

RANCH SCHEDULE
April 6 - April 12, 2026

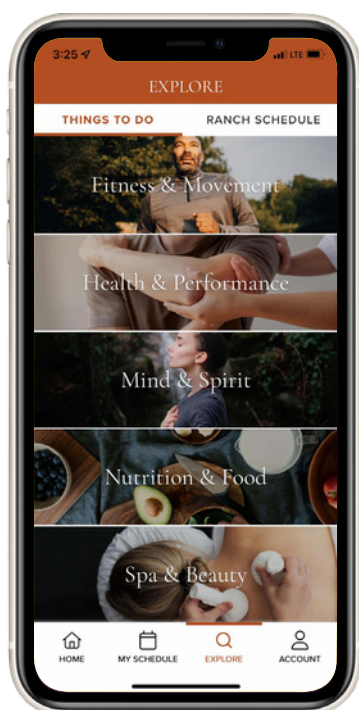


This schedule belongs to:



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



@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.

WELCOME

Dear Guests,

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

During your stay, you'll find countless favorite activities, services, and classes, as well as new opportunities to experience. I encourage you to explore our scenic landscape, connect with nature, and try something you've never done before.

Your Canyon Ranch App helps you manage your schedule and get the most from your stay. Use it to view your Ranch Schedule, add or cancel services, sign up for activities, and make dinner reservations at The Silverleaf restaurant. Scan the QR code on the opposite page to download or ask a Wellness Guide for help.

We're also thrilled to showcase the work of local artists and galleries throughout the property. We hope the works provide a variety of visual experiences that encourage you to embrace the artistry surrounding you. If a piece captures your interest, you'll find a corresponding information card with details on how to contact the gallery directly for any questions or purchase arrangements.

Right now, you're in the perfect place to refresh your spirit, set goals, and reduce stress. Please let us know if there's anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.



John Trevenen
Managing Director



DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. Your Wellness Guide is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

SCHEDULE A WELLNESS GUIDE CONSULT BY CALLING EXT. 55423 OR VISIT THE DESK, 8 A.M. TO 9 P.M., LOCATED IN THE SPA.

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



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.

To book services and more information please visit our Wellness Guides or use the Canyon Ranch Mobile App.

FEATURED EVENTS

VISIT OUR LENOX EVENTS PAGE ON [CANYONRANCH.COM](https://www.canyonranch.com) FOR MORE UPCOMING EVENTS



SPRING IN BLOOM: RENEWAL & WELLNESS WEEK

Apr 6 - 12

Celebrate the season of renewal at Canyon Ranch Lenox. This week-long journey honors spring's awakening. Through forest bathing, daily mindful walks, yoga, and nourishing meals, you'll embrace the beauty of the season while deepening your connection to nature, movement, and inner reflection. Discover opportunities for inspiration, restoration, and joyful celebration this spring.

FEATURING SANDY ABRAMS

Apr 9 - 12

Sandy Abrams is a longtime entrepreneur and author of *Breathe to Succeed*, where she discusses the power of breath and mindfulness in business and life. Through Sandy's renowned workshops, she brings the lessons in her book to life by highlighting the impact of today's fast-paced, digital world: sleep deprivation, negative thinking, and feeling overwhelmed by the nature of social media.



UPCOMING



MAHJONG + MINDFULNESS RETREAT

July 12 - 14

Join the instructors of the Gold Coast Mahjong Club for a three-day Mahjong retreat focused on learning, strategy, and connection. Open to all experience levels, the program includes expert-led instruction, fully appointed mahjong sets, and premium tables for seamless play. Move from foundational skills to more advanced strategy sessions and guided social games, building confidence and refining your approach along the way. Balanced with Canyon Ranch's signature wellness experiences, this retreat offers the perfect blend of mental stimulation, social connection, and relaxation. Leave with a deeper understanding of the game, greater strategic confidence, and the skills to host or join Mahjong events back home.

MONDAY April 6, 2026

(DD) DISCOVERY DAYS: SPRING IN BLOOM: RENEWAL & WELLNESS WEEK

- 7:00 AM **DD** FRESH START SPRING WALK
45 min • Outdoor Sports Boards
- 7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM **DD** 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
50 min • Berkshire Room • CME
- YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30
- ZUMBA®
45 min • Gym 1 • Limit 30
- RACE DAY
45 min • Cycling Studio • Limit 12
- HIKE: LEVEL 3 - BURBANK TRAIL*
3 hr 30 min • Outdoor Sports Boards
• Limit 10
- 9:30 AM **DD** SHINRIN YOKU
2 hr • Outdoor Sports Boards • Limit 6
- GATEWAY TO THE BERKSHIRES -
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 AND POWER FOR
LONGEVITY CLINIC
50 min • Lower Spa Lobby • Limit 4 • \$110
- 11:00 AM EVIDENCE-BASED QI GONG &
TAI CHI WORKSHOP*
1 hr 30 min • Yoga Studio • Limit 6 • \$140
- 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
- DD** INDOOR LABYRINTH WALK
50 min • Rockwell Room
- 12:00 PM 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

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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

MAKE-UP MASTER CLASS
50 min • Stockbridge Room • Limit 10

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

CR STRENGTH
45 min • Gym 1 • Limit 20

3:00 PM TENNIS: AFTERNOON DRILLS*
50 min • Indoor Tennis Court 1
• Limit 4 • \$80

DD SPRING AWAKENING YOGA
45 min • Yoga Studio

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

PUNCH
45 min • Sports Court • Limit 20

SELF-COMPASSION IS
YOUR SUPERPOWER
50 min • Tanglewood Room • CME

4:00 PM HISTORY OF BELLEFONTAINE:
TALK & MINI MANSION TOUR
1 hr • Mansion Library

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

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

ACTIVATE YOUR CHAKRAS,
EMPOWER YOUR LIFE
50 min • Berkshire Room

SPRINGTIME STILLNESS
45 min • Yoga Studio

CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon Ranch
Community Tree for the month of
APRIL IS **SURRENDER**:

*What positive relationship are you
ready to surrender to?*

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

4:30 PM **DD** MINDFUL MANDALAS*
1 hr 30 min • Art Studio • Limit 8 • \$45

5:00 PM MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

6:30 PM **DD** 3-WORLDS OF SOUL EXPERIENCE*
1 hr 30 min • Yoga Studio • Limit 8 • \$110

INTRODUCTION TO HUMAN DESIGN
50 min • Rockwell Room

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

8:00 PM THE HEALING SOUNDS OF CELLO:
MAIRI DORMAN-PHANEUF
50 min • Tanglewood 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.

TUESDAY April 7, 2026

(DD) DISCOVERY DAYS: SPRING IN BLOOM: RENEWAL & WELLNESS WEEK

- 7:00 AM **DD** FRESH START SPRING WALK
45 min • Outdoor Sports Boards
- 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*
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
- DD** 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
- HANDS-ON COOKING: KNIFE SKILLS BASICS*
30 min • Demo Kitchen • Limit 6 • \$70
- 11:00 AM MID-MORNING STRETCH
45 min • Gym 2
- POWER
45 min • Gym 5 • Limit 10
- INTERMEDIATE MAT PILATES
45 min • Gym 1 • Limit 30
- DD** HERBS FOR SEASONAL WELLNESS
50 min • Berkshire Room
- 12:00 PM LUNCH & LEARN
50 min • Demo Kitchen • Limit 16
- BERKSHIRE BEAT
25 min • Gym 1 • Limit 20
- DD** RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC*
50 min • Yoga Studio • Limit 8 • \$110
- 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

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- 1:30 PM TRAIL WALK ON-PROPERTY*
1 hr • Outdoor Sports Boards • Limit 10
- HIKE: LEVEL 2 - THOMAS & PALMER BROOK TRAIL*
2 hr • Outdoor Sports Boards • Limit 10
- DD** TAI CHI WALK*
2 hr • Outdoor Sports Boards • Limit 6
- MEMBERSHIPS: CASUAL Q&A
30 min • Main Spa Lobby
- 2:00 PM 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
50 min • Demo Kitchen • Limit 6 • \$110
- DD** ENERGY ALCHEMY TO SUPPORT YOUR JOURNEY
50 min • Berkshire Room
- 3:00 PM TENNIS: AFTERNOON DRILLS*
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- WARRIOR FLOW
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 • Art Studio
- 4:00 PM BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES
50 min • Berkshire Room • CME
- RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30
- PERFORMANCE RECOVERY: RESET & RECHARGE
45 min • Gym 2 • Limit 20
- RHYTHM RIDE
45 min • Cycling Studio • Limit 12
- HANDS-ON COOKING: EASY ENTERTAINING*
50 min • Demo Kitchen • Limit 6 • \$110
- 5:00 PM **DD** MEDITATION
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 • Art Studio • Limit 8 • \$45
- 7:00 PM COMMUNITY TABLE: DINE & CONNECT
50 min • Silverleaf
- 8:00 PM MIRACLES, LUCK & THE BUTTERFLY EFFECT
50 min • Tanglewood 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.

WEDNESDAY

April 8, 2026

(DD) DISCOVERY DAYS: SPRING IN BLOOM: RENEWAL & WELLNESS WEEK

- 7:00 AM **DD** FRESH START SPRING WALK
45 min • Outdoor Sports Boards
- 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 **DD** 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
50 min • Lower Spa Lobby
- HIKE: LEVEL 4 - STONY LEDGE AT
MT. GREYLOCK*
5 hr 30 min • Outdoor Sports Boards
• Limit 10
- 8:30 AM ZEN•GA™ FLOW
20 min • Gym 2 • Limit 30
- 9:00 AM **DD** YIN & RELEASE
45 min • Yoga Studio • Limit 30
- CARDIO KICKBOXING
45 min • Gym 1 • Limit 30
- HILLS & VALLEYS
45 min • Cycling Studio • Limit 12
- DD** HIKE: LEVEL 3 - GIGE'S
TRAIL AT MAHANNA COBBLE
3 hr • Outdoor Sports Boards • Limit 10
- 10:00 AM YOGA SCULPT
45 min • Yoga Studio • Limit 20
- H2O POWER
45 min • Indoor Pool • Limit 25
- STRENGTH AND POWER FOR
LONGEVITY CLINIC*
50 min • Lower Spa Lobby • Limit 4 • \$110
- 11:00 AM 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
- TNT: TABATA 'N' TRX
45 min • Sports Court • Limit 14
- 12:00 PM LUNCH & LEARN
50 min • Demo Kitchen • Limit 16
- HIIT IT
25 min • Gym 1 • Limit 18
- DISCOVER PERCUSSIVE THERAPY
THERAGUN® CLINIC*
50 min • Gym 3 • Limit 4 • \$80
- DD** TAROT DEMO: WHAT'S IN THE
CARDS FOR YOU?
50 min • Mansion Library • Limit 12
- 12:30 PM BALANCE CHALLENGE
20 min • Gym 2 • Limit 20

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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 - CANOE MEADOWS*
2 hr • Outdoor Sports Boards • Limit 10

2:00 PM ONCE UPON A PAST LIFETIME...
50 min • Berkshire Room

DD SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

ENDURANCE RIDE
45 min • Cycling Studio • Limit 12

CAMP ARCHERY WORKSHOP*
1 hr • Sports Court • Limit 1 • \$110

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

3:00 PM WAKE-UP CALL: IMPROVING
YOUR SLEEP
50 min • Tanglewood Room • CME

TENNIS: AFTERNOON DRILLS*
50 min • Indoor Tennis Court 1
• Limit 1 • \$80

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 11

4:00 PM MYTHS & FACTS ABOUT CARBS
50 min • Berkshire Room • CME

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

HANDS-ON COOKING: CHOCOLATE FIX!*
50 min • Demo Kitchen • Limit 9 • \$110

SPRINGTIME STILLNESS
45 min • Yoga Studio

4:30 PM WATERCOLOR PAINTING
1 hr 30 min • Art Studio • Limit 8 • \$45

5:00 PM CREATIVITY & DREAMS
50 min • Tanglewood Room

STRETCH & RELAX
25 min • Gym 2 • Limit 30

HEALING FOR MODERN STRESS
50 min • Yoga Studio • Limit 4 • \$140

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

8:00 PM OLD SCHOOL BINGO
50 min • Berkshire 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.

THURSDAY April 9, 2026

DISCOVERY DAYS: **(DD)** SPRING IN BLOOM: RENEWAL & WELLNESS WEEK I
(DD) SPRING IN BLOOM FEATURING GUEST EXPERT: SANDY ABRAMS

- 7:00 AM **DD** FRESH START SPRING WALK
45 min • Outdoor Sports Boards
- 7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM **DD** 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 • Tanglewood 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 **DD** EQUINE ESCAPE: HORSE CONNECTION*
2 hr 30 min • Outdoor Sports Boards
• Limit 4 • \$250
- 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
- DD** LOVING-KINDNESS MEDITATION
50 min • Berkshire Room
- HANDS-ON COOKING: CULINARY
MYTHS & WELLNESS*
50 min • Demo Kitchen • Limit 6 • \$110
- 11:00 AM MID-MORNING STRETCH
45 min • Gym 2
- INTERMEDIATE MAT PILATES
45 min • Gym 1 • Limit 30
- GREAT PLATE WORKOUT
45 min • Gym 5 • Limit 20
- THE ASTROLOGY OF SELF-DISCOVERY
50 min • Lenox Room
- 12:00 PM LUNCH & LEARN
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

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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 • Tanglewood Room • CME

HANDS-ON COOKING: THE
MEDITERRANEAN KITCHEN*
50 min • Demo Kitchen • Limit 7 • \$110

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

DD SPRING AWAKENING 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

SOURDOUGH PIZZA – CREATE &
ENJOY YOUR OWN
2 hr • Demo Kitchen • Limit 10 • \$175

4:30 PM ACRYLIC PAINTING
1 hr 30 min • Art Studio • Limit 8 • \$45

5:00 PM MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

SIP N' SHOP
2 hr • CR Shop

6:00 PM STEVE IDE & ROB PUTNAM:
GUITAR & VOCALS
2 hr • Culinary Rebel™

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

8:00 PM **DD** CTRL + ALT + BREATHE:
FORCE QUIT YOUR STRESS
50 min • Yoga Studio



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 April 10, 2026

DISCOVERY DAYS: **(DD)** SPRING IN BLOOM: RENEWAL & WELLNESS WEEK I
(DD) SPRING IN BLOOM FEATURING GUEST EXPERT: SANDY ABRAMS

- 7:00 AM **DD** FRESH START SPRING WALK
45 min • Outdoor Sports Boards
- 7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM **DD** 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
- DD** 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
45 min • Cycling Studio • Limit 12
- HIKE: LEVEL 3 - BEARTOWN RAMBLE*
3 hr 30 min • Outdoor Sports Boards
• Limit 10
- 9:30 AM STOCKBRIDGE HISTORY WALK*
2 hr 30 min • Outdoor Sports Boards
• Limit 10
- 10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1
• Limit 4 • \$80
- DD** ATHLETIC YOGA
45 min • Yoga Studio • Limit 30
- H2O POWER
45 min • Indoor Pool • Limit 25
- STRENGTH AND POWER FOR
LONGEVITY CLINIC*
50 min • Lower Spa Lobby • Limit 4 • \$110
- HANDS-ON COOKING:
SMOOTHIES & SHAKES*
30 min • Demo Kitchen • Limit 6 • \$70
- COMING HOME TO THE BODY
50 min • Tanglewood Room
- 11:00 AM 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
- 12:00 PM LUNCH & LEARN
50 min • Demo Kitchen • Limit 16
- BERKSHIRE BEAT
25 min • Gym 1 • Limit 20
- DD** RESTORATIVE AERIAL YOGA &
SOUND HEALING CLINIC*
50 min • Yoga Studio • Limit 8 • \$110
- 12:30 PM FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

- 1:00 PM **AFTERNOON OUTDOOR TAI CHI***
1 hr • Outdoor Sports Boards • Limit 10
- PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS***
2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$155
- 1:30 PM **DD TRAIL WALK ON-PROPERTY**
1 hr • Outdoor Sports Boards • Limit 10
- HIKE: LEVEL 1 - KENNEDY PARK GAZEBO**
2 hr • Outdoor Sports Boards • Limit 10
- 2:00 PM **YOGA FOR A HEALTHY BACK**
45 min • Yoga Studio • Limit 30
- BASIC AEROBIC CIRCUIT WEIGHTS**
45 min • Gym 5
- BEST BACKSIDE**
45 min • Sports Court • Limit 16
- HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS***
50 min • Demo Kitchen • Limit 15 • \$110
- THE LATEST & GREATEST - EXPERT PRODUCT PICKS**
50 min • Skincare Reception
- 3:00 PM **MIXED EMOTIONS: MAKING PEACE WITH YOURSELF***
50 min • Berkshire Room • CME
- 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
- TENNIS: AFTERNOON DRILLS***
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- 4:00 PM **RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 30
- FOAM ROLL & STRETCH**
45 min • Gym 2 • Limit 20
- ZEN IN MOTION**
45 min • Gym 1 • Limit 11
- PAUSING IN PLACE**
50 min • Rockwell Room
- 5:00 PM **EASTERN MEDICINE: THE INSIDE SCOOP**
50 min • Tanglewood Room • CME
- MEDITATION**
25 min • Yoga Studio
- STRETCH & RELAX**
25 min • Gym 2 • Limit 30
- 6:00 PM **WELLNESS THROUGH CONTRAST THERAPY***
50 min • Skincare Reception • Limit 6 • \$80
- SINGER-SONGWRITER, HANNAH BRACKEN**
2 hr • Culinary Rebel™
- 7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf
- 8:00 PM **DD BREATHE YOUR WAY TO BETTER SLEEP**
50 min • Yoga Studio



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SATURDAY April 11, 2026

DISCOVERY DAYS: **(DD)** SPRING IN BLOOM: RENEWAL & WELLNESS WEEK I
(DD) SPRING IN BLOOM FEATURING GUEST EXPERT: SANDY ABRAMS

- | | | | |
|----------|---|----------|--|
| 7:00 AM | DD FRESH START SPRING WALK
45 min • Outdoor Sports Boards | 11:00 AM | PICKLEBALL: DAILY DOSE - LEVEL 2.5+*
50 min • Pickleball Court 1 • Limit 4 • \$80 |
| 7:45 AM | NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10 | | MID-MORNING STRETCH
45 min • Gym 2 |
| 8:00 AM | DD SUN SALUTATIONS
25 min • Yoga Studio • Limit 30 | | TRX CORE
45 min • Sports Court |
| | INTRODUCTION TO COLD
THERAPY CLINIC 25M*
25 min • Skincare Reception • Limit 4 • \$45 | | POWER
45 min • Gym 5 • Limit 10 |
| | PILATES REFORMER ATHLETIC CLINIC*
50 min • Gym 4 • Limit 4 • \$80 | 12:00 PM | LUNCH & LEARN
50 min • Demo Kitchen • Limit 16 |
| | HIKE: LEVEL 5 - BEAR MOUNTAIN
RIGA JUNCTION*
6 hr 30 min • Outdoor Sports Boards • Limit 10 | | LINE DANCING
25 min • Gym 1 |
| 8:30 AM | HIIT IT
25 min • Gym 1 • Limit 18 | | DD AERIAL HAMMOCK YOGA CLINIC*
50 min • Yoga Studio • Limit 6 • \$80 |
| 9:00 AM | PICKLEBALL: INTRO CLINIC
50 min • Pickleball Court 1 • Limit 4 • \$80 | 12:30 PM | BALANCE CHALLENGE
20 min • Gym 2 • Limit 20 |
| | CURB CRAVINGS & HABITS
WITH ACUPUNCTURE
50 min • Tanglewood 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 | THE MOUNT - EDITH WHARTON'S
PROPERTY HISTORY WALK*
2 hr 30 min • Outdoor Sports Boards • Limit 10 | | |
| 10:00 AM | ROCK YOUR FLOW
45 min • Yoga Studio • Limit 30 | | |
| | H2O POWER
45 min • Indoor Pool • Limit 25 | | |
| | CR STRENGTH
45 min • Gym 1 • Limit 20 | | |

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

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- 1:00 PM **PICKLEBALL: INTRO CLINIC***
50 min • Pickeball Court 2 • Limit 4 • \$80
- BOGA FITMAT® FITNESS CLINIC***
50 min • Indoor Pool • Limit 6 • \$80
- 1:30 PM **EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP***
1 hr 30 min • Gym 2 • Limit 6 • \$140
- 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 **DD MINDFUL BREATH FOR STRESS RELIEF**
50 min • Yoga Studio
- 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
- DD SEASONAL SKINCARE: SPRING EXFOLIATION**
50 min • Tanglewood Room
- 3:00 PM **DD CONTEMPLATIVE TEA PRACTICE***
50 min • Art 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**
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 **PERFORMANCE RECOVERY: RESET & RECHARGE**
45 min • Gym 2 • Limit 20
- MINDFULNESS, MENTAL HEALTH & LONGEVITY**
50 min • Berkshire Room • CME
- RHYTHM RIDE**
45 min • Cycling Studio • Limit 12
- DD SPRINGTIME STILLNESS**
45 min • Yoga Studio • Limit 40
- 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
- NAVIGATING LIFE TRANSITIONS WITH JERRY POSNER**
50 min • Tanglewood Room
- 6:00 PM **SINGER-SONGWRITER, KATHERINE WINSTON**
2 hr • Culinary Rebel™
- 7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf
- 8:00 PM **MUSIC BINGO! WITH DJ BOB HECK**
45 min • Rockwell Room



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SUNDAY April 12, 2026

DISCOVERY DAYS: **(DD)** SPRING IN BLOOM: RENEWAL & WELLNESS WEEK I
(DD) SPRING IN BLOOM FEATURING GUEST EXPERT: SANDY ABRAMS

- | | | | |
|---------|---|----------|--|
| 7:00 AM | DD FRESH START SPRING WALK
45 min • Outdoor Sports Boards | 10:00 AM | DD LANGUAGE OF THE HEART*
50 min • Berkshire Room • Limit 12 • \$80 |
| 7:30 AM | DD MORNING INTENTION WITH BEVERAGE & BREATH
50 min • Silverleaf Lounge • Limit 10 | | CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • \$80 |
| 7:45 AM | NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10 | | YOGA SCULPT
45 min • Yoga Studio • Limit 20 |
| 8:00 AM | PRANAYAMA BREATHING
25 min • Yoga Studio | | H2O POWER
45 min • Indoor Pool • Limit 25 |
| | PILATES REFORMER CLINIC -
INTERMEDIATE*
50 min • Gym 4 • Limit 4 • \$80 | | MUSCLE CONDITIONING
45 min • Gym 2 • Limit 25 |
| 8:30 AM | TRX FLOW
20 min • Sports Court • Limit 15 | | DD LENOX HISTORY WALK*
2 hr • Outdoor Sports Boards • Limit 4 |
| 9:00 AM | CHINESE MEDICINE: PUTTING
STRESS IN ITS PLACE
50 min • Tanglewood Room • CME | 11:00 AM | HISTORY OF BELLEFONTAINE: TALK &
MINI MANSION TOUR
1 hr • Mansion Library |
| | SHINRIN YOKU
1 hr 30 min • Outdoor Sports Boards • Limit 6 | | MID-MORNING STRETCH
45 min • Gym 2 |
| | CHAIR YOGA
45 min • Yoga Studio • Limit 12 | | BEGINNER PILATES
45 min • Gym 1 • Limit 30 |
| | CARDIO KICKBOXING
45 min • Gym 1 • Limit 30 | | TNT: TABATA 'N' TRX
45 min • Sports Court • Limit 14 |
| | ADVANCED INDOOR CYCLING
45 min • Cycling Studio • Limit 12 | 12:00 PM | LUNCH & LEARN
50 min • Demo Kitchen • Limit 16 |
| | HIKE: LEVEL 2 - WILDCAT TRAIL*
3 hr • Outdoor Sports Boards • Limit 10 | | BERKSHIRE BEAT
25 min • Gym 1 • Limit 20 |
| | | | DD HARMONY WITHIN: MEDITATION &
PULSE OXIMETRY CLINIC*
50 min • Yoga Studio • Limit 6 • \$140 |
| | | 12:30 PM | FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20 |

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

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

2:00 PM 45 min • Yoga Studio
SACRAL CHAKRA HIP OPENING

CARDIO CIRCUIT
45 min • Gym 5

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

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

MANAGING ENERGY DYNAMICS
IN RELATIONSHIPS
50 min • Berkshire Room

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

DD 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*
1 hr 40 min • Lenox Room • Limit 3 • \$140

4:00 PM REWIRE FOR RELIEF: RELIEVING
CHRONIC PAIN
50 min • Tanglewood Room

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

4:30 PM WORDS IN STONE: ARTFUL INTENTIONS*
1 hr 30 min • Art Studio • Limit 8 • \$45

5:00 PM DD SOUL INSPIRED: THE ART OF
SPIRITUAL PRACTICE
50 min • Berkshire Room • CME

MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2 • Limit 30

5:30 PM HEIGHTENED STATES OF
CONSCIOUSNESS*
1 hr 30 min • Yoga Studio • Limit 6 • \$140

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

8:00 PM GRAMMY-NOMINATED SINGER &
SONGWRITER, MATT CUSSON
50 min • Fieldstone Lounge

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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
Personalized Exercise Program	50 min	220
Strength & Endurance Assessment – two-part service.....	50 min each	420
TPI™ Golf Health Program – two-part service	50 min each	570
VO2 Max Assessment – two-part service	50 min each	420

SPORTS MEDICINE

Arthritis Evaluation	50 min	\$350
Foundation Gait Analysis NEW	50 min	350
Functional Movement Analysis	50 min	350
Hiking Performance	50 min	350
Low Back Pain Evaluation	50 min	350
Muscle & Joint Assessment	50 min	350
RacquetFit™ Racquet Health Program	50 min	350
Running Form & Performance	50 min	350
TPI™ Golf Health Program – two-part service	50 min each	570

NUTRITION & FOOD

NUTRITION

Addressing Cravings & Emotional Eating– two-part service	50 min each	\$470
Building Muscle.....	50 min	220
Continuous Glucose Monitor Follow-Up & Education	50 min	220
Diet Score – two-part service	50 min each	525
Digestive Wellness	50 min	220
Fastest Meals Imaginable	50 min	250
Fueling For Longevity	50 min	220
Personalized Nutrition Consultation	50 min	220
Resting Metabolic Rate (RMR) Testing – two-part service NEW	50 min each.....	525
Strategies for Raising Nutritious Eaters	50 min	220

COOKING FOR FUN, PLEASURE & HEALTH

Hands-On Cooking Class	50 min	\$110/person
	90 min	175/person
Hands-On Cooking Private	80 min	185
	small group (3 – 5 guests) 100 min	175/person

Services & fees subject to change without notice.

MIND & SPIRIT

MENTAL HEALTH & WELLNESS

Addressing Cravings & Emotional Eating - two-part service	50 min each	\$470
Establishing Healthy Habits	50 min	250
Hypnotherapy	50 min	250
Intro to Brainspotting NEW	50 min	250
Life Mapping	50 min	250
Longevity Mindset	50 min	250
Meditation, Mindfulness & Mental Health	50 min	250
Mental Health & Wellness Consultation	single 50 min	250
	duet 50 min	195/person
Stress Management	50 min	250
Tech for Mental Health & Wellness	25 min	140

METAPHYSICAL & ENERGY HEALING

Alchemical Healing	80 min	\$320
Astrology	50 min	240
Astrology Synastry Chart Reading For Two	100 min	250/person
Emotional Stress Release	80 min	320
Energy Healing	80 min	310
Energy Healing with Aromatherapy	80 min	320
Heart Connection Healing	80 min	320
Learn to Read Tarot Cards	50 min	240
Mediumship	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- 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 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

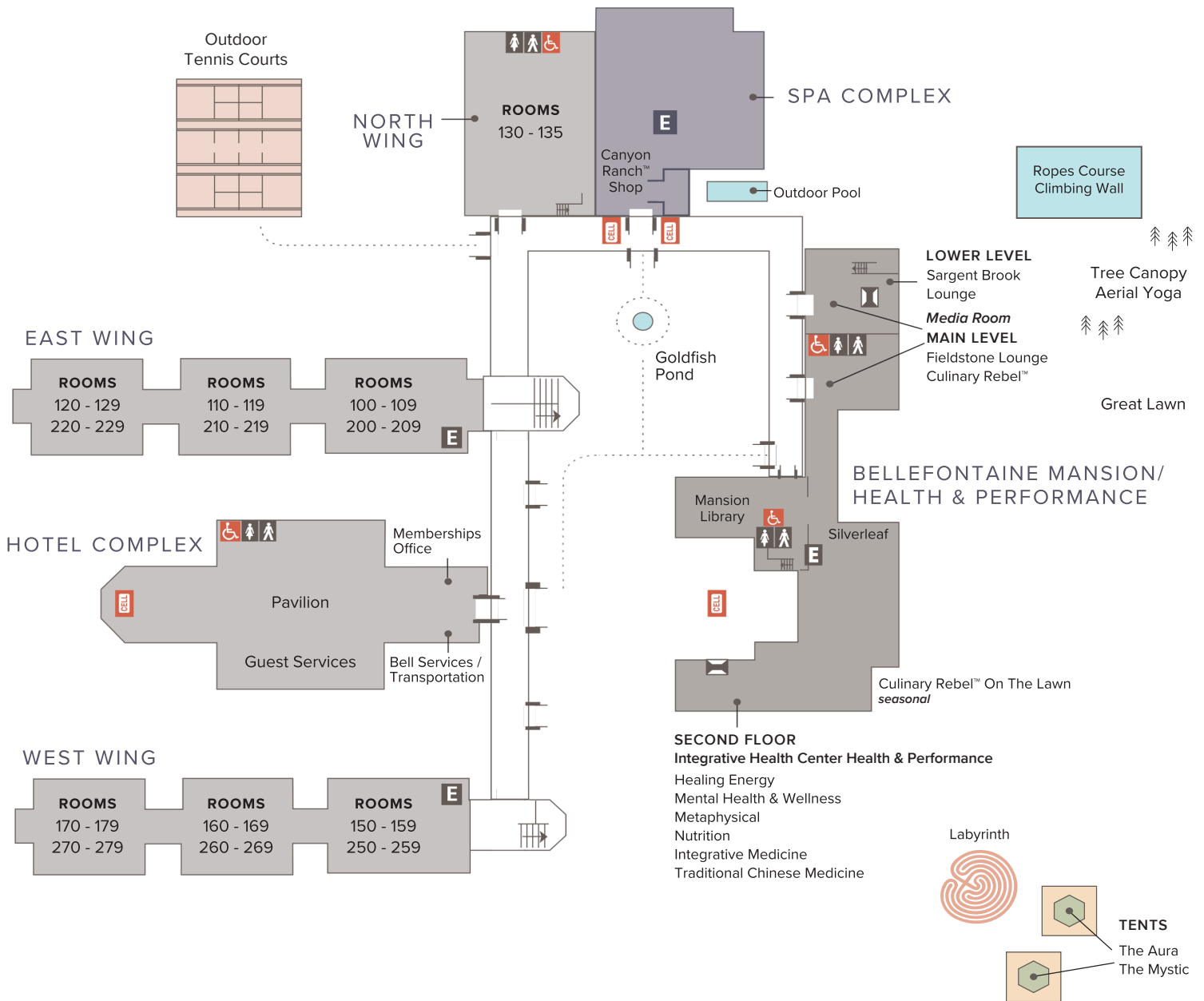
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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

