RANCH SCHEDULE

NOVEMBER 16-22, 2026



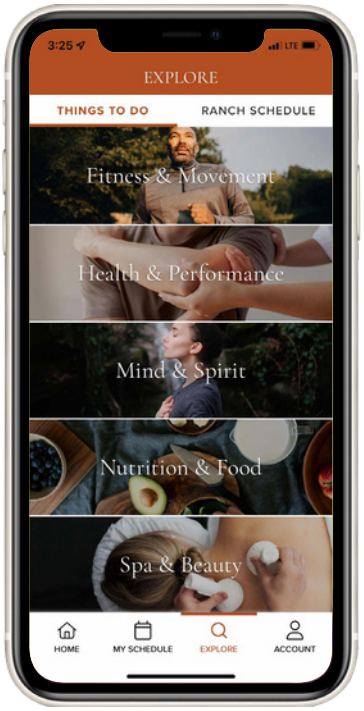
This schedule belongs to: _____

CANYON RANCH

LENOX

SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



CANYON RANCH

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 5–8:30 p.m.

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,

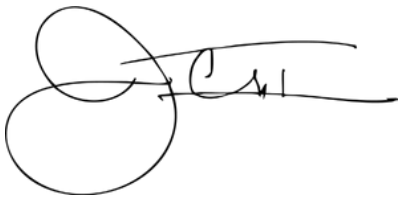
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

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.

YOGA TABLE THAI

Spa | 50 min.

Experience the healing art of Thai massage performed on a comfortable massage table. This fully clothed treatment combines assisted stretching, rhythmic compression, and gentle joint mobilization to improve flexibility, relieve tension, and restore balance — leaving you relaxed, refreshed, and renewed.

HEART CONNECTION HEALING

Healing Energy | 80 min.

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

HUNGARIAN MUD RITUAL

Spa | 100 min.

Indulge in a rejuvenating spa experience with this exclusive, total-body exfoliation treatment. Immerse yourself in the luxury of sea salt, Hungarian moor mud, and capsicum peptide, to revitalize and purify your skin. Our cleansing body mask, meticulously crafted for deep cleansing, will leave your skin nourished and hydrated.

MUSCLE & JOINT ASSESSMENT

Sports Medicine | 50 min.

The best injury is the one you never get. Don't wait to be sidelined — optimize your movement today. Whether it's pain, limited mobility, or peak performance you're after, this proactive sports medicine evaluation uncovers hidden issues and delivers a personalized plan to get you moving at your best.

PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Fitness | Two-part service | 50 min. each

Our fitness experts at Canyon Ranch hold the industry's top certifications and will work with you to create an exercise program to suit your unique goals and preferences.

TRIAWAVE LIFTING FACIAL

Skincare | 80 min.

Revitalize and renew your skin with the power of TriaWave technology combined with Environ's potent ingredients. This treatment lifts, tones, and deeply hydrates, while targeting wrinkles, sagging, and uneven skin tone for a smoother, firmer, and more radiant complexion. Choose a single session or a series for optimal, long-lasting results.

PERSONALIZED PHYSICIAN CONSULTATION

Medical | 50 min. | $410

Explore your health in a personalized one-on-one consultation focused on heart health, menopause, disease prevention, or overall well-being. Address your concerns, ask questions, and receive guidance on advanced diagnostics or lab testing to support a proactive wellness plan tailored to you.

To book services and more information please visit our Wellness Guides or use the Canyon Ranch Mobile App.

FEATURED EVENTS

VISIT OUR LENOX EVENTS PAGE ON CANYONRANCH.COM FOR MORE UPCOMING EVENTS



COZY & CONNECTED

NOVEMBER 16-22

As late autumn settles in, this weeklong experience invites you to slow down and embrace the season's quieter rhythm. Enjoy candlelit yoga, nourishing meals, fireside gatherings, and moments of rest. Each moment is designed to create warmth, reflection, and connection. Balance time alone with shared moments, and leave feeling grounded, restored, and ready for the new season ahead.

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



AYURVEDIC SELF-CARE FOR THE HOLIDAYS

NOVEMBER 22-25

Take time to reset before the holidays. Join Ayurvedic practitioner and yoga specialist Larissa Hall Carlson for valuable insights into balance, wellness, and self-care. Through guided sessions and restorative practices, learn how to boost your well-being through daily habits, support your digestion and energy, and manage stress. Whether you're new to Ayurveda or looking to deepen your understanding, leave feeling refreshed and ready to embrace the season ahead with calm and clarity.

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

UPCOMING



STRENGTH IN THE NEW YEAR

JANUARY 4-10

Start the year strong with this transformative week designed for all fitness levels, from beginners to seasoned athletes. Experience energizing workouts, expert-led presentations, and personalized guidance to help you build a sustainable fitness routine. Leave with a renewed sense of purpose and practical tools to maintain your fitness journey through the year.

MONDAY Nov. 16, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED

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

7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM EXERCISE & MENOPAUSE
50 min • Berkshire Room • CME

THE ART OF FENCING: SWORDPLAY CLINIC*
50 min • Sports Court • Limit 6 • $80

SUN SALUTATIONS
25 min • Yoga Studio

PILATES REFORMER JUMPBOARD CLINIC*
50 min • Pilates Studio • Limit 6 • $80

8:30 AM WAKE-UP WARM-UP STRETCH
20 min • Gym 1 • Limit 30

9:00 AM RACE DAY
45 min • Cycling Studio • Limit 12

ZUMBA®
45 min • Gym 1 • Limit 30

YOGA FOUNDATIONS
45 min • Yoga Studio

HIKE: LEVEL 3- BEARTOWN RAMBLE
3 hr 30 min • Outdoor Sports Boards • Limit 10

9:30 AM DD SHINRIN YOKU
2 hr • Outdoor Sports Boards • Limit 6

HIKE: GRAVEL GRINDER BIKE: LEVEL 3- HOUSATONIC RAIL TRAIL
2 hr 30 min • Outdoor Sports Boards • Limit 4

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

H2O POWER
45 min • Indoor Pool • Limit 30

STRENGTH & POWER FOR LONGEVITY CLINIC*
50 min • Lower Spa Lobby • Limit 4 • $110

ATHLETIC YOGA
45 min • Yoga Studio

CRYSTALS 101: EXPLORING CRYSTAL ENERGY
50 min • Berkshire Room

11:00 AM PICKLEBALL: DAILY DOSE - LEVEL 2.5+*
50 min • Pickleball Court 1 • Limit 4 • $80

EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP*
1 hr 30 min • Yoga Studio • Limit 6 • $140

MID-MORNING STRETCH
45 min • Gym 2

TRX CORE
45 min • Sports Court

POWER
45 min • Gym 5 • Limit 10

MAKE-UP MASTER CLASS
50 min • Tanglewood Room • Limit 15

12:00 PM LINE DANCING
25 min • Gym 1

12:30 PM SHRED
25 min • Gym 5 • Limit 15

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

WOUNDED TO WISE: THE POWER OF FORGIVENESS
50 min • Tanglewood Room • CME

AERIAL HAMMOCK YOGA CLINIC*
50 min • Yoga Studio • Limit 6 • $80

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

2:00 PM CR STRENGTH
45 min • Gym 1 • Limit 22

BEST BACKSIDE
45 min • Sports Court • Limit 16

DD GENTLE FLOW YOGA
45 min • Yoga Studio

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

To maintain a tranquil environment for all, we kindly ask that you take phone calls outside of public areas, particularly while dining or using the locker rooms. We appreciate your help in keeping Canyon Ranch a space for presence and connection.

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

3:00 PM

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

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

HYDRO FLEX
45 min • Indoor Pool • Limit 30

FALL FLOW YOGA
45 min • Yoga Studio

PUNCH
45 min • Sports Court • Limit 20

4:00 PM

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

RESTORATIVE YOGA
45 min • Yoga Studio

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

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

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

4:30 PM

MINDFUL MANDALAS*
1 hr 30 min • Art Studio • Limit 8 • $45

5:00 PM

FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20

MEDITATION
25 min • Yoga Studio

6:00 PM

SOUL CARDS: OPEN YOUR INTUITION & PERCEPTION
30 min • Fieldstone Lounge

6:30 PM

INTRODUCTION TO HUMAN DESIGN
50 min • Rockwell Room

8:00 PM

THE HEALING SOUNDS OF CELLO: MAIRI DORMAN-PHANEUF
50 min • Tanglewood Room

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

As we continually refine our daily experiences, some offerings may vary.

TUESDAY Nov. 17, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED

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

7:30 AM QI GONG FOR HEALTH & VITALITY*
50 min • Berkshire Room • Limit 6 • $80

7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM PRANAYAMA BREATHING
25 min • Yoga Studio

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

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 6 • $80

8:30 AM TRX FLOW
20 min • Sports Court • Limit 15

9:00 AM STRESS LESS, SLEEP MORE
50 min • Tanglewood Room

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

CHAIR YOGA
45 min • Yoga Studio • Limit 15

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

POWER ROW
45 min • Rowing Studio • Limit 10

STEP AEROBICS
45 min • Gym 1 • Limit 25

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

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

H2O POWER
45 min • Indoor Pool • Limit 30

MUSCLE CONDITIONING
45 min • Gym 2

ROCK YOUR FLOW
45 min • Yoga Studio

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

11:00 AM NEEDLE-FREE CHINESE MEDICINE PRACTICES
50 min • Berkshire Room

MID-MORNING STRETCH
45 min • Gym 2

INTERMEDIATE MAT PILATES
45 min • Gym 1 • Limit 30

LIFT, SWING AND STRENGTHEN
45 min • Sports Court • Limit 25

12:00 PM BERKSHIRE BEAT
25 min • Gym 1 • Limit 20

RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC*
50 min • Yoga Studio • Limit 8 • $110

12:30 PM FAN BIKE BURN
20 min • Sports Court • Limit 10

CR VITALITY TOUR
30 min • Lower Spa Lobby

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

1:30 PM DD HIKE & PAINT WORKSHOP*
2 hr • Outdoor Sports Boards • Limit 6 • $110

2:00 PM ENERGY ALCHEMY TO SUPPORT YOUR JOURNEY
50 min • Tanglewood Room

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

YOGA FOR A HEALTHY BACK
45 min • Yoga Studio

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

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

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

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

3:00 PM

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

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

A CUP OF CONNECTION*
1 hr 30 min • Art Studio • Limit 12 • $140

INTERMEDIATE YOGA
45 min • Yoga Studio

4:00 PM

RHYTHM RIDE
45 min • Cycling Studio • Limit 12

YIN YOGA
45 min • Yoga Studio

ACTIVE MOBILITY
45 min • Sports Court • Limit 15

INTRODUCTION TO YOUR PERSONAL ENERGETIC PROFILE
50 min • Rockwell Room

5:00 PM

DD MEDITATION
25 min • Yoga Studio

STRETCH & RELAX
25 min • Gym 2

7:00 PM

JUST BEAD IT: BRACELET MAKING*
1 hr 30 min • Art Studio • Limit 8 • $45

6:00 PM

DD SOUND BATH*
50 min • Yoga Studio • Limit 15 • $80

8:00 PM

NAVIGATING LIFE TRANSITIONS WITH JERRY POSNER
50 min • Tanglewood Room

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.

As we continually refine our daily experiences, some offerings may vary.

WEDNESDAY Nov. 18, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED

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

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

7:45 AM DD NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM ACTIVE STRETCH CLINIC*
50 min • Gym 1 • Limit 4 • $80

SUN SALUTATIONS
25 min • Yoga Studio

HIKE: LEVEL 4- 3 PEAKS AT PITTSFIELD STATE FOREST
5 hr • Outdoor Sports Boards • Limit 10

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

9:00 AM WAKE-UP CALL: IMPROVING YOUR SLEEP
50 min • Tanglewood Room • CME

HILLS & VALLEYS
45 min • Cycling Studio • Limit 12

CARDIO KICKBOXING
45 min • Gym 1 • Limit 30

YIN & RELEASE
45 min • Yoga Studio • Limit 25

HIKE: LEVEL 3- SHAKER VILLAGE MOUNTAIN LOOP
3 hr 30 min • Outdoor Sports Boards • Limit 10

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

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

H2O POWER
45 min • Indoor Pool • Limit 30

YOGA SCULPT
45 min • Yoga Studio

STRENGTH & POWER FOR LONGEVITY CLINIC*
50 min • Lower Spa Lobby • Limit 4 • $110

11:00 AM PICKLEBALL: DAILY DOSE - LEVEL 2.5+*
50 min • Pickleball Court 1 • Limit 4 • $80

MID-MORNING STRETCH
45 min • Gym 2

POWER
45 min • Gym 5 • Limit 10

AMAZING ABS & HEALTHY HIPS
45 min • Gym 1 • Limit 25

12:00 PM LEG DAY EXPRESS
25 min • Gym 1 • Limit 30

PILATES REFORMER CLINIC - INTERMEDIATE*
50 min • Pilates Studio • Limit 6 • $80

12:30 PM BALANCE CHALLENGE
20 min • Gym 2 • Limit 20

CR VITALITY TOUR
30 min • Lower Spa Lobby

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

BEAUTY TRENDS
50 min • Tanglewood Room

1:30 PM DD KAYAK: SEMIPRIVATE*
2 hr • Outdoor Sports Boards • Limit 4 • $110

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

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

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

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

BEST BACKSIDE
45 min • Sports Court • Limit 16

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3:00 PM

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

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

VINYASA FLOW
45 min • Yoga Studio

RIPPED
45 min • Gym 1 • Limit 30

CAMP ARCHERY WORKSHOP*
1 hr 30 min • Sports Court • Limit 4 • $110

3:45 PM

HOT. COLD. CALM. POP-UP
25 min • Main Spa Lobby

4:00 PM

AUTUMN UNWIND
45 min • Yoga Studio • Limit 30

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

MIND YOUR MUSCLE
45 min • Gym 5 • Limit 10

4:30 PM

THE ART OF MANIFESTING*
1 hr 20 min • Front Spa Lobby • Limit 5 • $110

WATERCOLOR PAINTING*
1 hr 30 min • Art Studio • Limit 9 • $45

5:00 PM

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

FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20

MEDITATION
25 min • Yoga Studio

8:00 PM

OLD SCHOOL BINGO
50 min • Rockwell Room

CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon Ranch Community Tree for the month of November is **GRATITUDE:**

Who are the beings, where are the places and what types of things enhance your 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.

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THURSDAY Nov. 19, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED

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

7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM SUN SALUTATIONS
25 min • Yoga Studio

PILATES REFORMER CLINIC - BEGINNER*
50 min • Pilates Studio • Limit 6 • $80

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

9:00 AM NATUROPATHY & CHINESE MEDICINE: WHAT TO KNOW
50 min • Tanglewood Room • CME

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

POWER ROW
45 min • Rowing Studio • Limit 10

DD YOGA FOUNDATIONS
45 min • Yoga Studio

STEP & STRENGTH
45 min • Gym 1 • Limit 25

HIKE: LEVEL 3- PLEASANT VALLEY LEDGES TRAIL
3 hr • Outdoor Sports Boards • Limit 10

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

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

H2O POWER
45 min • Indoor Pool • Limit 30

MUSCLE CONDITIONING
45 min • Gym 2

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

POWER FLOW
45 min • Yoga Studio

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

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 SHRED
25 min • Gym 5 • Limit 15

CR VITALITY TOUR
30 min • Lower Spa Lobby

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

THE ART OF FENCING: SWORDPLAY CLINIC*
50 min • Sports Court • Limit 6 • $80

1:30 PM TAI CHI WALK*
2 hr • Outdoor Sports Boards • Limit 6 • $110

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

2:00 PM BLESS YOUR HEART! THE POWER OF SPOKEN WORDS
50 min • Rockwell Room • CME

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

CR STRENGTH
45 min • Gym 1 • Limit 22

GENTLE FLOW YOGA
45 min • Yoga Studio

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

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3:00 PM

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

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

DD FALL FLOW YOGA
45 min • Yoga Studio

PUNCH
45 min • Sports Court • Limit 20

MINDFULNESS, MENTAL HEALTH & LONGEVITY
50 min • Tanglewood Room • CME

4:00 PM

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

TRX BASIC STRENGTH
45 min • Sports Court • Limit 15

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

DD FLOATING SOUND MEDITATION CLINIC*
50 min • Indoor Pool • Limit 25 • $110

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

4:30 PM

ACRYLIC PAINTING*
1 hr 30 min • Art Studio • Limit 9 • $45

5:00 PM

SIP N' SHOP
2 hr • CR Shop

STRETCH & RELAX
25 min • Gym 2

6:00 PM

DD CANDLELIGHT YOGA
45 min • Yoga Studio

TRAE SHEEHAN, SINGER-SONGWRITER
2 hr • Culinary Rebel™

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).

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.

As we continually refine our daily experiences, some offerings may vary.

FRIDAY Nov. 20, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED

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

7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM PRANAYAMA BREATHING
25 min • Yoga Studio

PILATES REFORMER PLUS CLINIC*
50 min • Pilates Studio • Limit 6 • $80

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

8:30 AM WAKE-UP WARM-UP STRETCH
20 min • Gym 1 • Limit 30

9:00 AM INVEST IN YOUR BRAIN HEALTH
50 min • Rockwell Room

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

YOGA ALIGNMENT
45 min • Yoga Studio

RACE DAY
45 min • Cycling Studio • Limit 12

ROCKIN RETRO AEROBICS
45 min • Gym 1 • Limit 30

HIKE: LEVEL 3 - MONUMENT MOUNTAIN
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM HERMAN MELVILLE'S ARROWHEAD HOUSE & PROPERTY TOUR
2 hr 30 min • Outdoor Sports Boards • Limit 10

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

COMING HOME TO THE BODY
50 min • Tanglewood Room

H2O POWER
45 min • Indoor Pool • Limit 30

STRENGTH & POWER FOR LONGEVITY CLINIC*
50 min • Lower Spa Lobby • Limit 4 • $110

ATHLETIC YOGA
45 min • Yoga Studio

10:30 AM MANIFEST YOUR VISION - A VISION BOARD WORKSHOP*
1 hr 20 min • Art Studio • Limit 8 • $140

11:00 AM PICKLEBALL: DAILY DOSE - LEVEL 2.5+*
50 min • Pickleball Court 1 • Limit 4 • $80

MID-MORNING STRETCH
45 min • Gym 2

AMAZING ABS & HEALTHY HIPS
45 min • Gym 1 • Limit 25

LIFT, SWING AND STRENGTHEN
45 min • Sports Court • Limit 25

12:00 PM DD RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC*
50 min • Yoga Studio • Limit 8 • $110

LEG DAY EXPRESS
25 min • Gym 1 • Limit 30

12:30 PM CR VITALITY TOUR
30 min • Lower Spa Lobby

MEMORY IN ACTION
20 min • Gym 2 • Limit 30

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

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

1:30 PM DD HIKE: LEVEL 1 - PLEASANT VALLEY BEAVER PONDS
3 hr • Outdoor Sports Boards • Limit 10

AERIAL ADVENTURE*
1 hr 20 min • 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

CARDIO CIRCUIT
45 min • Gym 5

YOGA FOR A HEALTHY BACK
45 min • Yoga Studio

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

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

3:00 PM

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

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

PUNCH
45 min • Sports Court • Limit 20

INTERMEDIATE YOGA
45 min • Yoga Studio

4:00 PM

YIN YOGA
45 min • Yoga Studio

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

ACTIVE MOBILITY
45 min • Sports Court • Limit 15

MIND YOUR MUSCLE
45 min • Gym 5 • Limit 10

5:00 PM

EASTERN MEDICINE: THE INSIDE SCOOP
50 min • Tanglewood Room • CME

DD MEDITATION
25 min • Yoga Studio

FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20

8:00 PM

NATALIA BERNAL & JASON ENNIS: GUITAR & VOCALS
50 min • Fieldstone Lounge

MIRACLES, LUCK & THE BUTTERFLY EFFECT
50 min • Tanglewood Room

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

As we continually refine our daily experiences, some offerings may vary.

SATURDAY Nov. 21, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED

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

7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM SUN SALUTATIONS
25 min • Yoga Studio

PILATES REFORMER ATHLETIC CLINIC*
50 min • Pilates Studio • Limit 6 • $80

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

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

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

9:00 AM PICKLEBALL: INTRO CLINIC*
50 min • Pickleball Court 1 • Limit 4 • $80

DD HIKE: LEVEL 3 - KENNEDY PARK
TO CHOCOLATE SPRINGS
3 hr 30 min • Outdoor Sports Boards • Limit 10

POWER ROW
45 min • Rowing Studio • Limit 10

YIN & RELEASE
45 min • Yoga Studio • Limit 25

ZUMBA® STEP
45 min • Gym 1 • Limit 25

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

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

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

H2O POWER
45 min • Indoor Pool • Limit 30

ROCK YOUR FLOW
45 min • Yoga Studio

CR STRENGTH
45 min • Gym 1 • Limit 22

11:00 AM PICKLEBALL: DAILY DOSE - LEVEL 2.5+*
50 min • Pickleball Court 1 • Limit 4 • $80

MID-MORNING STRETCH
45 min • Gym 2

TRX CORE
45 min • Sports Court

POWER
45 min • Gym 5 • Limit 10

FITNESS FOR LONGEVITY
50 min • Tanglewood Room • CME

12:00 PM LINE DANCING
25 min • Gym 1

AERIAL HAMMOCK YOGA CLINIC*
50 min • Yoga Studio • Limit 6 • $80

12:30 PM FAN BIKE BURN
20 min • Sports Court • Limit 10

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

1:30 PM HIKE: LEVEL 2-
KENNEDY PARK CLIFFWOOD
2 hr 30 min • Outdoor Sports Boards • Limit 10

DD HIGH ROPES COURSE*
2 hr • Outdoor Sports Boards • Limit 4 • $220

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

2:00 PM PAUSING IN PLACE
50 min • Rockwell Room

BASIC AEROBIC CIRCUIT WEIGHTS
45 min • Gym 5

BEST BACKSIDE
45 min • Sports Court • Limit 16

GENTLE FLOW YOGA
45 min • Yoga Studio

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

3:00 PM

MATTERS OF MENOPAUSE
50 min • Berkshire Room • CME

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

HYDRO FLEX
45 min • Indoor Pool • Limit 30

VINYASA FLOW
45 min • Yoga Studio

RIPPED
45 min • Gym 1 • Limit 30

CAMP ARCHERY WORKSHOP*
1 hr 30 min • Sports Court • Limit 4 • $110

4:00 PM

RHYTHM RIDE
45 min • Cycling Studio • Limit 12

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

FLOATING SOUND MEDITATION CLINIC*
50 min • Indoor Pool • Limit 20 • $110

MIXED EMOTIONS:
MAKING PEACE WITH YOURSELF
50 min • Tanglewood Room • CME

5:00 PM

STRETCH & RELAX
25 min • Gym 2

5:30 PM

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

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.

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SUNDAY Nov. 22, 2026

DISCOVERY DAYS: **DD** – COZY & CONNECTED
DD – AYURVEDIC SELF-CARE FOR THE HOLIDAYS

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

7:45 AM NORDIC WALK/POLE HIKE
1 hr • Outdoor Sports Boards • Limit 10

8:00 AM PRANAYAMA BREATHING
25 min • Yoga Studio

PILATES REFORMER CLINIC - INTERMEDIATE*
50 min • Pilates Studio • Limit 6 • $80

8:30 AM TRX FLOW
20 min • Sports Court • Limit 15

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

SHINRIN YOKU
2 hr • Outdoor Sports Boards • Limit 6

CHAIR YOGA
45 min • Yoga Studio • Limit 15

HILLS & VALLEYS
45 min • Cycling Studio • Limit 12

CARDIO KICKBOXING
45 min • Gym 1 • Limit 30

HIKE: LEVEL 2+ - FLAG ROCK
3 hr • Outdoor Sports Boards • Limit 10

9:30 AM DD STOCKBRIDGE HISTORY WALK
2 hr 30 min • Outdoor Sports Boards • Limit 10

10:00 AM CARDIO TENNIS CLINIC – LEVEL 3.0+*
50 min • Indoor Tennis Court 1 • Limit 4 • $80

WIRED FOR WONDER: SPIRITUAL PATHWAYS OF THE BRAIN
50 min • Berkshire Room • CME

H2O POWER
45 min • Indoor Pool • Limit 30

YOGA SCULPT
45 min • Yoga Studio

TUBES & LOOPS
45 min • Gym 2 • Limit 20

11:00 AM HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR
1 hr • Mansion Library

MID-MORNING STRETCH
45 min • Gym 2

BEGINNER MAT PILATES
45 min • Gym 1 • Limit 30

STRIDE
45 min • Gym 5 • Limit 15

DD INTRO TO AYURVEDA: YOGA'S SISTER SCIENCE
50 min • Rockwell Room

12:00 PM BERKSHIRE BEAT
25 min • Gym 1 • Limit 20

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

STRENGTH METRICS FOR LIFE: AN INTERACTIVE SESSION
50 min • Lower Spa Lobby

12:30 PM BALANCE CHALLENGE
20 min • Gym 2 • Limit 20

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

1:30 PM TRAIL WALK ON-PROPERTY
1 hr • Outdoor Sports Boards • Limit 10

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

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

2:00 PM

MANAGING ENERGY DYNAMICS IN RELATIONSHIPS
50 min • Berkshire Room

SACRAL CHAKRA HIP OPENING
45 min • Yoga Studio

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

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

3:00 PM

STROOPS BUNGEE WORKOUT
45 min • Gym 1 • Limit 12

AQUA STRENGTH CIRCUIT CLASS
45 min • Indoor Pool • Limit 25

DD FALL FLOW YOGA
45 min • Yoga Studio

CAMP ARCHERY WORKSHOP*
1 hr 30 min • Sports Court • Limit 4 • $110

4:00 PM

REWIRE FOR RELIEF: RELIEVING CHRONIC PAIN
50 min • Berkshire Room

AUTUMN UNWIND
45 min • Yoga Studio • Limit 30

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

MIND YOUR MUSCLE
45 min • Gym 5 • Limit 10

5:00 PM

DD MEDITATION
25 min • Yoga Studio

FITNESS FOR YOUR FEET
20 min • Gym 2 • Limit 20

6:00 PM

TRAE SHEEHAN, SINGER-SONGWRITER
2 hr • Culinary Rebel™

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.

As we continually refine our daily experiences, some offerings may vary.

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 of 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 sthat 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 Excercise 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

ACUPUNTCTURE

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
trategies for Raising Nutritious Eaters..... 50 min | $220

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
Deconstructing Perfectionism NEW.....50 min | $250
Desire, Vitality & Erotic Well-Being NEW..... single 50 min | $250 / duet 50 min | $195 pp
Sensual Wellness Concierge NEW..... 25 min | $140

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
Udvartana 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.

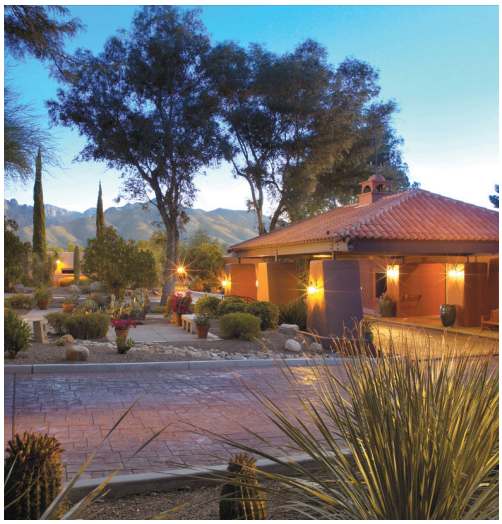
When the DVD player is turned on, the TV will switch to the proper input.

4 - Canyon Ranch Channel

100 through 142 offer various music channels

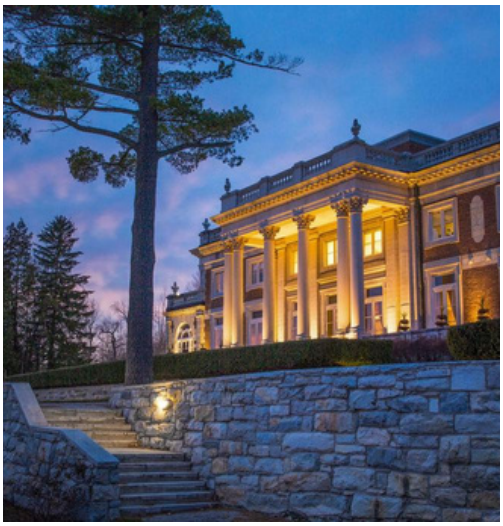
LIFE CHANGES AT CANYON RANCH

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.

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.*



ENJOY FOR A SIMPLE DAILY RATE | $100

To book, please contact your Wellness Guide or visit us at CR Vitality in the Lower Spa.

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 ofred- and infrared-light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

INFRARED SAUNA POD

Benefit fromvibration 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-edgepercussion 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.

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.

For more information or to purchase a Membership:

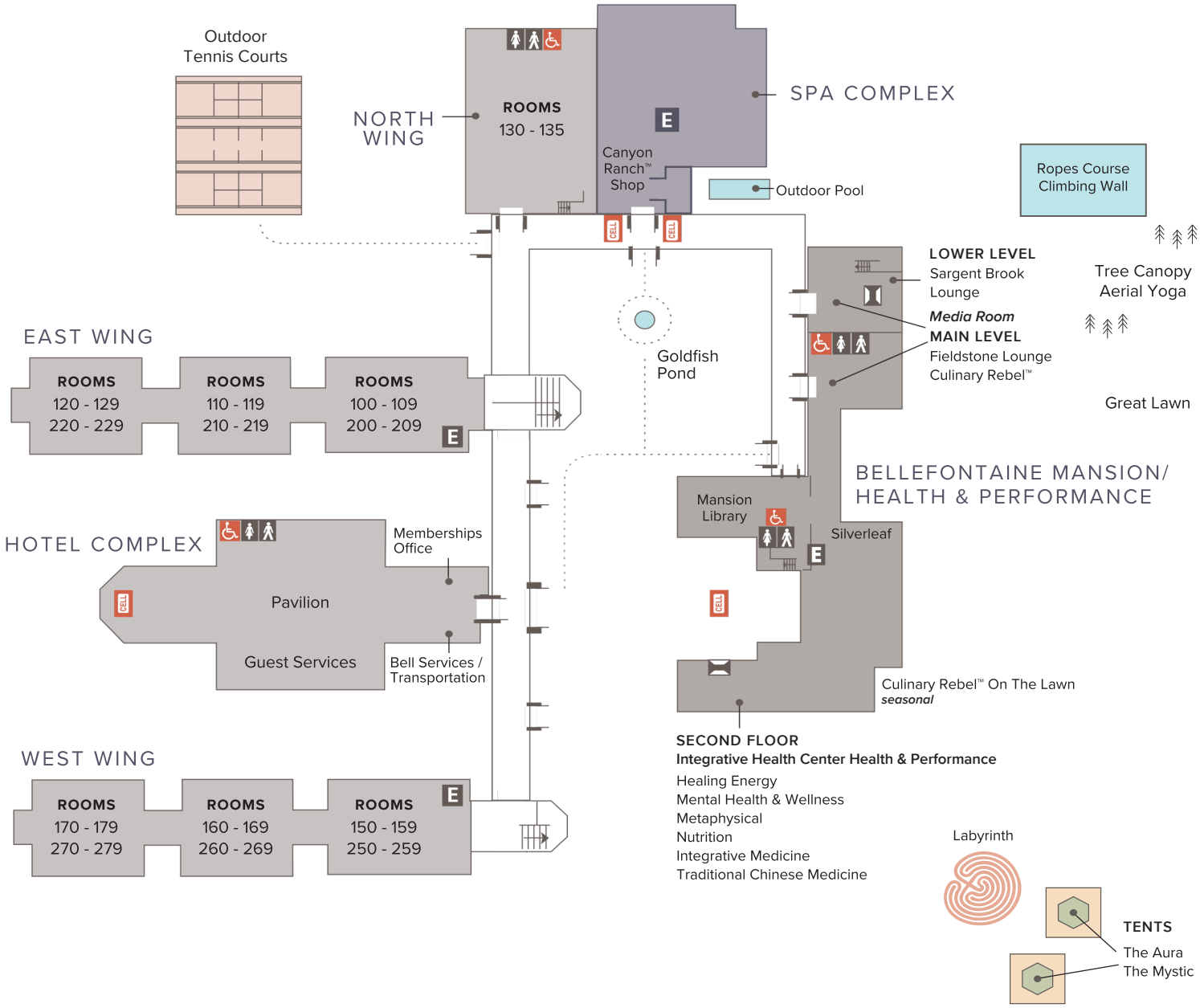
VISIT

Our Membership Sales Office, located in the Hotel Lobby

CALL OR EMAIL

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

CANYONRANCH
LENOX



CANYON RANCH LIVING® LENOX

NORTH WING

MAIN LEVEL
Beverage Bar
Group Sales
Program Advising
Restrooms
Rockwell Room
Spirtual 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