



# SAMPLE WEEK

at Canyon Ranch | Miami Beach

Your guide to creating the perfect stay with fitness classes, daily talks, workshops and evening programs – including appointments.

CANYONRANCH®  
MIAMI BEACH

# LET'S MAKE OUR INTENTIONS WORK TOGETHER

Welcome to Canyon Ranch. I hope you've thought about what you'd like to accomplish during your stay with us. Assuming that you have, let's call that your "intention." That's a powerful word, especially when it refers to something as meaningful as the fullest enjoyment of life.

Canyon Ranch also has an intention, which is to help you to achieve all your goals and turn your desire for a higher quality of life into reality. If we realize our intentions and help you realize yours, you could experience an *A-ha!* moment at Canyon Ranch that will last a lifetime.

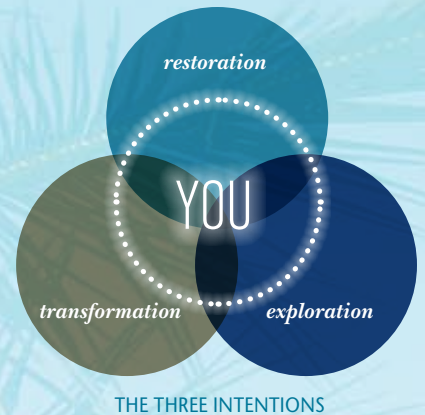
So how do we do this together? Profound resources are all around you, as well as all the guidance you need to choose the perfect experience for you. A Program Advisor can help you match your goals to our programming. The time you spend with this expert will lead you to experiences that offer lifelong benefits, in addition to the joys of the moment.

You have come to a place like no other. Here you'll discover pleasure with a purpose. Be open to "The Power of Possibility," and enjoy the vacation of a lifetime.

Sincerely,



Mel Zuckerman  
Canyon Ranch Founder



## EXPERIENCE CANYON RANCH MIAMI BEACH

### WELCOME

Enjoy an unforgettable experience in Miami Beach. Unspoiled white beach, breathtaking ocean and city views and the limitless skies over the Atlantic take you far, far away from the everyday – and all the fitness choices and wellness opportunities of Canyon Ranch are at your disposal.

### FEATURED ACTIVITIES

#### ASHIATSU

Using slow, gentle rocking movements, the therapist applies compressions with thumbs, palms, elbows, knees and feet to harmonize vital life energies. Described as "Thai massage," this art leaves you relaxed, energized and more flexible. This session is performed on a floor mat. Please wear comfortable, loose-fitting pants and a T-shirt. 100 minutes.

#### KINESIS®

This unique conditioning system uses specially designed equipment to offer almost limitless range of movement possibilities. Become stronger, leaner and more flexible in mind and body. Kinesis helps build true core strength, improves posture and coordination. Choose from a Private Session, a Duo Session with a friend, or one of our regularly scheduled semi-private classes. Call a Program Advisor on Ext. 46688.

#### ROCK WALL CLIMBING

Challenge your body and spirit by climbing our 40-foot, indoor rock wall. Go straight to the top, or travel horizontally and make it part of a fun and challenging circuit training workout! Climbing is available individually, with a friend, or in small groups.



# MONDAY

## MORNING

- 7 am ▲ **BEACH WALK** ❖ *Meet in the Library*
- 8 am **INDOOR CYCLING** ❖ *Movement Studio 2*  
**MEDITATION** ❖ (20 min) *Ocean Studio*  
**CIRCUIT WALK** ❖ *Rock Wall*  
**CORE TRAINING** ❖ *Movement Studio 3*
- 8:30 am **SUNRISE YOGA** ❖ (75 min) *Ocean Studio*
- 9 am **H<sub>2</sub>O POWER HOUR** ❖ *Atlantic Pool*  
**STICK FUSION II** *Movement Studio 2*  
**ROCKWALL BASICS I-II** (Limit 6) *Rock Wall*
- 10 am **KINESIS BASICS I-II** (Limit 4) *Movement Studio 1*  
**MUSCLE CONDITIONING** ❖ *Movement Studio 2*  
**STRETCH** ❖ *Movement Studio 3*
- 11 am ◇ **KINESIS MOVEMENT II-III** (Limit 4) *Movement Studio 1*  
**YOGA I-II** (75 min) *Movement Studio 3*  
**BOXING CIRCUITS** ❖ *Rock Wall*
- **STRENGTH & SEXUALITY** *Lecture Room*  
 Enhancing the health of women. This conversation with our physician will discuss bioidentical hormones, important nutrition topics, and specific lab tests that empower us to make proactive choices to enhance our health.

## AFTERNOON

- 12 pm **WEIGHT ROOM CIRCUITS I-II** *Weight Room*  
**KIPAZ** ❖ *Movement Studio 2*
- 12:30 pm **BREATHING** ❖ (20 min) *Movement Studio 3*
- 1 pm **GENERAL TRAINING** ❖ *Weight Room*

- 2 pm ■ **OPENING THE HEART: COMMUNICATION & INTIMACY** *Lecture Room*  
 Create greater intimacy and open the channels of communication with your loved ones. You will learn how to overcome common barriers to intimacy and practical skills for developing open and honest communication.
- 2:30 pm **PRANAYAMA** ❖ (20 min) *Movement Studio 3*
- 3 pm **WET WORKOUT** ❖ *Atlantic Pool*  
**MEDITATION** ❖ (20 min) *Movement Studio 3*  
**TOTALLY TUBING** ❖ *Rock Wall*
- 3:30 pm **KUNDALINI YOGA** ❖ (75 min) *Movement Studio 3*
- **PROPERTY ORIENTATION** *Meet in the Library*
- 4 pm ◇ **BOULDERING CIRCUITS II-III** (Limit 6) *Rock Wall*  
**CORE TRAINING** ❖ *Ocean Studio*
- 5 pm **YOGA STRETCH** ❖ *Ocean Studio*  
**INTENTION WALK** ❖ *Meet in the Library*  
**20-MIN LEGS** ❖ *Movement Studio 3*  
**CYCLING CIRCUITS** ❖ *Movement Studio 2*
- **THE SECRET TO PERFECT POSTURE** *Lecture Room*  
 Learn why most people have difficulty achieving and maintaining good posture and the simple exercise that can make the difference between slouching and a great confident posture.
- 5:30 PM **20-MIN ABS** ❖ *Movement Studio 3*

## EVENING

- 6 pm **CARDIO KICKBOX** ❖ *Movement Studio 2*  
**BREATHING** ❖ (20 min) *Ocean Studio*
- 6:30 pm **MEDITATION** ❖ (20 min) *Ocean Studio*
- 7 pm **GENTLE YOGA I** *Ocean Studio*  
**EVENING WALK** ❖ *Meet in the Library*

Fitness Levels: I (Beginner), II (Intermediate), III (Advanced), ❖ (All Levels)

■ Daily lectures | ◇ Additional fees apply | ▲ Children ages 10 and up are invited to join classes with parent participation

# TUESDAY



## MORNING

7 am	▲ BEACH WALK ❖	Meet in the Library
8 am	INDOOR CYCLING ❖ KIPAZ ❖ BEACH WALK ❖ MEDITATION ❖ (20 min)	Movement Studio 2 Movement Studio 3 Meet in the Library Ocean Studio
8:30 am	SUNRISE YOGA ❖ (75 min)	Ocean Studio
9 am	H2O POWER HOUR ❖ ◇ EXO CHAIR II-III (Limit 5) BEACH CONDITIONING II-III GOTTA DANCE! ❖	Atlantic Pool Movement Studio 3 Meet in the Library Movement Studio 2
10 am	INTENTION WALK ❖ KINESIS BASICS I-II (Limit 4) STICK FUSION II STRETCH ❖	Meet in the Library Movement Studio 1 Movement Studio 2 Ocean Studio
10 am	◇ BOULDERING CIRCUITS II-III (Limit 6)	Rock Wall
11 am	YOGA FLOW II-III PILATES MAT ❖ ◇ KINESIS MOVEMENT II-III (Limit 4) BOXING CIRCUITS ❖ WET/DRY BOOT CAMP II-III	Movement Studio 3 Ocean Studio Movement Studio 1 Rock Wall Meet in the Library

## AFTERNOON

12 pm	WEIGHT ROOM CIRCUITS I-II CYCLING CIRCUITS ❖	Weight Room Movement Studio 2
12:30 pm	BREATHING ❖ (20 min)	Movement Studio 3
1 pm	GENERAL TRAINING ❖	Weight Room
2 pm	■ HEALING EFFECTS OF EXERCISE Join the Canyon Ranch exercise physiologist to discover how consistent exercise will improve the function of your cardiovascular system and increase longevity.	Lecture Room
2:30 pm	PRANAYAMA ❖ (20 min)	Ocean Studio
3 pm	BURDENKO WATER ❖ MEDITATION ❖ (20 min)	Atlantic Pool Ocean Studio

3:30 pm	KUNDALINI YOGA ❖ (75 min)	Ocean Studio
	■ PROPERTY ORIENTATION	Meet in the Library
4 pm	CARDIO KICKBOX ❖	Movement Studio 2
5 pm	20-MIN LEGS ❖ YOGA STRETCH ❖ INTENTION WALK ❖	Movement Studio 3 Ocean Studio Meet in the Library
	■ POWER FOODS: EATING FOR HEALTH & DISEASE PREVENTION Which foods have the most power to heal and prevent disease? The answer may surprise you. Have your questions answered by a Canyon Ranch nutritionist.	Lecture Room
5:30 PM	20-MIN ABS ❖	Movement Studio 3

## EVENING

6 pm	PILATES MAT ❖ BOXER'S WORKOUT ❖	Movement Studio 2 Rock Wall
7 pm	CORE TRAINING ❖ GENTLE YOGA I	Movement Studio 2 Movement Studio 3

Please note that the schedule is subject to change. Please check times and locations on the electronic boards.



# WEDNESDAY

## MORNING

- 7 am ▲ **BEACH WALK** ❖ *Meet in the Library*
- 7:30 am **MEDITATION** ❖ (20 min) *Movement Studio 3*
- 8 am **INDOOR CYCLING** ❖ *Movement Studio 2*  
**CIRCUIT WALK** ❖ *Rock Wall*  
**BREATHING** ❖ (20 min) *Movement Studio 3*  
**QI GONG** ❖ *Ocean Studio*
- 8:30 am **SUNRISE YOGA** ❖ (75 min) *Movement Studio 3*
- 9 am **H<sub>2</sub>O POWER HOUR** ❖ *Atlantic Pool*  
**GYROKINESIS**® ❖ *Ocean Studio*  
**BOXER'S WORKOUT** ❖ *Rock Wall*
- 10 am **KINESIS BASICS I-II** (Limit 4) *Movement Studio 1*  
**BEACH CONDITIONING II-III** *Meet in the Library*  
**BUFF BALLET BOOTY** ❖ *Movement Studio 2*  
**STRETCH** ❖ *Movement Studio 3*  
 ❖ **EXO CHAIR II-III** (Limit 5) *Movement Studio 3*
- 11 am **ROCKWALL BASICS I-II** (Limit 6) *Rock Wall*  
 ❖ **KINESIS MOVEMENT II-III** (Limit 4) *Movement Studio 1*  
**YOGA I-II** (75 min) *Movement Studio 3*
- **IF YOU'RE HAPPY & YOU KNOW IT ... EXERCISE!** *Lecture Room*  
 Join a Canyon Ranch exercise physiologist to learn about a universal treatment to cure what ails you. This treatment does not discriminate against young or old, short or tall, big or small...it just works!

## AFTERNOON

- 12 pm **WEIGHT ROOM CIRCUITS I-II** *Weight Room*
- 1 pm **GENERAL TRAINING** ❖ *Weight Room*  
**PILATES MAT** ❖ *Movement Studio 2*
- 2 pm **ROLL-N-RELEASE II** *Movement Studio 2*  
 ■ **ACHES & ACUPUNCTURE** *Lecture Room*  
 Learn how acupuncture can treat sports injuries, reduce neuromuscular pain and enhance athletic performance.

- 2:30 pm **BREATHING** ❖ (20 min) *Ocean Studio*
- 3 pm **WET WORKOUT** ❖ *Atlantic Pool*  
 ❖ **KINESIS MOVEMENT II-III** (Limit 4) *Movement Studio 1*  
**MEDITATION** ❖ (20 min) *Ocean Studio*
- 3:30 pm **YOGA** ❖ (75 min) *Ocean Studio*  
 ■ **PROPERTY ORIENTATION** *Meet in the Library*
- 4 pm **SPORTS CONDITIONING II-III** *Movement Studio 2*  
**20-MIN LEGS** ❖ *Movement Studio 3*
- 4:30 pm **20-MIN ABS** ❖ *Movement Studio 3*
- 5 pm **WATER CIRCUITS** ❖ *Atlantic Pool*  
**CORE TRAINING** ❖ *Ocean Studio*  
**YOGA STRETCH** ❖ *Movement Studio 3*  
 ▲ **BEACH CONDITIONING II-III** *Meet in the Library*  
 ■ **PAIN IN THE NECK?** *Lecture Room*  
 Learn the empowering McKenzie approach to treating neck pain, stiffness, and spasms.

## EVENING

- 6 pm **CIRCUIT WALK** ❖ *Meet in the Library*  
**INDOOR CYCLING** ❖ *Movement Studio 2*  
**MEDITATION** ❖ (20 min) *Movement Studio 3*
- 6:30 pm **BREATHING** ❖ (20 min) *Movement Studio 3*
- 7 pm **YOGA NIDRA** ❖ *Movement Studio 3*  
**EVENING WALK** ❖ *Meet in the Library*

Fitness Levels: I (Beginner), II (Intermediate), III (Advanced), ❖ (All Levels)

■ Daily lectures | ❖ Additional fees apply | ▲ Children ages 10 and up are invited to join classes with parent participation

# THURSDAY



## MORNING

- 7 am ▲ **BEACH WALK** ❖ *Meet in the Library*
- 8 am **MEDITATION** ❖ (20 min) *Ocean Studio*  
**CORE TRAINING** ❖ *Movement Studio 3*  
**INDOOR CYCLING** ❖ *Movement Studio 2*
- 8:30 am **SUNRISE YOGA** ❖ (75 min) *Ocean Studio*
- 9 am **H2O POWER HOUR** ❖ *Atlantic Pool*  
**SPORTS CONDITIONING II-III** *Movement Studio 2*  
**BUDOKON II-III** *Movement Studio 3*  
**ROCKWALL BASICS I-II** (Limit 6) *Rock Wall*
- 10 am **INTENTION WALK** ❖ *Meet in the Library*  
**KINESIS BASICS I-II** (Limit 4) *Movement Studio 1*  
**STRETCH** ❖ *Movement Studio 2*
- **AVOIDING LOWER BACK PAIN & SCIATICA** *Lecture Room*  
 Does your back hurt? Learn about empowering self-treatment using the McKenzie method of mechanical diagnosis and therapy.
- 11 am **MUSCLE CONDITIONING** ❖ *Movement Studio 2*  
**BOXING CIRCUITS** ❖ *Rock Wall*  
**YOGA FLOW II-III** *Ocean Studio*
- **CARDIOESSENCE: AN INSIDER'S VIEW OF A MAGNIFICENT ORGAN** *Lecture Room*  
 Join our Medical Director for everything you need to know about the heart and how to keep it healthy.
- 11:30 a.m. ■ **THE ART OF EATING** *Canyon Ranch Grill*  
 Join Executive Chef Alex, a Nutritionist and a Life Management therapist for a unique dining experience. Please reserve with the Concierge. *Limit 8. Subject to change. Fee \$75.*

## AFTERNOON

- 12 pm **CYCLING CIRCUITS** ❖ *Movement Studio 2*  
**WEIGHT ROOM CIRCUITS I-II** *Weight Room*
- 1 pm **GENERAL TRAINING** ❖ *Weight Room*
- 2 pm **PILATES WITH PROPS** ❖ *Movement Studio 2*

## ■ WHAT'S YOUR TYPE? THE ENNEAGRAM PERSONALITY SYSTEM

*Lecture Room*  
 Understand yourself and others! This fascinating presentation introduces the nine personality types of the Enneagram, including strengths and blind spots, as well as tools for greater self-awareness and change.

- 2:30 pm **BREATHING** ❖ (20 min) *Ocean Studio*
- 3 pm **BURDENKO WATER** ❖ *Atlantic Pool*  
**BUFF BALLET BOOTY** ❖ *Movement Studio 2*  
**STRETCH** ❖ *Movement Studio 3*  
**MEDITATION** ❖ (20 min) *Ocean Studio*
- 3:30 pm **KUNDALINI YOGA** ❖ (75 min) *Ocean Studio*
- **BRING YOUR OWN BLOW DRYER** *Lecture Room*  
 Learn styling tips that you can use at home from one of our senior stylists. *Limit 6.*
- **PROPERTY ORIENTATION** *Meet in the Library*
- 4 pm **PILATES MAT** ❖ *Ocean Studio*  
 ◇ **BOULDERING CIRCUITS II-III** (Limit 6) *Rock Wall*  
**20-MIN LEGS** ❖ *Movement Studio 2*
- 4:30 pm **20-MIN ABS** ❖ *Movement Studio 2*
- 5 pm **BALLET II** *Movement Studio 2*  
**TOTALLY TUBING** ❖ *Rock Wall*  
**SUN SALUTATIONS II** *Ocean Studio*  
 ◇ **KINESIS MOVEMENT II-III** (Limit 4) *Movement Studio 1*
- **ARE VITAMINS & SUPPLEMENTS A HOAX?** *Lecture Room*

Are you overwhelmed in the vitamin aisle? Not sure if they really work or just create expensive urine? Learn what science has taught us about vitamins, nutrients, and supplements.

## EVENING

- 6 pm **MUSCLE CONDITIONING** ❖ *Movement Studio 2*  
**BOXER'S WORKOUT** ❖ *Rock Wall*
- 7 pm **GENTLE YOGA I** *Ocean Studio*  
**GYROKINESIS®** ❖ *Movement Studio 2*  
**EVENING WALK** ❖ *Meet in the Library*

Please note that the schedule is subject to change. Please check times and locations on the electronic boards.



# FRIDAY

## MORNING

- 7 am ▲ **BEACH WALK** ❖ **KIPAZ** ❖ *Meet in the Library  
Movement Studio 2*
- 8 am **INDOOR CYCLING** ❖ **CIRCUIT WALK** ❖ **BREATHING** ❖ (20 min) *Movement Studio 2  
Rock Wall  
Ocean Studio*
- 8:30 am **SUNRISE YOGA** ❖ (75 min) *Ocean Studio*
- 9 am **H<sub>2</sub>O POWER HOUR** ❖ **BOXER'S WORKOUT** ❖ **MUSCLE CONDITIONING** ❖ *Atlantic Pool  
Rock Wall  
Movement Studio 2*
- 10 am **KINESIS BASICS I-II** (Limit 4) *Movement Studio 1*  
◇ **BOULDERING CIRCUITS II-III** (Limit 6) *Rock Wall*  
**STRETCH** ❖ *Ocean Studio*  
**STICK FUSION II** *Movement Studio 2*
- 11 am **ON THE BALL** ❖ *Movement Studio 2*  
**BOXER CIRCUITS** ❖ *Rock Wall*  
◇ **KINESIS MOVEMENT II-III** (Limit 4) *Movement Studio 1*  
■ **10 TIPS FOR CREATING VIBRANT HEALTH** *Lecture Room*  
A distillation of some of the most pertinent steps you can take for your health.

## AFTERNOON

- 12 pm **INDOOR CYCLING** ❖ *Movement Studio 2*  
**YOGA I-II** (75 min) *Ocean Studio*
- 1 pm **GENERAL TRAINING** ❖ *Weight Room*  
■ **LUNCH WITH A NUTRITIONIST** *Lecture Room*  
Enjoy your lunch in the company of a Canyon Ranch Registered Dietician and have your nutrition questions answered. Lunch charges will apply.
- 2:30 pm **PRANAYAMA** ❖ (20 min) *Movement Studio 3*

- 3 pm **WET WORKOUT** ❖ *Atlantic Pool*  
**MEDITATION** ❖ (20 min) *Movement Studio 3*  
**CORE TRAINING** ❖ *Movement Studio 2*
- 3:30 pm **YOGA** ❖ (75 min) *Movement Studio 3*  
■ **PROPERTY ORIENTATION** *Meet in the Library*
- 4 pm **INDOOR CYCLING** ❖ *Movement Studio 2*  
**WET/DRY BOOT CAMP II-III** *Meet in the Library*  
◇ **BOULDERING CIRCUITS II-III** (Limit 6) *Rock Wall*  
■ **LET ME SEE YOUR TONGUE** *Lecture Room*  
Learn about the Chinese medicine tongue diagnosis.  
Learn to detect imbalances in your body before you ever have a symptom.
- 5 pm **KINESIS BASICS I-II** (Limit 4) *Movement Studio 1*  
**CYCLING CIRCUITS** ❖ *Ocean Studio*  
**BUFF BALLET BOOTY** ❖ *Movement Studio 2*  
**YOGA STRETCH** ❖ *Movement Studio 3*

## EVENING

- 6 pm **BREATHING** ❖ (20 min) *Ocean Studio*  
**CORE TRAINING** ❖ *Movement Studio 3*  
▲ **GOTTA DANCE!** ❖ *Movement Studio 2*
- 6:30 pm **MEDITATION** ❖ (20 min) *Ocean Studio*
- 7 pm **GYROKINESIS®** ❖ *Movement Studio 2*  
**GENTLE YOGA I** *Ocean Studio*

*Fitness Levels: I (Beginner), II (Intermediate), III (Advanced), ❖ (All Levels)*

■ Daily lectures | ◇ Additional fees apply | ▲ Children ages 10 and up are invited to join classes with parent participation

# SATURDAY



## MORNING

7 am	▲ <b>BEACH WALK</b> ❖	Meet in the Library
7:30 am	<b>MEDITATION</b> ❖ (20 min)	Ocean Studio
8 am	<b>INDOOR CYCLING</b> ❖ <b>BREATHING</b> ❖ (20 min) <b>KIPAZ</b> ❖ <b>CIRCUIT WALK</b> ❖ <b>TOTALLY TUBING</b> ❖ <b>QI GONG</b> ❖	Movement Studio 2 Ocean Studio Movement Studio 3 Rock Wall Rock Wall Meet in the Library
8:30 am	<b>SUNRISE YOGA</b> ❖ (75 min)	Ocean Studio
9 am	<b>GOTTA DANCE!</b> ❖ <b>H2O POWER HOUR</b> ❖ <b>BEACH CONDITIONING II-III</b> <b>BOXER'S WORKOUT</b> ❖	Movement Studio 2 Atlantic Pool Meet in the Library Rock Wall
10 am	<b>STICK FUSION II</b> <b>STRETCH</b> ❖ <b>KINESIS BASICS I-II</b> (Limit 4)	Movement Studio 2 Movement Studio 3 Movement Studio 1
11 am	◇ <b>KINESIS MOVEMENT II-III</b> (Limit 4) <b>YOGA FLOW II-III</b> <b>GYROKINESIS®</b> ❖	Movement Studio 1 Movement Studio 2 Ocean Studio

## AFTERNOON

12 pm	<b>WEIGHT ROOM CIRCUITS I-II</b>	Weight Room
	■ <b>VITALITY &amp; LONGEVITY</b> <b>CHINESE HERBAL MEDICINE</b>	Lecture Room
	Learn about traditional Chinese herbs and how they're combined into formulas to treat imbalances such as low energy, colds and coughs, and poor sleep.	
12:30 pm	<b>BUFF BALLET BOOTY</b> ❖	Movement Studio 2
1 pm	<b>GENERAL TRAINING</b> ❖	Weight Room
	■ <b>RESISTANCE TRAINING 101</b>	Lecture Room
	Join a Canyon Ranch exercise physiologist to learn the physiological changes the human body undergoes when resistance training is done correctly.	

2 pm	<b>ROLL-N-RELEASE II</b>	Movement Studio 2
3 pm	<b>YOGA STRETCH</b> ❖	Movement Studio 3
3:30 pm	■ <b>PROPERTY ORIENTATION</b>	Meet in the Library
4 pm	◇ <b>EXO CHAIR II-III</b> (Limit 5) ▲ <b>BEACH CONDITIONING II-III</b> <b>20-MIN LEGS</b> ❖	Movement Studio 3 Meet in the Library Movement Studio 2
4:30 pm	<b>20-MIN ABS</b> ❖	Movement Studio 2
5 pm	◇ <b>BOULDERING CIRCUITS II-III</b> (Limit 6) <b>EXPRESSO CYCLING</b> ❖ (Limit 4) <b>PILATES WITH PROPS</b> ❖	Rock Wall Weight Room Movement Studio 2

## EVENING

6 pm	<b>MEDITATION</b> ❖ (20 min) <b>CORE TRAINING</b> ❖ <b>BOXER'S WORKOUT</b> ❖	Movement Studio 3 Rock Wall Rock Wall
6:30 pm	<b>BREATHING</b> ❖ (20 min)	Movement Studio 3
7 pm	<b>KUNDALINI YOGA</b> ❖ (75 min)	Movement Studio 3

Please note that the schedule is subject to change. Please check times and locations on the electronic boards.



# SUNDAY

## MORNING

- 8 am **MEDITATION** ❖ (20 min) *Movement Studio 3*  
**INDOOR CYCLING** ❖ *Movement Studio 2*  
**ON THE BALL** ❖ *Ocean Studio*  
**BEACH WALK** ❖ *Meet in the Library*
- **BREAKFAST WITH THE DOC** *Canyon Ranch Grill*  
 Enjoy your breakfast in the company of Karen Koffler M.D., Canyon Ranch Miami Beach Medical Director, and learn about new trends in the field of preventive medicine. Ask questions, explore myths and discover new ways of approaching your health and wellness. *Breakfast charges will apply.*
- 8:30 am **SUNRISE YOGA** ❖ (75 min) *Movement Studio 3*
- 9 am **H<sub>2</sub>O POWER HOUR** ❖ *Atlantic Pool*  
**WET/DRY BOOT CAMP** II-III *Meet in the Library*  
 ❖ **BOULDERING CIRCUITS** II-III (Limit 6) *Rock Wall*  
**GYROKINESIS**® ❖ *Ocean Studio*
- 10 am **KINESIS BASICS** I-II (Limit 4) *Movement Studio 1*  
**BUFF BALLET BOOTY** ❖ *Movement Studio 3*  
**TOTALLY TUBING** ❖ *Rock Wall*  
**INDOOR CYCLING** ❖ *Movement Studio 2*  
**SUN SALUTATIONS** II *Ocean Studio*
- 11 am **KINESIS BASICS** I-II (Limit 4) *Movement Studio 1*  
**BOXING CIRCUITS** ❖ *Rock Wall*  
**BUDOKON** II-III (75 min) *Movement Studio 3*  
**PRANAYAMA** ❖ (20 min) *Ocean Studio*
- 11:30 AM **MEDITATION** ❖ (20 min) *Ocean Studio*

## AFTERNOON

- 12 pm **YOGA** I-II (75 min) *Ocean Studio*  
 ❖ **KINESIS MOVEMENT** II-III (Limit 4) *Movement Studio 1*
- 1 pm **GENERAL TRAINING** ❖ *Weight Room*
- 3 pm **WET WORKOUT** ❖ *Atlantic Pool*  
**CYCLING CIRCUITS** ❖ *Movement Studio 2*
- 3:30 pm ■ **PROPERTY ORIENTATION** *Meet in the Library*

- 4 pm **BOXING CIRCUITS** ❖ *Rock Wall*  
 ▲ **BEACH CONDITIONING** II-III *Meet in the Library*  
**PILATES MAT** ❖ *Movement Studio 2*
- 5 pm **INDOOR CYCLING** ❖ *Movement Studio 2*  
**KINESIS BASICS** I-II (Limit 4) *Movement Studio 1*  
**YOGA STRETCH** ❖ *Movement Studio 3*
- **BRING YOUR OWN BLOW DRYER** *Lecture Room*  
 Learn styling tips that you can use at home from one of our senior stylists. *Limit 6.*

## EVENING

- 6 pm ❖ **KINESIS MOVEMENT** II-III (Limit 4) *Movement Studio 1*  
**MEDITATION** ❖ (20 min) *Movement Studio 3*
- 6:30 pm **BREATHING** ❖ (20 min) *Movement Studio 3*
- 7 pm **YOGA** ❖ (75 min) *Movement Studio 3*

*Fitness Levels: I (Beginner), II (Intermediate), III (Advanced), ❖ (All Levels)*

■ Daily lectures | ❖ Additional fees apply | ▲ Children ages 10 and up are invited to join classes with parent participation

# CLASS DESCRIPTIONS



**20-MINUTE LEGS** ❖ Everything legs. Tone, sculpt, and strengthen the glutes, thighs and calves using handweights, rubber tubing, and bodyweight exercises.

**20-MINUTE ABS** ❖ Everything abdominals. Tired of crunches? Get a new view on how to work those abdominals from the inside out in only 20 minutes!

**BALLET II** Take your fitness center stage with this format including barre and floor exercises. Learn the basics of ballet movement and choreography. No prior ballet experience is necessary.

**BEACH CONDITIONING II-III** Take your workout out to the beach and have fun while you shape and tone your muscles. Bodyweight exercises and rubber tubing help you reach your strength training goals. Meet in the Library.

**BEACH WALK** ❖ A Canyon Ranch tradition comes to the beach! This walk is on a flat paved surface with views of the ocean. Meet in the Library.

**BOULDERING CIRCUITS II-III** ♦ *Limit 6* A semi-private, circuit-based class including the rock wall! Participants are challenged to take the wall in a new direction – travel horizontally and stay within 2 feet from the ground as you boulder your way to fitness. Additional fees apply.

**BOXING CIRCUITS** ❖ Interval circuit training utilizing boxing and kick boxing techniques for the cardiovascular segments. Dumbbells and rubber tubing are used for strength training. Box, jab, curl, and press your way to fitness! Boxing gloves and handwraps are provided.

**BOXER'S WORKOUT** ❖ Work out like a pro! Punch, jab, and kick your way to fitness in this workout combining strength and cardio training with a standing punching bag. Boxing gloves and handwraps are provided.

**BREATHING (20 MINUTES)** ❖ Learn breathing techniques for relaxation, energy and stress reduction.

**BUDOKON® (75 MINUTES) II-III** A fusion of the yogic, martial, and living arts. See how the physical yoga and martial arts influence each other and how they are all come together with mindfulness and breath.

**BUFF BALLET BOOTY** ❖ Join us for a ballet-inspired class to strengthen the abs, buns and legs.

**BURDENKO WATER** ❖ The original water workout by Igor Burdenko emphasizes balance, coordination, flexibility, endurance, speed and strength. Flotation vests make this an excellent practice for all levels, including those with little swimming experience.

**CARDIO KICKBOX** ❖ Kick & box your way through this fun and energetic cardiovascular workout.

**CIRCUIT WALK** ❖ Add some strength to your stride with this fun walking circuit! Using unique portable resistance and Nordic walking sticks, you'll stop at specific intervals of your walk to perform strength moves for upper and lower body.

**CORE TRAINING** ❖ Use advanced balance techniques on the stability ball and foam roller to challenge and strengthen your core.

**CYCLING CIRCUITS** ❖ Ride the indoor cycling stationary bike with intervals of resistance tubing to challenge your strength and cardiovascular abilities.

**EVENING WALK** ❖ Enjoy the evening air with this brisk walk along the Beach Walk with a fitness instructor. Meet in the Library.

**EXO CHAIR II-III** ♦ This small-group core training class uses a modified Pilates Chair to strengthen the entire body from the core. Additional fees apply.

**EXPRESSO CYCLING** ❖ This semi-private class is limited to four as we take a virtual ride through the mountains of Miami and chase dragons! Learn the ins and outs of Espresso Cycling. Early sign-in is required.

**GENERAL TRAINING** ❖ Have your exercise questions answered by our staff of fitness professionals. From proper alignment to the best exercises for specific muscle groups, they'll help you get it right.

**GENTLE YOGA I** Finish your day and prepare yourself for a relaxing evening with this calming yoga practice. Slow your breath, ease your mind and relax as you enter each pose.

**GOTTA DANCE!** ❖ Burn calories with a high-energy aerobic dance class using modern urban music and dance moves for a great workout. From Latin to hip hop and from burlesque to jazz, let the music move you and groove you! (Athletic shoes are required.)

**GYROKINESIS®** ❖ Release neck and shoulder tension, open joints and improve posture.

**H<sub>2</sub>O POWER HOUR** ❖ A 45-minute aerobic conditioning class in shallow and deep water.

**INDOOR CYCLING** ❖ Strength, endurance, interval and all-terrain rides challenge your cardiovascular abilities. Bring a water bottle.

**INTENTION WALK** ❖ Take a walk along the shoreline or in the Palm Grove and be present to your surroundings. If you like, stop to enjoy and notice all that is around you; smell the proverbial roses. Meet in the Library.

**KI PAZ** ❖ The name of this class translates as "peaceful spirit." Using traditional, rhythmic movements from Indonesia, Malaysia, and the Philippines, this sequence of postures strengthens the body and sharpens mental power. A tranquil yet powerful workout that revitalizes body, mind, and spirit.

**KINESIS® BASICS I-II** *Limit 4* Semi-private training. Learn the basics of the Kinesis Wall and how Alpha, Beta, Gamma, and Delta just might be the key to getting the results you seek. Early sign-in is required.

**KINESIS MOVEMENT II-III** ♦ *Limit 4* Semi-private training. A challenging movement workout using the unique Kinesis Wall. This class differs from Kinesis Basics by focusing on more integrative movements to challenge the neuromuscular system and improve movement. Additional fees apply and early sign-in is required.

**KUNDALINI YOGA (75 MINUTES)** ♦ Kundalini yoga is a transformative yogic path incorporating physical flexibility, breathing techniques, and dynamic sounds. Changes in the mind and body are often felt immediately and positive life changes can occur with as little as one practice session a week.

**MEDITATION (20 MINUTES)** ♦ Learn techniques to help reduce stress, increase mindfulness, calm the mind and emotions and relax the body.

**MUSCLE CONDITIONING** ♦ A total-body strength training workout utilizing a variety of equipment from handweights to rubber tubing.

**ON THE BALL** ♦ Improve muscle tone, balance, coordination and flexibility with the stability ball.

**PILATES MAT** ♦ The techniques of Joseph Pilates are best known for toning muscles working outward from the core.

**PILATES WITH PROPS** ♦ Using props including the magic circle and light hand weights, Pilates Mat becomes a more challenging workout for beginners and advanced students.

**PRANAYAMA (20 MINUTES)** ♦ Learn breathing techniques for relaxation, energizing and stress reduction.

**QI GONG** ♦ An ancient movement practice that uses breath and gentle movement to improve balance, strengthen internal organs and calm the mind.

**ROCK WALL BASICS I-II** Take some of the mystery out of rock climbing. Learn the basics for climbing the Rock Wall as well as exercises you can practice to become stronger on the Wall, plus safety measures that ensure a safe climb to the top.

**ROLL-N-RELEASE II** Learn the basics of foam rolling and myofascial release.

**SPA VIDEO CYCLING I-II** A unique experience in the cycling studio for all levels. In addition to all the benefits of indoor cycling, a video helps you focus and visualize yourself on the road. Great for beginners!

**SPORTS CONDITIONING II-III** Train like the pros with agility, strength, and power drills using ladders, cones and hurdles.

**STICK FUSION II** This exciting cardiovascular training class combines the best of traditional cardio kickboxing with the ancient art of Filipino Kali and adds the use of a small weapon to your training. Look out!

**STRETCH** ♦ Decrease muscle soreness and increase flexibility.

**SUN SALUTATIONS** ♦ Learn the fundamentals of the basics of flow yoga with the classic Suryanamaskara sequence, plus variations on the original. Great for warming up the body and for working the spine and core.

**SUNRISE YOGA (75 MINUTES)** ♦ Prepare yourself for the day with a beautiful yoga practice designed to stimulate blood flow, awaken the muscles and fill the lungs with life-enhancing breath. Designed for all levels to enjoy.

**TOTALLY TUBING** ♦ Resistance tubing offers a wide variety of exercise options. A great way to learn how to make any workout portable!

**WATER CIRCUITS** ♦ A fun interval circuit training class combining the best of aquatic aerobic training with strength work.

**WEIGHT ROOM CIRCUITS I-II** Learn how to effectively use our weight room for circuit training using the selectorized resistance training machines and cardiovascular machines.

**WET WORKOUT** ♦ Combine aerobic conditioning and muscular endurance work in the pool.

**WET/DRY BOOT CAMP II-III** All of the challenge of regular Boot Camp, but in the ocean! Participants should be able to tread water. Meet in the Library. Bathing suits recommended.

**YOGA (75 MINUTES)** ♦ The ancient art of movement begins with yoga. Learn movements that increase flexibility, strength and awareness of the self. Variations and modifications provided for all levels.

**YOGA (75 MINUTES) I-II** This yoga practice focuses on poses (asanas) for increased strength and flexibility, and sequencing that teaches patience, ahimsa (non-violence) and being present.

**YOGA FLOW (75 MINUTES) II-III** This yoga practice connects the breath with each pose. Let your empowerment rise from your breath as your awareness of your movement becomes the foundation of your practice.

**YOGA NIDRA** ♦ Nidra = sleep. Yoga nidra is a state of conscious deep sleep, in which you leave the waking state, go through the dreaming state, and into a profound sleep state while remaining fully awake. We'll guide your attention through a journey to a deep level of stillness.

**YOGA STRETCH** ♦ Using the foundations of yoga poses, this class offers a gentle, passive sequence to improve flexibility.

# HOURS & LOCATIONS



## ATLANTIC SPA & BAMBOO POOL

Open daily from sunrise to sunset.  
Wellness Spa 5th floor.

## CANYON RANCH HEALTH

Open Monday thru Friday 9 a.m. - 7 p.m.  
Saturday and Sunday 9 a.m. - 3 p.m.  
Wellness Spa 4th floor.

## FITNESS CENTER

Open daily 6 a.m. - 9 p.m.  
Wellness Spa 3rd floor.

## LOCKER ROOMS

Open daily 6 a.m. - 9 p.m.  
Wellness Spa 4th floor.

## PROGRAM ADVISING

Open daily 8 a.m. - 8 p.m.  
Wellness Spa 4th floor.

## SALON

Open daily 9 a.m. - 8 p.m.  
Wellness Spa 4th floor.

## SPA RECEPTION

Open daily 8 a.m. - 9 p.m.  
Wellness Spa 4th floor.

## CANYON RANCH GRILL

Breakfast: 7 a.m. - 11 a.m.  
Lunch: 11 a.m. - 3 p.m.  
Dinner: 6 p.m. - 11 p.m.  
Ext. 57561. Hotel lobby level.

## CARILLON CAFÉ

Breakfast: 6 a.m. - 11 a.m.  
Lunch: 11 a.m. - 4 p.m.  
Dinner: 4 p.m. - 10 p.m.  
Ext. 47167. Hotel lobby level.

## eeZz's

Open daily 8 a.m. - 6 p.m.  
Ext. 47168. Wellness Spa 4th floor.

## THE CABANA

Open daily 10:30 a.m. - 6 p.m.  
Ext. 47166. Poolside.

## LIVING ESSENTIALS® BOUTIQUE

Open daily 8 a.m. - 8 p.m.  
Ext. 47131. Adjacent to the Main Lobby.

Questions? Please talk to your Program Advisor, the ultimate guide to fitting everything Canyon Ranch Miami Beach has to offer to your intentions and desires. Ext. 46688.

Hate to leave? Make a stunning condominium residence at Canyon Ranch Living Miami Beach your home. Contact one of our Sales Consultants at 888-987-9876 or 305-993-0030 and visit [www.canyonranchmiamibeach.com](http://www.canyonranchmiamibeach.com).