

RANCH SCHEDULE  
JULY 27-AUGUST 2, 2026



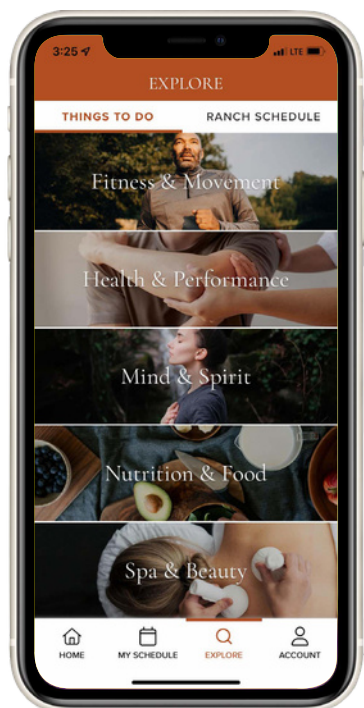
This schedule belongs to:

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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



## USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@CanyonRanch

#LiveCanyonRanch

## HOURS & LOCATIONS

### SILVERLEAF

BREAKFAST: 7–10 a.m.

LUNCH: 11:30–2 p.m.

DINNER: 5–8:30 p.m.

Please make your dinner reservations with our Wellness Guides prior to arrival. On property? Stop by the Silverleaf host stand at breakfast or lunch, or call Ext. 55310. Please allow 45 minutes for breakfast, 60 minutes for lunch, and 90 minutes for dinner. If you need faster service due to scheduled appointments, please notify your server when you place your order.

### COMMUNITY TABLE

Looking to meet new people during your stay? We reserve a Community Table for each meal. Please inform the host if you'd like to sit at the community table.

### CULINARY REBEL™

SNACKS & LIGHT FARE: DAILY 6:30 a.m.–5 p.m.

LUNCH: DAILY 11:30 a.m.–4 p.m.

DINNER: DAILY 5–8 p.m.

### DEMO KITCHEN

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

LUNCH & LEARN: Daily Noon–1 p.m.

*Seating is limited.*

### HEALTH & PERFORMANCE DESK

8 a.m.–5 p.m.

*Providers' hours vary.*

### SPA

DAILY 6:30 a.m.–9 p.m.

### CR SHOPS™

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 chosen 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.

# 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.

# FEATURED EVENTS

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



## THE SEASONS OF LIFE WITH LACEY SCHARTZ DELGADO

July 27-29

Led by award-winning strategist Lacey Schwartz Delgado, this workshop series helps you align your time, energy, and priorities for the future. Through practical tools and guided reflection, you'll gain a clear framework for navigating life transitions with greater intention, confidence, and direction.

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



## BETTER TOGETHER: BESTIES WEEK

July 27-August 2

Gather your best friend for a wellness getaway to reconnect, recharge, and celebrate your friendship. Enjoy restorative experiences, nourishing meals, and inspiring workshops that deepen connection and create lasting memories. Leave refreshed, inspired, and more connected than ever.

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



## MOVE & CONNECT: THE WISDOM OF DANCE WITH REBECCA SHARZER

July 28-30

Join wellness coach Rebecca Sharzer for two experiences exploring the power of movement. Through music, science-backed insights, and simple practices, discover how dance supports well-being, regulation, joy, and connection. No dance experience needed—just curiosity and a willingness to move.

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



## AUTHOR SERIES WITH DENISE MILLSTINE & CATHERINE NEWMAN

July 31-August 2

Join bestselling author Catherine Newman and Dr. Denise Millstine for a weekend of storytelling, reflection, and connection. Through book-inspired conversations, explore caregiving, identity, resilience, and life transitions in an intimate, supportive setting. Blending dialogue, mindfulness, and shared experiences, this retreat inspires growth and deeper connection.

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

# MONDAY July 27, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK  
**DD** – THE SEASONS OF LIFE WITH LACEY SCHWARTZ DELGADO

|         |                                                                                                                                                                                                                                                                                            |          |                                                                                                                                                                                                                                                                                                                                     |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:00 AM | MORNING WALK<br>45 min • Outdoor Sports Boards<br><br>KAYAK: SEMIPRIVATE*<br>2 hr • Outdoor Sports Boards<br>• Limit 4 • \$110                                                                                                                                                             | 10:00 AM | <b>DD</b> H2O POWER<br>45 min • Indoor Pool • Limit 25<br><br>ATHLETIC YOGA<br>45 min • Yoga Studio • Limit 30<br><br>STRENGTH & POWER FOR<br>LONGEVITY CLINIC*<br>50 min • Lower Spa Lobby • Limit 4 • \$110<br><br>CARDIO TENNIS CLINIC – LEVEL 3.0+*<br>50 min • Outdoor Tennis Court 1<br>• Limit 4 • \$80                      |
| 8:00 AM | OUTDOOR SUN SALUTATIONS<br>25 min • Lower Spa Lobby<br><br>THE ART OF FENCING:<br>SWORDPLAY CLINIC*<br>50 min • Sports Court • Limit 6 • \$80<br><br>EXERCISE & MENOPAUSE<br>50 min • Berkshire Room • CME<br><br>PILATES REFORMER<br>JUMPBOARD CLINIC*<br>50 min • Gym 4 • Limit 6 • \$80 | 11:00 AM | MID-MORNING STRETCH<br>45 min • Gym 2<br><br>TRX CORE<br>45 min • Sports Court<br><br>OUTDOOR BOOT CAMP<br>45 min • Lower Spa Lobby<br><br>PICKLEBALL: DAILY DOSE - LEVEL 2.5+*<br>50 min • Pickleball Court 1 • Limit 4 • \$80<br><br>EVIDENCE-BASED QI GONG<br>& TAI CHI WORKSHOP*<br>1 hr 30 min • Yoga Studio • Limit 6 • \$140 |
| 8:30 AM | <b>DD</b> OUTDOOR WAKE-UP<br>WARM-UP STRETCH<br>25 min • Lower Spa Lobby                                                                                                                                                                                                                   | 12:00 PM | <b>DD</b> LINE DANCING<br>25 min • Gym 1<br><br>TREE CANOPY: AERIAL YOGA FOR<br>DETOX & ENERGY CLINIC*<br>50 min • Lower Spa Lobby • Limit 6 • \$110                                                                                                                                                                                |
| 9:00 AM | ZUMBA®<br>45 min • Gym 1 • Limit 30<br><br>YOGA FOUNDATIONS<br>45 min • Yoga Studio • Limit 30<br><br>RACE DAY<br>45 min • Cycling Studio • Limit 12<br><br><b>DD</b> CANOE/HIKE COMBO LEVEL 2+<br>3 hr 30 min • Outdoor Sports Boards<br>• Limit 20                                       | 12:30 PM | FITNESS FOR YOUR FEET<br>20 min • Gym 2 • Limit 20                                                                                                                                                                                                                                                                                  |
| 9:30 AM | SHINRIN YOKU<br>2 hr • Outdoor Sports Boards • Limit 6<br><br>GRAVEL GRINDER BIKE: LEVEL 3 -<br>OCTOBER MTN. WATERS<br>3 hr • Outdoor Sports Boards • Limit 4                                                                                                                              | 1:00 PM  | PICKLEBALL: INTRO CLINIC*<br>50 min • Pickleball Court 1 • Limit 4 • \$80<br><br><b>DD</b> LABYRINTH JOURNEY: GUIDED<br>WALKING MEDITATION<br>50 min • Front Spa Lobby                                                                                                                                                              |
|         |                                                                                                                                                                                                                                                                                            | 1:30 PM  | CAMP ARCHERY WORKSHOP*<br>1 hr 30 min • Outdoor Sports Boards<br>• Limit 8 • \$110<br><br>STAND-UP PADDLEBOARD*<br>2 hr • Outdoor Sports Boards • Limit 4 •<br>\$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

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

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

3:00 PM **PUNCH**  
45 min • Sports Court • Limit 20

**OUTDOOR SUNS & MOONS YOGA**  
45 min • Outdoor Sports Boards

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

**HYDRO FLEX**  
45 min • Indoor Pool • Limit 30

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

4:00 PM **TRX BASIC STRENGTH**  
45 min • Sports Court • Limit 15

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

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

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

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

4:30 PM **DD 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 • Tanglewood Room

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

8:00 PM **DD THE SEASONS OF LIFE WITH LACEY**  
50 min • Rockwell Room

## 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 July 28, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK  
**DD** – THE SEASONS OF LIFE WITH LACEY SCHWARTZ DELGADO  
**DD** – MOVE & CONNECT: THE WISDOM OF DANCE WITH REBECCA SHARZER

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

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

**DD 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 7 • \$80

8:00 AM **DD PRANAYAMA BREATHING**  
25 min • Yoga Studio

**INTRODUCTION TO  
COLD THERAPY CLINIC\***  
25 min • Skincare Reception • Limit 4 • \$45

**PILATES REFORMER CLINIC - BEGINNER\***  
50 min • Gym 4 • Limit 6 • \$80

**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

**POWER ROW**  
45 min • Rowing Studio • Limit 10

**CHAIR YOGA**  
45 min • Yoga Studio • Limit 15

**STEP AEROBICS**  
45 min • Gym 1 • Limit 20

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

**HIKE: LEVEL 3 - BURBANK TRAIL**  
3 hr 30 min • Outdoor Sports Boards  
• Limit 10

10:00 AM **DD 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

**CARDIO TENNIS CLINIC – LEVEL 3.0+\***  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80

**HANDS-ON COOKING:  
KNIFE SKILLS BASICS\***  
30 min • Demo Kitchen • Limit 6 • \$70

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

11:00 AM **HERBS FOR SEASONAL WELLNESS**  
50 min • Berkshire Room

**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

**DD BERKSHIRE BEAT**  
25 min • Gym 1 • Limit 20

**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 **MEMBERSHIPS: CASUAL Q&A**  
30 min • Main Spa Lobby

**PICKLEBALL: INTRO CLINIC\***  
50 min • Pickleball 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.

1:30 PM **DD** CANOEING IN THE BERKSHIRES\*  
2 hr • Outdoor Sports Boards  
• Limit 10 • \$110

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

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

**DD** BASIC AEROBIC CIRCUIT WEIGHTS  
45 min • Gym 5

ENERGY ALCHEMY TO  
SUPPORT YOUR JOURNEY  
50 min • Berkshire Room

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

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

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

**DD** 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

SPIRIT PATH  
50 min • Front Spa Lobby

4:00 PM 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

**DD** WHY WE DANCE WITH  
REBECCA SHARZER  
50 min • Rockwell Room

5:00 PM **DD** LIFE IN BALANCE WITH LACEY  
50 min • Berkshire Room

STRETCH & RELAX  
25 min • Gym 2 • Limit 30

OUTDOOR MEDITATION  
25 min • Lower Spa Lobby

6:00 PM **DD** JUST BEAD IT:  
BRACELET MAKING\*  
1 hr 30 min • Art Studio • Limit 8 • \$45

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

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

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

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



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

# WEDNESDAY July 29, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK

**DD** – THE SEASONS OF LIFE WITH LACEY SCHWARTZ DELGADO

**DD** – MOVE & CONNECT: THE WISDOM OF DANCE WITH REBECCA SHARZER

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

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

7:30 AM QI GONG STRESS RELIEF MEDITATION\*  
50 min • 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

HIKE: LEVEL 5 - MT. FRISSELL  
5 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

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

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

**DD** CANOE/HIKE COMBO LEVEL 2+  
3 hr 30 min • Outdoor Sports Boards  
• Limit 20

9:30 AM ECO-TOUR WITH CERTIFIED  
FIELD NATURALIST\*  
2 hr 30 min • Outdoor Sports Boards  
• Limit 6 • \$110

CONTEMPLATIVE TEA PRACTICE\*  
50 min • Art Studio • Limit 8 • \$80

10:00 AM 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

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

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

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 **DD** 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

THE ART OF MANIFESTING\*  
1 hr 20 min • The Mystic • Limit 5 • \$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

LONG & LEAN BARRE WORKOUT  
45 min • Gym 1 • Limit 30

BEST BACKSIDE  
45 min • Sports Court • Limit 16

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

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

HIKE: LEVEL 2 - ED'S WAY AT  
LENOX MTN.  
2 hr • Outdoor Sports Boards • Limit 10

3:00 PM INTERMEDIATE YOGA  
45 min • Yoga Studio • Limit 30

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

STROOPS BUNGEE WORKOUT  
45 min • Gym 1 • Limit 12

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

POOLSIDE POLISH POP  
3-5 pm • 15 min • Outdoor Pool

4:00 PM FOAM ROLL & STRETCH  
45 min • Gym 2 • Limit 20

OUTDOOR WALK YOUR WORKOUT  
50 min • Lower Spa Lobby

DD SUMMER SERENITY  
45 min • Yoga Studio

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

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

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

SOUL INSPIRED: THE ART OF  
SPIRITUAL PRACTICE  
50 min • Tanglewood Room • CME

6:00 PM ROB PUTNAM: GUITAR,  
PIANO, & VOCALS  
1 hr • Culinary Rebel™

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

8:00 PM DD MOVE INTO JOY  
WITH REBECCA SHARZER  
50 min • Yoga Studio

9:00 PM OLD SCHOOL BINGO  
50 min • Rockwell Room

## CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon  
Ranch Community Tree for the  
month of 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 30, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK  
**DD** – MOVE & CONNECT: THE WISDOM OF DANCE WITH REBECCA SHARZER

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

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

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

**DD** 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 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

POWER ROW  
45 min • Rowing Studio • Limit 10

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

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 H2O POWER  
45 min • Indoor Pool • Limit 25

POWER FLOW  
45 min • Yoga Studio • Limit 30

MUSCLE CONDITIONING  
45 min • Gym 2

**DD** 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

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

TAI CHI WALK\*  
2 hr 30 min • Outdoor Sports Boards  
• Limit 6 • \$110

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

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

## TOUR THE OUTDOOR SANCTUARY TENTS

MON. & THURS. AT 12 PM | SPA LOBBY  
25 MIN | LIMIT 5

Step outside and discover something beautiful. Our luxury sanctuary tents offer private massage services and immersive wellness workshops unlike anything else at Canyon Ranch Lenox.

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

**HANDS-ON COOKING: CREATIVE  
DESSERT BOARDS\***  
1 hr 30 min • Demo Kitchen • Limit 8 • \$175

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

**3:00 PM** **AQUA STRENGTH CIRCUIT CLASS**  
45 min • Outdoor Pool • Limit 10

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

**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

**DD RESTORATIVE YOGA**  
45 min • Yoga Studio

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

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

**DD FLOATING SOUND  
MEDITATION CLINIC\***  
50 min • Indoor Pool • Limit 10 • \$110

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

**SIP N' SHOP**  
5-7 pm • 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

### 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.

# FRIDAY July 31, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK  
**DD** – AUTHOR SERIES WITH DENISE MILLSTINE & CATHERINE NEWMAN

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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** PRANAYAMA BREATHING  
25 min • Yoga Studio

QI GONG STRESS  
RELIEF MEDITATION\*  
50 min • Berkshire Room • Limit 6 • \$80

PILATES TOWER CHAIR CLINIC -  
BEGINNER\*  
50 min • Gym 4 • Limit 4 • \$80

8:30 AM 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

ROCKIN RETRO AEROBICS  
45 min • Gym 1 • Limit 30

INVEST IN YOUR BRAIN HEALTH  
50 min • Rockwell Room

SADDLE & RIDE: HORSEBACK  
ADVENTURE\*  
3 hr • Outdoor Sports Boards  
• Limit 4 • \$350

HIKE: LEVEL 3 - MOHICAN  
MONUMENT MTN.  
3 hr 30 min • Outdoor Sports Boards  
• Limit 10

9:30 AM GRAVEL GRINDER BIKE: LEVEL 3-  
HOUSATONIC RAIL TRAIL  
2 hr 30 min • 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

**DD** CARDIO TENNIS CLINIC – LEVEL 3.0+\*  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80

HANDS-ON COOKING:  
SMOOTHIES & SHAKES\*  
30 min • Demo Kitchen • Limit 6 • \$70

AERIAL ADVENTURE\*  
1 hr 20 min • Outdoor Sports Boards  
• Limit 6 • \$110

10:30 AM **DD** MANIFEST YOUR VISION:  
A VISION BOARD WORKSHOP\*  
80 min • Art Studio • Limit 8 • \$140

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

12:00 PM **DD** 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

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

**MEMBERSHIPS: CASUAL Q&A**  
30 min • Main Spa Lobby

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

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

1:30 PM **DD STAND-UP PADDLEBOARD\***  
2 hr • Outdoor Sports Boards  
• Limit 4 • \$110

**CLIMBING WALL\***  
2 hr • Outdoor Sports Boards  
• Limit 6 • \$110

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

2:00 PM **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

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

3:00 PM **DD DD MIXED EMOTIONS: MAKING PEACE  
WITH YOURSELF**  
50 min • Tanglewood Room • CME

**INTERMEDIATE YOGA**  
45 min • Yoga Studio • Limit 30

**PUNCH**  
45 min • Sports Court • Limit 20

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

**HYDRO FLEX**  
45 min • Indoor Pool • Limit 30

4:00 PM **DD SUMMER SERENITY**  
45 min • Yoga Studio

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

**OUTDOOR WALK YOUR WORKOUT**  
50 min • Lower Spa Lobby

5:00 PM **EDIBLE PLANTS WITH  
AN EASTERN SLANT**  
50 min • Main Spa Lobby

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

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

6:00 PM **WELLNESS THROUGH  
CONTRAST THERAPY\***  
50 min • Meet in Skincare Reception  
• Limit 6 • \$80

**ROB PUTNAM: GUITAR,  
PIANO & VOCALS**  
1 hr • Culinary Rebel™

**DD MENOPAUSE: CARING FOR  
YOUR WHOLE SELF**  
50 min • TBD

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

8:00 PM **CULTIVATING CALMNESS  
WITH JERRY POSNER**  
50 min • Tanglewood Room

## BLOOMS FOR YOUR ROOM: FLOWER CART

BEGINNING AT 12 PM | OUTDOOR TENT

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

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

August 1, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK  
**DD** – AUTHOR SERIES WITH DENISE MILLSTINE & CATHERINE NEWMAN

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

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

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

INTRODUCTION TO COLD  
THERAPY CLINIC\*  
25 min • Skincare Reception • Limit 4 • \$45

PILATES REFORMER ATHLETIC CLINIC\*  
50 min • Gym 4 • Limit 6 • \$80

HIKE: LEVEL 5 - LION'S HEAD A.T.  
6 hr • Outdoor Sports Boards • Limit 10

8:30 AM HIIT IT  
25 min • Gym 1 • Limit 18

9:00 AM CURB CRAVINGS & HABITS  
WITH ACUPUNCTURE  
50 min • Tanglewood Room • CME

YIN & RELEASE  
45 min • Yoga Studio • Limit 30

ZUMBA® STEP  
45 min • Gym 1 • Limit 15

POWER ROW  
45 min • Rowing Studio • Limit 10

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

HIKE: LEVEL 3 - GIGE'S TRAIL AT  
MAHANNA COBBLE  
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM **DD** HIKE & PAINT WORKSHOP\*  
2 hr • Outdoor Sports Boards  
• Limit 6 • \$110

10:00 AM H2O POWER  
45 min • Indoor Pool • Limit 25

ROCK YOUR FLOW  
45 min • Yoga Studio • Limit 30

CARDIO TENNIS CLINIC – LEVEL 3.0+\*  
50 min • Outdoor Tennis Court 1  
• Limit 4 • \$80

CAMP ARCHERY WORKSHOP\*  
1 hr 30 min • Outdoor Sports Boards  
• Limit 8 • \$110

CR STRENGTH  
45 min • Gym 1 • Limit 22

11:00 AM MYSTERY OF METABOLISM  
50 min • Tanglewood Room • CME

TRX CORE  
45 min • Sports Court

POWER  
45 min • Gym 5 • Limit 10

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

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

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 BOGA FITMAT® FITNESS CLINIC\*  
50 min • Indoor Pool • Limit 6 • \$80

**DD** PICKLEBALL: INTRO CLINIC\*  
50 min • Pickleball 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.

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| <p>1:30 PM    <b>HIGH ROPES COURSE*</b><br/>2 hr • Outdoor Sports Boards<br/>• Limit 4 • \$220</p> <p>              <b>EVIDENCE-BASED QI GONG &amp; TAI CHI WORKSHOP*</b><br/>1 hr 30 min • Gym 2 • Limit 6 • \$140</p> <p>              <b>HIKE: LEVEL 2+ - LAURA'S TOWER &amp; ICE GLEN</b><br/>2 hr 30 min • Outdoor Sports Boards<br/>• Limit 10</p> <p>              <b>KAYAK: SEMIPRIVATE*</b><br/>2 hr • Outdoor Sports Boards<br/>• Limit 4 • \$110</p> <p>2:00 PM    <b>TRIPLE BLAST</b><br/>45 min • Sports Court • Limit 30</p> <p>              <b>WALK IN THE WOODS YOGA</b><br/>45 min • Lower Spa Lobby</p> <p>              <b>LONG &amp; LEAN BARRE WORKOUT</b><br/>45 min • Gym 1 • Limit 30</p> <p>              <b>HANDS-ON COOKING: ARTISAN BREAD BAKING*</b><br/>1 hr 30 min • Demo Kitchen<br/>• Limit 12 • \$175</p> <p>              <b>PAUSING IN PLACE</b><br/>50 min • Rockwell Room</p> <p>3:00 PM    <b>WARRIOR FLOW</b><br/>45 min • Yoga Studio • Limit 30</p> <p>              <b>STROOPS BUNGEE WORKOUT</b><br/>45 min • Gym 1 • Limit 12</p> <p>              <b>AQUA STRENGTH CIRCUIT CLASS</b><br/>45 min • Outdoor Pool • Limit 10</p> <p>              <b>MATTERS OF MENOPAUSE</b><br/>50 min • Berkshire Room • CME</p> <p>              <b>TENNIS: AFTERNOON DRILLS*</b><br/>50 min • Outdoor Tennis Court 1<br/>• Limit 4 • \$80</p> | <p>4:00 PM    <b>DD DD MINDFULNESS, MENTAL HEALTH &amp; LONGEVITY</b><br/>50 min • Tanglewood Room • CME</p> <p>              <b>RHYTHM RIDE</b><br/>45 min • Cycling Studio • Limit 12</p> <p>              <b>PERFORMANCE RECOVERY: RESET &amp; RECHARGE</b><br/>45 min • Gym 2 • Limit 20</p> <p>              <b>FLOATING SOUND MEDITATION CLINIC*</b><br/>50 min • Indoor Pool • Limit 10 • \$110</p> <p>5:00 PM    <b>DD STRETCH &amp; RELAX</b><br/>25 min • Gym 2 • Limit 30</p> <p>              <b>WINE TASTING: A SENSORY EXPLORATION*</b><br/>50 min • Demo Kitchen • Limit 9 • \$110</p> <p>5:30 PM    <b>DD TEA &amp; TAROT*</b><br/>1 hr 40 min • The Mystic • Limit 6 • \$140</p> <p>6:00 PM    <b>STEVE IDE &amp; ROB PUTNAM: GUITAR &amp; VOCALS</b><br/>2 hr • Culinary Rebel™</p> <p>6:30 PM    <b>DD MIDLIFE, MENOPAUSE &amp; MODERN LIFE: A CONVERSATION</b><br/>50 min • TBD</p> <p>7:00 PM    <b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br/>50 min • Silverleaf</p> <p>9:00 PM    <b>MUSIC BINGO! WITH DJ BOB HECK</b><br/>45 min • Rockwell Room</p> |
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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 August 2, 2026

DISCOVERY DAYS: **DD** – BETTER TOGETHER: BESTIES WEEK  
**DD** – AUTHOR SERIES WITH DENISE MILLSTINE & CATHERINE NEWMAN

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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 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

**LENOX HISTORY WALK**  
2 hr • Outdoor Sports Boards • Limit 10

9:00 AM **CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE**  
50 min • Tanglewood Room • CME

**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

**DD SHINRIN YOKU**  
2 hr • Outdoor Sports Boards • Limit 6

**HIKE: LEVEL 2+ - FLAG ROCK**  
3 hr • 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

**DD MOVE & MANIFEST: YOGA & WRITING PRACTICE**  
45 min • Outdoor Sports Boards • Limit 30

11:00 AM **MID-MORNING STRETCH**  
45 min • Gym 2

**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

**DD TREE CANOPY AERIAL YOGA CLINIC\***  
50 min • Lower Spa Lobby • Limit 6 • \$110

12:30 PM **DD 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

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

**DD HIKE: LEVEL 1 - BENEDICT POND**  
2 hr 30 min • Outdoor Sports Boards  
• Limit 10

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

MANAGING ENERGY  
DYNAMICS IN RELATIONSHIPS  
50 min • Tanglewood Room

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 RESTORATIVE YOGA  
45 min • Yoga Studio • Limit 30

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

OUTDOOR WALK YOUR WORKOUT  
50 min • Lower Spa Lobby

THE SCIENCE OF HAPPINESS  
50 min • Berkshire Room

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

MOVE & MANIFEST: YOGA &  
WRITING PRACTICE  
45 min • Outdoor Sports Boards • Limit 30

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

DD MAKING CRYSTAL  
SUNCATCHERS: TREE OF LIFE\*  
1 hr 30 min • Art Studio • Limit 8 • \$45

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.

# 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

## 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, they 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.

## OUR ROOM FEATURES

### LUXURY PILLOWS ON 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

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/](https://canyonranch.com/lenox/services/)

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## HEALTH & PERFORMANCE

### PERSONALIZED MEDICINE

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

## PERFORMANCE SCIENCE

|                                                         |                     |
|---------------------------------------------------------|---------------------|
| Body Composition Screening.....                         | 25 min   \$130      |
| Personalized Exercise Program.....                      | 50 min   \$220      |
| Strength & Endurance Assessment (Two Part Service)..... | 50 min each   \$420 |
| 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 |

## ALTERNATIVE MEDICINE

### ACUPUNCTURE

|                                     |                 |
|-------------------------------------|-----------------|
| 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  |

## 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 pp / 90 min   \$175 pp  |
| Hands-On Cooking Private..... | 80 min   \$185 pp / 100 min   \$175 pp |

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.....                     | 50 min   \$250                                 |
| Stress Managment.....                                          | 50 min   \$250                                 |
| Tech for Mental Health & Wellness.....                         | single 25 min   \$140 / duet 50 min   \$195 pp |

### METAPHYSICAL & ENERGY HEALING

|                                               |                                          |
|-----------------------------------------------|------------------------------------------|
| Alchemical Healing.....                       | 80 min each   \$320                      |
| Astrology.....                                | 50 min   \$240                           |
| Astrology Synastry Chart Reading For Two..... | 100 min   \$250 pp                       |
| Developing Your Intution <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 pp |

### 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 pp<br>small group (3+)   \$185 pp |
| Rite of Passage.....                      | single 50 min   \$250 / duet 50 min   \$195 pp<br>small group (3+)   \$185 pp |
| Somadome.....                             | 25 min   \$45                                                                 |
| Sound Healing.....                        | 50 min   \$250                                                                |
| Soul Journey.....                         | 50 min   \$250                                                                |
| Spiritual Guidance.....                   | single 50 min   \$250 / duet 50 min   \$195 pp<br>small group (3+)   \$185 pp |
| Spirituality & Longevity.....             | 50 min   \$250                                                                |

# FITNESS AND MOVEMENT

## PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

|                                                              |                        |
|--------------------------------------------------------------|------------------------|
| Private Aerial Hammock Practice.....                         | 50 min   \$150         |
| Private Fitness Training.....                                | 50 min   \$150         |
| Private Mind-Body Practice.....                              | 50 min   \$150         |
| Private Pilates or Private Yoga Practice.....                | 50 min   \$150         |
| Individual Training Session.....                             | 50 min   \$150         |
| Duet Training Session.....                                   | 50 min   \$110 pp      |
| Small Group Training Session (3-5 People).....               | 50 min   \$80 pp       |
| 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 pp |
| Birding & the Natural World.....                  | times vary   \$110 pp |
| Eco-Tour with Certified Field Naturalist.....     | times vary   \$110 pp |
| Equine Escape: Horse Connection.....              | times vary   \$250 pp |
| Falconry - Harris Hawk Guided Walk.....           | times vary   \$200 pp |
| Hike & Paint.....                                 | times vary   \$110 pp |
| Kayaking.....                                     | times vary   \$110 pp |
| Keep it Rolling – Bike Maintenance Workshop.....  | times vary   \$110 pp |
| Photography Hike.....                             | times vary   \$110 pp |
| Roast to Cup with Barrington Coffee Roasters..... | times vary   \$155 pp |
| Saddle & Ride: Horseback Adventure.....           | times vary   \$350 pp |
| Stand-Up Paddleboard.....                         | times vary   \$110 pp |
| Tai Chi Walk.....                                 | times vary   \$110 pp |

## HIGH ROPES ADVENTURES

|                                              |                       |
|----------------------------------------------|-----------------------|
| Aerial Adventure.....                        | times vary   \$110 pp |
| Climbing Wall.....                           | times vary   \$110 pp |
| High Ropes Challenge Course (2-4 Hours)..... | times vary   \$220 pp |
| Ladders & Bridges - Rope Challenge.....      | times vary   \$110 pp |

## PRIVATE ADVENTURES

|                                                                  |                                                |
|------------------------------------------------------------------|------------------------------------------------|
| Land: Archery, Bike, Hike, Mountain Bike, Run, Shinrin Yoku..... | first hour   \$140 pp                          |
|                                                                  | \$80 pp each additional hour                   |
| Land: Private Qi Gong/Tai Chi.....                               | 50 min   \$150 pp                              |
| Water: Canoe, Kayak, Sculling, Stand-Up Paddleboard.....         | first two hours   \$220 pp                     |
|                                                                  | \$80 pp each additional hour                   |
| Water: Fly Fishing - Drift Boat <b>NEW</b> .....                 | single half day   \$575 / full day   \$775     |
|                                                                  | duet half day   \$350 pp / full day   \$500 pp |

## RACQUET SPORTS

|                                                        |                   |
|--------------------------------------------------------|-------------------|
| Individual Training Session (Pickleball & Tennis)..... | 50 min   \$150    |
| Duet Training Session (Pickleball & Tennis).....       | 50 min   \$110 pp |

*Services & fees subject to change without notice.*

## SPA

### AYURVEDIC TREATMENTS

|                                    |                 |
|------------------------------------|-----------------|
| Abhyanga.....                      | 50 min   \$220  |
| Ayurvedic Herbal Rejuvenation..... | 80 min   \$340  |
| Bindi-Shirodhara.....              | 100 min   \$410 |
| Shirodhara.....                    | 50 min   \$240  |
| Udvardana Massage.....             | 80 min   \$320  |

### BODY TREATMENTS

|                                           |                 |
|-------------------------------------------|-----------------|
| CBD Wellness Ritual.....                  | 100 min   \$410 |
| Coconut Melt.....                         | 50 min   \$240  |
| 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 Massage.....                 | 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 / 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

### FACIALS

|                                                  |                                   |
|--------------------------------------------------|-----------------------------------|
| 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   |
| Swiss 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 CALL

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 AUSTIN, TEXAS

Opening October 2026, Canyon Ranch Austin brings to life an unparalleled experience designed to nourish body, mind, and spirit – all yours to discover.



## 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](https://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 in the Lower Spa.

**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.

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### 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

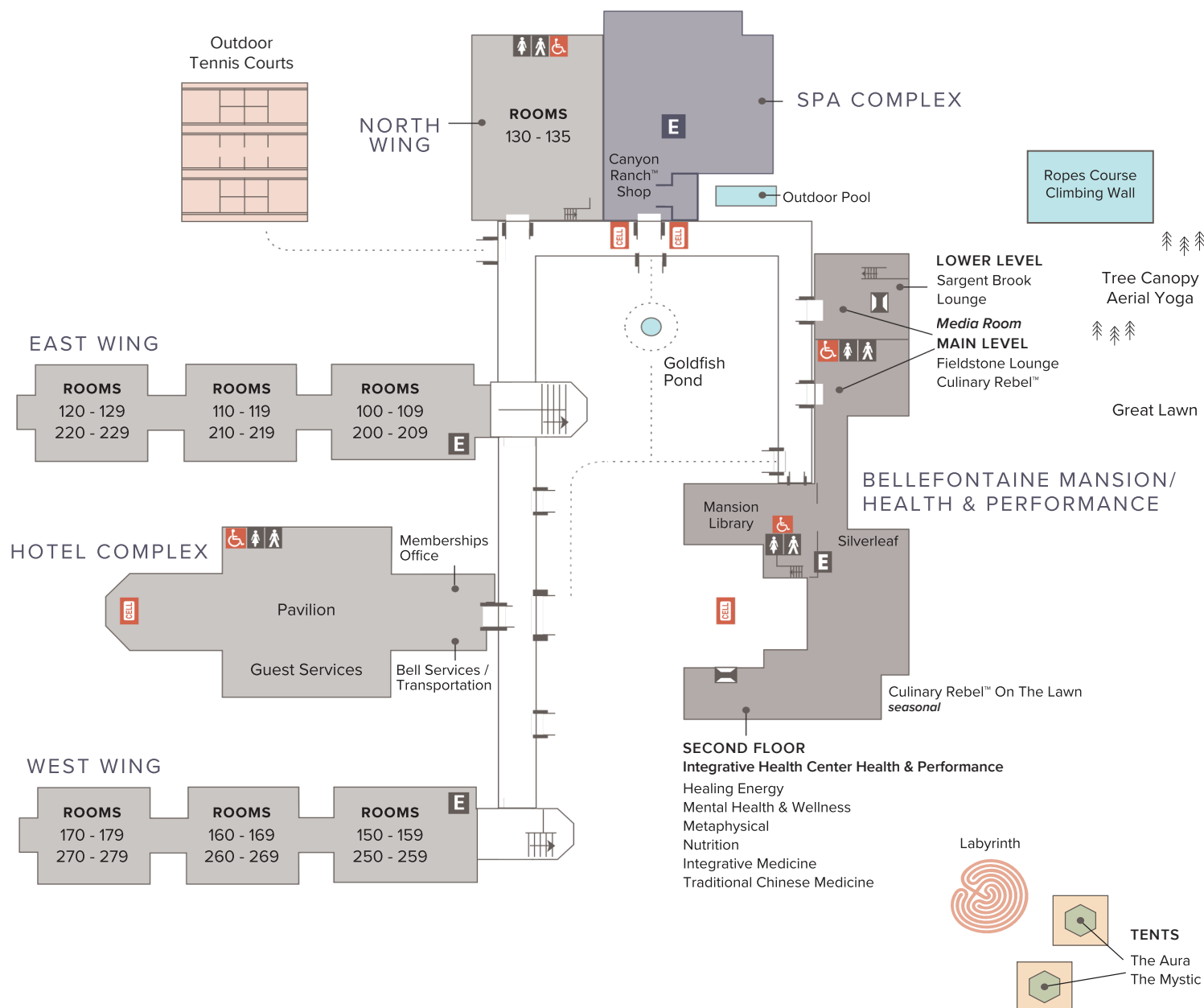
**Mary Harris**  
Membership Sales Manager  
413-728-4513  
mharris@canyonranch.com

### 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