

CANYON RANCH.

FIVE FUN WAYS TO MOVE IN 2018 FROM THE FITNESS EXPERTS AT CANYON RANCH LENOX

April 2018 – Fitness classes are the perfect way to keep your workout fun, challenging and effective while adding a social element that keeps you coming back for more! These days, there are more options than ever—from cardio and Pilates to yoga, and strength. “Canyon Ranch is the perfect place to try something new”, said Fitness Director, Laura Chevalier. “Our expertly trained and supportive Fitness Team allows you to push your limits and get out of your comfort zone in a safe environment. We introduce new classes frequently to ensure our offerings remain current, providing cutting-edge workouts and a balanced program with something for everyone.”

CARDIO



Cardio workouts are essential to maintaining health. However, it's easy to get stuck in a rut make a beeline for the same class, treadmill, elliptical or stair climber. Sound familiar? Be careful not to shortchange your workout. You'll benefit from trying different classes, and learning how to incorporate different types of cardio into your routine. If you are tired of typical gym equipment try our BOGA FiTMAT Fitness clinic, where athletic, strength, and cardio exercises are taken to the water on a floating BOGA FiTMAT® or Indo-Row class, a transformative total-body workout using the Indo-Row water rower. If you are a fitness purist, Step and Strength fuses a Step Cardio workout with a ViPR for loaded strength exercises.

STRENGTH



Strength training is essential for health and longevity. In our Vintage Strength Training Clinic, the fundamental techniques and advantages of using “vintage” strength tools are the focus. Using Sandbags, Clubs and Kettlebells, this class creates a comprehensive approach to health and fitness. Our Core Conditioning class goes “back-to-basics” utilizing body weight and variety of equipment to build mobility, strength and stability.

AQUATIC CLASSES



Being active in the water is beneficial at any age and fitness level, and workouts can be modified to suit different goals and conditions. Though it's gentler on your body than hitting the gym, it can be just as effective. At Canyon Ranch Lenox, you can improve your swimming technique and training as a fitness instructor guides you through our Swimming Skills and Drills Clinic.

PILATES



Some think Pilates is only for the limber, but don't let that deter you from trying it and enjoying of the health benefits it can bring. Many of the exercises you'll do in a Pilates session are performed in reclining or sitting positions, and most are low impact and only partially weight bearing, making it a safe activity for most people. For the Pilates enthusiast, our Pilates Reformer Clinic offers a total body workout focused on enhancing

core strength and lengthening muscles. Or, try the perfect combination of building kinesthetic awareness while performing basic body-weight movement patterns during the TRX Pilates Class. By adding the TRX Suspension Trainer to your Pilates repertoire, you will feel the benefits of a dynamic workout that mimics the demands of life and sport.

YOGA



While practicing Yoga may seem less intense than, say, going for a five-mile run, it's a workout that's physically demanding in a different way. Whether you take a Yoga class for the health and fitness benefits, or for the spiritual practice, Canyon Ranch has something for you. In addition to our many traditional Yoga classes, some of our more non-traditional offerings include Rock Your Flow mixing yoga poses and rock music. Our newest offering, the BOGA FiTMAT® YOGA clinic challenges participants to overcome chaos and distraction by focusing on balance and being present by taking to the water and experiencing challenging asanas on a floating BOGA FiTMAT®. One of our most popular classes is Aerial Hammock Yoga, which uses a fabric hammock, suspended from the ceiling, to work your core strength in supported standing poses and inversions.

Join us at Canyon Ranch in Lenox and seek new ways to move this May with some of our unique **Featured Events:**

- Finding Your Fitness – May 6-9, 2018 - Maybe you're looking to manage joint pain, control blood pressure, change your weight or climb to the next fitness level. Canyon Ranch experts use the latest body composition analysis, metabolic testing and other science-based evaluations to fully understand your status and potential.
- Mother's Day Weekend, join us for Fascia & Movement – May 13-15 - Discover ways you to pursue a pain-free body, one that moves with ease and responds well to daily activities. You can start by improving your fascia – the sheet of tissue covering muscles and other internal parts – with the help of Ranch experts and special guest PJ O'Clair, Master Instructor for MERRITHEW™ and other movement disciplines.
- Memorial Day Weekend, Renew Your Fitness with Dr. Jordan Metzl – May 26-28 Dr. Jordan Metzl brings his Ironstrength program and leads you through fitness activities and presentations geared to challenge you. Participate in our "Everyone Can Tri" mini-triathlon.

About Canyon Ranch®

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates Canyon Ranch spa + fitness in Las Vegas at The Venetian® & The Palazzo® hotels and Canyon Ranch spa + fitness on Cunard Cruise Line®, Oceania Cruises® and Regent Seven Seas Cruises® and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.