

RANCH SCHEDULE
OCTOBER 12-18, 2026

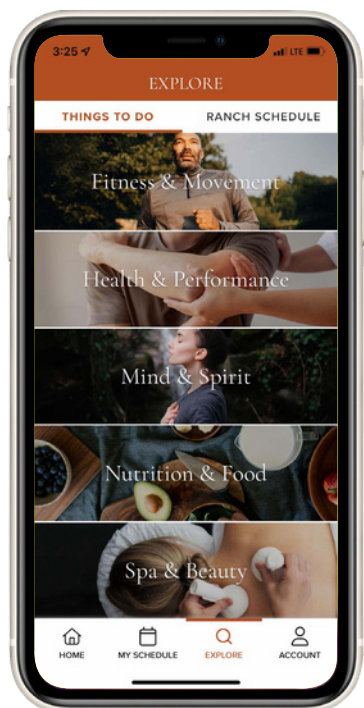


This schedule belongs to: _____



SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



USE THE APP TO:

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

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY



@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.

CELL PHONE POLICY

To maintain a tranquil environment, we kindly ask guests to refrain from taking phone calls in public areas, especially dining spaces and locker rooms. Calls are welcome in your private room, the Spa phone booths, and other designated areas. Thank you for helping keep Canyon Ranch serene.

WELCOME

Dear Guests,

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

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

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

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

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



John Trevenen
Managing Director



DECISIONS, DECISIONS...

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

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

HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



CRYSTAL ENERGY HEALING

Metaphysical | 80 min.

A restorative and harmonizing energy healing session incorporating crystals customized especially for you. The combination of crystals and energetic healing creates alignment for your mind, body, and emotions. This session includes a consultation to explore your intentions as well as your energetic imbalances.

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://www.canyonranch.com) FOR MORE UPCOMING EVENTS



BEYOND WEIGHT LOSS: METABOLIC HEALTH TODAY

October 12-16

Join renowned metabolic health expert Dr. Katherine Saunders for an engaging week exploring the science of metabolic health, weight, and longevity. Through insightful discussions and interactive experiences, gain a deeper understanding of weight regulation, the role of lifestyle and biology, emerging approaches including GLP-1 medications, and practical, evidence-based strategies to support long-term health, energy, and healthy aging.

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



RESONANCE: SOUND HEALING WITH KYLE LAM

October 13-18

Harness the power of sound, mindfulness, and meditation during this restorative week with guest expert Kyle Lam. Through immersive sound healing sessions featuring singing bowls, gongs, and guided meditation—plus a curated selection of daily wellness classes included in your stay—you'll experience deep relaxation, emotional balance, and practical tools to reduce stress, restore calm, and reconnect with yourself.

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

UPCOMING



ENCHANT AT THE RANCH BEAUTY & WELLNESS FESTIVAL

November 1-4

Enchant at the Ranch is back and bigger than ever. Immerse yourself in a colorful celebration of beauty and wellness in the Berkshires — featuring clean beauty, age-defying skincare, aesthetics, hair care, and cutting-edge fitness trends. Enjoy hands-on demos from must-know brands, daily discussions with top tastemakers, nightly socials, and \$1,500 in beauty and wellness gifts, plus exclusive spa, beauty, and fitness credits with any stay of three nights or more.

MONDAY

Oct. 12, 2026

DISCOVERY DAYS: **DD** – BEYOND WEIGHT LOSS: METABOLIC HEALTH TODAY

7:00 AM	MORNING WALK 45 min • Outdoor Sports Boards	11:00 AM	MID-MORNING STRETCH 45 min • Gym 2
8:00 AM	OUTDOOR SUN SALUTATIONS 25 min • Lower Spa Lobby		TRX CORE 45 min • Sports Court
	THE ART OF FENCING: SWORDPLAY CLINIC* 50 min • Sports Court • Limit 6 • \$80		OUTDOOR BOOT CAMP 45 min • Lower Spa Lobby
	DD EXERCISE & MENOPAUSE 50 min • Berkshire Room • CME		PICKLEBALL: DAILY DOSE - LEVEL 2.5+* 50 min • Pickleball Court 1 • Limit 4 • \$80
	PILATES REFORMER JUMPBOARD CLINIC* 50 min • Gym 4 • Limit 6 • \$80		EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP* 1 hr 30 min • Yoga Studio • Limit 6 • \$140
8:30 AM	OUTDOOR WAKE-UP WARM-UP STRETCH 25 min • Lower Spa Lobby	12:00 PM	DD LINE DANCING 25 min • Gym 1
9:00 AM	DD ZUMBA® 45 min • Gym 1 • Limit 30		TREE CANOPY: AERIAL YOGA FOR DETOX & ENERGY CLINIC* 50 min • Lower Spa Lobby • Limit 6 • \$110
	YOGA FOUNDATIONS 45 min • Yoga Studio • Limit 30	12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20
	RACE DAY 45 min • Cycling Studio • Limit 12	1:00 PM	PICKLEBALL: INTRO CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	CANOE/HIKE COMBO LEVEL 2+ 3 hr 30 min • Outdoor Sports Boards • Limit 20		LABYRINTH JOURNEY: GUIDED WALKING MEDITATION 50 min • Front Spa Lobby
9:30 AM	SHINRIN YOKU 2 hr • Outdoor Sports Boards • Limit 6	1:30 PM	ZOMBIE APOCALYPSE ARCHERY* 1 hr 30 min • Outdoor Sports Boards • Limit 8 • \$110
	GRAVEL GRINDER BIKE: LEVEL 3- HOUSATONIC RAIL TRAIL 2 hr 30 min • Outdoor Sports Boards • Limit 4		KAYAK: SEMIPRIVATE* 2 hr • Outdoor Sports Boards • Limit 4 • \$110
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		
	CARDIO TENNIS CLINIC – LEVEL 3.0+* 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80		
	CRYSTALS 101: EXPLORING CRYSTAL ENERGY 50 min • Tanglewood Room		

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 - SHADOWBROOK
2 hr • Outdoor Sports Boards • Limit 10

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

FALL FLOW YOGA
45 min • Yoga Studio

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

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

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

AUTUMN UNWIND
45 min • Yoga Studio • Limit 30

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

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

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.



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 Oct. 13, 2026

DISCOVERY DAYS: **DD** – BEYOND WEIGHT LOSS: METABOLIC HEALTH TODAY
DD – RESONANCE: SOUND HEALING WITH KYLE LAM

7:00 AM	DD MORNING WALK 45 min • Outdoor Sports Boards	10:00 AM	H2O POWER 45 min • Indoor Pool • Limit 25
7:30 AM	QI GONG FOR HEALTH & VITALITY* 50 min • Berkshire Room • Limit 7 • \$80		ROCK YOUR FLOW 45 min • Yoga Studio • Limit 30
8:00 AM	PRANAYAMA BREATHING 25 min • Yoga Studio		TUBES & LOOPS 45 min • Gym 2 • Limit 20
	INTRODUCTION TO COLD THERAPY CLINIC* 25 min • Skincare Reception • Limit 4 • \$45		CARDIO TENNIS CLINIC – LEVEL 3.0+* 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80
	PILATES REFORMER CLINIC - BEGINNER* 50 min • Gym 4 • Limit 6 • \$80		HANDS-ON COOKING: KNIFE SKILLS BASICS* 30 min • Demo Kitchen • Limit 6 • \$70
	TRAIL WALK ON-PROPERTY 1 hr • Outdoor Sports Boards • Limit 10		KAYAK: SEMIPRIVATE* 2 hr • Outdoor Sports Boards • Limit 4 • \$110
8:30 AM	TRX FLOW 20 min • Sports Court • Limit 15	11:00 AM	NEEDLE-FREE CHINESE MEDICINE PRACTICES 50 min • Berkshire Room
	BIKE RIDE: LEVEL 2 - ASHUWILLTICOOK RAIL TRAIL 4 hr • Outdoor Sports Boards • Limit 4		MID-MORNING STRETCH 45 min • Gym 2
9:00 AM	POWER ROW 45 min • Rowing Studio • Limit 10		INTERMEDIATE MAT PILATES 45 min • Gym 1 • Limit 30
	CHAIR YOGA 45 min • Yoga Studio • Limit 15		POWER 45 min • Gym 5 • Limit 10
	STEP AEROBICS 45 min • Gym 1 • Limit 20	12:00 PM	DD BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
	PICKLEBALL: INTRO CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80		RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC* 50 min • Yoga Studio • Limit 8 • \$110
	DD EMPOWERED WEIGHT LOSS: STEPS TO REACH & MAINTAIN 50 min • Tanglewood Room • CME	12:30 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
	HIKE: LEVEL 3 - GIGE'S TRAIL AT MAHANNA COBBLE 3 hr • Outdoor Sports Boards • Limit 10	1:00 PM	PICKLEBALL: INTRO CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
			MEMBERSHIPS: CASUAL Q&A 30 min • Main Spa Lobby
		1:30 PM	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
			CANOEING IN THE BERKSHIRES* 2 hr • Outdoor Sports Boards • Limit 10 • \$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 **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: CULTURED FOODS FOR A HEALTHY GUT*
50 min • Demo Kitchen • Limit 6 • \$110

HIKE: LEVEL 1 - BULLARD WOODS
2 hr • Outdoor Sports Boards • Limit 10

3:00 PM **WARRIOR FLOW**
45 min • Gym 2 • Limit 30

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

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

4:00 PM **RHYTHM RIDE**
45 min • Cycling Studio • Limit 12

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

DD BECOMING MINDFUL: SOUND BATH WITH KYLE LAM
1 hr • Yoga Studio • Limit ?

DD THE SCIENCE BEHIND SUSTAINABLE WEIGHT CHANGE
50 min • TBD

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

OUTDOOR MEDITATION
25 min • Lower Spa Lobby

GAME ON: TENNIS & PICKLEBALL

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

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



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

WEDNESDAY

Oct. 14, 2026

DISCOVERY DAYS: **DD** – BEYOND WEIGHT LOSS: METABOLIC HEALTH TODAY
DD – RESONANCE: SOUND HEALING WITH KYLE LAM

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

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

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

ACTIVE STRETCH CLINIC*
50 min • Gym 1 • Limit 4 • \$80

HIKE: LEVEL 4 - SANDERSON FALLS
6 hr • Outdoor Sports Boards • Limit 10

8:30 AM **ZEN•GA™ FLOW**
20 min • Gym 2 • Limit 30

9:00 AM **YIN & RELEASE**
45 min • Yoga Studio • Limit 30

HILLS & VALLEYS
45 min • Cycling Studio • Limit 12

CARDIO KICKBOXING
45 min • Gym 1 • Limit 30

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

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

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

**DD FINDING YOUR SPIRITUALITY
THROUGH FITNESS**
50 min • Berkshire Room

BIKE RIDE: MOUNTAIN BIKING LEVEL 4
2 hr 30 min • Outdoor Sports Boards
• Limit 4

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 **SHRED**
25 min • Gym 5 • Limit 15

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

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

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

1:30 PM **HIGH ROPES COURSE***
2 hr • Outdoor Sports Boards
• Limit 4 • \$220

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

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2:00 PM SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio

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

BEST BACKSIDE
45 min • Sports Court • Limit 16

HANDS-ON COOKING:
ARTISAN BREAD BAKING*
1 hr 30 min • Demo Kitchen • Limit 12 • \$175

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

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

3:00 PM INTERMEDIATE YOGA
45 min • Gym 2 • Limit 30

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

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

DD PRACTICAL STRATEGIES FOR WEIGHT
& METABOLIC HEALTH
50 min • TBD

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

3:45 PM HOT. COLD. CALM. POP-UP
25 min • Main Spa Lobby

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

OUTDOOR WALK YOUR WORKOUT
50 min • Lower Spa Lobby

DD HEALING THE HEART:
GONG IMMERSION WITH KYLE LAM
1 hr • Yoga Studio • Limit ?

4:30 PM THE ART OF MANIFESTING*
1 hr 20 min • Front Spa Lobby
• Limit 5 • \$110

5:00 PM CREATIVITY & DREAMS
50 min • Tanglewood Room

STRETCH & RELAX
25 min • Gym 2 • Limit 30

HEALING FOR MODERN STRESS*
50 min • Gym 1 • Limit 4 • \$140

CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon
Ranch Community Tree for the
month of October is
PREPARATION:

*What do you need to prepare
or prepare for in life?*

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

Oct. 15, 2026

DISCOVERY DAYS: **DD** – BEYOND WEIGHT LOSS: METABOLIC HEALTH TODAY
DD – RESONANCE: SOUND HEALING WITH KYLE LAM

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

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

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

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

**BIKE RIDE: LEVEL 2-
ASHUWILLTICOOK RAIL TRAIL**
4 hr • Outdoor Sports Boards • Limit 4

9:00 AM **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

DD CHINESE MEDICINE & WEIGHT LOSS
50 min • Tanglewood Room • CME

HIKE: LEVEL 2+ - BASIN POND
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM **EQUINE ESCAPE: HORSE CONNECTION***
2 hr 30 min • Outdoor Sports Boards
• Limit 4 • \$250

STOCKBRIDGE HISTORY WALK
2 hr 30 min • Outdoor Sports Boards
• Limit 10

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

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

LOVING-KINDNESS MEDITATION
50 min • Berkshire Room

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

INTERMEDIATE MAT PILATES
45 min • Gym 1 • Limit 30

DD STRIDE
45 min • Gym 5 • Limit 15

THE ASTROLOGY OF SELF-DISCOVERY
50 min • Lenox Room

12:00 PM **GET A GRIP**
25 min • Sports Court • Limit 15

12:30 PM **DD 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 **TAI CHI WALK***
2 hr 30 min • Outdoor Sports Boards
• Limit 6 • \$110

ZOMBIE APOCALYPSE ARCHERY*
1 hr 30 min • Outdoor Sports Boards
• Limit 8 • \$110

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

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

THE INTUITIVE MEDIUM: A BEGINNER'S WORKSHOP

THURSDAYS AT 4 PM | FRONT SPA LOBBY
1 HR 40 MIN | LIMIT 5 | \$140

Join Metaphysical provider, Cynthia Papa-Lentini, for an introductory mediumship workshop exploring the clair senses, grounding techniques and intuition exercises in the peaceful outdoor setting of the Mystic Tent. This is beginner-friendly, emotionally safe and ethically guided. If you wish to connect with a past loved one, bring their name and one question. Sign up with Program Advising (Ext. 55423).

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

DD CR STRENGTH
45 min • Gym 1 • Limit 22

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

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

FALL FLOW YOGA
45 min • Yoga Studio

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

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

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

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

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

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

THE INTUITIVE MEDIUM:
A BEGINNER'S WORKSHOP*
1 hr 40 min • Front Spa Lobby
• Limit 5 • \$140

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

OUTDOOR MEDITATION
25 min • Lower Spa Lobby

SIP N' SHOP
2 hr • CR Shop

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

WINE TASTING:
A SENSORY EXPLORATION*
50 min • Demo Kitchen • Limit 9 • \$110

6:00 PM SINGER-SONGWRITER,
HANNAH BRACKEN
2 hr • Culinary Rebel™

DD FIRESIDE CHAT: THE FUTURE
OF METABOLIC HEALTH
50 min • Mansion Library

7:00 PM DD THE CHAKRA EXPERIENCE:
BREATHWORK & SOUND BATH
1 hr • Yoga Studio • Limit ?



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

Oct. 16, 2026

DISCOVERY DAYS: **DD** – BEYOND WEIGHT LOSS: METABOLIC HEALTH TODAY
DD – RESONANCE: SOUND HEALING WITH KYLE LAM

7:00 AM	DD MORNING WALK 45 min • Outdoor Sports Boards	10:30 AM	MANIFEST YOUR VISION - A VISION BOARD WORKSHOP* 1 hr 20 min • Art Studio • Limit 8 • \$140
8:00 AM	PRANAYAMA BREATHING 25 min • Yoga Studio	11:00 AM	MID-MORNING STRETCH 45 min • Gym 2
	QI GONG STRESS RELIEF MEDITATION* 50 min • Berkshire Room • Limit 6 • \$80		AMAZING ABS & HEALTHY HIPS 45 min • Gym 1 • Limit 25
	PILATES TOWER CHAIR CLINIC - BEGINNER* 50 min • Gym 4 • Limit 4 • \$80		DD OUTDOOR BOOT CAMP 45 min • Lower Spa Lobby
8:30 AM	OUTDOOR WAKE-UP WARM-UP STRETCH 25 min • Lower Spa Lobby		PICKLEBALL: DAILY DOSE - LEVEL 2.5+* 50 min • Pickleball Court 1 • Limit 4 • \$80
9:00 AM	YOGA ALIGNMENT 45 min • Yoga Studio	12:00 PM	BERKSHIRE BEAT 25 min • Gym 1 • Limit 20
	RACE DAY 45 min • Cycling Studio • Limit 12		RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC* 50 min • Yoga Studio • Limit 8 • \$110
	DD ROCKIN RETRO AEROBICS 45 min • Gym 1 • Limit 30	12:30 PM	FITNESS FOR YOUR FEET 20 min • Gym 2 • Limit 20
	INVEST IN YOUR BRAIN HEALTH 50 min • Rockwell Room	1:00 PM	AERIAL HAMMOCK YOGA CLINIC* 50 min • Yoga Studio • Limit 6 • \$80
	SADDLE & RIDE: HORSEBACK ADVENTURE* 3 hr • Outdoor Sports Boards • Limit 4 • \$350		PICKLEBALL: INTRO CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	HIKE: LEVEL 3 - TOM BALL MOUNTAIN 3 hr 30 min • Outdoor Sports Boards • Limit 10		AFTERNOON OUTDOOR TAI CHI 1 hr • Outdoor Sports Boards • Limit 10
9:30 AM	GRAVEL GRINDER BIKE: LEVEL 3- RICHMOND COUNTRY RDS 3 hr • Outdoor Sports Boards • Limit 4		MEMBERSHIPS: CASUAL Q&A 30 min • Main Spa Lobby
10:00 AM	H2O POWER 45 min • Indoor Pool • Limit 25	1:30 PM	DD CLIMBING WALL* 2 hr • Outdoor Sports Boards • Limit 6 • \$110
	ATHLETIC YOGA 45 min • Yoga Studio • Limit 30		KAYAK: SEMIPRIVATE* 2 hr • Outdoor Sports Boards • Limit 4 • \$110
	STRENGTH & POWER FOR LONGEVITY CLINIC* 50 min • Lower Spa Lobby • Limit 4 • \$110		HIKE: LEVEL 1 - BENEDICT POND 2 hr 30 min • Outdoor Sports Boards • Limit 10
	CARDIO TENNIS CLINIC – LEVEL 3.0+* 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80		
	DD COMING HOME TO THE BODY 50 min • Tanglewood Room		
	HANDS-ON COOKING: SMOOTHIES & SHAKES* 30 min • Demo Kitchen • Limit 6 • \$70		
	HIGH ROPES COURSE* 2 hr • Outdoor Sports Boards • Limit 4 • \$220		

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 **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

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

**THE LATEST & GREATEST -
EXPERT PRODUCT PICKS**
50 min • Skincare Reception

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

HARVEST HAYRIDES
2-4 pm • 30 min • Goldfish Pond, Spa • Limit 8

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

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

DD OUTDOOR WALK YOUR WORKOUT
50 min • Lower Spa Lobby

**DD SACRED ROSE SOUND HEALING:
KYLE LAM & ANNIE CHANG**
1 hr 30 min • Yoga Studio • Limit ?

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

STRETCH & RELAX
25 min • Gym 2 • Limit 30

OUTDOOR MEDITATION
25 min • Lower Spa Lobby

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

**STEVE IDE & ROB PUTNAM:
GUITAR & VOCALS**
2 hr • Culinary Rebel™



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SATURDAY

Oct. 17, 2026

DD – RESONANCE: SOUND HEALING WITH KYLE LAM

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

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 - SAGE'S RAVINE
TO EAGLE'S PERCH
6 hr 30 min • Outdoor Sports Boards
• Limit 10

TRAIL WALK ON-PROPERTY
1 hr • Outdoor Sports Boards • Limit 10

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

9:00 AM CHINESE MEDICINE & WEIGHT LOSS
50 min • Tanglewood Room • CME

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 - GOOSE POND
ON APPALACHIAN TRAIL
3 hr 30 min • Outdoor Sports Boards
• Limit 10

9:30 AM 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

CR STRENGTH
45 min • Gym 1 • Limit 22

ZOMBIE APOCALYPSE ARCHERY*
1 hr 30 min • Outdoor Sports Boards
• Limit 8 • \$110

THE ART OF EROTIC INTELLIGENCE
50 min • Berkshire Room

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

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

12:00 PM 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

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

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1:30 PM HIGH ROPES COURSE*
2 hr • Outdoor Sports Boards • Limit 4
• \$220

**EVIDENCE-BASED QI GONG
& TAI CHI WORKSHOP***
1 hr 30 min • Gym 2 • Limit 6 • \$140

HIKE: LEVEL 2+ - TYRINGHAM COBBLE
3 hr 30 min • Outdoor Sports Boards
• Limit 10

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

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

WALK IN THE WOODS YOGA
45 min • Lower Spa Lobby

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

PAUSING IN PLACE
50 min • Rockwell Room

**HANDS-ON COOKING:
ARTISAN BREAD BAKING***
1 hr 30 min • Demo Kitchen • Limit 12 • \$175

HARVEST HAYRIDES
2-4 pm • 30 min • Goldfish Pond, Spa • Limit 8

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

MATTERS OF MENOPAUSE
50 min • Berkshire Room • CME

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

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

**4:00 PM MINDFULNESS, MENTAL HEALTH
& LONGEVITY**
50 min • Tanglewood Room • CME

RHYTHM RIDE
45 min • Cycling Studio • Limit 12

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

**DD FLOATING SOUND BATH
WITH KYLE LAM**
50 min • Indoor Pool • Limit 20

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

**WINE TASTING:
A SENSORY EXPLORATION***
50 min • Demo Kitchen • Limit 9 • \$110

5:30 PM TEA & TAROT*
1 hr 40 min • Front Spa Lobby
• Limit 5 • \$140

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

8:00 PM MUSIC BINGO! WITH DJ BOB HECK
45 min • Rockwell Room



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

SUNDAY

Oct. 18, 2026

DD – RESONANCE: SOUND HEALING WITH KYLE LAM

7:00 AM	MORNING WALK 45 min • Outdoor Sports Boards	11:00 AM	MID-MORNING STRETCH 45 min • Gym 2
8:00 AM	PRANAYAMA BREATHING 25 min • Yoga Studio		OUTDOOR BOOT CAMP 45 min • Lower Spa Lobby
	PILATES REFORMER CLINIC - INTERMEDIATE* 50 min • Gym 4 • Limit 6 • \$80		BEGINNER MAT PILATES 45 min • Gym 1 • Limit 30
	TRAIL WALK ON-PROPERTY 1 hr • Outdoor Sports Boards • Limit 10		HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR 1 hr • Mansion Library
8:30 AM	TRX FLOW 20 min • Sports Court • Limit 15	12:00 PM	SHRED 25 min • Gym 5 • Limit 15
9:00 AM	CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE 50 min • Tanglewood Room • CME		TREE CANOPY: AERIAL YOGA CLINIC* 50 min • Lower Spa Lobby • Limit 6 • \$110
	CARDIO KICKBOXING 45 min • Gym 1 • Limit 30	12:30 PM	BALANCE CHALLENGE 20 min • Gym 2 • Limit 20
	ADVANCED INDOOR CYCLING 45 min • Cycling Studio • Limit 12	1:00 PM	PICKLEBALL: INTRO CLINIC* 50 min • Pickleball Court 1 • Limit 4 • \$80
	CHAIR YOGA 45 min • Yoga Studio • Limit 15	1:30 PM	BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING 1 hr 30 min • Outdoor Sports Boards • Limit 4
	SHINRIN YOKU 2 hr • Outdoor Sports Boards • Limit 6		HIKE: LEVEL 1 - CANOE MEADOWS 2 hr • Outdoor Sports Boards • Limit 10
	HIKE: LEVEL 2 - ROUND MOUNTAIN 2 hr 30 min • Outdoor Sports Boards • Limit 10		KAYAK: SEMIPRIVATE* 2 hr • Outdoor Sports Boards • Limit 4 • \$110
9:30 AM	GATEWAY TO THE BERKSHIRES - LEE HISTORY WALK 2 hr 30 min • Outdoor Sports Boards • Limit 10		
10:00 AM	H2O POWER 45 min • Indoor Pool • Limit 25		
	YOGA SCULPT 45 min • Yoga Studio • Limit 30		
	MUSCLE CONDITIONING 45 min • Gym 2		
	CARDIO TENNIS CLINIC – LEVEL 3.0+* 50 min • Outdoor Tennis Court 1 • Limit 4 • \$80		
	KAYAK: SEMIPRIVATE* 2 hr • Outdoor Sports Boards • Limit 4 • \$110		

Activities marked with an asterisk (*) require ADVANCE SIGN UP. All remaining experiences are available on a FIRST COME, FIRST SERVE basis. CME indicates a lecture qualifies for Continuing Medical Education Credits.

2:00 PM SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio

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

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

MANAGING ENERGY
DYNAMICS IN RELATIONSHIPS
50 min • Berkshire Room

3:00 PM STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

FALL FLOW YOGA
45 min • Yoga Studio

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

4:00 PM REWIRE FOR RELIEF:
RELIEVING CHRONIC PAIN
50 min • Berkshire Room • CME

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

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

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

THE MORE, THE MERRIER

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

Senior Sales Manager, Rachel Christman
(413) 728-4421 | rchristman@canyonranch.com



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

CLASSES & ACTIVITIES

CARDIO & WEIGHT GYM

OPEN DAILY 7 AM–9 PM

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

REMINDERS

All fitness classes are 45 minutes unless otherwise noted.

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

Pace yourself – choose classes appropriate to your fitness level.

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

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

OUTDOOR SPORTS HIGHLIGHTS

CAMP ARCHERY

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

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

ADVANCED MORNING HIKES

Starting your day with an outdoor hike can boost your mood, give you more energy throughout the day and offers your body and mind a number of other health benefits. These hikes vary each week and, based on location, are 3.5 – 6.5 hours long. Visit the Outdoor Sports Board in the Spa to learn specific information about each hike.

Wed. & Sat. 8 AM

RACQUET SPORTS

Join our instructors for 50-minute custom Tennis or Pickleball clinics. Play sessions recommended for families, friends, and groups to learn and improve skills.

\$80 per person

HIKING & BIKING

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

BEGINNER HIKES

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

INTERMEDIATE & ADVANCED HIKES

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

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

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

AMENITIES & MORE

LAUNDRY & DRY CLEANING

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

CUSTOM COMFORTS

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

PRIVACY, PLEASE

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

CLEAR THE AIR

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

YOUR VALUABLES

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

POOL TIME

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

SAFETY & SECURITY

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

TENNIS & PICKLEBALL

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

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

TEEN SERVICES (AGES 14-17)

Guests ages 14–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance, and suggestions on making the most of your experience.

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities)
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, 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/

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) NEW	50 min each \$525
strategies for Raising Nutritious Eaters.....	50 min \$220

COOKING FOR FUN, PLEASURE & HEALTH

Hands-On Cooking Class.....	50 min \$110 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 NEW	50 min \$250
Life Mapping.....	50 min \$250
Longevity Mindset.....	50 min \$250
Meditation, Mindfulness & Mental Health.....	50 min \$250
Mental Health & Wellness Consultation.....	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 NEW	50 min \$240
Emotional Stress Release.....	80 min \$320
Energy Healing.....	80 min \$310
Energy Healing with Aromatherapy.....	80 min \$320
Heart Connection Healing.....	80 min \$320
Learn to Read Tarot Cards.....	50 min \$240
Mediumship NEW	50 min \$240
Meeting Your Inner Oracles.....	100 min \$395
Optimize Healing.....	80 min \$320
Past Life Experience.....	100 min \$395
Tarot Card Reading.....	50 min \$240 / duet session \$175 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 small group (3+) \$185 pp
Rite of Passage.....	single 50 min \$250 / duet 50 min \$195 pp 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 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 NEW	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 NEW	80 min \$340
Hungarian Mud Ritual.....	100 min \$410
Hungarian Scrub.....	50 min \$240
Nourishing Forest Ritual NEW	100 min \$410
Vitamin Infusion Body Treatment.....	50 min \$240

EASTERN THERAPIES

Ashiatsu– Barefoot Massage.....	50 min \$240 / 80 min \$340
Reflexology.....	50 min \$240
Reiki.....	50 min \$220
Thai Massage.....	100 min \$440
Yoga Table Thai NEW	50 min \$250

MASSAGE

Aromatherapy Massage.....	50 min \$220 / 80 min \$320
Canyon Ranch Massage.....	50 min \$220 / 80 min \$320 / 100 min \$410
Canyon Stone Massage.....	75 min \$340
Chakra Balancing Massage.....	80 min \$320
Craniosacral 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 NEW	50 min \$250
Hydrating Body Bar Massage.....	50 min \$240 / 80 min \$340 / 100 min \$410
Lymphatic Treatment.....	50 min \$240 / 80 min \$340
Mama Moisturizing Massage.....	50 min \$240 / 80 min \$340
Neuromuscular Therapy.....	100 min \$440
Prenatal Massage.....	50 min \$220 / 80 min \$320

MENU OF SERVICES

Sole Rejuvenation.....	50 min \$200
Therapeutic CBD Pain Relief Massage.....	50 min \$250 / 100 min \$450
Skin Vitality Massage.....	50 min \$220
Warm Coconut Oil Massage.....	50 min \$240 / 80 min \$340

SALON

HAIR CARE

Blowout.....	25 min \$65 / \$45 min \$75
Color.....	times & fees vary
Cut.....	45 min \$125
Barber Cut.....	25 min \$65
Highlights.....	times & fees vary
Kerastase® Experience.....	80 min \$150
Root & Crown Renewal Ritual NEW	80 min \$220

MAKEUP

Brow Design.....	15 min \$50
Makeup Consultation.....	45 min \$140

MANICURES

Canyon Ranch Manicure.....	45 min \$80
Gentlemen's Manicure.....	25 min \$60
Hungarian Manicure.....	45 min \$80
Recovery CBD Manicure.....	45 min \$80

PEDICURES

Canyon Ranch Pedicure.....	50 min \$95
Foot Rescue Pedicure.....	50 min \$95
Gentlemen's Pedicure.....	50 min \$95
Hungarian Pedicure.....	50 min \$95
Recovery CBD Pedicure.....	50 min \$95

FACIAL TREATMENTS

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 NEW	50 min \$220
Hydrafacial MD.....	50 min \$350
Ionix Radiance Renewal Facial NEW	80 min \$420
Luzern Oxygen Infusion Facial	50 min \$275 / 80 min \$395
Swiss Barrier Repair Facial.....	50 min \$220
VENN Advanced Collagen Facial	50 min \$240

ESSENTIALS

PHONE NUMBERS

LIFE-THREATENING AND FIRE EMERGENCIES, CALL 9+911

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

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

WHEN IN DOUBT, CALL OUR OPERATOR AT 0,
WHO WILL BE HAPPY TO TRANSFER YOUR CALL.

PHONE INSTRUCTIONS

LOCAL 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 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.



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

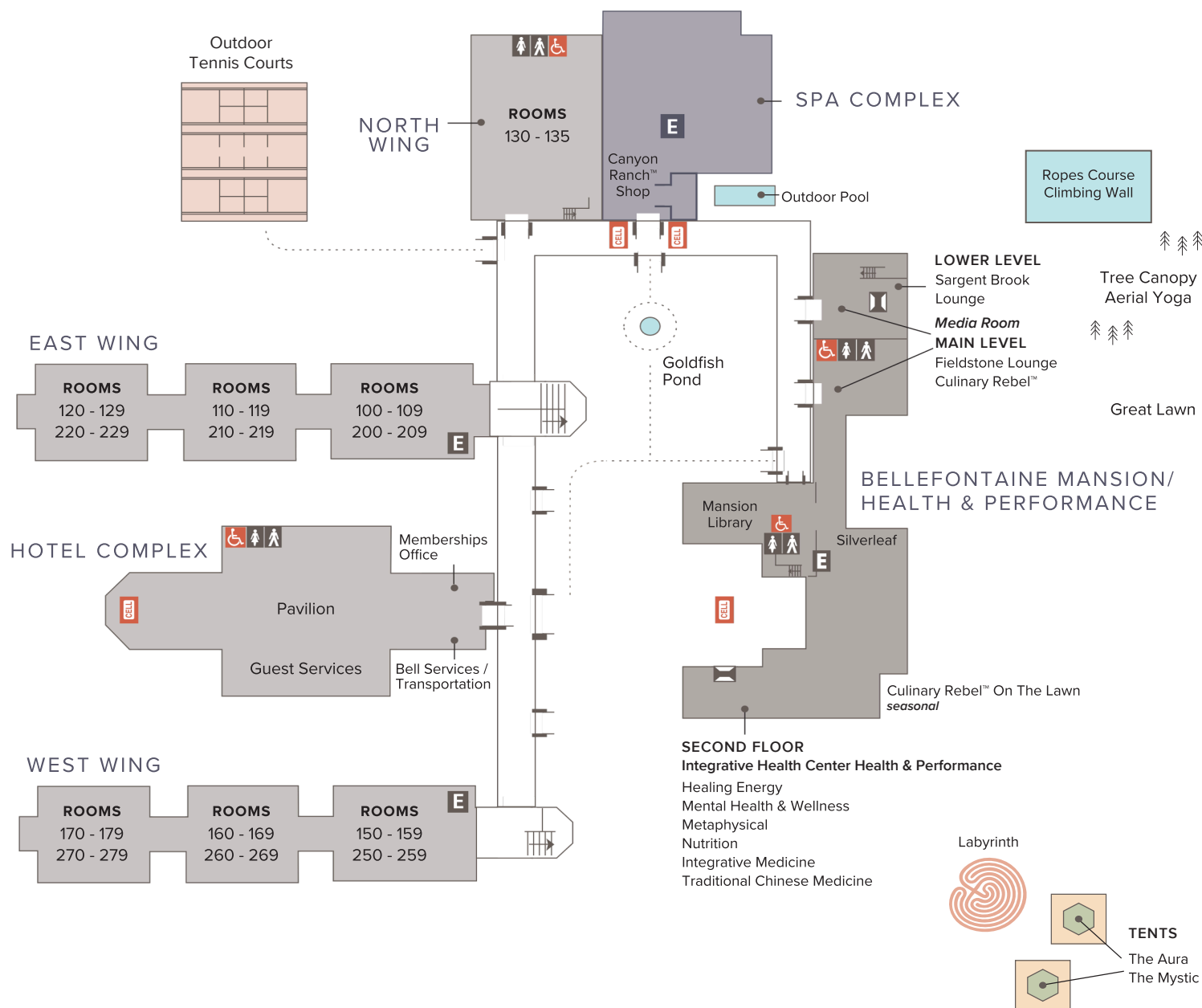
Mary Harris
Membership Sales Manager
413-728-4513
mharris@canyonranch.com

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