

RANCH SCHEDULE  
JUNE 29-JULY 5, 2026



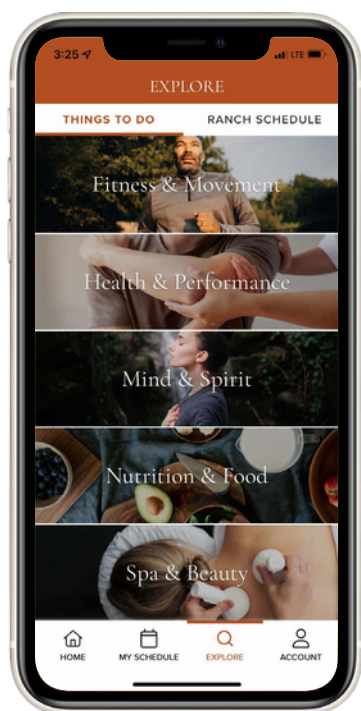
This schedule belongs to:

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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



## USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY

## 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 Monday-Friday 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



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## DECISIONS, DECISIONS ...

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

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

# HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



## ASTROLOGY SYNASTRY CHART READING - DUET

Metaphysical | 100 min.

Enjoy a unique chart reading experience for two, where a gifted Canyon Ranch expert compares and analyzes both your natal charts to forecast your relationship. Bring your partner to discover the dynamics of your relationship and what the stars have in store for you during this explorative and enlightening consultation.

## HANDS-ON COOKING WORKSHOPS

Nutrition | 50 min.

Learn and grow as a cook! These fun classes provide practical skills and techniques you can use daily, as well as recipes for healthy, flavorful meals that are easy to prepare. See daily schedule for available classes or inquire about a Private Class with our Wellness Guides.

## HEART CONNECTION HEALING

Healing Energy | 80 min.

This unique blend of healing techniques help you nurture your relationships, addressing conflict, loss, emotional pain, or boundary challenges. Through guided dialogue and visualization, we'll help you release blockages, fostering peace, acceptance, and a better ability to give and receive love.

## HUNGARIAN MUD RITUAL

Spa | 100 min.

Indulge in a rejuvenating spa experience with this exclusive, total-body exfoliation treatment. Immerse yourself in the luxury of sea salt, Hungarian moor mud, and 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](http://CANYONRANCH.COM) FOR MORE UPCOMING EVENTS



## CAMP CANYON RANCH: ADULT SUMMER CAMP

June 29-July 5

This special week of activities invites you to step away from routine and into an experience built around play. Enjoy paddleboarding at sunrise, relaxed afternoons of games and swimming, and evenings shaped by music, stories, and time outdoors. With a focus on connection and enjoyment, this week blends activity and ease, offering a refreshing reminder of how good simple summer days can feel.

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



## BECOMING GROUNDED: EARTH ELEMENTAL SOUND HEALING WITH KYLE LAM

July 2-5

Harness the power of sound, mindfulness, and meditation to ground the body and calm the mind during this transformative week. Join guest sound healing expert Kyle Lam as he guides you through a powerful practice, using the vibrations of sound bowls, gongs, and guided meditation to promote deep relaxation. Complementing Kyle's sessions, we've curated a unique blend of classes and experiences designed to foster emotional healing, relaxation, and mindfulness. With multiple classes each day, all included in your stay, you can select the sessions that best support your journey to inner resonance.

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

# UPCOMING

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## 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 29, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH: ADULT SUMMER CAMP

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- 7:00 AM **MORNING WALK**  
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$110
- 8:00 AM **DD OUTDOOR SUN SALUTATIONS**  
25 min • Lower Spa Lobby
- THE ART OF FENCING:  
SWORDPLAY CLINIC\***  
50 min • Sports Court • Limit 6 • \$80
- EXERCISE & MENOPAUSE**  
50 min • Berkshire Room • CME
- PILATES REFORMER  
JUMPBOARD CLINIC\***  
50 min • Gym 4 • Limit 6 • \$80
- 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
- DD RACE DAY**  
45 min • Cycling Studio • Limit 12
- CANOE/HIKE COMBO LEVEL 2+**  
3 hr 30 min • Outdoor Sports Boards  
• Limit 20
- 9:30 AM **SHINRIN YOKU**  
2 hr • Outdoor Sports Boards • Limit 6
- GRAVEL GRINDER BIKE: LEVEL 3-  
HOUSATONIC RAIL TRAIL**  
2 hr 30 min • Outdoor Sports Boards  
• Limit 4
- 10:00 AM **CARDIO TENNIS CLINIC – LEVEL 3.0+\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- DD 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
- DD OUTDOOR BOOT CAMP**  
45 min • Lower Spa Lobby
- TRX CORE**  
45 min • Sports Court
- 12:00 PM **LINE DANCING**  
25 min • Gym 1
- TREE CANOPY:  
AERIAL YOGA CLINIC\***  
50 min • Lower Spa Lobby • Limit 6 • \$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
- LABYRINTH JOURNEY: GUIDED  
WALKING MEDITATION**  
50 min • Front Spa Lobby
- 1:30 PM **DD CAMP ARCHERY WORKSHOP\***  
1 hr 30 min • Outdoor Sports Boards  
• Limit 8 • \$110
- 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 **TRIPLE BLAST**  
45 min • Sports Court • Limit 30

**WALK IN THE WOODS YOGA**  
45 min • Lower Spa Lobby

**HIKE: LEVEL 2 - KATIE'S  
BIG ASH TRAIL**  
2 hr • Outdoor Sports Boards • Limit 10

**CR STRENGTH**  
45 min • Gym 1 • Limit 22

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

**TRX BASIC STRENGTH**  
45 min • Sports Court • Limit 15

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

**DD SUMMER SERENITY**  
45 min • Yoga Studio

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

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

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

6:00 PM **SIP & SOCIAL WITH SOUL CARDS**  
30 min • Fieldstone Lounge

6:30 PM **INTRODUCTION TO HUMAN DESIGN**  
50 min • Rockwell Room

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](mailto: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 30, 2026

DISCOVERY DAYS: DD – CAMP CANYON RANCH: ADULT SUMMER CAMP

- 7:00 AM **MORNING WALK**  
45 min • Outdoor Sports Boards
- BIRDING & THE NATURAL WORLD\***  
2 hr 30 min • Outdoor Sports Boards  
• Limit 6 • \$110
- STAND-UP PADDLEBOARD\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$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
- INTRODUCTION TO COLD THERAPY CLINIC\***  
25 min • Skincare Reception • Limit 4 • \$45
- BIKE RIDE: LEVEL 2 - HARLEM VALLEY RAIL TRAIL**  
4 hr • Outdoor Sports Boards • Limit 4
- PILATES REFORMER CLINIC - BEGINNER\***  
50 min • Gym 4 • Limit 6 • \$80
- 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
- DD 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 - SHAKER VILLAGE MOUNTAIN LOOP**  
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
- HANDS-ON COOKING: KNIFE SKILLS BASICS\***  
30 min • Demo Kitchen • Limit 6 • \$70
- LENOX HISTORY WALK**  
2 hr • Outdoor Sports Boards • Limit 10
- 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
- DD 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
- TREE CANOPY: RESTORATIVE AERIAL YOGA SOUND CLINIC\***  
50 min • Lower Spa Lobby • Limit 6 • \$140
- 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.

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

**HIKE: LEVEL 1 - CANOE MEADOWS**  
2 hr • Outdoor Sports Boards • Limit 10

**HIKE & PAINT WORKSHOP\***  
2 hr • Outdoor Sports Boards  
• Limit 6 • \$110

**CANOEING IN THE BERKSHIRES\***  
2 hr • Outdoor Sports Boards  
• Limit 10 • \$110

2:00 PM **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

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

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

**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 • Front 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

**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

**SOUND BATH\***  
50 min • Main Spa Lobby • Limit 15 • \$80

### 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 July 1, 2026

DISCOVERY DAYS: DD – CAMP CANYON RANCH: ADULT SUMMER CAMP

7:00 AM	<b>MORNING WALK</b> 45 min • Outdoor Sports Boards	11:00 AM	<b>MID-MORNING STRETCH</b> 45 min • Gym 2
7:30 AM	<b>QI GONG STRESS RELIEF MEDITATION*</b> 50 min • Berkshire Room • Limit 6 • \$80		<b>AMAZING ABS &amp; HEALTHY HIPS</b> 45 min • Gym 1 • Limit 25
8:00 AM	<b>STRENGTH METRICS FOR LIFE: AN INTERACTIVE SESSION</b> 50 min • Lower Spa Lobby		<b>OUTDOOR BOOT CAMP</b> 45 min • Lower Spa Lobby
	<b>DD OUTDOOR SUN SALUTATIONS</b> 25 min • Lower Spa Lobby		<b>PICKLEBALL: DAILY DOSE - LEVEL 2.5+*</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>ACTIVE STRETCH CLINIC*</b> 50 min • Gym 1 • Limit 4 • \$80	12:00 PM	<b>DD LUNCH &amp; LEARN</b> 50 min • Demo Kitchen • Limit 16
	<b>DD HIKE: LEVEL 5 - MT. FRISSELL</b> 5 hr 30 min • Outdoor Sports Boards • Limit 10		<b>SHRED</b> 25 min • Gym 5 • Limit 15
8:30 AM	<b>ZEN•GA™ FLOW</b> 20 min • Gym 2 • Limit 30		<b>PILATES REFORMER CLINIC - INTERMEDIATE*</b> 50 min • Gym 4 • Limit 6 • \$80
9:00 AM	<b>YIN &amp; RELEASE</b> 45 min • Yoga Studio • Limit 30	12:30 PM	<b>FITNESS FOR YOUR FEET</b> 20 min • Gym 2 • Limit 20
	<b>HILLS &amp; VALLEYS</b> 45 min • Cycling Studio • Limit 12	1:00 PM	<b>PICKLEBALL: INTRO CLINIC*</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>DD CARDIO KICKBOXING</b> 45 min • Gym 1 • Limit 30		<b>BEAUTY TRENDS</b> 50 min • Tanglewood Room
	<b>WAKE-UP CALL: IMPROVING YOUR SLEEP</b> 50 min • Tanglewood Room • CME	1:30 PM	<b>DD HIGH ROPES COURSE*</b> 2 hr • Outdoor Sports Boards • Limit 4 • \$220
	<b>CANOE/HIKE COMBO LEVEL 2+</b> 3 hr 30 min • Outdoor Sports Boards • Limit 20		<b>STAND-UP PADDLEBOARD*</b> 2 hr • Outdoor Sports Boards • Limit 4 • \$110
9:30 AM	<b>ECO-TOUR WITH CERTIFIED FIELD NATURALIST*</b> 2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$110	2:00 PM	<b>SACRAL CHAKRA HIP OPENING</b> 45 min • Yoga Studio
	<b>CONTEMPLATIVE TEA PRACTICE*</b> 50 min • Art Studio • Limit 8 • \$80		<b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Gym 1 • Limit 30
10:00 AM	<b>H2O POWER</b> 45 min • Indoor Pool • Limit 25		<b>DD BEST BACKSIDE</b> 45 min • Sports Court • Limit 16
	<b>YOGA SCULPT</b> 45 min • Yoga Studio • Limit 30		<b>HANDS-ON COOKING: FASTEST MEALS IMAGINABLE*</b> 50 min • Demo Kitchen • Limit 6 • \$110
	<b>DD STRENGTH &amp; POWER FOR LONGEVITY CLINIC*</b> 50 min • Lower Spa Lobby • Limit 4 • \$110		<b>HIKE: LEVEL 2 - STEVEN'S GLEN</b> 2 hr • Outdoor Sports Boards • Limit 10
	<b>CARDIO TENNIS CLINIC – LEVEL 3.0+*</b> 50 min • Outdoor Tennis Court 1 • Limit 4 • \$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.

- 3:00 PM **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
- TENNIS: AFTERNOON DRILLS\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- 4:00 PM **FOAM ROLL & STRETCH**  
45 min • Gym 2 • Limit 20
- OUTDOOR WALK YOUR WORKOUT**  
50 min • Lower Spa Lobby
- SUMMER SERENITY**  
45 min • Yoga Studio
- DD KAYAK: SEMIPRIVATE\***  
2 hr • Outdoor Sports Boards • Limit 4 •  
\$110
- 4:30 PM **WATERCOLOR PAINTING\***  
1 hr 30 min • Art Studio • Limit 8 • \$45
- 5:00 PM **STRETCH & RELAX**  
25 min • Gym 2 • Limit 30
- HEALING FOR MODERN STRESS\***  
50 min • Yoga Studio • Limit 4 • \$140
- SOUL INSPIRED: THE ART OF  
SPIRITUAL PRACTICE**  
50 min • Tanglewood Room • CME
- 7:00 PM **COMMUNITY TABLE: DINE & CONNECT**  
50 min • Silverleaf
- 8:00 PM **NATALIA BERNAL & JASON ENNIS:  
GUITAR & VOCALS**  
50 min • Fieldstone Lounge
- OLD SCHOOL BINGO**  
50 min • Rockwell Room

## CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon  
Ranch Community Tree for the  
month of July is **JOY**:

*How do you celebrate the goodness  
of life and relationships?*

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 July 2, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH: ADULT SUMMER CAMP  
**DD** – BECOMING GROUNDED: EARTH ELEMENTAL SOUND HEALING WITH KYLE LAM

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- 7:00 AM **DD STAND-UP PADDLEBOARD\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$110
- MORNING WALK**  
45 min • Outdoor Sports Boards
- 8:00 AM **OUTDOOR SUN SALUTATIONS**  
25 min • Lower Spa Lobby
- BIKE RIDE: LEVEL 2 -  
ASHUWILLTICOOK RAIL TRAIL**  
4 hr • Outdoor Sports Boards • Limit 4
- PILATES REFORMER CLINIC - BEGINNER\***  
50 min • Gym 4 • Limit 6 • \$80
- 8:30 AM **DD HIIT IT**  
25 min • Gym 1 • Limit 18
- 9:00 AM **NATUROPATHY & CHINESE MEDICINE:  
WHAT TO KNOW**  
50 min • Tanglewood Room • CME
- YOGA FOUNDATIONS**  
45 min • Yoga Studio • Limit 30
- STEP & STRENGTH**  
45 min • Gym 1 • Limit 15
- DD POWER ROW**  
45 min • Rowing Studio • Limit 10
- PICKLEBALL: INTRO CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- HIKE: LEVEL 2+ - BROTHER'S TRAIL**  
3 hr • 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 **H2O POWER**  
45 min • Indoor Pool • Limit 25
- DD POWER FLOW**  
45 min • Yoga Studio • Limit 30
- MUSCLE CONDITIONING**  
45 min • Gym 2
- LOVING-KINDNESS MEDITATION**  
50 min • Berkshire Room
- CARDIO TENNIS CLINIC – LEVEL 3.0+\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- 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
- DD GET A GRIP**  
25 min • Sports Court • Limit 15
- 12:30 PM **BALANCE CHALLENGE**  
20 min • Gym 2 • Limit 20
- 1:00 PM **THE ART OF FENCING:  
SWORDPLAY CLINIC\***  
50 min • Sports Court • Limit 6 • \$80
- PICKLEBALL: INTRO CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- 1:30 PM **DD CAMP ARCHERY WORKSHOP\***  
1 hr 30 min • Outdoor Sports  
Boards • Limit 8 • \$110
- HIKE: LEVEL 1 -  
KENNEDY PARK GAZEBO**  
2 hr • Outdoor Sports Boards • Limit 10
- TAI CHI WALK\***  
2 hr 30 min • Outdoor Sports Boards  
• Limit 6 • \$110
- 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 **BLESS YOUR HEART!  
THE POWER OF SPOKEN WORDS**  
50 min • Rockwell Room • CME

**YIN YOGA**  
45 min • Yoga Studio

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

**CR STRENGTH**  
45 min • Gym 1 • Limit 22

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

3:00 PM **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

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

4:00 PM **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

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

**SUMMER SOCIAL: BOCCE & WINE**  
50 min • Culinary Rebel™ On The  
Lawn • Limit 16

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

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

**OUTDOOR MEDITATION**  
25 min • Lower Spa Lobby

**WINE TASTING:  
A SENSORY EXPLORATION\***  
50 min • Demo Kitchen • Limit 8 • \$110

**SIP N' SHOP**  
2 hr • CR Shop

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

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 July 3, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH: ADULT SUMMER CAMP  
**DD** – BECOMING GROUNDED: EARTH ELEMENTAL SOUND HEALING WITH KYLE LAM

- 7:00 AM **DD KAYAK: SEMIPRIVATE\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$110
- MORNING WALK**  
45 min • Outdoor Sports Boards
- 8:00 AM **PRANAYAMA BREATHING**  
25 min • Yoga Studio
- PILATES TOWER CHAIR CLINIC - BEGINNER\***  
50 min • Gym 4 • Limit 4 • \$80
- QI GONG STRESS RELIEF MEDITATION\***  
50 min • Berkshire Room • Limit 6 • \$80
- 8:30 AM **DD OUTDOOR WAKE-UP WARM-UP STRETCH**  
25 min • Lower Spa Lobby
- 9:00 AM **YOGA ALIGNMENT**  
45 min • Yoga Studio
- RACE DAY**  
45 min • Cycling Studio • Limit 12
- DD ROCKIN RETRO AEROBICS**  
45 min • Gym 1 • Limit 30
- HIKE: LEVEL 3 - EAST MTN. TOM LEONARD SHELTER**  
3 hr • Outdoor Sports Boards • Limit 10
- INVEST IN YOUR BRAIN HEALTH**  
50 min • Rockwell Room
- SADDLE & RIDE: HORSEBACK ADVENTURE\***  
3 hr • Outdoor Sports Boards  
• Limit 4 • \$350
- 9:30 AM **GRAVEL GRINDER BIKE: LEVEL 3- RICHMOND COUNTRY RDS**  
3 hr • Outdoor Sports Boards • Limit 4
- 10:00 AM **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
- COMING HOME TO THE BODY**  
50 min • Tanglewood Room
- CARDIO TENNIS CLINIC – LEVEL 3.0+\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- DD HIGH ROPES COURSE\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$220
- HANDS-ON COOKING: SMOOTHIES & SHAKES\***  
30 min • Demo Kitchen • Limit 6 • \$70
- 11:00 AM **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
- PICKLEBALL: DAILY DOSE - LEVEL 2.5+\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio  
• Limit 1 • \$295
- 12:00 PM **LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16
- DD 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

## 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.

- 1:00 PM **AERIAL HAMMOCK YOGA CLINIC\***  
50 min • Yoga Studio • Limit 6 • \$80
- PICKLEBALL: INTRO CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- AFTERNOON OUTDOOR TAI CHI**  
1 hr • Outdoor Sports Boards • Limit 10
- DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio  
• Limit 1 • \$295
- 1:30 PM **DD KAYAK: SEMIPRIVATE\***  
2 hr • Outdoor Sports Boards • Limit 4  
• \$110
- HIKE: LEVEL 1 - PLEASANT VALLEY BEAVER PONDS**  
3 hr • Outdoor Sports Boards • Limit 10
- CLIMBING WALL\***  
2 hr • Outdoor Sports Boards  
• Limit 6 • \$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 6 • \$110
- DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio  
• Limit 1 • \$295
- 3:00 PM **MIXED EMOTIONS: MAKING PEACE WITH YOURSELF**  
50 min • Tanglewood Room • CME
- INTERMEDIATE YOGA**  
45 min • Yoga Studio • Limit 30
- DD AQUA STRENGTH CIRCUIT CLASS**  
45 min • Outdoor Pool • Limit 10
- PUNCH**  
45 min • Sports Court • Limit 20
- TENNIS: AFTERNOON DRILLS\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- 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
- 5:00 PM **EASTERN MEDICINE: THE INSIDE SCOOP**  
50 min • Tanglewood Room • CME
- STRETCH & RELAX**  
25 min • Gym 2 • Limit 30
- DD BECOMING GROUNDED: AN EARTH ELEMENTAL SOUND BATH**  
50 min • Yoga Studio
- 6:00 PM **WELLNESS THROUGH CONTRAST THERAPY\***  
50 min • Meet in Skincare Reception  
• Limit 6 • \$80
- TRAE SHEEHAN, SINGER-SONGWRITER**  
2 hr • Culinary Rebel™
- 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.

# SATURDAY July 4, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH: ADULT SUMMER CAMP  
**DD** – BECOMING GROUNDED: EARTH ELEMENTAL SOUND HEALING WITH KYLE LAM

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- |         |   |          |   |
|---------|---|----------|---|
| 7:00 AM | <b>MORNING WALK</b><br>45 min • Outdoor Sports Boards   | 10:00 AM | <b>H2O POWER</b><br>45 min • Indoor Pool • Limit 25   |
|         | <b>STAND-UP PADDLEBOARD*</b><br>2 hr • Outdoor Sports Boards<br>• Limit 4 • \$110                       |          | <b>ROCK YOUR FLOW</b><br>45 min • Yoga Studio • Limit 30  |
| 8:00 AM | <b>OUTDOOR SUN SALUTATIONS</b><br>25 min • Lower Spa Lobby  |          | <b>CARDIO TENNIS CLINIC – LEVEL 3.0+*</b><br>50 min • Outdoor Tennis Court 1<br>• Limit 4 • \$80                |
|         | <b>INTRODUCTION TO COLD THERAPY CLINIC*</b><br>25 min • Skincare Reception • Limit 4 • \$45             |          | <b>CAMP ARCHERY WORKSHOP*</b><br>1 hr 30 min • Outdoor Sports Boards<br>• Limit 8 • \$110                       |
|         | <b>HIKE: LEVEL 5 - JONE'S NOSE AT MT. GREYLOCK</b><br>6 hr 30 min • Outdoor Sports Boards<br>• Limit 10 |          | <b>DD CR STRENGTH</b><br>45 min • Gym 1 • Limit 22  |
|         | <b>PILATES REFORMER ATHLETIC CLINIC*</b><br>50 min • Gym 4 • Limit 6 • \$80                             | 11:00 AM | <b>MID-MORNING STRETCH</b><br>45 min • Gym 2  |
| 8:30 AM | <b>HIIT IT</b><br>25 min • Gym 1 • Limit 18   |          | <b>DD TRX CORE</b><br>45 min • Sports Court   |
| 9:00 AM | <b>CURB CRAVINGS &amp; HABITS WITH ACUPUNCTURE</b><br>50 min • Tanglewood Room • CME                    |          | <b>POWER</b><br>45 min • Gym 5 • Limit 10   |
|         | <b>YIN &amp; RELEASE</b><br>45 min • Yoga Studio • Limit 30   |          | <b>PICKLEBALL: DAILY DOSE - LEVEL 2.5+*</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                     |
|         | <b>DD ZUMBA® STEP</b><br>45 min • Gym 1 • Limit 15  |          | <b>DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM*</b><br>50 min • Private Yoga Studio<br>• Limit 1 • \$295         |
|         | <b>POWER ROW</b><br>45 min • Rowing Studio • Limit 10   | 12:00 PM | <b>LUNCH &amp; LEARN</b><br>50 min • Demo Kitchen • Limit 16  |
|         | <b>PICKLEBALL: INTRO CLINIC*</b><br>50 min • Pickleball Court 1 • Limit 4 • \$80                        |          | <b>LINE DANCING</b><br>25 min • Gym 1   |
|         | <b>DD HIKE: LEVEL 3 - GIGE'S TRAIL AT MAHANNA COBBLE</b><br>3 hr • Outdoor Sports Boards • Limit 10     |          | <b>DD TREE CANOPY: AERIAL YOGA FOR DETOX &amp; ENERGY CLINIC*</b><br>50 min • Lower Spa Lobby • Limit 6 • \$110 |
|         |   | 12:30 PM | <b>MEMORY IN ACTION</b><br>20 min • Gym 2 • Limit 30  |

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** **BOGA FITMAT® FITNESS CLINIC\***  
50 min • Indoor Pool • Limit 6 • \$80
- PICKLEBALL: INTRO CLINIC\***  
50 min • Pickleball Court 1 • Limit 4 • \$80
- DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio  
• Limit 1 • \$295
- INDEPENDENCE DAY CROQUET & MOCKTAILS**  
50 min • Goldfish Pond, Spa
- 1:30 PM** **DD HIGH ROPES COURSE\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$220
- EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP\***  
1 hr 30 min • Gym 2 • Limit 6 • \$140
- HIKE: LEVEL 2 - KENNEDY PARK COLDSRING**  
2 hr • Outdoor Sports Boards • Limit 10
- 2:00 PM** **TRIPLE BLAST**  
45 min • Sports Court • Limit 30
- DD WALK IN THE WOODS YOGA**  
45 min • Lower Spa Lobby
- LONG & LEAN BARRE WORKOUT**  
45 min • Gym 1 • Limit 30
- HANDS-ON COOKING: ARTISAN BREAD BAKING\***  
1 hr 30 min • Demo Kitchen  
• Limit 12 • \$175
- DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio  
• Limit 1 • \$295
- 3:00 PM** **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
- TENNIS: AFTERNOON DRILLS\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- 4:00 PM** **MINDFULNESS, MENTAL HEALTH & LONGEVITY**  
50 min • Tanglewood Room • CME
- DD RHYTHM RIDE**  
45 min • Cycling Studio • Limit 12
- PERFORMANCE RECOVERY: RESET & RECHARGE**  
45 min • Gym 2 • Limit 20
- SUMMER SERENITY**  
45 min • Gym 1
- DD ROOT AND RISE: EARTH TONED GONG BATH EXPERIENCE**  
50 min • Yoga Studio
- 5:00 PM** **STRETCH & RELAX**  
25 min • Gym 2 • Limit 30
- OUTDOOR MEDITATION**  
25 min • Lower Spa Lobby
- WINE TASTING: A SENSORY EXPLORATION\***  
50 min • Demo Kitchen • Limit 9 • \$110
- 6:00 PM** **FLOWER ARRANGING MADE SIMPLE\***  
1 hr • Stockbridge Room • Limit 15 • \$110
- TRAE SHEEHAN, SINGER-SONGWRITER**  
2 hr • Culinary Rebel™
- 7:00 PM** **COMMUNITY TABLE: DINE & CONNECT**  
50 min • Silverleaf
- 9:00 PM** **MUSIC BINGO! WITH DJ BOB HECK**  
45 min • Rockwell Room



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# SUNDAY July 5, 2026

DISCOVERY DAYS: **DD** – CAMP CANYON RANCH: ADULT SUMMER CAMP  
**DD** – BECOMING GROUNDED: EARTH ELEMENTAL SOUND HEALING WITH KYLE LAM

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- 7:00 AM **DD MORNING WALK**  
45 min • Outdoor Sports Boards
- KAYAK: SEMIPRIVATE\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$110
- 8:00 AM **DD PRANAYAMA BREATHING**  
25 min • Yoga Studio
- PILATES REFORMER CLINIC - INTERMEDIATE\***  
50 min • Gym 4 • Limit 6 • \$80
- 8:30 AM **TRX FLOW**  
20 min • Sports Court • Limit 15
- 9:00 AM **CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE**  
50 min • Tanglewood Room • CME
- DD 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
- SHINRIN YOKU**  
2 hr • Outdoor Sports Boards • Limit 6
- HIKE: LEVEL 2+ - BASIN POND**  
3 hr • Outdoor Sports Boards • Limit 10
- 9:30 AM **STOCKBRIDGE HISTORY WALK**  
2 hr 30 min • Outdoor Sports Boards  
• Limit 10
- 10:00 AM **H2O POWER**  
45 min • Indoor Pool • Limit 25
- YOGA SCULPT**  
45 min • Yoga Studio • Limit 30
- MUSCLE CONDITIONING**  
45 min • Gym 2
- CARDIO TENNIS CLINIC – LEVEL 3.0+\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80
- WIRED FOR WONDER: SPIRITUAL PATHWAYS OF THE BRAIN**  
50 min • Berkshire Room • CME
- CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio  
• Limit 1 • \$295
- 11:00 AM **MID-MORNING STRETCH**  
45 min • Gym 2
- DD OUTDOOR BOOT CAMP**  
45 min • Lower Spa Lobby
- BEGINNER MAT PILATES**  
45 min • Gym 1 • Limit 30
- HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR**  
1 hr • Mansion Library
- 12:00 PM **SHRED**  
25 min • Gym 5 • Limit 15
- HARMONY WITHIN: MEDITATION & PULSE OXIMETRY CLINIC\***  
50 min • Yoga Studio • Limit 6 • \$140
- 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
- DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM\***  
50 min • Private Yoga Studio • Limit 1 • \$295
- 1:30 PM **DD KAYAK: SEMIPRIVATE\***  
2 hr • Outdoor Sports Boards • Limit 4 • \$110
- HIKE: LEVEL 1 - GOULD MEADOWS**  
2 hr • Outdoor Sports Boards • Limit 10
- BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING**  
1 hr 30 min • Outdoor Sports Boards • Limit 4

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 | <b>SACRAL CHAKRA HIP OPENING</b><br>45 min • Yoga Studio   | 5:00 PM | <b>STRETCH &amp; RELAX</b><br>25 min • Gym 2 • Limit 30  |
|         | <b>GRITLAB: STRENGTH &amp; ENDURANCE CONDITIONING</b><br>45 min • Sports Court • Limit 15            |         | <b>MOVE &amp; MANIFEST: YOGA &amp; WRITING PRACTICE</b><br>45 min • Outdoor Sports Boards • Limit 30 |
|         | <b>BASIC AEROBIC CIRCUIT WEIGHTS</b><br>45 min • Gym 5   | 6:00 PM | <b>STEVE IDE &amp; ROB PUTNAM: GUITAR &amp; VOCALS</b><br>2 hr • Culinary Rebel™                     |
|         | <b>MANAGING ENERGY DYNAMICS IN RELATIONSHIPS</b><br>50 min • Berkshire Room                          |         | <b>MAKING CRYSTAL SUNCATCHERS: TREE OF LIFE*</b><br>1 hr 30 min • Art Studio • Limit 8 • \$45        |
|         | <b>DD CUSTOM SOUND BATH JOURNEY WITH KYLE LAM*</b><br>50 min • Private Yoga Studio • Limit 1 • \$295 | 7:00 PM | <b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br>50 min • Silverleaf                                    |
| 3:00 PM | <b>DD AQUA STRENGTH CIRCUIT CLASS</b><br>45 min • Outdoor Pool • Limit 10                            |         |  |
|         | <b>STROOPS BUNGEE WORKOUT</b><br>45 min • Gym 1 • Limit 12   |         |  |
|         | <b>OUTDOOR SUNS &amp; MOONS YOGA</b><br>45 min • Outdoor Sports Boards                               |         |  |
| 4:00 PM | <b>REWIRE FOR RELIEF: RELIEVING CHRONIC PAIN*</b><br>50 min • Berkshire Room                         |         |  |
|         | <b>RESTORATIVE YOGA</b><br>45 min • Gym 1 • Limit 30   |         |  |
|         | <b>FOAM ROLL &amp; STRETCH</b><br>45 min • Gym 2 • Limit 20  |         |  |
|         | <b>DD OUTDOOR WALK YOUR WORKOUT</b><br>50 min • Lower Spa Lobby                                      |         |  |
|         | <b>DD INTEGRATION SOUND BATH: HARNESS THE EARTH ELEMENT</b><br>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.

# CLASSES & ACTIVITIES

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## CARDIO & WEIGHT GYM:

OPEN DAILY 7 AM–9 PM

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

## REMINDERS

All fitness classes are 45 minutes unless otherwise noted.

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

Pace yourself – choose classes appropriate to your fitness level.

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

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

## OUTDOOR SPORTS HIGHLIGHTS

### CAMP ARCHERY

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

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

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To schedule private activities, please call the Wellness Guides at ext. 55423 or visit the Programming Desk in the front of the Spa between 8 AM and 9 PM daily.

## BEGINNER HIKES

Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

## INTERMEDIATE & ADVANCED HIKES

Rated 3 - 6, these hikes put more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group. Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

For all Outdoor Sport activities, please sign up in the CR App or with a Wellness Guide, Ext, 55423. For detailed information about Outdoor activities, visit the Outdoor Sports Board located in the front of the Spa. Departure times vary due to the location and level of hike.

It's important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group.

# AMENITIES & MORE

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## LAUNDRY & DRY CLEANING

We provide self-service washers, dryers, detergents and fabric softeners in easy-to-spot locations. Or, we can do your wash or dry cleaning for a fee. Please check the plastic laundry bag in your closet for details.

## CUSTOM COMFORTS

Please let us know if you'd like a humidifier, heating pad or specialty pillows brought to your room. Simply call Ext. 55432.

## PRIVACY, PLEASE

At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust and discretion for everyone, please don't take pictures of other guests without asking permission first.

## CLEAR THE AIR

Smoking cigarettes or e-cigarettes is allowed only in designated outdoor, nonpublic areas. Cigars and pipes are not allowed. Smoking in your room will result in a cleaning fine of up to \$1,800, excluding any damages.

## YOUR VALUABLES

You'll find a safe in your room to store your valuables.

## POOL TIME

Open 6:30 am to 9 pm daily, the heated outdoor pool is next to the Spa. No lifeguards on duty.

## SAFETY & SECURITY

Our team is always on the job and available when you need them. Please note that we're required to check on you if your phone's been left off the hook, or if you don't respond to a wake-up call you requested. We're here to make sure you're okay.

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

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## 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 <b>NEW</b> .....	50 min .....	350
Functional Movement Analysis .....	50 min .....	350
Hiking Performance .....	50 min .....	350
Low Back Pain Evaluation .....	50 min .....	350
Muscle & Joint Assessment .....	50 min .....	350
RacquetFit™ Racquet Health Program .....	50 min .....	350
Running Form & Performance .....	50 min .....	350
TPI™ Golf Health Program – two-part service .....	50 min each .....	570

### NUTRITION & FOOD

#### NUTRITION

Addressing Cravings & Emotional Eating– two-part service .....	50 min each .....	\$470
Building Muscle.....	50 min .....	220
Continuous Glucose Monitor Follow-Up & Education .....	50 min .....	220
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 <b>NEW</b> .....	50 min each.....	525
Strategies for Raising Nutritious Eaters .....	50 min .....	220

#### COOKING FOR FUN, PLEASURE & HEALTH

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

Services & fees subject to change without notice.

## MIND & SPIRIT

### MENTAL HEALTH & WELLNESS

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

### METAPHYSICAL & ENERGY HEALING

Alchemical Healing .....	80 min .....	\$320
Astrology .....	50 min .....	240
Astrology Synastry Chart Reading For Two .....	100 min .....	250/person
Developing Your Intuition <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	single half day .....	575
	duet half day .....	350/person
	single full day .....	775
	duet full day .....	500/person

### RACQUET SPORTS

#### Pickleball & Tennis

Individual training session .....	50 min .....	\$150
Duet training session .....	50 min .....	110/person

Services & fees subject to change without notice.

## SPA

### AYURVEDIC TREATMENTS

Abhyanga .....	50 min .....	\$220
Ayurvedic Herbal Rejuvenation .....	80 min .....	340
Bindi-Shirodhara.....	100 min .....	410
Shirodhara .....	50 min .....	240
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 <b>NEW</b> .....	80 min .....	340
Hungarian Mud Ritual .....	100 min .....	410
Hungarian Scrub .....	50 min .....	240
Nourishing Forest Ritual <b>NEW</b> .....	100 min .....	410
Vitamin Infusion Body Treatment .....	50 min .....	240

### EASTERN THERAPIES

Ashiatsu- Barefoot Massage.....	50 min .....	\$240
	80 min .....	340
Reflexology .....	50 min .....	240
Reiki .....	50 min .....	220
Thai Massage .....	100 min .....	440
Yoga Table Thai <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	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 <b>NEW</b> .....	50 min .....	220
Hydrafacial MD .....	50 min .....	350
Ionix Radiance Renewal Facial <b>NEW</b> .....	80 min .....	420
Luzern Oxygen Infusion Facial .....	50 min .....	275
	80 min .....	395
Swill Barrier Repair Facial .....	50 min .....	220
VENN Advanced Collagen Facial .....	50 min .....	240

# ESSENTIALS

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## PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

RESORT SERVICES	EXTENSION
Operator	0
Bell Services	55500
Culinary Rebel™	55210
Housekeeping	55432
Wellness Guides	55423
Safety & Security	54419
Silverleaf	55310

DEPARTMENTS	EXTENSION
Canyon Ranch Shop™	54574
Canyon Ranch Living®	54596
Fitness	54524
Group Sales	54425
Guest Services/Concierge	55525
Health & Performance	55325
Medical	55317
Membership Sales	54513
Mental Health & Wellness	55325
Metaphysical	55404
Nutrition	55325
Outdoor Sports	55535
Performance Science	55325
Registration	55519
Room Reservations	55006
Salon	54498
Skin Care	54508
Spa Desk	55423
Spiritual Wellness	54527

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](http://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

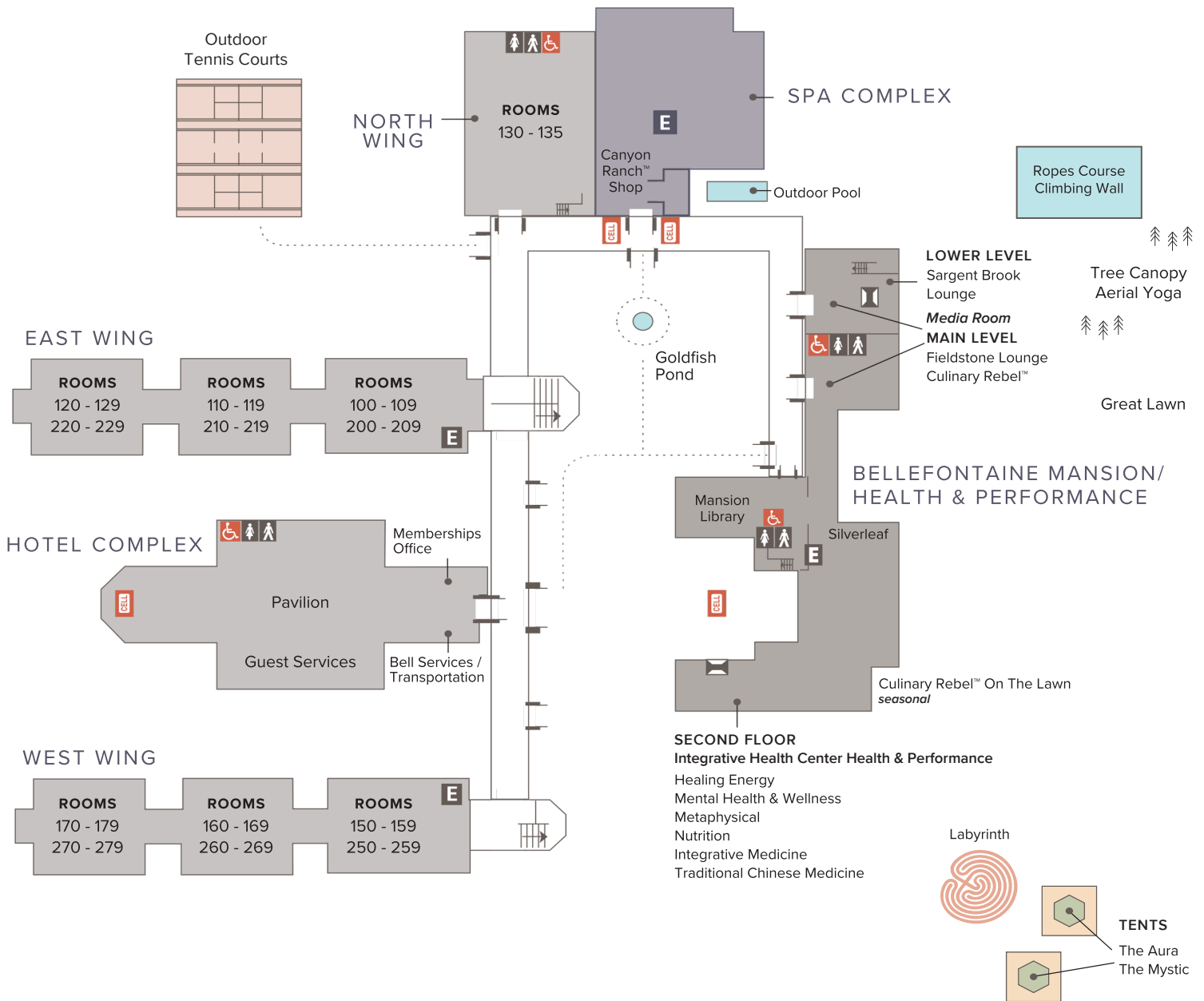
**Mary Harris**  
Membership Sales Manager  
413-728-4513  
mharris@canyonranch.com

### 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

