Ranch Schedule

OCTOBER 2026



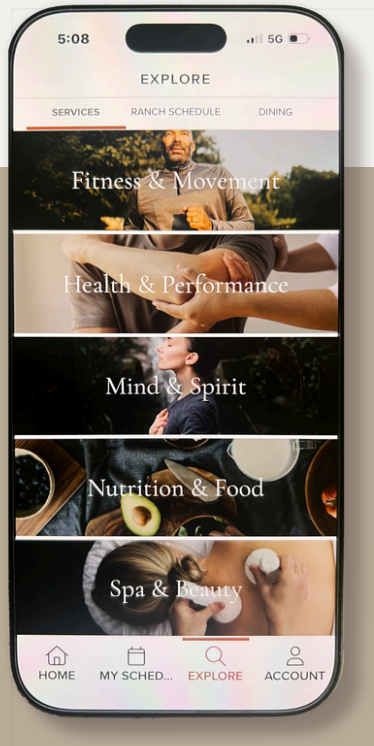
CANYON RANCH
AUSTIN

Shape your journey.

WITH THE
CANYON RANCH APP

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. We appreciate you helping keep Canyon Ranch serene.

PROPERTY WI-FI

While it's great to disconnect in Hill Country, for times you do need to connect we recommend using our complimentary Wi-Fi and that you enable Wi-Fi Calling, as cellular service can vary based on provider.

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 persons 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

Dial "0" to be Connected or Visit the 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 MASSAGE

Massage:
80 minutes | $415

IInspired 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.

IRENE FORTE PEPTIDE RENEWAL FACIAL

Signature Facial: 50 minute | $260

Powerful peptides and naturally derived botanicals work together in this facial to visibly firm, smooth, and rejuvenate the skin. Advanced peptide technology helps soften the appearance of expression lines while supporting collagen, elasticity, and skin resilience. Irene Forte's signature lymphatic drainage and targeted facial massage enhance circulation, release tension, and amplify the benefits of these high-performance ingredients. The result is skin that appears firmer, healthier, and naturally radiant.

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

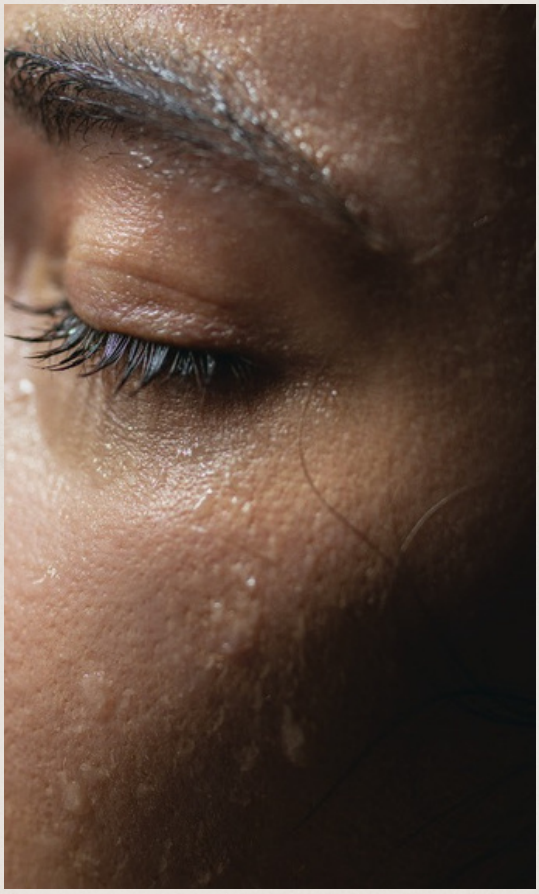
Enjoy an evening of stargazing with a telescope while deepening your understanding of the ancient wisdom held in the stars.

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

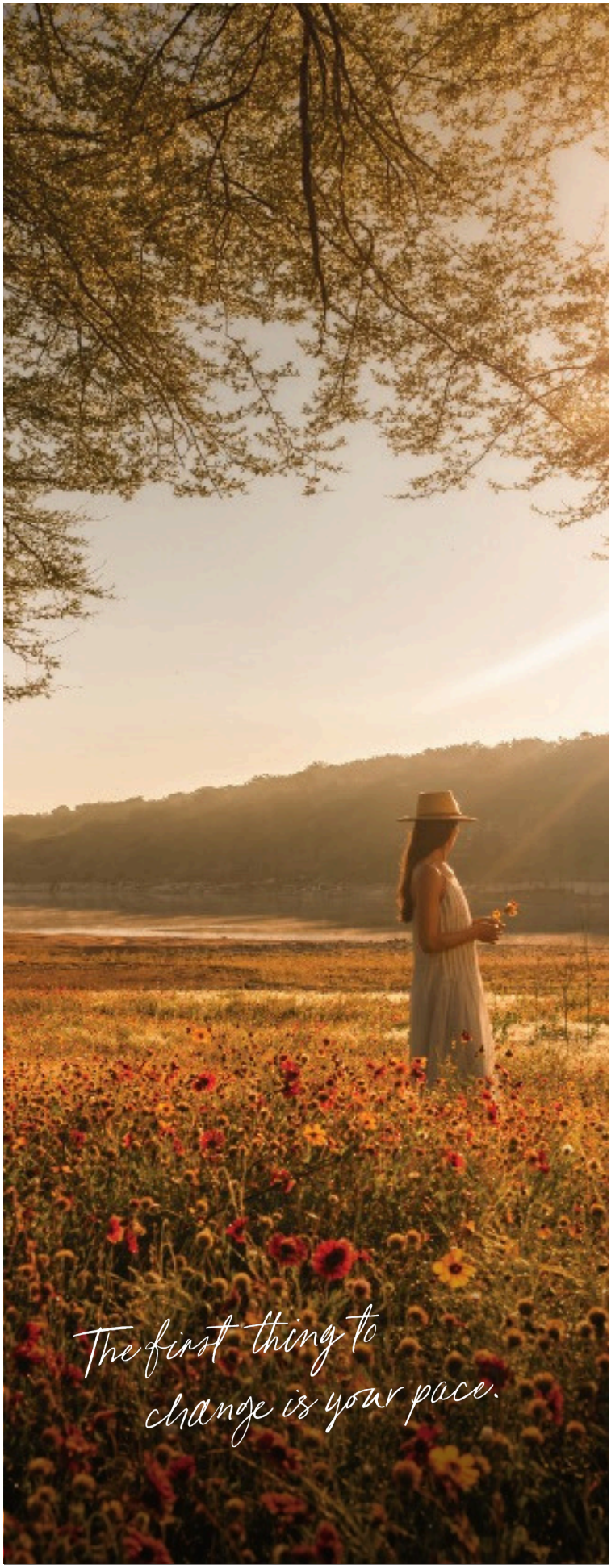


DR. RITEESHA REDDY

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 FOR MORE UPCOMING EVENTS



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

Monday

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

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 16

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

2:00 PM THE WILDFLOWER PRESS
1 hr 30 min • Verbena • Limit 10

RANCH TALK- SPORTS MEDICINE
45 min • Thistle 1

METAPHYSICAL 101
45 min • Thistle 2

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

H20 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

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

TENNIS SOCIAL PLAY
45 min • Tennis Court 1 • Limit 8

RETAIL: SHOP AT 4
2 hr • Resort Store

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 FLOATING SOUND MEDITATION*
45 min • Canopy Pool • Limit 6 • $90

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

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

Activities marked with an asterisk (*) require ADVANCED SIGN UP. All remaning 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

Tuesday

11:00 AM
SPICEWOOD STOMP
45 min • Studio 2 • Limit 16

CANYON RANCH 101: WELCOME TO AUSTIN
45 min • Verbena

RANCH TALK- ACUPUNCTURE
45 min • Thistle 1

KAYAK LAKE TRAVIS*
2 hr • Trailhead Shop • Limit 4 • $220

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

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

2:00 PM
HEIRLOOM STITCHES
1 hr 30 min • Verbena • Limit 10

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

4:00 PM
OPEN PADEL PLAY
45 min • Padel Court • Limit 8

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
YOGA NIDRA
45 min • Yoga Studio • Limit 20

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

RESTORATIVE SOUND BATH*
45 min • Yoga Studio • Limit 25 • $90

8:00 PM
COWBOY POETRY
45 min • Yoga Deck

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

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



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

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

Activities marked with an asterisk (*) require ADVANCED SIGN UP. All remaning experiences are 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

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
& WELLLNESS
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

H20 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

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



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

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

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

Saturday

11:00 AM
ATHLETIC YOGA
45 min • Yoga Studio • Limit 20

CANYON RANCH 101: WELCOME TO AUSTIN
45 min • Verbena

RANCH TALK - SPORTS MEDICINE
45 min • Thistle 1

INTRO TO STAND UP PADDLE*
1 hr 30 min • Trailhead Shop • Limit 5

PREGAME PORCH
2 hr • Rendezvous

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

TUBES & LOOPS
45 min • Studio 2 • Limit 20

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

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

3:00 PM
SAUNA BREATHWORK*
45 min • Spa Lobby • Limit 12 • $ 90

PADDLE BOARD ON THE LAKE*
2 hr • Trailhead Shop • Limit 4 • $220

4:00 PM
PICKLEBALL SOCIAL PLAY
45 min • Pickleball Court 1 • Limit 8

RETAIL: SHOP AT 4
45 min • 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

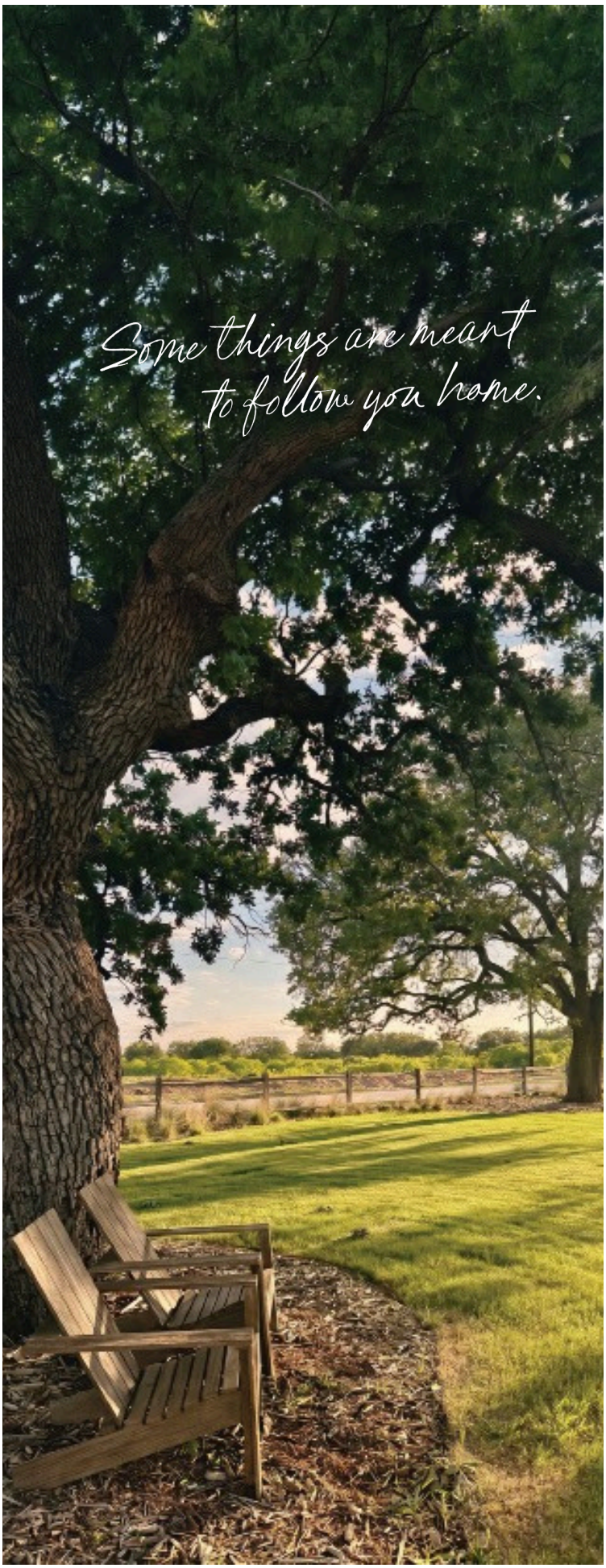
7:00 PM
GOLDEN HOUR GATHERING
45 min • Rendezvous | Rendezvous Porch

LINE DANCING
45 min • Studio 2 • Limit 20

8:00 PM
NIGHT VISION GOGGLES - WILD AFTER DARK*
1 hr • Trailhead Shop • Limit 5 • $120

COWBOY POETRY
45 min • Yoga Deck

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



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 • $1

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

CANYON RANCH 101: WELCOME TO AUSTIN
45 min • Verbena

RANCH TALK- SPORTS MEDICINE
45 min • Thistle 1

RESTORATIVE YOGA
45 min • Yoga Studio • Limit 20

12:00 PM

AERIAL YOGA*
45 min • Yoga Studio • Limit 20 • $90

1:00 PM

RANCH RECESS
45 min • The Backyard • Limit 25

THE BEAUTY LAB
45 min • Spa Lobby • Limit 10

MAT PILATES
45 min • Studio 2 • Limit 30

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

2:00 PM

CANYON RANCH CANVAS
1 hr 30 min • Verbena • Limit 10

RANCH TALK - NUTRITION
45 min • Thistle 1

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

3:00 PM

SAUNA BREATHWORK*
45 min • Spa Lobby • Limit 12 • $90

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

4:00 PM

FOAM ROLL & STRETCH
45 min • Studio 2 • Limit 25

PICKLEBALL TOURNAMENT
45 min • Pickleball Court 1 • Limit 20

RETAIL: SHOP AT 4
45 min • 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

YOGA NIDRA
45 min • Yoga Studio • Limit 20

7:00 PM

GOLDEN HOUR GATHERING
45 min • Rendezvous | Rendezvous Porch

RESTORATIVE SOUND BATH*
45 min • Yoga Studio • Limit 25 • $90

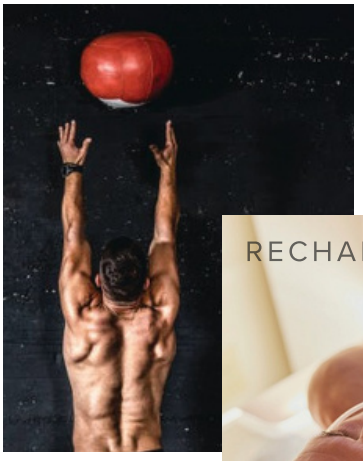
8:00 PM

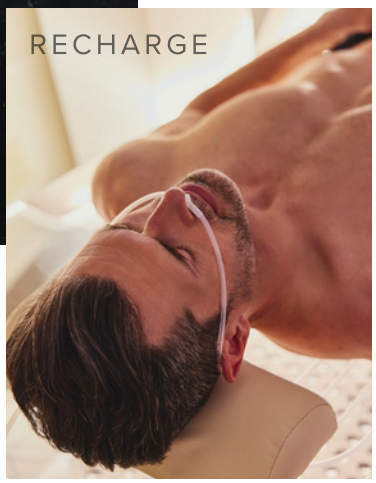
STARGAZING*
45 min • Trailhead Shop • Limit 12

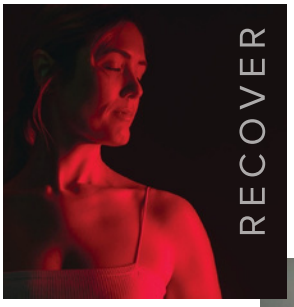
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CR VITALITY

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.

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.

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.

ENJOY FOR A SIMPLE DAILY RATE | $150

Open 9am-5pm

To book, please contact our Experience Planners, located in The Barn across from the Trailhead Shop.



DISCOVER THE AMMORTAL CHAMBER

Available in 25- or 50-minute sessions as a separate add-on.

This immersive multi-therapy chamber combines red and near-infrared light, PEMF, molecular hydrogen, vibroacoustic sound, and guided breathwork to support deep relaxation and whole-body recovery.


CR
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.
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LAURA GOTTESMAN, BROKER | JENNIFER WELCH, BROKER ASSOCIATE
WELCOMEHOME@CANYONRANCHAUSTIN.COM | 833.370.3323
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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.

CANYON RANCH AUSTIN

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