

RANCH SCHEDULE
JUNE 22-28, 2026

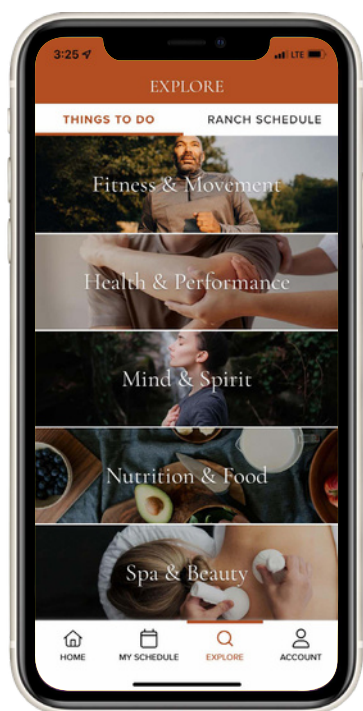


This schedule belongs to:



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

- Browse Our Ranch Schedule
- Add or Cancel Services • Explore Things To Do • Make Dinner Reservations

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY

HOURS & LOCATIONS

SILVERLEAF

BREAKFAST: 7–10 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™

Discover a curated collection of luxury apparel, wellness essentials, jewelry and retreat favorites designed to support everyday well-being.

Featuring: Vuori, Beyond Yoga, Rhone, KINROSS, and more

Plus, thoughtfully selected gifts, accessories, and self-care items selected specifically for the Canyon Ranch experience.

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.



@CanyonRanch

#LiveCanyonRanch

WELCOME

Dear Guests,

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

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

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

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

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



John Trevenen
Managing Director



DECISIONS, DECISIONS ...

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

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

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



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.

PERSONALIZED PHYSICIAN CONSULTATION

Medical | 50 min. | \$410

Explore your health in a personalized one-on-one consultation focused on heart health, menopause, disease prevention, or overall well-being. Address your concerns, ask questions, and receive guidance on advanced diagnostics or lab testing to support a proactive wellness plan tailored to you.

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 FOR MORE UPCOMING EVENTS

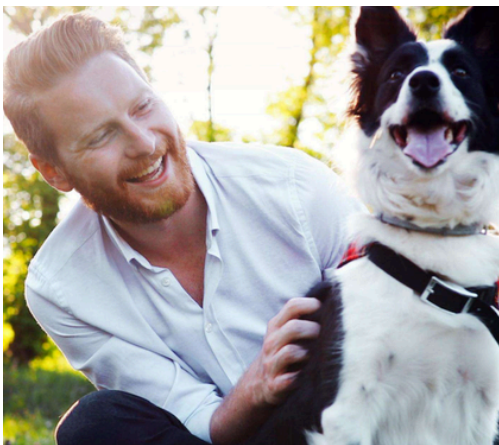


APPALACHIAN TRAIL HIKING

June 22-28

Join us for an exhilarating exploration of the portion of the famed Appalachian Trail that snakes through the Berkshires. Stretching from Georgia to Maine, the trail is the longest hiking-only footpath in the world and a must-do for any outdoorsman. Over the course of seven days, our expert guides will lead daily hikes of six to ten miles through this renowned natural area of Massachusetts. Seasoned outdoor experts from the Canyon Ranch Lenox team will share interesting facts about the trail and local history. Don't miss this one-of-a-kind opportunity.

Activities included in this event are noted with **DD**.



HOW TO COMMUNICATE WITH YOUR PET

June 27-28

Ever wondered what your pet is thinking or feeling? Join us for an extraordinary experience led by Diane Roadcap, an internationally renowned pet communicator. During this unique event, Diane will share her wisdom and techniques, empowering you to forge a deeper bond with your furry friend. Bring along photos of your pet to receive personalized insights from Diane. Whether you seek clarity, comfort, or simply wish to strengthen your connection, this special gathering at our New England wellness resort promises to be a transformative journey into the mystery of your pet's inner life.

Activities included in this event are noted with **DD**.

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.

MONDAY June 22, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING

- 7:00 AM MORNING WALK**
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- 8:00 AM OUTDOOR SUN SALUTATIONS**
25 min • Lower Spa Lobby
- PILATES REFORMER JUMPBOARD CLINIC***
50 min • Gym 4 • Limit 6 • \$80
- THE ART OF FENCING: SWORDPLAY CLINIC***
50 min • Sports Court • Limit 6 • \$80
- DD HIKE: LEVEL 6 – CONNECTICUT BORDER TO GUILDER POND**
7 hr 30 min • Outdoor Sports Boards • Limit 10
- 8:30 AM OUTDOOR WAKE-UP WARM-UP STRETCH**
25 min • Lower Spa Lobby
- 9:00 AM FUELING LONGEVITY: FOOD FOR A HEALTHY LIFESPAN**
50 min • Tanglewood Room • CME
- ZUMBA®**
45 min • Gym 1 • Limit 30
- YOGA FOUNDATIONS**
45 min • Yoga Studio • 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 SHINRIN YOKU**
2 hr • Outdoor Sports Boards • Limit 6
- 10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
- H2O POWER**
45 min • Indoor Pool • Limit 25
- ATHLETIC YOGA**
45 min • Yoga Studio • Limit 30
- STRENGTH & 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
- REVITALASH BEAUTY CONSULT**
4 hr • Main Spa Lobby
- OUTDOOR BOOT CAMP**
45 min • Lower Spa Lobby
- 12:00 PM LINE DANCING**
25 min • Gym 1
- TREE CANOPY: AERIAL YOGA CLINIC***
50 min • Lower Spa Lobby • Limit 6 • \$110
- MAKE-UP MASTER CLASS**
50 min • Lenox Room • Limit 10
- 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 CAMP ARCHERY WORKSHOP***
1 hr 30 min • Outdoor Sports Boards • Limit 8 • \$110
- STAND-UP PADDLEBOARD***
2 hr • Outdoor Sports Boards • Limit 4 • \$110

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2:00 PM **TRIPLE BLAST**
45 min • Sports Court • Limit 30

WALK IN THE WOODS YOGA
45 min • Lower Spa Lobby

CR STRENGTH
45 min • Gym 1 • Limit 20

HIKE: LEVEL 2 - STEVEN'S GLEN
2 hr • Outdoor Sports Boards • Limit 10

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

PUNCH
45 min • Sports Court • Limit 20

OUTDOOR SUNS & MOONS YOGA
45 min • Outdoor Sports Boards

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

HYDRO FLEX
45 min • Indoor Pool • Limit 30

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

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

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

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

SUMMER SERENITY
45 min • Yoga Studio

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

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

GUIDED BREATHWORK CLINIC*
1 hr 30 min • Yoga Studio • Limit 8 • \$140

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

THE MORE, THE MERRIER

Interested in bringing a group? Ideal for milestone birthday celebrations, family reunions, girlfriend getaways, book clubs, corporate retreats, and more. For more information or to book a group, please contact:

Senior 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.

TUESDAY June 23, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING

- 7:00 AM MORNING WALK**
45 min • Outdoor Sports Boards
- BIRDING & THE NATURAL WORLD***
2 hr 30 min • Outdoor Sports Boards
• Limit 6 • \$110
- 7:30 AM QI GONG FOR HEALTH & VITALITY***
50 min • Berkshire Room • Limit 6 • \$80
- 8:00 AM PRANAYAMA BREATHING**
25 min • Yoga Studio
- PILATES REFORMER CLINIC - BEGINNER***
50 min • Gym 4 • Limit 6 • \$80
- INTRODUCTION TO COLD THERAPY CLINIC***
25 min • Skincare Reception • Limit 4 • \$45
- DD HIKE: LEVEL 5 – SHAY'S REBELLION TO GUILDER POND**
6 hr 30 min • Outdoor Sports Boards
• Limit 10
- BIKE RIDE: LEVEL 2 - HARLEM VALLEY RAIL TRAIL**
4 hr • Outdoor Sports Boards • Limit 4
- 8:30 AM TRX FLOW**
20 min • Sports Court • Limit 15
- HIKING & HAPPY JOINTS WITH DR. KEONI KANAHELE**
20 min • Outdoor Sports Boards
- 9:00 AM PREVENTING CHRONIC ILLNESS**
50 min • Tanglewood Room • CME
- PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- POWER ROW**
45 min • Rowing Studio • Limit 10
- CHAIR YOGA**
45 min • Yoga Studio • Limit 15
- STEP AEROBICS**
45 min • Gym 1 • Limit 20
- HIKE: LEVEL 3 - BURBANK TRAIL**
3 hr 30 min • Outdoor Sports Boards • Limit 10
- 10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- H2O POWER**
45 min • Indoor Pool • Limit 25
- ROCK YOUR FLOW**
45 min • Yoga Studio • Limit 30
- TUBES & LOOPS**
45 min • Gym 2 • Limit 20
- 10:30 AM LENOX HISTORY WALK**
2 hr • Outdoor Sports Boards • Limit 4
- 11:00 AM NEEDLE-FREE CHINESE MEDICINE PRACTICES**
50 min • Berkshire Room • CME
- MID-MORNING STRETCH**
45 min • Gym 2
- INTERMEDIATE MAT PILATES**
45 min • Gym 1 • Limit 30
- POWER**
45 min • Gym 5 • Limit 10
- 12:00 PM LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- BERKSHIRE BEAT**
25 min • Gym 1 • Limit 20
- RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC***
50 min • Yoga Studio • Limit 8 • \$110
- 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
- MEMBERSHIPS: CASUAL Q&A**
30 min • Main Spa Lobby

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.

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

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

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

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING
1 hr 30 min • Outdoor Sports Boards • Limit 4

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

3:00 PM **WARRIOR FLOW**
45 min • Yoga Studio • Limit 30

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

SPIRIT PATH
50 min • Lower Spa Lobby

4:00 PM **BREAKING BARRIERS: OVERCOME WEIGHT LOSS CHALLENGES**
50 min • Rockwell Room • CME

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 30

RHYTHM RIDE
45 min • Cycling Studio • Limit 12

DD PERFORMANCE RECOVERY: RESET & RECHARGE
45 min • Gym 2 • Limit 20

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

OUTDOOR MEDITATION
25 min • Lower Spa Lobby

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 **THE PRACTICAL POWER OF GRATITUDE**
50 min • Tanglewood Room

GAME ON: TENNIS & PICKLEBALL

Grab a court and get moving. Indoor courts are available during regular spa hours, 6:30am to 9pm daily. Outdoor Tennis courts open seasonally during daylight hours. Please use the sign-up cards in the Front Spa Lobby to reserve a court. Court time is complimentary. Proper shoes are required.

LOOKING FOR A PARTNER OR A GROUP TO PLAY WITH? SEE THE SIGN-UP CARD. ASK YOUR WELLNESS GUIDE ABOUT TENNIS AND PICKLEBALL PRIVATE LESSONS AND CLINICS.



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 June 24, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING

- 7:00 AM **MORNING WALK**
45 min • Outdoor Sports Boards
- 7:30 AM **QI GONG STRESS RELIEF MEDITATION***
50 min • Berkshire Room • Limit 6 • \$80
- 8:00 AM **STRENGTH METRICS FOR LIFE:
AN INTERACTIVE SESSION**
50 min • Lower Spa Lobby
- OUTDOOR SUN SALUTATIONS**
25 min • Lower Spa Lobby
- ACTIVE STRETCH CLINIC***
50 min • Gym 1 • Limit 4 • \$80
- DD HIKE: LEVEL 5 - WILCOX TO FERNSIDE**
6 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
- HILLS & VALLEYS**
45 min • Cycling Studio • Limit 12
- CARDIO KICKBOXING**
45 min • Gym 1 • Limit 30
- CANOE/HIKE COMBO LEVEL 2+**
3 hr 30 min • Outdoor Sports Boards
• Limit 20
- WAKE-UP CALL:
IMPROVING YOUR SLEEP**
50 min • Tanglewood Room • CME
- 9:30 AM **ECO-TOUR WITH CERTIFIED
FIELD NATURALIST***
2 hr 30 min • Outdoor Sports Boards
• Limit 6 • \$110
- A CUP OF CONNECTION***
1 hr 30 min • Demo Kitchen
• Limit 12 • \$140
- 10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- H2O POWER**
45 min • Indoor Pool • Limit 25
- YOGA SCULPT**
45 min • Yoga Studio • Limit 30
- STRENGTH & 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
- OUTDOOR BOOT CAMP**
45 min • Lower Spa Lobby
- 12:00 PM **LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- SHRED**
25 min • Gym 5 • Limit 15
- PILATES REFORMER CLINIC -
INTERMEDIATE***
50 min • Gym 4 • Limit 6 • \$80
- 12:30 PM **FITNESS FOR YOUR FEET**
20 min • Gym 2 • Limit 20
- 1:00 PM **PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- BEAUTY TRENDS**
50 min • Tanglewood Room
- 1:30 PM **HIGH ROPES COURSE***
2 hr • Outdoor Sports Boards
• Limit 4 • \$220
- STAND-UP PADDLEBOARD***
2 hr • Outdoor Sports Boards
• Limit 4 • \$110

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- 2:00 PM SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio
- LONG & LEAN BARRE WORKOUT
45 min • Gym 1 • Limit 30
- BEST BACKSIDE
45 min • Sports Court • Limit 16
- HIKE: LEVEL 2 -
ED'S WAY AT LENOX MTN.
2 hr • Outdoor Sports Boards • Limit 10
- 3:00 PM TENNIS: AFTERNOON DRILLS*
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30
- AQUA STRENGTH CIRCUIT CLASS
45 min • Outdoor Pool • Limit 10
- STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12
- 4:00 PM MYTHS & FACTS ABOUT CARBS
50 min • Berkshire Room • CME
- DD FOAM ROLL & STRETCH
45 min • Gym 2 • Limit 20
- OUTDOOR WALK YOUR WORKOUT
50 min • Lower Spa Lobby
- SUMMER SERENITY
45 min • Yoga Studio
- 5:00 PM CREATIVITY & DREAMS
50 min • Tanglewood Room
- STRETCH & RELAX
25 min • Gym 2 • Limit 30
- DD 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 • Rockwell Room

CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon
Ranch Community Tree for the
month of June is **HOPE:**

*What are you dreaming into
reality?*

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



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 June 25, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING

- 7:00 AM MORNING WALK**
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards
• Limit 4 • \$110
- 8:00 AM OUTDOOR SUN SALUTATIONS**
25 min • Lower Spa Lobby
- PILATES REFORMER CLINIC - BEGINNER***
50 min • Gym 4 • Limit 6 • \$80
- DD HIKE: LEVEL 4 - WASHINGTON TO GRANGE HALL**
6 hr 30 min • Outdoor Sports Boards • Limit 10
- BIKE RIDE: LEVEL 2 - ASHUWILLTICOOK RAIL TRAIL**
4 hr • Outdoor Sports Boards • Limit 4
- 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+ - TYRINGHAM COBBLE**
3 hr 30 min • Outdoor Sports Boards
• Limit 10
- 9:30 AM 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 • Outdoor Tennis Court 1
• Limit 4 • \$80
- H2O POWER**
45 min • Indoor Pool • Limit 25
- POWER FLOW**
45 min • Yoga Studio • Limit 30
- MUSCLE CONDITIONING**
45 min • Gym 2
- LOVING-KINDNESS MEDITATION**
50 min • Berkshire Room
- 11:00 AM MID-MORNING STRETCH**
45 min • Gym 2
- INTERMEDIATE MAT PILATES**
45 min • Gym 1 • Limit 30
- STRIDE**
45 min • Gym 5 • Limit 15
- THE ASTROLOGY OF SELF-DISCOVERY**
50 min • Lenox Room
- 12:00 PM LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- GET A GRIP**
25 min • Sports Court • Limit 15
- 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
- THE ART OF FENCING: SWORDPLAY CLINIC***
50 min • Sports Court • Limit 6 • \$80
- 1:30 PM CAMP ARCHERY WORKSHOP***
1 hr 30 min • Outdoor Sports Boards
• Limit 8 • \$110
- TAI CHI WALK***
2 hr 30 min • Outdoor Sports Boards
• Limit 6 • \$110
- HIKE: LEVEL 1 - GOULD MEADOWS**
2 hr • Outdoor Sports Boards • Limit 10

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- 2:00 PM **YIN YOGA**
45 min • Yoga Studio
- RIP 'N' RIDE**
45 min • Sports Court • Limit 10
- CR STRENGTH**
45 min • Gym 1 • Limit 20
- 3:00 PM **TENNIS: AFTERNOON DRILLS***
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- AQUA STRENGTH CIRCUIT CLASS**
45 min • Outdoor Pool • Limit 10
- PUNCH**
45 min • Sports Court • Limit 20
- OUTDOOR SUNS & MOONS YOGA**
45 min • Outdoor Sports Boards
- LOW BACK PAIN: MYTHS, SCIENCE & SURPRISING TRUTHS**
50 min • Tanglewood Room • CME
- 4:00 PM **HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR**
1 hr • Mansion Library
- RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 30
- TRX BASIC STRENGTH**
45 min • Sports Court • Limit 15
- DD PERFORMANCE RECOVERY: RESET & RECHARGE**
45 min • Gym 2 • Limit 20
- 5:00 PM **DD STRETCH & RELAX**
25 min • Gym 2 • Limit 30
- FLOATING SOUND MEDITATION CLINIC***
50 min • Indoor Pool • Limit 10 • \$110
- JOURNEY THROUGH THE TAROT**
50 min • Berkshire Room
- SIP N' SHOP**
2 hr • CR Shop
- 7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf



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 June 26, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING

- 7:00 AM MORNING WALK**
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards
• Limit 4 • \$110
- 8:00 AM QI GONG STRESS RELIEF MEDITATION***
50 min • Berkshire Room • Limit 6 • \$80
- PRANAYAMA BREATHING**
25 min • Yoga Studio
- PILATES TOWER CHAIR CLINIC - BEGINNER***
50 min • Gym 4 • Limit 4 • \$80
- DD HIKE: LEVEL 4 - BOULDERS TO CHESHIRE COBBLE**
6 hr 30 min • Outdoor Sports Boards • Limit 10
- 8:30 AM OUTDOOR WAKE-UP WARM-UP STRETCH**
25 min • Lower Spa Lobby
- 9:00 AM SADDLE & RIDE: HORSEBACK ADVENTURE***
3 hr • Outdoor Sports Boards • Limit 4 • \$350
- YOGA ALIGNMENT**
45 min • Yoga Studio
- RACE DAY**
45 min • Cycling Studio • Limit 12
- ROCKIN RETRO AEROBICS**
45 min • Gym 1 • Limit 30
- HIKE: LEVEL 3 - MONUMENT MOUNTAIN**
3 hr • Outdoor Sports Boards • Limit 10
- 10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- H2O POWER**
45 min • Indoor Pool • Limit 25
- ATHLETIC YOGA**
45 min • Yoga Studio • Limit 30
- STRENGTH & POWER FOR LONGEVITY CLINIC***
50 min • Lower Spa Lobby • Limit 4 • \$110
- HANDS-ON COOKING: SMOOTHIES & SHAKES***
30 min • Demo Kitchen • Limit 6 • \$70
- CLIMBING WALL***
2 hr • Outdoor Sports Boards
• Limit 6 • \$110
- COMING HOME TO THE BODY**
50 min • Berkshire 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
- OUTDOOR BOOT CAMP**
45 min • Lower Spa Lobby
- INVEST IN YOUR BRAIN HEALTH**
50 min • Tanglewood Room
- 12:00 PM LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- BERKSHIRE BEAT**
25 min • Gym 1 • Limit 20
- 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 AFTERNOON OUTDOOR TAI CHI**
1 hr • Outdoor Sports Boards • Limit 10
- PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- AERIAL HAMMOCK YOGA CLINIC***
50 min • Yoga Studio • Limit 6 • \$80
- MEMBERSHIPS: CASUAL Q&A**
30 min • Main Spa Lobby

BLOOMS FOR YOUR ROOM: FLOWER CART

BEGINNING AT 2 PM | OUTDOOR TENT

Choose a few blooms and build your own mini bouquet to brighten your room and enjoy during your stay.

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.

1:30 PM HIGH LAWN FARM: MEET OUR CALF & ICE CREAM TRIP*
2 hr • Outdoor Sports Boards • Limit 6 • \$45

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

STAND-UP PADDLEBOARD*
2 hr • Outdoor Sports Boards • Limit 4 • \$110

2:00 PM THE LATEST & GREATEST - EXPERT PRODUCT PICKS
50 min • Skincare Reception

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

BEST BACKSIDE
45 min • Sports Court • Limit 16

CARDIO CIRCUIT
45 min • Gym 5

HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS*
50 min • Demo Kitchen • Limit 15 • \$110

3:00 PM MIXED EMOTIONS: MAKING PEACE WITH YOURSELF
50 min • Berkshire Room • CME

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

INTERMEDIATE YOGA
45 min • Yoga Studio • Limit 30

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

PUNCH
45 min • Sports Court • Limit 20

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

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

OUTDOOR WALK YOUR WORKOUT
50 min • Lower Spa Lobby

INTRODUCTION TO TAROT READING*
1 hr 40 min • Art Studio • Limit 10 • \$140

5:00 PM EASTERN MEDICINE: THE INSIDE SCOOP
50 min • Tanglewood Room • CME

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

OUTDOOR MEDITATION
25 min • Lower Spa Lobby

6:00 PM BOBBY SWEET & LARA TUPPER, SINGER-SONGWRITERS
2 hr • Culinary Rebel™

DD WELLNESS THROUGH CONTRAST THERAPY*
50 min • Meet in Skincare Reception • Limit 6 • \$80

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

8:00 PM CULTIVATING CALMNESS WITH JERRY POSNER
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.

SATURDAY June 27, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING
DD – HOW TO COMMUNICATE WITH YOUR PET

- 7:00 AM **MORNING WALK**
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- 8:00 AM **OUTDOOR SUN SALUTATIONS**
25 min • Lower Spa Lobby
- PILATES REFORMER ATHLETIC CLINIC***
50 min • Gym 4 • Limit 6 • \$80
- INTRODUCTION TO COLD THERAPY CLINIC***
25 min • Skincare Reception • Limit 4 • \$45
- MOVING THROUGH ARTHRITIS**
50 min • Berkshire Room • CME
- DD HIKE: LEVEL 5– PATTISON RD. TO MT. GREYLOCK SUMMIT**
7 hr • Outdoor Sports Boards • Limit 10
- 8:30 AM **HIIT IT**
25 min • Gym 1 • Limit 18
- 9:00 AM **CHINESE MEDICINE & WEIGHT LOSS**
50 min • Tanglewood Room • CME
- PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- YIN & RELEASE**
45 min • Yoga Studio • Limit 30
- ZUMBA® STEP**
45 min • Gym 1 • Limit 15
- POWER ROW**
45 min • Rowing Studio • Limit 10
- HIKE: LEVEL 3 - EAST MTN. TOM LEONARD SHELTER**
3 hr • Outdoor Sports Boards • Limit 10
- 10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- HOW CAN THE SPA HELP ME FEEL BETTER?**
45 min • Mansion Library
- H2O POWER**
45 min • Indoor Pool • Limit 25
- ROCK YOUR FLOW**
45 min • Yoga Studio • Limit 30
- CR STRENGTH**
45 min • Gym 1 • Limit 20
- CAMP ARCHERY WORKSHOP***
1 hr 30 min • Outdoor Sports Boards
• Limit 8 • \$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
- TRX CORE**
45 min • Sports Court
- POWER**
45 min • Gym 5 • Limit 10
- 12:00 PM **LUNCH & LEARN**
50 min • Demo Kitchen • Limit 16
- LINE DANCING**
25 min • Gym 1
- TREE CANOPY: AERIAL YOGA FOR DETOX & ENERGY CLINIC***
50 min • Lower Spa Lobby • Limit 6 • \$110
- 12:30 PM **MEMORY IN ACTION**
20 min • Gym 2 • Limit 30
- 1:00 PM **PICKLEBALL: INTRO CLINIC***
50 min • Pickleball Court 1 • Limit 4 • \$80
- BOGA FITMAT® FITNESS CLINIC***
50 min • Indoor Pool • Limit 6 • \$80

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.

- 1:30 PM **EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP***
1 hr 30 min • Gym 2 • Limit 6 • \$140
- HIGH ROPES COURSE***
2 hr • Outdoor Sports Boards • Limit 4 • \$220
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- HIKE: LEVEL 2 - KENNEDY PARK TO CHOCOLATE SPRINGS**
2 hr 30 min • Outdoor Sports Boards • Limit 10
- 2:00 PM **TRIPLE BLAST**
45 min • Sports Court • Limit 30
- WALK IN THE WOODS YOGA**
45 min • Lower Spa Lobby
- LONG & LEAN BARRE WORKOUT**
45 min • Gym 1 • Limit 30
- PAUSING IN PLACE**
50 min • Rockwell Room • CME
- HANDS-ON COOKING: ARTISAN BREAD BAKING***
1 hr 30 min • Demo Kitchen • Limit 12 • \$175
- 3:00 PM **TENNIS: AFTERNOON DRILLS***
50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
- WARRIOR FLOW**
45 min • Yoga Studio • Limit 30
- STROOPS BUNGEE WORKOUT**
45 min • Gym 1 • Limit 12
- HYDRO FLEX**
45 min • Indoor Pool • Limit 30
- MATTERS OF MENOPAUSE**
50 min • Berkshire Room • CME
- 4:00 PM **MINDFULNESS, MENTAL HEALTH & LONGEVITY**
50 min • Tanglewood Room • CME
- RHYTHM RIDE**
45 min • Cycling Studio • Limit 12
- DD PERFORMANCE RECOVERY: RESET & RECHARGE**
45 min • Gym 2 • Limit 20
- SUMMER SERENITY**
45 min • Yoga Studio
- 5:00 PM **DD ANIMALS AS TEACHER & HEALERS WITH DIANE ROADCAP**
50 min • Rockwell Room
- DD STRETCH & RELAX**
25 min • Gym 2 • Limit 30
- OUTDOOR MEDITATION**
25 min • Lower Spa Lobby
- 6:00 PM **FLOWER ARRANGING MADE SIMPLE***
1 hr • Stockbridge Room • Limit 15 • \$110
- 7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf
- 9:00 PM **MUSIC BINGO WITH DJ BOB HECK**
45 min • Rockwell Room



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

SUNDAY June 28, 2026

DISCOVERY DAYS: **DD** – APPALACHIAN TRAIL HIKING
DD – HOW TO COMMUNICATE WITH YOUR PET

- 7:00 AM MORNING WALK**
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards
• Limit 4 • \$110
- 8:00 AM PRANAYAMA BREATHING**
25 min • Yoga Studio
- PILATES REFORMER CLINIC - INTERMEDIATE***
50 min • Gym 4 • Limit 6 • \$80
- DD HIKE: LEVEL 5 – AT TO VT & THE PINE COBBLE**
7 hr • Outdoor Sports Boards • Limit 10
- 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**
2 hr • Outdoor Sports Boards • Limit 6
- CARDIO KICKBOXING**
45 min • Gym 1 • Limit 30
- ADVANCED INDOOR CYCLING**
45 min • Cycling Studio • Limit 12
- CHAIR YOGA**
45 min • Yoga Studio • Limit 15
- HIKE: LEVEL 2+ - FLAG ROCK**
3 hr • Outdoor Sports Boards • Limit 10
- 10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+***
50 min • Outdoor Tennis Court 1
• Limit 4 • \$80
- H2O POWER**
45 min • Indoor Pool • Limit 25
- YOGA SCULPT**
45 min • Yoga Studio • Limit 30
- MUSCLE CONDITIONING**
45 min • Gym 2
- WIRED FOR WONDER: SPIRITUAL PATHWAYS OF THE BRAIN**
50 min • Berkshire Room • CME
- 11:00 AM HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR**
1 hr • Mansion Library
- MID-MORNING STRETCH**
45 min • Gym 2
- OUTDOOR BOOT CAMP**
45 min • Lower Spa Lobby
- BEGINNER MAT PILATES**
45 min • Gym 1 • Limit 30
- 12:00 PM SHRED**
25 min • Gym 5 • Limit 15
- TREE CANOPY: AERIAL YOGA CLINIC***
50 min • Lower Spa Lobby • Limit 6 • \$110
- 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
- 1:30 PM BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING**
1 hr 30 min • Outdoor Sports Boards
• Limit 4
- HIKE: LEVEL 1 - BENEDICT POND**
2 hr 30 min • Outdoor Sports Boards • Limit 10
- KAYAK: SEMIPRIVATE***
2 hr • Outdoor Sports Boards • Limit 4 • \$110

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.

- 2:00 PM **SACRAL CHAKRA HIP OPENING**
45 min • Yoga Studio
- GRITLAB: STRENGTH & ENDURANCE CONDITIONING**
45 min • Sports Court • Limit 15
- BASIC AEROBIC CIRCUIT WEIGHTS**
45 min • Gym 5
- 3:00 PM **AQUA STRENGTH CIRCUIT CLASS**
45 min • Outdoor Pool • Limit 10
- STROOPS BUNGEE WORKOUT**
45 min • Gym 1 • Limit 12
- OUTDOOR SUNS & MOONS YOGA**
45 min • Outdoor Sports Boards
- 4:00 PM **REWIRE FOR RELIEF: RELIEVING CHRONIC PAIN***
50 min • Berkshire Room
- RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 30
- DD FOAM ROLL & STRETCH**
45 min • Gym 2 • Limit 20
- OUTDOOR WALK YOUR WORKOUT**
50 min • Lower Spa Lobby
- 5:00 PM **DD STRETCH & RELAX**
25 min • Gym 2 • Limit 30
- MOVE & MANIFEST: YOGA & WRITING PRACTICE**
45 min • Outdoor Sports Boards • Limit 30
- 6:00 PM **DD DID YOU KNOW YOUR ANIMALS ARE TALKING TO YOU?**
50 min • Rockwell Room
- 7:00 PM **COMMUNITY TABLE: DINE & CONNECT**
50 min • Silverleaf
- 8:00 PM **HABIT IS A HUMAN SUPERPOWER WITH JERRY POSNER**
50 min • Tanglewood Room
- ZOE BATES, PIANO & VOCALS**
50 min • Fieldstone Lounge



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

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM:

OPEN DAILY 7 AM–9 PM

Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask an instructor or call Fitness at Ext. 54518.

REMINDERS

All fitness classes are 45 minutes unless otherwise noted.

For your safety, no admittance later than 5 minutes after the hour.

Pace yourself – choose classes appropriate to your fitness level.

As a courtesy, please avoid wearing perfume and cologne in the gyms.

We advise wearing aqua socks or athletic socks in the pool.

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

Newcomers and archers alike are welcome at one of these semi-private sessions. Join our USA Archery instructors at either our indoor or outdoor range for strategies of aiming and releasing.

Mon. & Thurs. 1:30 PM, Sat. 10 AM

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 & PICKLEBALL

Indoor courts are available during regular spa hours, 6:30am to 9pm daily. Outdoor Tennis courts open seasonally during daylight hours. Please use the sign-up cards in the Front Spa Lobby to reserve a court. Court time is complimentary. Proper shoes are required.

If you are looking for a partner or a group to play with, see the Looking for a Partner sign-up card. Ask your Wellness Guide about tennis and pickleball private lessons and 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

Dexa Body 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
Digestive Wellness	50 min	220
Fastest Meals Imaginable	50 min	250
Fueling For Longevity	50 min	220
Nutrition Score – two-part service	50 min each	525
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
Developing Your Intuition NEW	50 min	240
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 NEW	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 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
Birding & the Natural World	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
Hike & Paint	times vary	110/person
Kayaking	times vary	110/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
Stand-Up Paddleboard	times vary	110/person
Tai Chi Walk	times vary	110/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	first hour	\$140/person
	each additional hour	80/person
Private Qi Gong/Tai Chi	50 min	150/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
Yoga Table Thai NEW	50 min	250

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
Hormonal Support Massage NEW	50 min	250
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	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
Root & Crown Renewal Ritual NEW	80 min	220

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

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
Environ Tri Tech Sculpting Facial	80 min	420
Environ Vitamin Therapy Facial	50 min	220
Gentlemen's Hot Towel Facial NEW	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
Swill Barrier Repair Facial	50 min	220
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.



Elevate your wellness routine with our dedicated recovery spaces designed to replenish energy, improve sleep, accelerate regeneration, and enhance overall vitality. Explore advanced tools and techniques to help you feel better, *faster*.

ENJOY FOR A SIMPLE DAILY RATE | \$100

To book, please contact your Wellness Guide or visit us at CR Vitality on the second floor of the mansion.

Daily from 9 a.m.–5 p.m.

FEATURED TOOLS & TECH

NEUROSTIMULATION

Unwind with aShiftwavezero-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

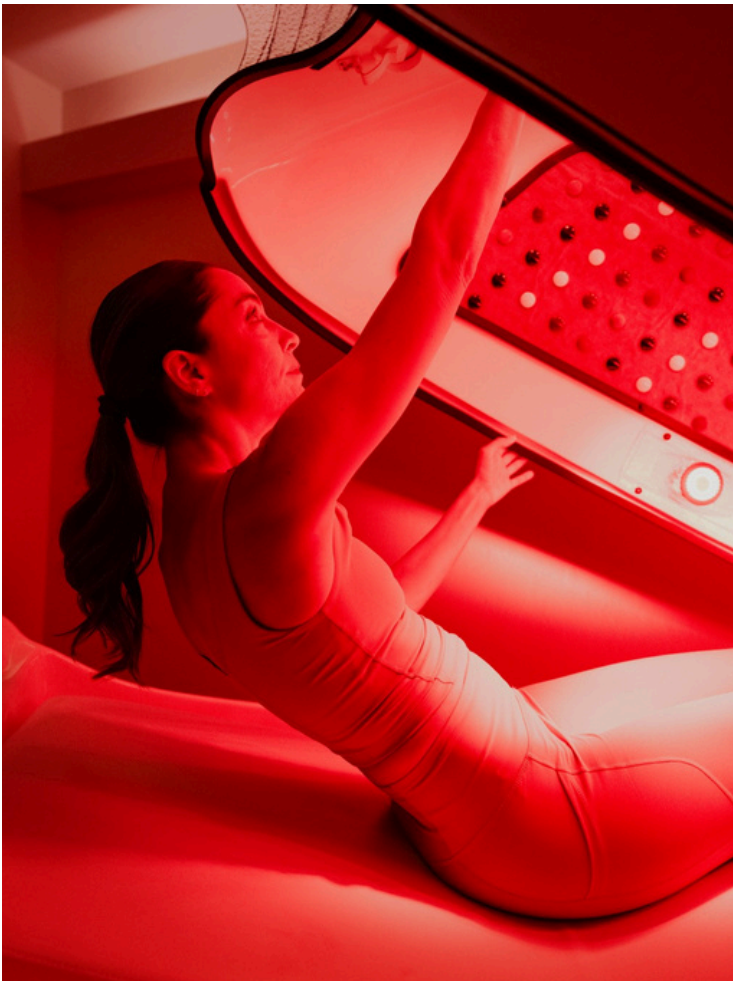
Harness the whole-body benefits of red- and infrared-light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

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.

HYPERICE & THERABODY®

Test out cutting-edge percussion and pneumatic compression therapy tools by Therabody® and Hyperice. Plus, try hot and cold treatments for enhanced recovery or self-myofascial release therapies for easing muscle soreness, improving mobility, and more.



SOMADOME

Relax in this private meditation pod featuring soothing light therapy and immersive soundscapes designed to help you unwind, rebalance, and emerge refreshed.

25 minutes | \$45

Contact Your Wellness Guide to Book



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

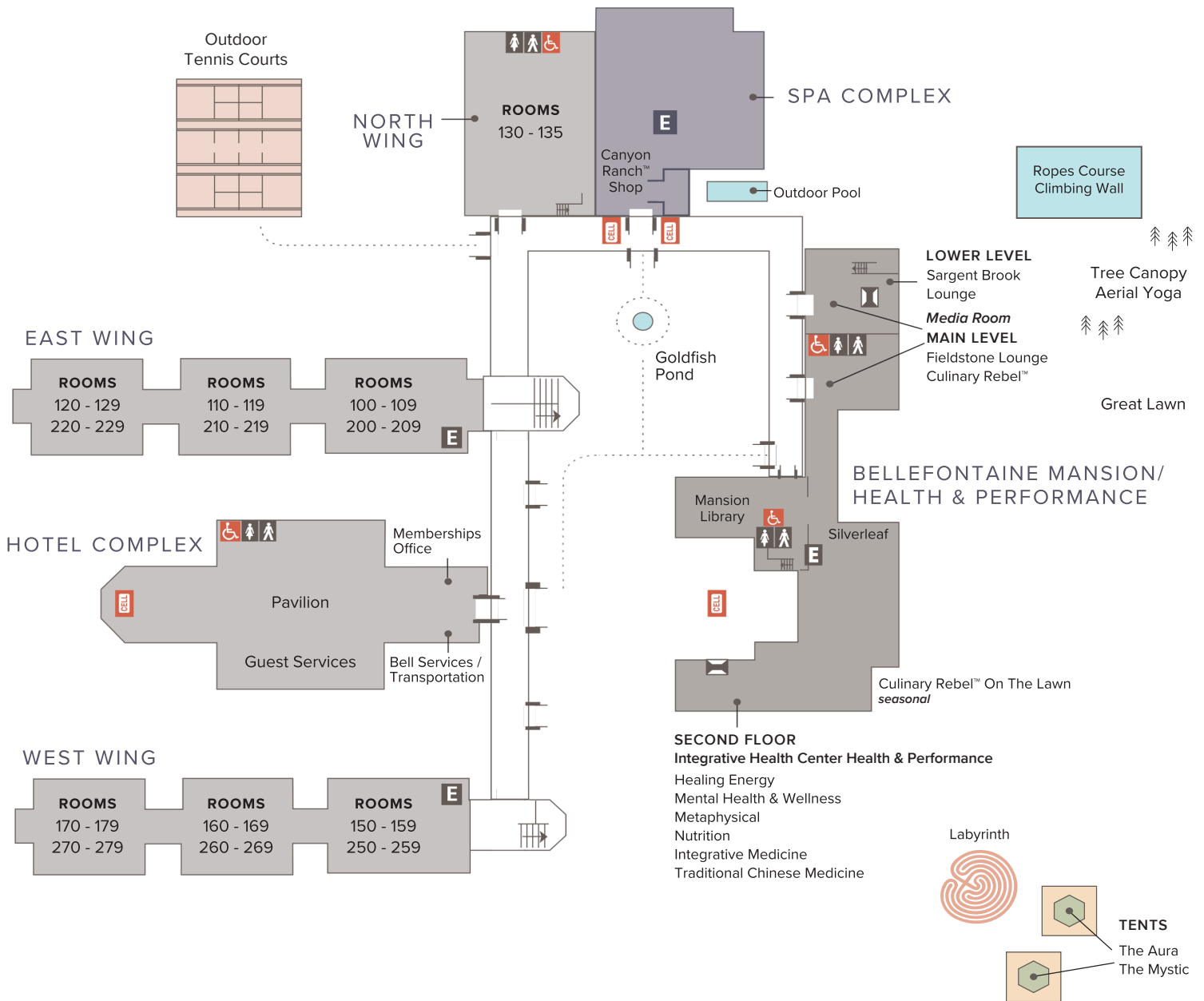
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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

