

Ranch Schedule

OCTOBER 2026



CANYON RANCH
AUSTIN

Shape your journey.

WITH THE
CANYON RANCH APP

CANYON
RANCH.

USE THE APP TO:

- Browse Our Ranch Schedule
- Add or Adjust Services
- Explore Experiences
- Make Dinner Reservations



IOS APP
STORE



GOOGLE
PLAY



Hours & Locations

ESTELLA

Breakfast 7 a.m.–10:30 a.m. | Lunch 11:30 a.m.–2 p.m.

Dinner 5 p.m.–8:30 p.m. | Brunch Sat.–Sun., 7 a.m.–2 p.m.

Our sit-down restaurant featuring Modern Texas cuisine, elevated by Chef Val Cantú, the culinary force behind three-Michelin-starred Californios. Please make dinner reservations in advance with a Wellness Guide in the App, or at the Estella host stand. Please allow 45 minutes for breakfast and 60 minutes for lunch and dinner. If you need an expedited service, please notify your server upon being seated and we will do our best to accommodate. Smart casual attire is recommended on Friday and Saturday evenings.

Community Table at Estella

Looking to meet new people during your stay? We reserve a Community Table for each meal. Just let the host know you'd like to be seated there upon arrival.

FLYING X CAFE

Breakfast 6–11 a.m. | Lunch 11 a.m.–5 p.m.

In-Room Delivery: Breakfast 7–11 a.m.

A relaxed spot for snacks, coffee, lunch, and dinner daily. Enjoy easy, satisfying fare with a Hill Country sensibility, served in a fast-casual style for guests on the go. Take in views of the lake and surrounding meadows while you dine — it's the perfect pause between wellness activities.

THE RENDEZVOUS

Thursday & Friday 4–9 p.m. | Saturday 11 a.m.–9 p.m. | Sunday Noon–9 p.m.

The Rendezvous invites guests to linger over a crafted drink or light bite with sweeping views of the pond and Longfield Look meadow. It's the social heart of the resort — the perfect spot to unwind before dinner or catch up with friends under the stars.

HEALTH & PERFORMANCE DESK

8 a.m.–9p.m. | Wellspring Lobby Providers' hours vary.

CANYON RANCH SPA Daily 6:30 a.m.–9 p.m.

TRAILHEAD SHOP 8 a.m.–6 p.m.

Outfit your next adventure with premium activewear, outerwear, and performance essentials designed for life in the Texas Hill Country. Whether you're hitting the trails, heading to a fitness class, or exploring the resort, discover apparel and gear that blends style, comfort, and function.

RESORT STORE 9 a.m.–7 p.m.

Discover a thoughtfully curated collection of apparel, accessories, beauty, home, and wellness essentials inspired by the Canyon Ranch lifestyle. From everyday favorites to unique discoveries, each piece is selected to help you bring the spirit of your stay home with you.

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 and other designated areas. Thank you for helping keep Canyon Ranch serene.



Welcome.

Dear Guest,

It is my pleasure to welcome you to Canyon Ranch Austin and to the quiet beauty of the Texas Hill Country. We are honored that you have chosen to be with us and hope your stay creates space for renewal, discovery and a deeper sense of well-being.

Your experience at the Ranch is yours to shape. We invite you to explore with curiosity, whether that means discovering a new approach to well-being with one of our experts, moving through the landscape, or challenging yourself through movement and outdoor adventure. You may also find that what you need most is simply time: time to breathe, reconnect with nature and enjoy an unhurried moment beneath the wide Texas sky.

Our spa—the largest in Texas—offers thoughtful treatments, expansive spaces and moments of stillness designed to invite a deeper sense of restoration. Our team is here to guide your experience with care and intuition, always honoring the rhythm that feels right for you.

The spirit of Austin is woven throughout the Ranch. At Estella, our signature dining experience celebrates elevated Hill Country Mexican cuisine, pairing vibrant regional flavors with thoughtfully sourced ingredients and a refined, wellness-forward approach. As the day settles, we invite you to gather at Rendezvous, our social heart, for live music, meaningful conversation and the relaxed energy of the Hill Country. In the morning, begin your day with Sun Up Coffee—a simple ritual best enjoyed as the landscape comes to life around you.

More than anything, we hope you feel genuinely cared for during your stay. It is a privilege to welcome you to this new chapter of Canyon Ranch, and our entire team is committed to making your experience deeply personal, restorative and memorable.

Welcome to the Ranch. We are delighted you are here.

Meghan Earnshaw

Managing Director

So, what will you do while you're here?

DECISIONS, DECISIONS

With so many great choices, we recommend you start by talking with one of our Wellness Guides. They're the ultimate Canyon Ranch insiders who know about every service, activity, and can't-miss event. They are masters at matching a person's interests with unique opportunities, so please keep an open mind about trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

Schedule Time with
a Wellness Guide



Visit Desk located
in The Barn Entry

8 a.m.–9 p.m.

Ranch Favorites

EXPERIENCE THE BEST OF AUSTIN'S HILL COUNTRY SERVICES.

THE FIVE ELEMENT: COMPREHENSIVE CONSULTATION & TREATMENT

Integrative Medicine & Eastern Therapies:
110 minute | \$440

This signature consultation introduces the philosophy of Chinese medicine and includes a comprehensive health history, Five Element assessment, pattern differentiation, tongue and pulse diagnosis, a lifestyle assessment, and acupuncture treatment. This all finishes with a personalized Elemental Wellness Profile.

RESONANCE RENEWAL MESSAGE

Massage:
80 minutes | \$415

Inspired by Austin's deep connection to music and the natural rhythm of the Hill Country, this restorative treatment brings therapeutic touch and sound into harmony. Deep tissue techniques release muscular tension while the vibrations of a handheld singing bowl and 128 Hz weighted tuning fork create gentle waves of resonance throughout the body. As tension gives way, the nervous system settles into a deeper state of relaxation. The result is a grounded sense of renewal, an experience that connects body, sound, and place.

CIRCADIAN SKIN RENEWAL FACIAL

Signature Facial: 50 minute | \$240

Your body operates on a natural 24-hour rhythm, and your skin follows its lead, shifting from protection during the day to repair overnight. Launching for the first time in the United States, this exclusive facial was developed in partnership with RAESO, the pioneers in Circadian Skin Science, to work in harmony with your skin's changing needs. Tailored by your esthetician based on the time of day, each treatment delivers targeted ingredients and techniques when your skin is most receptive, helping strengthen its natural defenses by day or support overnight renewal for a healthier, more radiant complexion.

BE HERE HILL COUNTRY RITUAL

Body Treatment: 100 minute | \$480

A celebration of the Texas Hill Country through the language of plants, this immersive ritual invites you to exchange the pace of modern life for the rhythm of nature. Fresh, living botanicals—grown, harvested, distilled, and handcrafted by local grower and maker Be Here Farm + Nature—guide every moment of the experience. Begin with a ceremonial herbal foot cleansing and a freshly prepared botanical face mask before settling into a warm mineral bath and restorative full-body massage layered with botanical infusions, floral waters, and regenerative tallow. Thoughtfully connected to the surrounding landscape, each element is designed to nourish the skin, calm the nervous system, and deepen your connection to the living world.

PHYSICIAN INFLAMMATION CONSULT

Integrative Medicine: 50 min | \$410

Inflammation is at the center of many acute and chronic conditions. Work 1:1 with a Canyon Ranch Rheumatology Physician to understand how inflammation is impacting your health. Explore strategies to reduce inflammation, improve resilience, and enhance healthspan.

PADDLE ON THE LAKE

Outdoor Experience: 120 min | \$220

Explore the beauty of Lake Travis by paddle board. Join an Outdoor sports guide to paddle, understand local flora and fauna, as you explore nature on the water. Must be able to swim.

ASTROLOGY & ASTRONOMY

Metaphysical: 90 min | \$150

Enjoy an evening of stargazing with a telescope while deepening your understanding of the ancient wisdom held in the stars.



CANYON RANCH
AUSTIN

Featured Event

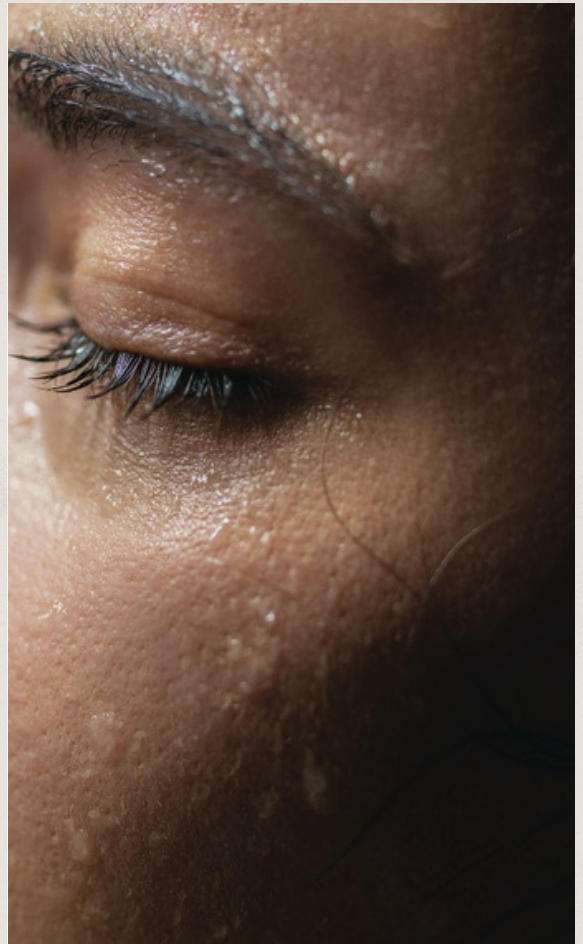
CANYON RANCH

sex skin & sleep

WOMEN'S WELLNESS
WEEKEND

Nov. 12-15

An immersive wellness experience dedicated to helping women thrive through every stage of midlife. Led by renowned physicians, Canyon Ranch experts, and featuring actress and author Sarah Shahi, this transformative event explores the science behind hormonal health, restorative sleep, radiant skin, sexual wellness, and healthy aging.



FEATURED
EXPERT



DR. RITEESHA REDDY

Medical Director

Dr. Reddy is a highly acclaimed rheumatologist with more than 20 years of experience and expertise in inflammation. She is also trained in integrative and lifestyle medicine, with a background in concierge care. Her approach considers the many factors that shape well-being, including nutrition, movement, sleep and emotional health.

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





*The first thing to
change is your pace.*

Monday

- 7:00 AM **SUN UP COFFEE**
1 hr 30 min • Rendezvous Porch
- SUNRISE HILL COUNTRY WALK**
45 min • Trailhead Shop
- MORNING BARN WORKOUT**
45 min • Main Gym • Limit 16
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 25
- 8:00 AM **STRETCH & AWAKEN**
25 min • Studio 2 • Limit 25
- 9:00 AM **HIIT IT**
45 min • Studio 2 • Limit 16
- SPA EXPERT SESSION**
45 min • Thistle 1
- RANCH TALK - MEDICAL**
45 min • Thistle 2
- PROPERTY TOUR**
45 min • Ranch House
- HILL COUNTRY HIKE***
1 hr 30 min • Trailhead Shop • Limit 12
- PILATES REFORMER CLINIC***
45 min • Pilates Studio • Limit 5 • \$90
- 10:00 AM **MORNING PAGES JOURNALING**
45 min • Verbena • Limit 20
- CARDIO KICK BOXING**
45 min • Studio 1 • Limit 12
- 11:00 AM **INTRO TO STAND-UP PADDLE***
45 min • Trailhead Shop • Limit 5
- CANYON RANCH 101: WELCOME TO AUSTIN**
45 min • Verbena
- H+P LECTURE- NUTRITION**
45 min • Thistle 1
- ATHLETIC YOGA**
45 min • Yoga Studio • Limit 25
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Monday

12:00 PM	AERIAL YOGA* 45 min • Yoga Studio • Limit 20 • \$90	4:00 PM	FOAM ROLL & STRETCH 45 min • Studio 2 • Limit 25
1:00 PM	RANCH RECESS 45 min • The Backyard • Limit 25		TENNIS SOCIAL PLAY 45 min • Tennis Court 1 • Limit 8
	THE BEAUTY LAB 45 min • Spa Lobby • Limit 10		RETAIL: SHOP AT 4 2 hr • Resort Store
	MUSCLE CONDITIONING 45 min • Studio 1 • Limit 16	5:00 PM	RESTORATIVE SOUND BATH* 45 min • Yoga Studio • Limit 25 • \$90
	BOTANICAL BLOOMS HIKE* 45 min • Trailhead Shop • Limit 12		HILL COUNTRY CRAFT CLUB 45 min • Verbena • Limit 10
2:00 PM	THE WILDFLOWER PRESS 1 hr 30 min • Verbena • Limit 10	6:00 PM	FLOATING SOUND MEDITATION* 45 min • Canopy Pool • Limit 6 • \$90
	RANCH TALK- SPORTS MEDICINE 45 min • Thistle 1	7:00 PM	GOLDEN HOUR GATHERING 45 min • Rendezvous Rendezvous Porch
	METAPHYSICAL 101 45 min • Thistle 2	8:00 PM	STARGAZING* 45 min • Yoga Deck • Limit 12
	RIDE THE RANCH* 2 hr • Trailhead Shop • Limit 12		
	H2O POWER 45 min • Canopy Pool • Limit 10		
	POWER FLOW YOGA 45 min • Yoga Studio • Limit 20		
3:00 PM	GLUTE TRANSFORMATION* 45 min • Studio 2 • Limit 16 • \$90		
	ARCHERY* 1 hr 30 min • Trailhead Shop • Limit 6 • \$150		

Activities marked with an asterisk (*)
require ADVANCED SIGN UP.
All remaining experiences are
available on a FIRST COME,
FIRST SERVE basis.



Tuesday

7:00 AM SUN UP COFFEE

1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK

45 min • Trailhead Shop

ROCK YOUR FLOW YOGA

45 min • Yoga Studio • Limit 25

8:00 AM INTRODUCTION TO PICKLEBALL

45 min • Pickleball Court 1 • Limit 8

SHRED

45 min • Main Gym • Limit 20

9:00 AM HYROX™ CLASS

45 min • Turf Studio • Limit 10

SPA EXPERT SESSION

45 min • Verbena

RANCH TALK - PERFORMANCE SCIENCE

45 min • Thistle 1

PROPERTY TOUR

45 min • Ranch House

HIKE TO CONTRAST THERAPY*

1 hr 30 min • Trailhead Shop • Limit 4 • \$150

PILATES TOWER CHAIR CLINIC*

45 min • Pilates Studio • Limit 5 • \$90

10:00 AM BOXING

45 min • Studio 1 • Limit 12

**AROMATHERAPY SHOWER BUNDLE
WORKSHOP**

45 min • Spa Lobby • Limit 10

PICKLEBALL SKILL CLINIC*

45 min • Pickleball Court 1 • Limit 8 • \$110

*Every encounter
leaves its mark.*

Tuesday

11:00 AM	SPICEWOOD STOMP 45 min • Studio 2 • Limit 16	4:00 PM	OPEN PADEL PLAY 45 min • Padel Court • Limit 8
	CANYON RANCH 101: WELCOME TO AUSTIN 45 min • Verbena		RETAIL: SHOP AT 4 2 hr • Resort Store
	RANCH TALK- ACUPUNCTURE 45 min • Thistle 1	5:00 PM	CANDLELIGHT YOGA 45 min • Yoga Studio • Limit 25
	KAYAK LAKE TRAVIS* 2 hr • Trailhead Shop • Limit 4 • \$220		HILL COUNTRY CRAFT CLUB 45 min • Verbena • Limit 10
12:00 PM	CORE & MORE 20 min • Studio 2 • Limit 16	6:00 PM	YOGA NIDRA 45 min • Yoga Studio • Limit 20
1:00 PM	RANCH RECESS 45 min • The Backyard • Limit 25	7:00 PM	GOLDEN HOUR GATHERING 45 min • Rendezvous Rendezvous Porch
	THE BEAUTY LAB 45 min • Spa Lobby • Limit 10		RESTORATIVE SOUND BATH* 45 min • Yoga Studio • Limit 25 • \$90
	LONG + LEAN BARRE WORKOUT 45 min • Studio 2 • Limit 16	8:00 PM	COWBOY POETRY 45 min • Yoga Deck
2:00 PM	HEIRLOOM STITCHES 1 hr 30 min • Verbena • Limit 10		NIGHT VISION GOGGLES - WILD AFTER DARK * 1 hr 30 min • Trailhead Shop • Limit 5 • \$120
	RANCH TALK - SPIRITUALITY 45 min • Thistle 1		
	METAPHYSICAL 101 45 min • Thistle 2		
	BOGA FITMAT FITNESS CLASS* 45 min • Canopy Pool • Limit 5 • \$90		
	CR FIT FOR LIFE 45 min • Studio 2 • Limit 16		
3:00 PM	SAUNA BREATHWORK* 45 min • Spa Lobby • Limit 12 • \$90		

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FIRST SERVE basis.



*Self-care is
your superpower.*

Wednesday

- 7:00 AM **SUN UP COFFEE**
1 hr 30 min • Rendezvous Porch
- SUNRISE HILL COUNTRY WALK**
45 min • Trailhead Shop
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 25
- 8:00 AM **STRETCH & AWAKEN**
25 min • Studio 2 • Limit 25
- 9:00 AM **POWER**
45 min • Main Gym • Limit 20
- SPA EXPERT SESSION**
45 min • Verbena
- RANCH TALK- MENTAL HEALTH
& WELLNESS**
45 min • Thistle 1
- PROPERTY TOUR**
45 min • Ranch House
- RIDE THE RANCH***
2 hr • Trailhead Shop • Limit 12
- PILATES REFORMER JUMP BOARD***
45 min • Pilates Studio • Limit 5 • \$90
- 10:00 AM **CR STRENGTH**
45 min • Studio 1 • Limit 10
- MORNING PAGES JOURNALING**
45 min • Verbena • Limit 20
- 11:00 AM **RESTORATIVE YOGA**
45 min • Yoga Studio • Limit 20
- CANYON RANCH 101: WELCOME TO AUSTIN**
45 min • Verbena
- RANCH TALK - MEDICAL**
45 min • Thistle 1
- INTRO TO KAYAKING***
1 hr 30 min • Trailhead Shop • Limit 5
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Wednesday

12:00 PM MAT PILATES
45 min • Studio 2 • Limit 30

1:00 PM RANCH RECESS
45 min • The Backyard • Limit 25

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

TUBES & LOOPS
45 min • Studio 2 • Limit 20

BOTANICAL BLOOMS HIKE*
45 min • Trailhead Shop • Limit 12

2:00 PM CANYON RANCH CANVAS
1 hr 30 min • Verbena • Limit 10

RANCH TALK - ACUPUNCTURE
45 min • Thistle 1

METAPHYSICAL 101
45 min • Thistle 2

BOGA FITMAT FITNESS CLINIC*
45 min • Canopy Pool • Limit 5 • \$90

WORKDAY MOBILITY
45 min • Studio 2 • Limit 18

3:00 PM GLUTE TRANSFORMATION*
45 min • Studio 2 • Limit 16 • \$90

HATCHET THROWING*
1 hr 30 min • Oak Valley • Limit 6 • \$150

4:00 PM FOAM ROLL & STRETCH
45 min • Studio 2 • Limit 25

RETAIL: SHOP AT 4
2 hr • Resort Store

5:00 PM MINDFUL MEDITATION
45 min • Yoga Studio • Limit 25

HILL COUNTRY CRAFT CLUB
45 min • Verbena • Limit 10

6:00 PM REST & RESTORE YOGA
45 min • Yoga Studio • Limit 20

7:00 PM GOLDEN HOUR GATHERING
45 min • Rendezvous | Rendezvous Porch

8:00 PM COWBOY POETRY
45 min • Yoga Deck

NIGHT VISION GOGGLES - WILD AFTER DARK*
1 hr 30 min • Trailhead Shop • Limit 5 • \$120

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available on a FIRST COME,
FIRST SERVE basis.



Thursday

- 7:00 AM **SUN UP COFFEE**
1 hr 30 min • Rendezvous Porch
- SUNRISE HILL COUNTRY WALK**
45 min • Trailhead Shop
- MORNING BARN WORKOUT**
45 min • Main Gym • Limit 16
- POWER FLOW YOGA**
45 min • Yoga Studio • Limit 25
- 8:00 AM **SHRED**
45 min • Main Gym • Limit 20
- PADEL INTRO CLINIC**
1 hr 30 min • Padel Court • Limit 8
- 9:00 AM **GRIT LAB**
45 min • Studio 1 • Limit 16
- SPA EXPERT SESSION**
45 min • Verbena
- RANCH TALK - NUTRITION**
45 min • Thistle 1
- PROPERTY TOUR**
45 min • Ranch House
- HIKE TO CONTRAST THERAPY***
1 hr 30 min • Trailhead Shop • Limit 4 • \$150
- PILATES REFORMER CLINIC***
45 min • Pilates Studio • Limit 5 • \$90
- 10:00 AM **PADEL SKILLS CLINIC***
45 min • Padel Court • Limit 4 • \$90
- FIELD NOTES STUDIO**
45 min • Verbena • Limit 10
- CARDIO KICK BOXING**
45 min • Gym 1 • Limit 16
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*When a thrill
can bring peace.*

Thursday

11:00 AM PADDLE BOARD ON THE LAKE*
2 hr • Trailhead Shop • Limit 4 • \$220

CANYON RANCH 101:
WELCOME TO AUSTIN
45 min • Verbena

H+P LECTURE - MENTAL HEALTH
& WELLNESS
45 min • Thistle 1

MAT PILATES
45 min • Studio 2 • Limit 25

12:00 PM AERIAL YOGA*
45 min • Yoga Studio • Limit 20 • \$90

WILDFLOWER WAGON
3 hr • Ranch House

1:00 PM RANCH RECESS
45 min • The Backyard • Limit 25

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

MUSCLE CONDITIONING
45 min • Studio 1 • Limit 20

BOTANICAL BLOOMS HIKE*
45 min • Trailhead Shop • Limit 12

2:00 PM THE WILDFLOWER PRESS
45 min • Verbena • Limit 10

RANCH TALK - MEDICAL
45 min • Thistle 1

METAPHYSICAL 101
45 min • Thistle 2

RIDE THE RANCH*
2 hr • Trailhead Shop • Limit 12

H2O POWER
45 min • Canopy Pool • Limit 12

ATHLETIC YOGA
45 min • Yoga Studio • Limit 25

3:00 PM POWER FLOW
45 min • Yoga Studio • Limit 25

4:00 PM TENNIS SOCIAL PLAY
45 min • Tennis Court 1 • Limit 8

RETAIL: SHOP AT 4
2 hr • Resort Store

RANCH COOKOUT
3 hr • Flying X Deck

5:00 PM RESTORATIVE SOUND BATH*
45 min • Yoga Studio • Limit 25 • \$90

HILL COUNTRY CRAFT CLUB
45 min • Verbena • Limit 10

6:00 PM YOGA NIDRA
45 min • Yoga Studio • Limit 20

7:00 PM GOLDEN HOUR GATHERING
45 min • Rendezvous | Rendezvous Porch

TWO - STEP DANCE
45 min • Studio 2 • Limit 25

8:00 PM STARGAZING*
45 min • Yoga Deck • Limit 12

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require ADVANCED SIGN UP.
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FIRST SERVE basis.



*This is how the Hill Country
says good morning.*

Friday

- 7:00 AM **SUN UP COFFEE**
1 hr 30 min • Rendezvous Porch
- SUNRISE HILL COUNTRY WALK**
45 min • Trailhead Shop
- YOGA FOUNDATIONS**
45 min • Yoga Studio • Limit 25
- 8:00 AM **FRIDAY 5K***
50 min • Trailhead Shop
- STRETCH & AWAKEN**
25 min • Studio 2 • Limit 25
- 9:00 AM **HIIT IT**
45 min • Studio 2 • Limit 16
- SPA EXPERT SESSION**
45 min • Verbena
- RANCH TALK - SPORTS MEDICINE**
45 min • Thistle 1
- PROPERTY TOUR**
45 min • Ranch House
- HILL COUNTRY HIKE***
1 hr 30 min • Trailhead Shop • Limit 12
- PILATES TOWER CHAIR CLINIC***
45 min • Pilates Studio • Limit 5 • \$90
- 10:00 AM **BOXING**
45 min • Studio 1 • Limit 12
- MORNING PAGES JOURNALING**
45 min • Verbena • Limit 20
- 11:00 AM **SPICEWOOD STOMP**
45 min • Studio 2 • Limit 16
- CANYON RANCH 101: WELCOME TO AUSTIN**
45 min • Verbena
- RANCH TALK - STRENGTH**
45 min • Thistle 1
- INTRO TO KAYAKING***
1 hr 30 min • Trailhead Shop • Limit 5
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Friday

12:00 PM CORE & MORE
20 min • Studio 2 • Limit 16

WILDFLOWER WAGON
3 hr • Ranch House

1:00 PM RANCH RECESS
45 min • The Backyard • Limit 25

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

LONG + LEAN BARRE WORKOUT
45 min • Studio 2 • Limit 16

BOTANICAL BLOOMS HIKE*
45 min • Trailhead Shop • Limit 12

2:00 PM HEIRLOOM STITCHES
45 min • Verbena • Limit 10

RANCH TALK - PERFORMANCE SCIENCE
45 min • Thistle 1

METAPHYSICAL 101
45 min • Thistle 2

BOGA FITMAT FITNESS CLINIC*
45 min • Canopy Pool • Limit 5 • \$90

CR FIT FOR LIFE
45 min • Studio 2 • Limit 16

3:00 PM GLUTE TRANSFORMATION*
45 min • Studio 2 • Limit 16 • \$90

ARCHERY*
1 hr 30 min • Trailhead Shop • Limit 6 • \$150

4:00 PM FOAM ROLL & STRETCH
45 min • Studio 2 • Limit 25

RETAIL: SHOP AT 4
2 hr • Resort Store

5:00 PM CANDLELIGHT YOGA
45 min • Yoga Studio • Limit 25

HILL COUNTRY CRAFT CLUB
45 min • Verbena • Limit 10

6:00 PM FLOATING SOUND MEDITATION*
45 min • Canopy Pool • Limit 8 • \$90

7:00 PM GOLDEN HOUR GATHERING
45 min • Rendezvous | Rendezvous Porch

8:00 PM COWBOY POETRY
45 min • Yoga Deck

ASTROLOGY & ASTRONOMY*
1 hr 30 min • Trailhead Shop • Limit 12 • \$150

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require ADVANCED SIGN UP.
All remaining experiences are
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FIRST SERVE basis.



Saturday

- 7:00 AM **SUN UP COFFEE**
1 hr 30 min • Rendezvous Porch
- SUNRISE HILL COUNTRY WALK**
45 min • Trailhead Shop
- MORNING BARN WORKOUT**
45 min • Main Gym • Limit 16
- ROCK YOUR FLOW YOGA**
45 min • Yoga Studio • Limit 25
- 8:00 AM **MUSCLE CONDITIONING**
45 min • Studio 1 • Limit 16
- TENNIS INTRO CLINIC**
45 min • Tennis Court 1 • Limit 8
- 9:00 AM **HYROX™**
45 min • Turf Studio • Limit 10
- SPA EXPERT SESSION**
45 min • Thistle 1
- RANCH TALK - SPIRITUALITY**
45 min • Thistle 2
- PROPERTY TOUR**
45 min • Ranch House
- PILATES REFORMER JUMP BOARD CLINIC***
45 min • Pilates Studio • Limit 5 • \$90
- 10:00 AM **CR STRENGTH**
45 min • Studio 1 • Limit 10
- FIELD NOTES STUDIO**
45 min • Verbena • Limit 10
- CARDIO TENNIS CLINIC***
45 min • Tennis Court 1 • Limit 8 • \$90
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Saturday

11:00 AM	ATHLETIC YOGA 45 min • Yoga Studio • Limit 20	3:00 PM	SAUNA BREATHWORK* 45 min • Spa Lobby • Limit 12 • \$ 90
	CANYON RANCH 101: WELCOME TO AUSTIN 45 min • Verbena		PADDLE BOARD ON THE LAKE* 2 hr • Trailhead Shop • Limit 4 • \$220
	RANCH TALK - SPORTS MEDICINE 45 min • Thistle 1	4:00 PM	PICKLEBALL SOCIAL PLAY 45 min • Pickleball Court 1 • Limit 8
	INTRO TO STAND UP PADDLE* 1 hr 30 min • Trailhead Shop • Limit 5		RETAIL: SHOP AT 4 45 min • Resort Store
	PREGAME PORCH 2 hr • Rendezvous	5:00 PM	MINDFUL MEDITATION 45 min • Yoga Studio • Limit 25
12:00 PM	AERIAL YOGA* 45 min • Yoga Studio • Limit 20 • \$90		HILL COUNTRY CRAFT CLUB 45 min • Verbena • Limit 10
	WILDFLOWER WAGON 3 hr • Ranch House	6:00 PM	REST & RESTORE YOGA 45 min • Yoga Studio • Limit 20
1:00 PM	RANCH RECESS 45 min • The Backyard • Limit 25	7:00 PM	GOLDEN HOUR GATHERING 45 min • Rendezvous Rendezvous Porch
	THE BEAUTY LAB 45 min • Spa Lobby • Limit 10		LINE DANCING 45 min • Studio 2 • Limit 20
	TUBES & LOOPS 45 min • Studio 2 • Limit 20	8:00 PM	NIGHT VISION GOGGLES - WILD AFTER DARK* 1 hr • Trailhead Shop • Limit 5 • \$120
	BOTANICAL BLOOMS HIKE* 45 min • Trailhead Shop • Limit 12		COWBOY POETRY 45 min • Yoga Deck
2:00 PM	THE WILDFLOWER PRESS 1 hr 30 min • Verbena • Limit 10		
	RANCH TALK - MENTAL HEALTH & WELLNESS 45 min • Thistle 1		
	METAPHYSICAL 101 45 min • Thistle 2		
	RIDE THE RANCH* 2 hr • Trailhead Shop • Limit 12		
	BOGA FITMAT FITNESS CLASS* 45 min • Canopy Pool • Limit 5 • \$90		
	WORKDAY MOBILITY 45 min • Studio 2 • Limit 18		

Activities marked with an asterisk (*)
require ADVANCED SIGN UP.
All remaining experiences are
available on a FIRST COME,
FIRST SERVE basis.



*Some things are meant
to follow you home.*

Sunday

7:00 AM SUN UP COFFEE
1 hr 30 min • Rendezvous Porch

SUNRISE HILL COUNTRY WALK
45 min • Trailhead Shop

YOGA FOUNDATIONS
45 min • Yoga Studio • Limit 25

8:00 AM STRETCH & AWAKEN
45 min • Studio 2 • Limit 25

PADEL INTRO
45 min • Padel Court • Limit 8

9:00 AM POWER
45 min • Main Gym • Limit 20

SPA EXPERT SESSION
45 min • Thistle 1

RANCH TALK - ACUPUNCTURE
45 min • Verbena

PROPERTY TOUR
45 min • Ranch House

HIKE TO CONTRAST THERAPY*
1 hr 30 min • Trailhead Shop • Limit 4 • \$150

PILATES REFORMER CLINIC*
45 min • Pilates Studio • Limit 5 • \$90

10:00 AM CR STRENGTH
45 min • Studio 1 • Limit 10

MORNING PAGES JOURNALING
45 min • Verbena • Limit 20

PADEL SKILL CLINIC*
45 min • Padel Court • Limit 4 • \$90

FIELD NOTES STUDIO
45 min • Thistle 1 • Limit 10

Sunday

11:00 AM	INTRO TO KAYAKING* 1 hr 30 min • Trailhead Shop • Limit 5	3:00 PM	SAUNA BREATHWORK* 45 min • Spa Lobby • Limit 12 • \$90
	CANYON RANCH 101: WELCOME TO AUSTIN 45 min • Verbena		ARCHERY* 1 hr 30 min • Trailhead Shop • Limit 6 • \$150
	RANCH TALK- SPORTS MEDICINE 45 min • Thistle 1	4:00 PM	FOAM ROLL & STRETCH 45 min • Studio 2 • Limit 25
	RESTORATIVE YOGA 45 min • Yoga Studio • Limit 20		PICKLEBALL TOURNAMENT 45 min • Pickleball Court 1 • Limit 20
12:00 PM	AERIAL YOGA* 45 min • Yoga Studio • Limit 20 • \$90		RETAIL: SHOP AT 4 45 min • Resort Store
1:00 PM	RANCH RECESS 45 min • The Backyard • Limit 25	5:00 PM	MINDFUL MEDITATION 45 min • Yoga Studio • Limit 25
	THE BEAUTY LAB 45 min • Spa Lobby • Limit 10		HILL COUNTRY CRAFT CLUB 45 min • Verbena • Limit 10
	MAT PILATES 45 min • Studio 2 • Limit 30	6:00 PM	YOGA NIDRA 45 min • Yoga Studio • Limit 20
	BOTANICAL BLOOMS HIKE* 45 min • Trailhead Shop • Limit 12	7:00 PM	GOLDEN HOUR GATHERING 45 min • Rendezvous Rendezvous Porch
2:00 PM	CANYON RANCH CANVAS 1 hr 30 min • Verbena • Limit 10		RESTORATIVE SOUND BATH* 45 min • Yoga Studio • Limit 25 • \$90
	RANCH TALK - NUTRITION 45 min • Thistle 1	8:00 PM	STARGAZING* 45 min • Trailhead Shop • Limit 12
	METAPHYSICAL 101 45 min • Thistle 2		
	H2O POWER 45 min • Canopy Pool • Limit 10		
	RIDE THE RANCH* 2 hr • Trailhead Shop • Limit 12		
	POWER FLOW YOGA 45 min • Yoga Studio • Limit 20		

Activities marked with an asterisk (*)
require ADVANCED SIGN UP.
All remaining experiences are
available on a FIRST COME,
FIRST SERVE basis.

CR VITALITY

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.

Featured Tools & Tech

NEUROSTIMULATION

Unwind with a Shiftwave zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

LIGHT THERAPY

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

INFRARED SAUNA POD

Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

AMMORTAL

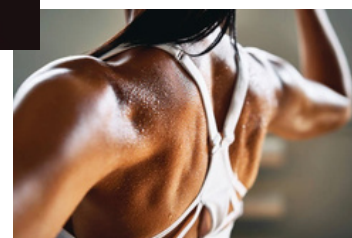
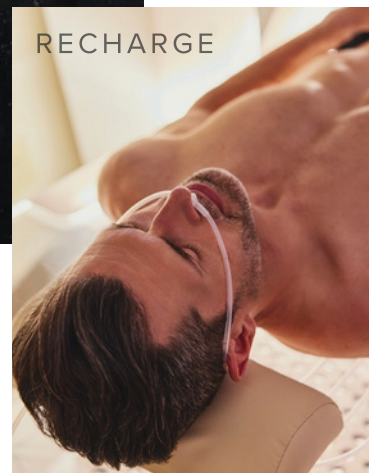
Ammortal is a multi-therapy wellness chamber designed for deep restoration and recovery. Each session combines red and near-infrared light therapy, PEMF, molecular hydrogen, vibroacoustic sound, and guided breathwork into one, fully immersive experience. These modalities work together to support relaxation, nervous system balance, and whole-body recovery — all in a low-effort format.

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.



RECHARGE



REPAIR

ENJOY FOR A SIMPLE
DAILY RATE | \$150

Open 9am-5pm

To book, please contact your
Wellness Guide, located in
The Barn across from the
Trailhead Shop.



DISCOVER THE reLOUNGER

This touchless eStim technology relieves neck and back pain via a harmony of game-changing bioelectrical impulses and heat. Benefit from four solutions in one amazing device.



THE RANCH HOME COLLECTION
CANYON RANCH AUSTIN



STARTING AT
\$3.8 MILLION

Because where you live will
inspire how you live.

The top-rated wellness resort in The Americas has arrived in the Hill Country, with the largest spa in Texas and experiences for body, mind and spirit. The Ranch Home Collection — with lots and to-be-built custom home designs by Lake Flato — is available now. Innovative concierge health services exclusively for homeowners. Here, your next chapter begins. Welcome home.

[CANYONRANCHAUSTIN.COM](https://canyonranchaustin.com)



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Membership

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 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 Austin.
(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.

The option to gift your nights to friends or family.

Wait-list priority for sold-out dates, events, and experiences.

The 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.



FOR MORE INFORMATION

Visit The Membership Sales Office, located in the lobby
Or contact: Mary Harris, Membership Sales Manager
at 413.728.4513 or mharris@canyonranch.com