

SAMPLE SCHEDULE

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	<p>WELCOME!! Please register at the Clubhouse upon your arrival and enjoy Lunch in the Clubhouse Dining Room.</p> <p>Check in at the Life Enhancement Center by 4pm for Orientation.</p>		Morning Walk	Morning Walk	Morning Walk	Morning Walk		Morning Walk
6:30 AM								
7 AM							Qi Gong followed by Meditation	
7:30 AM								
8 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9 AM		Living Younger Longer	Exercise for Weight Loss	Chinese Medicine for Weight Loss	What's in Your Pantry?	Healthy Eating on the Go	Charting Your Success	
10 AM							Celebration!	
11 AM		Cardio & Strength	Strength Training for Weight Loss	Cardio for Weight Loss	Burdenko Water Workout	Interval Training	Let's Dance!	
12 PM		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1 PM								
2 PM	Optimal Weight Loss: The Medical Approach, Part 1		Practical Portions		Designing Your Exercise Plan			
3 PM		Yoga Stretch	Pilates Mat	LaBlast! (Dance)	Stretch & Relax			
4 PM	Orientation and Program Overview	Maximize Your Metabolism Workshop	Figuring It Out for Myself: Weight Literacy, Part 1	Optimal Weight Loss: The Medical Approach Part 2	Figuring It Out for Myself: Weight Literacy Part 2			
5 PM						Tai Chi		
5:30 PM	Starting Point							
6 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
7 PM								

KEY: Core Curriculum

Fitness Classes

CORE CURRICULUM

Monday

LIVING YOUNGER LONGER

Canyon Ranch Founder Mel Zuckerman shares the inspiring, entertaining story of his personal transformation from overweight, stressed-out homebuilder to healthy living pioneer. Learn about the “Power of Possibility” from the source!

OPTIMAL WEIGHT LOSS: THE MEDICAL APPROACH (PART 1)

Learn new approaches to healthy weight loss and lifelong weight maintenance with a Canyon Ranch physician. Begin your journey toward the ultimate goal of health and wellness.

MAXIMIZE YOUR METABOLISM FOR WEIGHT LOSS

A Canyon Ranch nutritionist will help you to understand the importance of knowing your Resting Metabolic Rate, and how it can assist you in achieving your weight loss goals.

Tuesday

EXERCISE FOR WEIGHT LOSS

Tired of hearing quick weight loss approaches that create short-term results and long-term frustration? Learn the facts about exercising safely and effectively for permanent fat loss. An exercise physiologist will share effective strategies for weight loss exercise programs.

FIGURING IT OUT FOR MYSELF: WEIGHT LITERACY (PART 1)

Self-care is one of the foundations for sustained motivation. A plan for building a personal framework for “other-care” and “self-care” will be an essential focus of this two-part series.

Wednesday

CHINESE MEDICINE FOR WEIGHT LOSS

A naturopathic physician/acupuncturist will explain how applying the simple principles of Chinese Medicine can help optimize metabolism, improve digestion and influence hunger hormones for healthy weight.

PRACTICAL PORTIONS

Portion size matters! A nutritionist will present an eye-opening look at portion size and calorie density.

OPTIMAL WEIGHT LOSS: THE MEDICAL APPROACH (PART 2)

Join one of our integrative medicine specialists, who will help you discover the hidden causes of weight gain and new solutions for losing excess weight.

Thursday

WHAT'S IN YOUR PANTRY?

Eating well at home means keeping healthy, tasty ingredients on hand. A nutritionist will discuss what to stock, how to read labels and where to find the best food choices.

FIGURING IT OUT FOR MYSELF: WEIGHT LITERACY (PART 2)

A continuation of the discussion that began on Tuesday.

Friday

HEALTHY EATING ON THE GO

A Canyon Ranch nutritionist will explore some of the challenges of eating well for busy people and explain how to make the best choices in any dining situation.

DESIGNING YOUR EXERCISE PLAN

Wondering how you're going to apply all the information that you have gathered in your stay to your home life? Enhance your overall experience at the Ranch by joining an exercise physiologist for an interactive, practical and comprehensive discussion on how to take the Canyon Ranch experience home with you.

Saturday

CHARTING YOUR SUCCESS

As you prepare to return home on the path of continued weight loss – and eventual transition to weight maintenance – you must declare yourself “captain” of your health and wellness. Thus, we invite “captains” to meet one last time to set a personalized course, to honor the opportunities and options within our bodies, our food, our movement, our sleep, and our connections to joy.

FITNESS CLASSES

These classes are offered at the Life Enhancement Center®. You are also welcome to join in any of the dozens of other classes and activities offered every day at Canyon Ranch. Please check *This Week at Canyon Ranch* for descriptions, locations and times.

CARDIO & STRENGTH

Learn the fundamentals of treadmill work, followed by strength and muscular endurance.

EXERCISE FOR WEIGHT LOSS SERIES

Enjoy a variety of daily workouts that are not only exhilarating, but also informative. Each class will help you discover the joy, variety and fun of exercise – including fitness, cardio, strength and interval training.

LABLAST! (DANCE)

Created by *Dancing With the Stars* professional dancer Louis Van Amstel, this fun dance class is a workout in disguise. Based on forms ranging from the cha cha to disco, LaBlast incorporates merengue with weights for sassy hips and great muscle tone.

LET'S DANCE!

Move your body to the rhythmic beat of energizing dance music with one of our fitness professionals.

PILATES MAT

Experience a specially designed practice that combines muscle balance, core strength and breath.

QI GONG

This ancient art uses breath to strengthen internal organs and gentle movement to calm the mind.

STRETCH & RELAX

This class promotes flexibility, relaxation and breathing.

TAI CHI

The ancient Chinese practice of tai chi is a slow-motion, moving meditative exercise that helps conserve and develop your life energy.

YOGA STRETCH

Improve your body's flexibility with this ancient healing technique.

CANYONRANCH®
The Power of Possibility.

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