM | <p><b>TRAE SHEEHAN, SINGER-SONGWRITER</b><br/>2 hr • Culinary Rebel™</p>   |
| 3:00 PM  | <p><b>CAMP ARCHERY WORKSHOP *</b><br/>DD • 1 hr 30 min • Sports Court • Limit 4 • \$110</p> <p><b>WARRIOR FLOW</b><br/><b>NEW</b> • 45 min • Yoga Studio • Limit 30</p> <p><b>AQUA STRENGTH CIRCUIT CLASS</b><br/>45 min • Indoor Pool • Limit 25</p> <p><b>FUZE HOUSE: PILATES</b><br/>DD • 50 min • Gym 1 • Limit 25</p> <p><b>TENNIS: AFTERNOON DRILLS *</b><br/>50 min • Indoor Tennis Court 1 • Limit 4 • \$80</p> |  | 7:00 PM | <p><b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br/>50 min • Silverleaf</p>  |
|          |   |  | 7:30 PM | <p><b>AYURVEDA 101: JUST WHO DO YOU THINK YOU ARE?</b><br/>DD • 50 min • Berkshire Room</p>  |
|          |   |  | 8:00 PM | <p><b>MUSIC BINGO! WITH DJ BOB HECK</b><br/>50 min • Rockwell Room</p>   |



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# SUNDAY

March 22

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** **AWAKEN & RENEW:  
THIRD CHAKRA YOGA**  
DD • 45 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
- FALCONRY  
- HARRIS HAWK GUIDED WALK \***  
DD • 1 hr 30 min • Outdoor Sports Boards •  
Limit 12 • \$200
- ADVANCED INDOOR CYCLING**  
45 min • Cycling Studio • Limit 12
- HIKE: LEVEL 2  
- ROUND MOUNTAIN \***  
2 hr 30 min • Outdoor Sports Boards • Limit 10
- THE SALTDROP: SIGNATURE**  
DD • 45 min • Gym 1 • Limit 25
- 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
- FUZE HOUSE: PILATES STRENGTH**  
DD • 45 min • Gym 1 • Limit 25
- H2O POWER**  
45 min • Indoor Pool • Limit 25
- MUSCLE CONDITIONING**  
45 min • Gym 2 • Limit 25

## AYURVEDIC INSIGHTS WITH SHANKARA

9 AM - NOON | MAIN SPA LOBBY

Discover a gentle snapshot of your well-being through tongue analysis. Join Monique Blake, NAMA-certified Ayurvedic Practitioner, for a fun 15-minute experience exploring dosha, digestion, and inner balance. Limit 1 per 15 min. session.

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

- 11:00 AM** **HISTORY OF BELLEFONTAINE:  
TALK & MINI MANSION TOUR**  
1 hr • Mansion Library
- MID-MORNING STRETCH**  
45 min • Gym 2
- MAT SCULPT: THE NESS**  
DD • 45 min • Sports Court • Limit 11
- 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**  
50 min • Demo Kitchen • Limit 16
- FALCONRY - HARRIS HAWK GUIDED WALK \***  
DD • 1 hr 30 min • Outdoor Sports Boards •  
Limit 12 • \$200
- 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 - CANOE MEADOWS \***  
2 hr • Outdoor Sports Boards • Limit 10

Signature Events + Discovery Days: **VISION & PURPOSE (16 - 19) "DD"** / **AWAKEN FESTIVAL (16 - 19) "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**  
 DD • 50 min • Berkshire Room
- SACRAL CHAKRA HIP OPENING**  
 45 min • Yoga Studio
- DANCEBODY CARDIO**  
 DD • 45 min • Gym 1 • Limit 30
- GRITLAB: STRENGTH & ENDURANCE CONDITIONING**  
 45 min • Sports Court • Limit 15
- HANDS-ON COOKING: FASTEST MEALS IMAGINABLE \***  
 50 min • Demo Kitchen • Limit 6 • \$110
- 3:00 PM**    **CAMP ARCHERY WORKSHOP \***  
 1 hr 30 min • Sports Court • Limit 4 • \$110
- SPRING AWAKENING 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 \***  
 DD • 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
- REWIRE FOR RELIEF: RELIEVING CHRONIC PAIN**  
 50 min • Berkshire Room

- 4:30 PM**    **WORDS IN STONE: ARTFUL INTENTIONS \***  
 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45
- 5:00 PM**    **SOUL INSPIRED: THE ART OF SPIRITUAL PRACTICE**  
 50 min • Tanglewood Room • CME
- MEDITATION**  
 DD • 25 min • Yoga Studio
- STRETCH & RELAX**  
 25 min • Gym 2 • Limit 30
- 6:00 PM**    **BOBBY SWEET & LARA TUPPER SINGER-SONGWRITERS**  
 2 hr • Culinary Rebel™
- 7:00 PM**    **COMMUNITY TABLE: DINE & CONNECT**  
 50 min • Silverleaf

**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

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## 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

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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

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## 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/](http://canyonranch.com/lenox/services/)

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## 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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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
Udvardana 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 <b>NEW</b> .....	80 min .....	340
Hungarian Mud Ritual .....	100 min .....	410
Hungarian Scrub .....	50 min .....	240
Nourishing Forest Ritual <b>NEW</b> .....	100 min .....	410
Vitamin Infusion Body Treatment .....	50 min .....	240

### EASTERN THERAPIES

Ashiatsu– Barefoot Massage.....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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

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## 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.

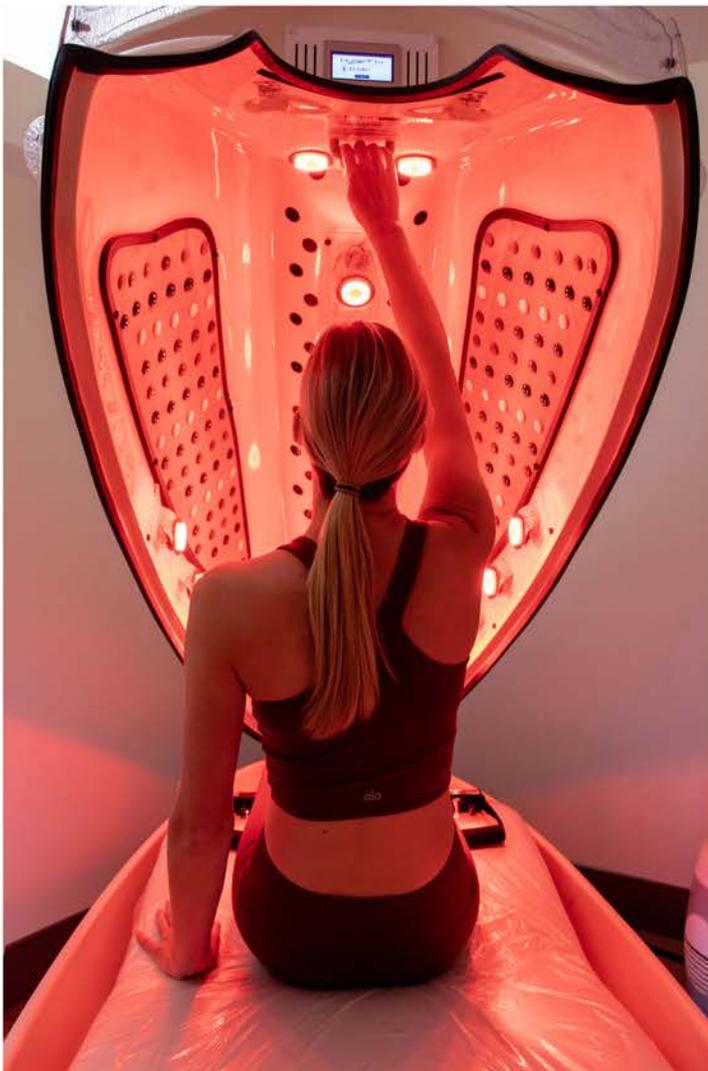
Visit [canyonranch.com](http://canyonranch.com) to learn more about all of our locations.



**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.

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#### **LIGHT THERAPY**

Harness the whole-body benefits of red and infrared light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

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#### **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.

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#### **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.

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**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

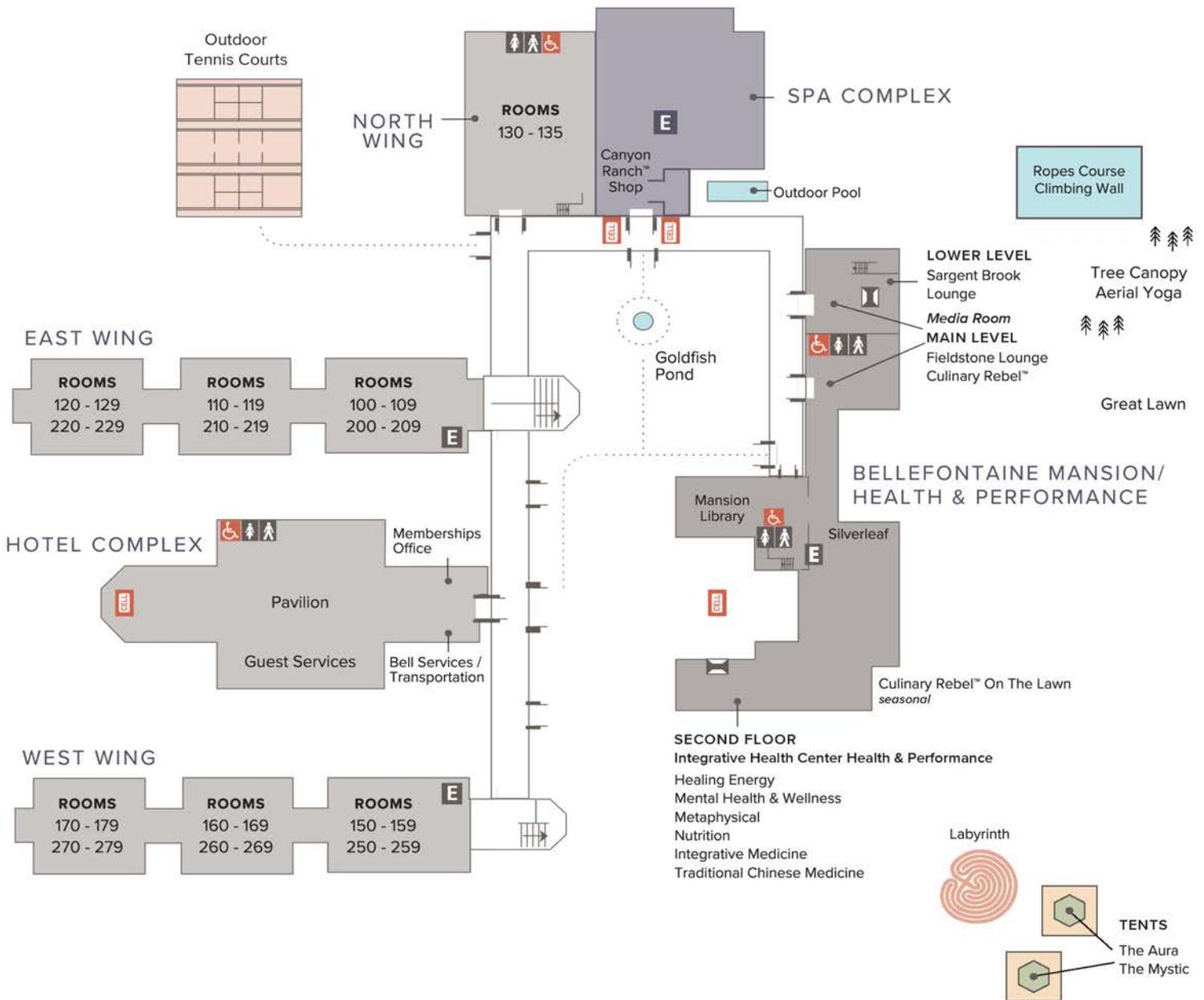
Mary Harris  
Membership Sales Manager  
413-728-4513  
mharris@canyonranch.com

### 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