

SAMPLE RANCH SCHEDULE
SUMMER

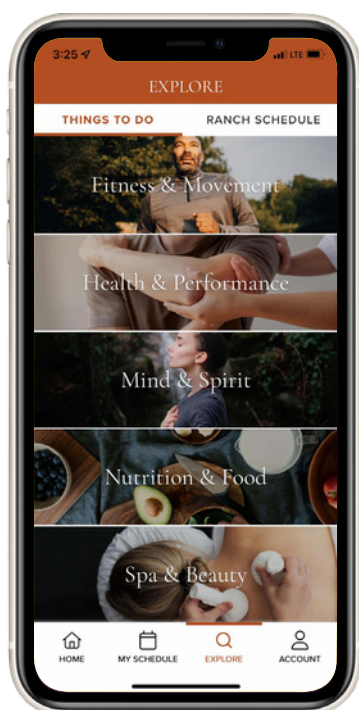


This schedule belongs to:



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USE THE APP TO:

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- Explore Things To Do
- Make Dinner Reservations

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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.–6 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.

<p>7:00 AM KAYAK: SEMIPRIVATE 2 hr • Outdoor Sports Boards • Limit 4 • \$110</p> <p>MORNING WALK 45 min • Outdoor Sports Boards</p> <p>8:00 AM OUTDOOR MEDITATION 25 min • Lower Spa Lobby</p> <p>OFF THE COURT: RACQUET SPORTS CONDITIONING CLINIC 50 min • Gym 2 • Limit 6 • \$80</p> <p>8:30 AM OUTDOOR WAKE-UP WARM-UP STRETCH 25 min • Lower Spa Lobby</p> <p>9:00 AM CANOE/HIKE COMBO LEVEL 2+ 3 hr 30 min • Outdoor Sports Boards • Limit 20</p> <p>NOURISHING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN* 50 min • Berkshire Room</p> <p>YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30</p> <p>ADVANCED INDOOR CYCLING 45 min • Cycling Studio • Limit 12</p> <p>10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80</p> <p>ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30</p> <p>CR STRENGTH 45 min • Gym 1 • Limit 20</p> <p>11:00 AM PICKLEBALL: DAILY DOSE - LEVEL 2.5+ 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP 1 hr 30 min • Rockwell Room • Limit 1 • \$140</p> <p>MID-MORNING STRETCH 45 min • Gym 2 • Limit 30</p> <p>12:00 PM LINE DANCING 25 min • Gym 1</p> <p>AERIAL HAMMOCK YOGA CLINIC 50 min • Yoga Studio • Limit 6 • \$80</p> <p>12:30 PM BALANCE CHALLENGE 20 min • Gym 2 • Limit 20</p> <p>1:00 PM PICKLEBALL: INTRO CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p> <p>GLOW TECH: TRANSFORMING SKIN WITH INNOVATIVE TOOLS 50 min • Skincare Reception</p>	<p>1:30 PM STAND-UP PADDLEBOARD 2 hr • Outdoor Sports Boards • Limit 4 • \$110</p> <p>CAMP ARCHERY WORKSHOP 1 hr 30 min • Outdoor Sports Boards • Limit 8 • \$110</p> <p>HIKE: LEVEL 1 - BENEDICT POND 2 hr 30 min • Outdoor Sports Boards • Limit 10</p> <p>2:00 PM TENNIS: AFTERNOON DRILLS 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80</p> <p>WALK IN THE WOODS YOGA 45 min • Lower Spa Lobby</p> <p>TRIPLE BLAST 45 min • Sports Court • Limit 30</p> <p>3:00 PM OUTDOOR SUNS & MOONS YOGA 45 min • Great Lawn Tent</p> <p>SELF-COMPASSION IS YOUR SUPERPOWER* 50 min • Tanglewood Room • CME</p> <p>AQUA STRENGTH CIRCUIT CLASS 45 min • Outdoor Pool • Limit 10</p> <p>4:00 PM HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library</p> <p>FOAM ROLL & STRETCH 45 min • Gym 2 • Limit 20</p> <p>ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE 50 min • Berkshire Room</p> <p>4:30 PM MINDFUL MANDALAS 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45</p> <p>5:00 PM OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room</p> <p>OUTDOOR MEDITATION 25 min • Lower Spa Lobby</p> <p>STRETCH & RELAX 50 min • Gym 2 • Limit 30</p> <p>7:00 PM OUTDOOR SOUND BATH* 50 min • Yoga Studio • Limit 5</p>
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- 7:00 AM STAND-UP PADDLEBOARD**
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- BIRDING & THE NATURAL WORLD**
2 hr 30 min • Outdoor Sports Boards • Limit 6
- MORNING WALK**
45 min • Outdoor Sports Boards
- 7:30 AM QI GONG STRESS RELIEF MEDITATION**
50 min • Tanglewood Room • Limit 6 • \$80
- 8:00 AM BIKE RIDE: LEVEL 2 - ASHUWILLTICOOK RAIL TRAIL**
4 hr • Outdoor Sports Boards • Limit 4
- PRANAYAMA BREATHING**
25 min • Yoga Studio
- 9:00 AM PICKLEBALL: INTRO CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80
- YIN & RELEASE**
45 min • Yoga Studio • Limit 30
- AEROBIC CHOREO SCULPT**
45 min • Gym 1
- PILATES REFORMER CLINIC - INTERMEDIATE**
50 min • Gym 4 • Limit 4 • \$80
- 10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+**
50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
- STOCKBRIDGE HISTORY WALK**
2 hr 30 min • Outdoor Sports Boards • Limit 10
- H2O POWER**
45 min • Indoor Pool • Limit 25
- 11:00 AM MAKE-UP MASTER CLASS**
50 min • Stockbridge Room • Limit 10
- PICKLEBALL: DAILY DOSE - LEVEL 2.5+**
50 min • Pickleball Court 1 • Limit 4 • \$80
- MID-MORNING STRETCH**
45 min • Gym 2 • Limit 30
- 12:00 PM BERKSHIRE BEAT**
25 min • Gym 1 • Limit 20
- LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- RESTORATIVE AERIAL YOGA AND SOUND HEALING CLINIC**
50 min • Yoga Studio • Limit 8 • \$80
- 12:30 PM FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20
- 1:00 PM PICKLEBALL: INTRO CLINIC**
50 min • Pickleball Court 1 • Limit 4 • \$80
- 1:30 PM HIGH LAWN FARM: MEET OUR CALF & ICE CREAM TRIP**
2 hr • Outdoor Sports Boards • Limit 6 • \$45
- 2:00 PM TENNIS: AFTERNOON DRILLS**
50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
- BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING**
1 hr 30 min • Outdoor Sports Boards • Limit 4
- KAYAK: SEMIPRIVATE**
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio
- GRITLAB: STRENGTH & ENDURANCE CONDITIONING**
45 min • Sports Court • Limit 15
- OUTDOOR - WALK YOUR WORKOUT**
50 min • Lower Spa Lobby
- 3:00 PM HEART OPENING FLOW**
45 min • Yoga Studio
- AQUA STRENGTH CIRCUIT CLASS**
45 min • Outdoor Pool • Limit 10
- 4:00 PM HANDS-ON COOKING: SUMMER ENTERTAINING**
50 min • Demo Kitchen • Limit 6 • \$110
- WEIGHT LOSS: NUTRITION FOR BREAKING BARRIERS**
50 min • Tanglewood Room
- PERFORMANCE RECOVERY: RESET & RECHARGE**
45 min • Gym 2 • Limit 20
- 5:00 PM MINDFULNESS, MENTAL HEALTH & LONGEVITY***
50 min • Berkshire Room • CME
- OPEN 12-STEP RECOVERY MEETING**
50 min • Lenox Room
- OUTDOOR MEDITATION**
25 min • Lower Spa Lobby
- STRETCH & RELAX**
25 min • Gym 2 • Limit 30
- 6:00 PM JUST BEAD IT: BRACELET MAKING**
1 hr 30 min • Creative Expression Studio • Limit 8 • \$45
- 8:00 PM MIRACLES, LUCK & THE BUTTERFLY EFFECT**
50 min • Tanglewood Room

WEDNESDAY

SUMMER 2026

6:00 AM	AERIAL HAMMOCK YOGA CLINIC 50 min • Gym 5 • Limit 1 • \$80	1:30 PM	HIGH ROPES COURSE 2 hr • Outdoor Sports Boards • Limit 4 • \$220
	HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC 50 min • Gym 2 • Limit 1 • \$140	2:00 PM	TENNIS: AFTERNOON DRILLS 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
7:00 AM	MORNING WALK 45 min • Outdoor Sports Boards		HIKE: LEVEL 1 - CANOE MEADOWS 2 hr • Outdoor Sports Boards • Limit 10
7:30 AM	QI GONG STRESS RELIEF MEDITATION 50 min • Tanglewood Room • Limit 6 • \$80		HANDS-ON COOKING: FASTEST MEALS IMAGINABLE 50 min • Demo Kitchen • Limit 6 • \$110
8:00 AM	HIKE: LEVEL 4 - STONY LEDGE AT MT. GREYLOCK 5 hr 30 min • Outdoor Sports Boards • Limit 10		BASIC AEROBIC CIRCUIT WEIGHTS 45 min • Gym 5
	OUTDOOR SUN SALUTATIONS 25 min • Lower Spa Lobby		YOGA ALIGNMENT 45 min • Yoga Studio
	THE ART OF FENCING: SWORDPLAY CLINIC 50 min • Sports Court • Limit 6 • \$80		ONCE UPON A PAST LIFETIME... 50 min • Berkshire Room
9:00 AM	CANOE/HIKE COMBO LEVEL 2+ 3 hr 30 min • Outdoor Sports Boards • Limit 20	3:00 PM	BEING IN THIS BODY 50 min • Tanglewood Room
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30	4:00 PM	MYTHS AND FACTS ABOUT CARBS 50 min • Berkshire Room • CME
	POWER ROW 45 min • Rowing Studio • Limit 10		RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30
	PILATES REFORMER JUMPBOARD CLINIC 50 min • Gym 4 • Limit 4 • \$80		FOAM ROLL & STRETCH 45 min • Gym 2 • Limit 20
10:00 AM	CR STRENGTH 45 min • Gym 1 • Limit 20		HANDS-ON COOKING: CHOCOLATE FIX! 50 min • Demo Kitchen • Limit 9 • \$110
	H2O POWER 45 min • Indoor Pool • Limit 25	4:30 PM	WATERCOLOR PAINTING 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45
	EXERCISE & MENOPAUSE 50 min • Tanglewood Room • CME	5:00 PM	CREATIVITY & DREAMS* 50 min • Tanglewood Room
11:00 AM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ 50 min • Pickleball Court 1 • Limit 4 • \$80		OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room
	MID-MORNING STRETCH 45 min • Gym 2 • Limit 30		OUTDOOR MEDITATION 25 min • Lower Spa Lobby
	BEGINNER PILATES 45 min • Gym 1 • Limit 30		STRETCH & RELAX 25 min • Gym 2 • Limit 30
12:00 PM	CARRY ON 25 min • Indoor Track • Limit 10	7:30 PM	NATALIA BERNAL AND JASON ENNIS, IN CONCERT 50 min • Fieldstone Lounge
	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16	8:30 PM	OLD SCHOOL BINGO 50 min • Berkshire Room
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		

FITNESS CLASSES – 45 MIN. | PRESENTATIONS – 50 MIN. UNLESS OTHERWISE NOTED

THURSDAY

SUMMER 2026

7:00 AM	MORNING WALK 45 min • Outdoor Sports Boards	1:00 PM	PICKLEBALL: INTRO CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80
	STAND-UP PADDLEBOARD 2 hr • Outdoor Sports Boards • Limit 2 • \$110		MYSTERY OF METABOLISM* 50 min • Berkshire Room • CME
8:00 AM	BIKE RIDE: LEVEL 2 - HARLEM VALLEY RAIL TRAIL 4 hr • Outdoor Sports Boards • Limit 4	1:30 PM	CAMP ARCHERY WORKSHOP 1 hr 30 min • Outdoor Sports Boards • Limit 4 • \$110
	PRANAYAMA BREATHING 25 min • Yoga Studio		KAYAK: SEMIPRIVATE 2 hr • Outdoor Sports Boards • Limit 4 • \$110
	OFF THE COURT: RACQUET SPORTS CONDITIONING CLINIC 50 min • Gym 2 • Limit 6 • \$80	2:00 PM	TENNIS: AFTERNOON DRILLS 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
8:30 AM	HIIT IT 25 min • Gym 1 • Limit 18		CLIMBING WALL 2 hr • Outdoor Sports Boards • Limit 1 • \$110
9:00 AM	PICKLEBALL: INTRO CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80		SACRAL CHAKRA HIP OPENING 45 min • Yoga Studio
	ADVANCED INDOOR CYCLING 45 min • Cycling Studio • Limit 12		LONG & LEAN BARRE WORKOUT 45 min • Gym 1 • Limit 30
10:00 AM	CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80	3:00 PM	RIP 'N' RIDE 45 min • Sports Court • Limit 10
	LENOX HISTORY WALK 2 hr • Outdoor Sports Boards • Limit 5		OUTDOOR SUNS & MOONS YOGA 45 min • Great Lawn Tent
	HANDS-ON COOKING: FERMENTED FOODS 50 min • Demo Kitchen • Limit 6 • \$110		PUNCH 45 min • Sports Court • Limit 20
	ATHLETIC YOGA 45 min • Yoga Studio • Limit 30	4:00 PM	JOURNEY THROUGH THE TAROT 50 min • Lenox Room
11:00 AM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ 50 min • Pickleball Court 1 • Limit 4 • \$80		NOURISHING BEAUTY: DIET TIPS FOR SKIN & HAIR 50 min • Tanglewood Room
	MID-MORNING STRETCH 45 min • Gym 2 • Limit 30		HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library
	GREAT PLATE WORKOUT 45 min • Gym 5 • Limit 20		ROWING ESSENTIALS 45 min • Rowing Studio • Limit 10
	TRX CORE 45 min • Sports Court	5:00 PM	OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room
12:00 PM	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16		STRETCH & RELAX 50 min • Gym 2 • Limit 30
	SHRED 25 min • Gym 5 • Limit 15		FLOATING SOUND MEDITATION CLINIC 50M 50 min • Indoor Pool • Limit 6 • \$110
	PILATES REFORMER CLINIC - BEGINNER 50 min • Gym 4 • Limit 4 • \$80	7:00 PM	GATHER & PLAY: GAME NIGHT! 50 min • Sargent Brook Lounge • Limit 17
12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20		

FRIDAY

SUMMER 2026

MORNING

7:00 AM MORNING WALK
45 min • Outdoor Sports Boards

KAYAK: SEMIPRIVATE
2 hr • Outdoor Sports Boards • Limit 4 • \$110

7:30 AM QI GONG STRESS RELIEF MEDITATION
50 min • Rockwell Room • Limit 6 • \$80

8:00 AM OUTDOOR SUN SALUTATIONS
25 min • Lower Spa Lobby

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

8:30 AM OUTDOOR WAKE-UP WARM-UP STRETCH
25 min • Lower Spa Lobby

9:00 AM HIKE: LEVEL 3 - EAST MTN. ON THE APPALACHIAN TRAIL
3 hr 30 min • Outdoor Sports Boards • Limit 10

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 30

9:30 AM GRAVEL GRINDER BIKE RIDE: LEVEL 3
2 hr • Outdoor Sports Boards • Limit 1

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

HIGH ROPES COURSE
2 hr • Outdoor Sports Boards • Limit 4 • \$220

YOGA SCULPT
45 min • Yoga Studio • Limit 20

TUBES & LOOPS
45 min • Gym 2 • Limit 20

H2O POWER
45 min • Indoor Pool • Limit 25

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

ACTING YOUR FITNESS AGE*
50 min • Berkshire Room • CME

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

OUTDOOR BOOT CAMP
45 min • Lower Spa Lobby

12:00 PM AERIAL HAMMOCK YOGA CLINIC
50 min • Yoga Studio • Limit 6 • \$80

LUNCH & LEARN
50 min • Demo Kitchen • Limit 16

12:30 PM FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20

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

AFTERNOON OUTDOOR TAI CHI
1 hr • Outdoor Sports Boards • Limit 10

1:30 PM CLIMBING WALL
2 hr • Outdoor Sports Boards • Limit 4 • \$110

2:00 PM HANDS-ON COOKING: ESSENTIAL KNIFE SKILLS
50 min • Demo Kitchen • Limit 6 • \$110

TENNIS: AFTERNOON DRILLS
50 min • Outdoor Tennis Court 1 • Limit 4 • \$80

HIGH LAWN FARM: MEET OUR CALF & ICE CREAM TRIP
2 hr • Outdoor Sports Boards • Limit 6 • \$45

HIKE: LEVEL 1 - KENNEDY PARK GAZEBO
2 hr • Outdoor Sports Boards • Limit 10

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

PUNCH
45 min • Sports Court • Limit 20

AQUA STRENGTH CIRCUIT CLASS
45 min • Outdoor Pool • Limit 10

4:00 PM SUMMER SOCIAL: BOCCE, WINE & CHARCUTERIE
50 min • Culinary Rebel™ On The Lawn • Limit 8

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

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

5:00 PM OPEN 12-STEP RECOVERY MEETING
50 min • Lenox Room

OUTDOOR MEDITATION
25 min • Lower Spa Lobby

STRETCH & RELAX
25 min • Gym 2 • Limit 30

6:00 PM DEVELOPING RESILIENCE IN THE 2ND HALF OF LIFE
50 min • Rockwell Room

8:00 PM THE PRACTICAL POWER OF GRATITUDE
50 min • Tanglewood Room

SATURDAY

SUMMER 2026

7:00 AM	STAND-UP PADDLEBOARD 2 hr • Outdoor Sports Boards • Limit 2 • \$110	1:30 PM	EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP 1 hr 30 min • Rockwell Room • Limit 1 • \$140
	MORNING WALK 45 min • Outdoor Sports Boards		HIGH ROPES COURSE 2 hr • Outdoor Sports Boards • Limit 4 • \$220
8:00 AM	HIKE: LEVEL 5 - RACE BROOK FALLS 6 hr 30 min • Outdoor Sports Boards • Limit 10	2:00 PM	TENNIS: AFTERNOON DRILLS 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
	OUTDOOR MEDITATION 25 min • Lower Spa Lobby		KAYAK: SEMIPRIVATE 2 hr • Outdoor Sports Boards • Limit 1 • \$110
	INTRODUCTION TO COLD THERAPY CLINIC 25M 25 min • Skincare Reception • Limit 4 • \$45		WALK IN THE WOODS YOGA 45 min • Lower Spa Lobby
8:30 AM	HIIT IT 25 min • Gym 1 • Limit 18		TRIPLE BLAST 45 min • Sports Court • Limit 30
9:00 AM	NEEDLE-FREE CHINESE MEDICINE PRACTICES* 50 min • Berkshire Room • CME		HANDS-ON COOKING: ARTISAN BREAD BAKING 1 hr 30 min • Demo Kitchen • Limit 8 • \$175
	HIKE: LEVEL 3 - PLEASANT VALLEY OVERBROOK TRAIL 3 hr • Outdoor Sports Boards • Limit 10	3:00 PM	HEART OPENING FLOW 45 min • Yoga Studio
	ZUMBA® STEP 45 min • Gym 1 • Limit 15		STROOPS BUNGEE WORKOUT 45 min • Gym 1 • Limit 12
	POWER ROW 45 min • Rowing Studio • Limit 10		AQUA STRENGTH CIRCUIT CLASS 45 min • Outdoor Pool • Limit 10
10:00 AM	CAMP ARCHERY WORKSHOP 1 hr 30 min • Outdoor Sports Boards • Limit 4 • \$110	4:00 PM	PERFORMANCE RECOVERY: RESET & RECHARGE 45 min • Gym 2 • Limit 20
	ACRYLIC PAINTING 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45		PEDAL, LIFT, FLOW 45 min • Cycling Studio • Limit 12
	ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30	5:00 PM	OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room
	CR STRENGTH 45 min • Gym 1 • Limit 20		OUTDOOR MEDITATION 25 min • Lower Spa Lobby
	H2O POWER 45 min • Indoor Pool • Limit 25		STRETCH & RELAX 25 min • Gym 2 • Limit 30
	HANDS-ON COOKING: FASTEST MEALS IMAGINABLE 50 min • Demo Kitchen • Limit 6 • \$110	8:00 PM	MUSIC BINGO! WITH DJ BOB HECK 45 min • Rockwell Room
11:00 AM	PICKLEBALL: DAILY DOSE - LEVEL 2.5+ 50 min • Pickleball Court 1 • Limit 4 • \$80		
12:00 PM	LINE DANCING 25 min • Gym 1		
	LUNCH & LEARN 50 min • Demo Kitchen • Limit 16		
	AERIAL HAMMOCK YOGA CLINIC 50 min • Yoga Studio • Limit 6 • \$80		
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		

7:00 AM	<p>KAYAK: SEMIPRIVATE 2 hr • Outdoor Sports Boards • Limit 4 • \$110</p> <p>MORNING WALK 45 min • Outdoor Sports Boards</p>	1:00 PM	<p>PICKLEBALL: INTRO CLINIC 50 min • Pickleball Court 1 • Limit 4 • \$80</p>
8:00 AM	<p>PRANAYAMA BREATHING 25 min • Yoga Studio</p> <p>ACTIVE STRETCH CLINIC 50 min • Gym 3 • Limit 4 • \$80</p>	1:30 PM	<p>KAYAK: SEMIPRIVATE 2 hr • Outdoor Sports Boards • Limit 4 • \$110</p> <p>HIKE: LEVEL 1 - GOULD MEADOWS 2 hr • Outdoor Sports Boards • Limit 10</p>
8:30 AM	<p>TRX FLOW 20 min • Sports Court • Limit 15</p>	2:00 PM	<p>MANAGING ENERGY DYNAMICS IN RELATIONSHIPS 50 min • Berkshire Room</p> <p>YOGA ALIGNMENT 45 min • Yoga Studio</p>
9:00 AM	<p>CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE 50 min • Tanglewood Room • CME</p> <p>HIKE: LEVEL 2 - WILDCAT TRAIL 3 hr • Outdoor Sports Boards • Limit 10</p> <p>CHAIR YOGA 45 min • Yoga Studio • Limit 12</p> <p>CARDIO KICKBOXING 45 min • Gym 1 • Limit 30</p> <p>ADVANCED INDOOR CYCLING 45 min • Cycling Studio • Limit 12</p>	3:00 PM	<p>OUTDOOR SUNS & MOONS YOGA 45 min • Great Lawn Tent</p> <p>TEA & TAROT 1 hr 40 min • Front Spa Lobby • Limit 5 • \$140</p> <p>PUNCH 45 min • Sports Court • Limit 20</p> <p>AQUA STRENGTH CIRCUIT CLASS 45 min • Outdoor Pool • Limit 10</p>
10:00 AM	<p>CARDIO TENNIS CLINIC – LEVEL 3.0+ 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80</p> <p>ATHLETIC YOGA 45 min • Yoga Studio • Limit 30</p> <p>H2O POWER 45 min • Indoor Pool • Limit 25</p>	4:00 PM	<p>REWIRE FOR RELIEF: RELIEVING CHRONIC PAIN* 50 min • Tanglewood Room</p> <p>RESTORATIVE YOGA 45 min • Yoga Studio • Limit 30</p> <p>FOAM ROLL & STRETCH 45 min • Gym 2 • Limit 20</p> <p>ROWING ESSENTIALS 45 min • Rowing Studio • Limit 10</p>
11:00 AM	<p>MAKE-UP MASTER CLASS 50 min • Stockbridge Room • Limit 10</p> <p>HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library</p> <p>MID-MORNING STRETCH 45 min • Gym 2 • Limit 30</p> <p>AMAZING ABS & HEALTHY HIPS 45 min • Gym 1 • Limit 25</p> <p>OUTDOOR BOOT CAMP 45 min • Lower Spa Lobby</p>	5:00 PM	<p>OPEN 12-STEP RECOVERY MEETING 50 min • Lenox Room</p> <p>STRETCH & RELAX 50 min • Gym 2 • Limit 30</p> <p>6:00 PM</p> <p>WATERCOLOR PAINTING 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45</p>
12:00 PM	<p>HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC 50 min • Front Spa Lobby • Limit 4 • \$140</p> <p>BERKSHIRE BEAT 25 min • Gym 1 • Limit 20</p>	8:00 PM	<p>GRAMMY-NOMINATED SINGER & SONGWRITER, MATT CUSSON 50 min • Fieldstone Lounge</p>
12:30 PM	<p>FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20</p>		

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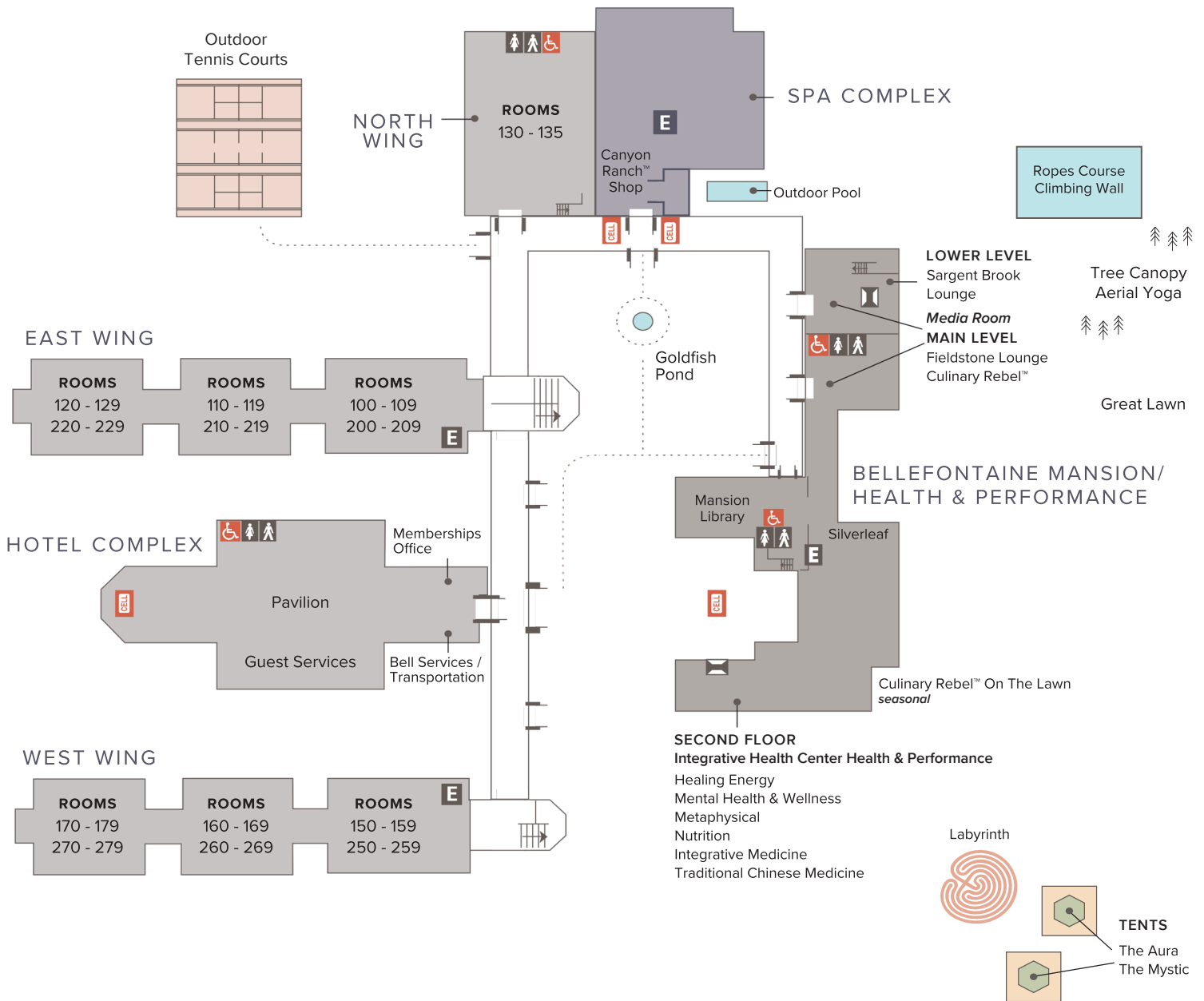
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CANYON RANCH

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

