



40  
YEARS  
1979 - 2019

CANYON RANCH®

wellness resort | LENOX MA

**YOUR**  
DAILY SCHEDULE  
SEPTEMBER 4 - 10, 2019



# STAY CONNECTED



## FITNESS FACILITIES

### BASKETBALL COURT

Enjoy friendly competition and an excellent aerobic workout. Co-ed pickup games are held once or twice a week.

### CARDIO & STRENGTH GYM

Our workout facilities are equipped with computerized stationary bicycles, Technogym® cardio machines, Gravitron® equipment, Life Fitness® weight machines, free weights, stair machines, rowing machines and more. Headsets are available. For your safety, please feel free to ask for help or information from the fitness specialists who supervise these facilities from 8 am to 1 pm and 2 to 6 pm daily. Shoes and shirts are required. As a courtesy, please no perfume or cologne in the gym.

### INDOOR & OUTDOOR TENNIS COURTS

Play year-round on our indoor Plexicushion® or outdoor Har-Tru® Green Clay tennis courts.

### PILATES STUDIO

This beautiful space features all the equipment you need for a total-body Pilates workout: reformers, barrels, GYROTONIC® Tower and more. Take advantage of clinics, private sessions and complimentary Pilates classes.

### POOLS

Our 25-yard heated indoor lap pool (72 lengths = 1 mile) is located inside the Spa. Average water temperature is 82 degrees Fahrenheit. This pool is available for open-lap swimming except during scheduled aqua class times. The 50-foot, heated outdoor pool (106 lengths = 1 mile) is located just next to the Spa for use on a seasonal basis.

### SPORTS EQUIPMENT

We will be delighted to lend you a bike, racquets or basketball.

### RACQUETBALL & WALLYBALL COURTS

Play any of these fast-paced sports to burn calories and to get a good workout. Equipment, including protective eyewear, is provided. Check *YOUR Daily Schedule* for wallyball times.

### YOGA STUDIO

We provide dedicated space for one-on-one yoga lessons. Our peaceful Yoga Studio is also used for group classes.

## HOURS & LOCATIONS

### CANYON RANCH GRILL™

Breakfast: 7:30 – 9:30 am (Monday - Saturday)

Brunch: 9 am – 2 pm (Sunday)

Lunch: 11:30 am – 2 pm (Monday - Saturday)

Dinner: 5:30 – 8:30 pm

Please make your dinner reservations with the Canyon Ranch Grill host during breakfast or lunch, or by calling Ext. 5310.

*Please allow 45 minutes for breakfast, 60 minutes for lunch and 90 minutes for dinner. If you require less time, please notify your server when you place your order.*

Community Table:

6 pm (Daily)

12pm (Friday, Saturday, Sunday & Tuesday)

*Looking to meet new people during your stay? We reserve a table in the Canyon Ranch Grill for a unique dining experience.*

### CULINARY REBEL™ ON THE LAWN

Lunch: 11:30 am – 2 pm

***Weather permitting, in the event of inclement weather, lunch will be served indoors.***

### CULINARY REBEL™

Breakfast: 6:30 – 10 am

Dinner: 5 – 8 pm

Snacks & Light Fare:

6:30 am – 8 pm

***When Culinary Rebel™ On The Lawn is open, snacks will be available at the hostess stand.***

### DEMO KITCHEN

Learn Ranch culinary secrets with our expert staff while enjoying a delicious meal.

Lunch & Learn: Noon (Tuesday – Saturday)

### SPA

6:30 am – 10 pm

### SHOWCASE BOUTIQUE

8:30 am – 9 pm (Monday – Friday)

9 am – 5 pm (Saturday & Sunday)

# UPCOMING EVENTS

## GO HOME WITH A STORY

Canyon Ranch offers a variety of featured events each month.

### SCOTT STABLE: THE POWER OF LIVING WITH AN OPEN HEART

September 8 - 10

We all have our stories. We all have our pain. Scott believes the only way to have a chance at healing wounds is to be honest about them. Brave and willing enough to face them. The healing part may be out of our hands, but the brave and honest part is certainly within our power. And it changes everything. For Scott, love supports it all. Love is the base note for everything good – compassion, forgiveness, kindness, authenticity – and choices made from love can only serve ourselves and our world positively.



**HAPPENING NOW**

Look for activities tagged "FE"



### GUT HEALTH: THE ROOT OF WELLNESS

October 24 - 27

What is the role of the gut in health and wellness – and how is it linked to the function of your immune system? Canyon Ranch nutrition and medical experts will provide special presentations on topics such as the health benefits of probiotics, the science behind gluten-free eating, and how to achieve optimal gut health. These activities and more – including demos with our chefs and nutritionists – will help you better understand gut health, so you can make the best decisions for your lifelong wellness.

### YOUR PATH TO A PEACEFUL NIGHT'S SLEEP

October 31 - November 3

Healthy sleep contributes to healing, comfort and longevity, yet many people find it hard to get enough sleep in our hectic world. Canyon Ranch welcomes Noah Siegel, MD, Sleep Specialist from Massachusetts General Hospital, along with Canyon Ranch, Lenox, Medical Director, Cindy Geyer, MD and Life Management Director, Jeff Rossman, PhD, combined with CR experts in, mind-body balance, who will share their wisdom about the power of sleep.



For more event information, visit [www.canyonranch.com/lenox/events](http://www.canyonranch.com/lenox/events)

# WEDNESDAY | SEPTEMBER 4, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**STAND-UP PADDLEBOARD** Front Spa Desk

2 hr. \$110 Sign up: Outdoor Sports Board.

**MORNING WALK** Lower Spa Lobby

Call walk hotline, Ext. 5567, for weather related cancellations.

## 7:30 AM

**BREAKFAST BIKE RIDE: LEVEL 2** Front Spa Desk

1 hr. 30 min. Sign up: Outdoor Sports Board.

## 8:00 AM

**OUTDOOR SUN SALUTATIONS II** Lower Spa Lobby

In the event of inclement weather, this class will take place in the Yoga Studio.

**NEW ATHLETIC MOBILITY WARM-UP I** Sports Court

25 min.

**A DEAL OF A MEAL** Limit: 5 Canyon Ranch Grill™

Share a meal, a conversation and a wealth of knowledge with a Nutritionist or a Nurse who can offer nutritional tips as well as insights into Health & Healing offerings available to you.

Receive a coupon for a discount on Health & Healing services to be applied during your current stay (exclusions apply).

**ADVANCED LEVEL HIKE** Front Spa Desk

Visit the Outdoor Sports Board for sign up and additional details.

## 8:30 AM

**HIIT II/III** Gym 1

20 min.

**MORNING RUN** Front Spa Desk

60 min. 8.5-11 minute mile pace. Sign up: Outdoor Sports Board.

## 9:00 AM

**THE SCIENCE OF WEIGHT LOSS** CME Berkshire Room

Knowledge is empowerment. Learn more about the science of weight loss as a Canyon Ranch physician shares strategies to support healthy weight, improve health and raise your energy levels.

**NEW PILATES TOWER BARRE CLINIC II** Limit: 4 Gym 3

An effective combination of Pilates Tower and ballet barre exercises using the Pilates Tower equipment, make this a perfect balance between both modalities.

\$90 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439

**ZUMBA® STEP I/II** Limit: 15 Gym 1

**MORNING STRETCH I** Gym 2

**YOGA FOUNDATIONS I** Yoga Studio

**ADVANCED INDOOR CYCLING III** Limit: 19 Cycling Studio

## 9:15 AM

**CANOE/HIKE COMBO** Limit: 20 Front Spa Desk

3 hr. 30 min. Sign up: Outdoor Sports Board.

## 9:30 AM

**TAI CHI WALK OFF PROPERTY** Front Spa Desk

2 hr. 30 min.

**WATERCOLOR PLEIN AIRE PAINTING** Front Spa Desk

2 hr. 30 min. \$110 This activity includes a ½ mile to 1 mile walk. Sign up: Outdoor Sports Board

## 10:00 AM

**HYPNOTHERAPY:**

**BE YOUR OWN AGENT OF CHANGE** CME Tanglewood Room

Changing habits can be a challenge made easier with hypnotherapy. Tap into rich resources of self-awareness and motivation, transform your thoughts, emotions & actions with this powerful experience.

**BATTLING ROPES II/III** Limit: 24 Sports Court

**NEW TUBES AND LOOPS I/II** Gym 2

**YOGA FOR ATHLETES II/III** Yoga Studio

**EPIC WATER BLAST III** Indoor Pool

**EAR CANDY** Limit: 5 Creative Expression Studio

1 hr. 30 min. \$25 Sign up: Program Advising, Ext. 5439

**CARDIO TENNIS** Tennis Courts

\$85 Sign up: Program Advising, Ext. 5439

## 11:00 AM

**MID-MORNING STRETCH I** Gym 2

**HEALTHY NAILS** Lower Spa Lobby

A nail technician discusses best practices for nail care, and demonstrates techniques and products to have healthy, beautiful hands and feet.

25 min.

**PILATES ON THE BEAM I/II** Limit: 20 Gym 1

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool

**POWER ROW II** Limit: 10 Rowing Studio

A transformative total-body workout using our new TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized.

Sign up: Program Advising, Ext. 5439

**CHINESE MEDICINE & WEIGHT LOSS** Berkshire Room

Discover a new perspective on weight loss. Learn how herbs, healing foods and specialized acupuncture can help you feel healthy and shed excess weight at the same time.

## NOON

**LUNCH & LEARN** Demonstration Kitchen

Enjoy a three-course meal featuring BEEF AND BROCCOLI STIR FRY, and watch our demo chef prepare the entrée.

**DISCOVERING METAPHYSICS** Berkshire Room

What can astrology reveal about your potential? What do tarot cards have to say about your path? A metaphysical practitioner will explore how our metaphysical offerings can enhance your life.

**NEW DEEP WATER WAVE CLINIC II** Outdoor Pool

In this deep water workout, sport specific challenge, your nearly weightless body creates little joint impact, but your cardiovascular system will have a high impact when put through the paces.

\$90 Sign up: Program Advising, Ext. 5439

**ABS ON THE BALL I/II** Limit: 20 Gym 2

25 min.

**NEW YIN & RELEASE I** Yoga Studio

**RANCH SAVVY LUNCH & GUEST TOUR:**

**CANYON RANCH LIVING® LENOX** Canyon Ranch Grill™

Living at Canyon Ranch is the ultimate commitment to a healthy lifestyle. Learn about our luxury residences and membership program with one of our Canyon Ranch living team members.

1 hr. 30 min. Lunch is followed by a guided tour of our residences.

## 12:30 PM

**FITNESS FOR YOUR FEET® I** Limit: 20 Gym 2

20 min.

**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

**1:00 PM**

**VISUAL JOURNALING:**

**THE PATH TO SELF EXPRESSION** Limit: 8 Creative Expression Studio

Use various forms of media (watercolor, drawing, collage) and the written word to access the unconscious, and record your experience while you learn to integrate these techniques into your every day.

2 hr. \$100 Sign up: Program Advising, Ext. 5439

**ACTING YOUR FITNESS AGE** CME Tanglewood Room

An exercise physiologist will explain how your physiology is influenced by lifestyle more than your birthday, and how to adjust your exercise regimen for best results.

**AERIAL ADVENTURE** Front Spa Desk

1 hr. 30 min. \$110 Sign up: Outdoor Sports Board

**1:15 PM**

**HIKE: LEVEL 2** Front Spa Desk

Visit the Outdoor Sports Board for sign up and additional details.

**1:30 PM**

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk

2 hr. \$110 Sign up: Outdoor Sports Board.

**BIKE RIDE:**

**INTRODUCTION TO MOUNTAIN BIKING** Limit: 4 Front Spa Desk

1 hr. 30 min. Sign up: Outdoor Sports Board.

**2:00 PM**

**NEW GENTLE FLOW YOGA** I/II Yoga Studio

**NEW A NUTRITIONIST'S GUIDE**

**TO GROCERY SHOPPING** Limit: 6 Health & Healing Reception

A nutritionist leads an interactive workshop about food shopping. Learn about nutrient-dense foods, additives to avoid, which cooking oils to use & avoid, wild vs. farmed fish & many other topics.

\$110 Sign up: Program Advising, Ext. 5439.

**HANDS-ON COOKING:**

**ESSENTIAL KNIFE SKILLS** Limit: 8 Demonstration Kitchen

1 hr. 30 min. \$165 Sign up: Program Advising, Ext. 5439

**LONG & LEAN BARRE WORKOUT** II Limit: 25 Gym 1

**NEW ABOVE AND BELOW THE BELT** II/III Limit: 24 Gym 5

**TRX BASIC STRENGTH** I/II Limit: 10 Sports Court

**3:00 PM**

**BOXER'S WORKOUT** II/III Limit: 20 Sports Court

**H2O POWER** I/II Indoor Pool

**THE ART OF FENCING:**

**SWORDPLAY CLINIC** II Limit: 8 Gym 1

En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout.

\$90 Sign up: Program Advising, Ext. 5439

**INDOOR CYCLING** I/II Limit: 19 Cycling Studio

**INTERMEDIATE YOGA** II Yoga Studio

**NEW YOUR AT-HOME SKINCARE REGIMEN:**

**TOOLS FOR SUCCESS** Berkshire Room

You've got that Canyon Ranch glow after pampering your skin with treatments. Learn more about the at-home tools you can use to extend the effects when you've returned home.

**4:00 PM**

**FOAM ROLL & STRETCH** I Limit: 20 Gym 2

**RESTORATIVE YOGA** I Limit: 25 Yoga Studio

**NEW HAVING A BALL** II Gym 1

**WALLYBALL** II/III Limit: 8 Racquet Court

**5:00 PM**

**STRETCH & RELAX** I Gym 2

25 min.

**BIOFEEDBACK FOR**

**HEALTH & WELL-BEING** CME Berkshire Room

Jeff Rossman, PhD, will demonstrate how to reduce stress, restore balance and replenish energy by changing your thoughts and your breathing, with the aid of modern technology.

**OPEN 12-STEP RECOVERY MEETING** Lenox Room

This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

**MEDITATION** I Yoga Studio

25 min.

**7:00 PM**

**OVERCOMING PAIN PATTERNS** Tanglewood Room

Poor posture and lifestyle habits can cause stress and pain. Learn ways to prevent muscular stress and discover the benefits of massage, including neuromuscular therapy.

**8:00 PM**

**CLASSICAL CANYON RANCH** Fieldstone Lounge

Pianist Ron Ramsay and violinist Eileen Markland remind us that music is woven into the fabric of our Lenox culture. Listen as they lead you through popular classical music spanning the ages.

**MY SCHEDULE WEDNESDAY**

6 am	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
Noon	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
6 pm	_____
7 pm	_____
8 pm	_____
9 pm	_____

# THURSDAY | SEPTEMBER 5, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk  
2 hr. \$110 Sign up: Outdoor Sports Board.

**MORNING WALK** Lower Spa Lobby  
Call walk hotline, Ext. 5567, for weather related cancellations.

## 8:00 AM

**ADVANCED LEVEL HIKE** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

**OUTDOOR MEDITATION I** Lower Spa Lobby  
In the event of inclement weather, this class will take place in the Yoga Studio.

**THE VERY BEST OF EAST & WEST** Tanglewood Room  
Canyon Ranch experts in Chinese and Western Medicine explain how they blend both modalities for best results with hypertension, fatigue, weight loss, hormonal imbalances and other health concerns.

**ZEN-GA™ FLOW I** Gym 1  
25 min.

## 8:15 AM

**RAIL TRAIL BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
4 hr. Sign up: Outdoor Sports Board.

## 8:30 AM

**BODY WEIGHT BASICS I** Gym 2  
20 min.

## 9:00 AM

**NEW FOOD: MEDICINE FOR YOUR EYES** CME Berkshire Room  
Did you know that 25% of the nutrients you eat are needed for your eyes? Nutritionist, Judy Deutsch MS, RD, LDN, shares the do's and don'ts of eye health through the lens of nutrition.

**CHAIR YOGA I** Limit: 15 Yoga Studio

**ZUMBA® I/II** Gym 1

**MORNING STRETCH I** Gym 2

**NEW PILATES TOWER CLINIC II** Limit: 4 Gym 3

This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.

\$90 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439

**STRIDE II/III** Limit: 18 Gym 5

## Guide to Services HIGHLIGHTS

### MEDITATION, VISUALIZATION & RELAXATION

These mind-body practices have a long history in the promotion of physical health, mental clarity and spiritual development. They often bring about improvements in stress-related conditions such as anxiety, insomnia and hypertension. Work with a lifestyle coach or licensed therapist to determine which techniques are right for you. Then, learn to use one or more of these techniques to promote healing, serenity and self-awareness.

50 minutes.

Intrigued? Call Program Advising at Ext. 5439.

## 9:15 AM

**HIKE: LEVEL 3** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

## 10:00 AM

**NEW PUNCH II/III** Sports Court  
**CARDIO TENNIS** Tennis Courts

\$85 Sign up: Program Advising, Ext. 5439

**EPIC WATER BLAST III** Indoor Pool

**NEW CARDIO YOGA II/III** Yoga Studio

**MUSCLE CONDITIONING I** Gym 2

**STRAIGHTEN UP!** CME Tanglewood Room

Good posture is good for your health. A physical therapist will show you how to enhance your posture for prevention and treatment of back pain. Learn fundamentals you can put to work immediately.

**JOY JOURNALS** Limit: 8 Creative Expression Studio

Inviting joy is not always easy. Learn to build the positive, life-affirming qualities of life and explore the obstacles that stand in your way as you create a journal, unique to your journey.

2 hr. \$100 Sign up: Program Advising, Ext. 5439

## NEW HANDS-ON COOKING:

**HERBS & SPICES** Limit: 6 Demonstration Kitchen

\$115 Sign up: Program Advising, Ext. 5439

## 11:00 AM

**AN INTEGRATIVE APPROACH TO AUTOIMMUNITY** CME Berkshire Room

Why does the body turn against itself? What triggers autoimmunity and how can we prevent or treat it? Learn about the origins of autoimmune diseases and innovative new approaches for treatment.

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool

**PILATES WEIGHT LOSS BOOST II** Sports Court

**MID-MORNING STRETCH I** Gym 2

**NIA BASICS I/II** Gym 1

**OUTDOOR BOOT CAMP II/III** Lower Spa Lobby

## NOON

**AERIAL HAMMOCK YOGA CLINIC II** Limit: 8 Yoga Studio

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.

\$90 Please see a Program Advisor to sign up and for restrictions.

**LUNCH & LEARN** Demonstration Kitchen

Enjoy a three-course meal featuring FISH TACOS and watch our demo chef prepare the entrée.

**CORE CONDITIONING II** Gym 1

25 min.

## RANCH SAVVY LUNCH:

**HEALTH & HEALING** Canyon Ranch Grill

Join a wellness expert to learn about our many Health & Healing offerings and how they can help you on your path toward wellness.

**NEW LET'S TALK TAROT** Berkshire Room

A metaphysical practitioner guides you in this experiential discussion, to discover how reading the Tarot can be a practical tool for guidance and deeper self-awareness.

## 12:30 PM

**NEW BALANCE CHALLENGE I** Gym 2

20 min.

**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

**1:00 PM**

**AFTERNOON TENNIS DRILLS** Tennis Court  
 \$85 Sign up: Program Advising, Ext. 5439

**BEAUTY SECRETS** Tanglewood Room  
 A salon stylist shares the latest in beauty tips. Get expert advice on fashionable hairstyles, colors and makeup. Take home tips and tricks for a new, beautiful you from head to toe.

**HEALTHY FEET, HAPPY FEET** CME Berkshire Room  
 If your feet hurt, relief may be close at hand. Athletic trainer Christina Meucci, BS, ATC, LAT, discusses what the soreness may be saying about injury, and how to keep your feet healthy and happy.

**1:15 PM**

**HIKE: LEVEL 1** Front Spa Desk  
 Visit the Outdoor Sports Board for sign up and additional details.

**1:30 PM**

**BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
 See Outdoor Sports Board for details and sign up.

**SHINRIN YOKU** Limit: 6 Front Spa Desk  
 1 hr. 30 min. Sign up: Outdoor Sports Board

**CAMP ARCHERY** Limit: 8 Front Spa Desk  
 1 hr. 30 min. Sign up: Outdoor Sports Board.

**MEMBERSHIP & REAL ESTATE** Spa Lobby  
 Meet a Membership representative and learn how to become a Canyon Ranch Member, or explore Ranch home ownership.  
 30 min.

**STAND-UP PADDLEBOARD** Front Spa Desk  
 2 hr. \$110 Sign up: Outdoor Sports Board.

**2:00 PM**

**THE MYSTERY OF METABOLISM** CME Berkshire Room  
 An Exercise Physiologist leads a discussion about fatness, fitness and the almighty metabolic rate. From your tracker to your treadmill, gain valuable insights on shedding fat.

**PAPER BOWLS: CONTAINERS FOR MEANING AND BEAUTY** Limit: 8 Creative Expression Studio  
 Explore the pleasure of ripping paper, playing with glue and getting a little messy and apply these processes as metaphors in your life. Each delicate bowl captures a meaningful personal experience.  
 2 hr. \$100 Sign up: Program Advising, Ext. 5439

**YOGA FOR A HEALTHY BACK I** Yoga Studio

**NEW WALK YOUR WORKOUT I/II** Lower Spa Lobby

**BERKSHIRE BEAT I/II** Limit: 15 Gym 1

**KETTLE-BAR II** Limit: 15 Sports Court

**BOGA FITMAT® FITNESS CLINIC II** Limit: 6 Indoor Pool  
 Take your fitness to the next level and float it! Athletic, strength, and cardio exercises are taken to the water on your floating BOGA FiTMAT®.  
 \$90 Sign up: Program Advising, Ext. 5439

**3:00 PM**

**GLUTE CAMP II/III** Limit: 14 Gym 1

**H2O POWER I/II** Indoor Pool

**STRENGTHEN & RESET YOUR ENERGY** Tanglewood Room  
 When your energy field is balanced, life feels more joyful and peaceful. Learn about the subtle energy centers in your body with a Healing Touch practitioner.

**INTERMEDIATE YOGA II** Yoga Studio

**INDOOR CYCLING I/II** Limit: 19 Cycling Studio

**4:00 PM**

**THE MIND-BODY MOOD SOLUTION WITH JEFF ROSSMAN, PHD** CME Berkshire Room  
 You already have what you need to manage stress and maintain a positive mood. Director of Life Management stress explains how a combined physical and psychological approach can help create lasting change.

**RESTORATIVE YOGA I** Limit: 25 Yoga Studio

**TRX FLOW II** Limit: 10 Sports Court

**NEW GOOD VIBRATIONS I** Gym 2

**STEP & STRENGTH II/III** Limit: 15 Gym 1

**5:00 PM**

**STRETCH & RELAX I** Gym 2  
 25 min.

**OPEN 12-STEP RECOVERY MEETING** Lenox Room  
 This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

**THE POWER OF BREATH I** Yoga Studio  
 25 min.

**5:30 PM**

**EVIDENCE-BASED QI GONG WORKSHOP** Limit: 6 Yoga Studio  
 Led by certified EBGQ instructors, this workshop will show you movements and meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more.  
 1 hr. 30 min. \$135 Minimum 2. Sign up: Program Advising, Ext. 5439

**8:00 PM**

**SOULFUL MUSIC WITH OAKES & SMITH** Mansion Library  
 Unwind from a full day at Canyon Ranch by enveloping yourself in the soothing and expressive acoustic music of Robert Oakes & Katherine Smith.

**MY SCHEDULE THURSDAY**

6 am	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
Noon	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
6 pm	_____
7 pm	_____
8 pm	_____
9 pm	_____

# FRIDAY | SEPTEMBER 6, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk  
2 hr. \$110 Sign up: Outdoor Sports Board.

**MORNING WALK** Lower Spa Lobby  
Call walk hotline, Ext. 5567, for weather related cancellations.

## 7:30 AM

**BREAKFAST BIKE RIDE: LEVEL 2** Front Spa Desk  
1 hr. 30 min. Sign up: Outdoor Sports Board.

## 8:00 AM

**OUTDOOR SUN SALUTATIONS II** Lower Spa Lobby  
In the event of inclement weather, this class will take place in the Yoga Studio.

**WAKE-UP WARM-UP STRETCH I** Gym 2  
25 min.

**ADVANCED LEVEL HIKE** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

## 8:30 AM

**HIIT IT II/III** Gym 1  
20 min.

**MORNING RUN** Front Spa Desk  
60 min. 8.5-11 minute mile pace. Sign up: Outdoor Sports Board.

## 9:00 AM

**LUZERN SKINCARE CONSULTATIONS** Upper Spa Lobby  
Learn how Luzern's Force de Vie collection delivers instant skin rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life.

9am-4pm. Complimentary. To schedule your 30-minute appointment call: Program Advising, Ext. 5439

**LO-IMPACT AEROBICS I/II** Gym 1

**THE ISSUE WITH YOUR TISSUE:**

**EXPLORING MUSCULOSKELETAL PAINS** CME Tanglewood Room  
Discuss the timeline of healing for chronic and acute pain with a certified athletic trainer, and better understand the different techniques used during injury rehabilitation.

**MORNING STRETCH I** Gym 2

**YOGA FOUNDATIONS I** Yoga Studio

**ADVANCED INDOOR CYCLING III** Limit: 19 Cycling Studio

## 9:15 AM

**CANOE/HIKE COMBO** Limit: 20 Front Spa Desk  
3 hr. 30 min. Sign up: Outdoor Sports Board.

## 10:00 AM

**CLIMBING FOR FITNESS** Limit: 4 Front Spa Desk  
1 hr. 30 min. \$110 Sign up: Outdoor Sports Board

**CARDIO TENNIS** Tennis Courts  
\$85 Sign up: Program Advising, Ext. 5439

**NEW TUBES AND LOOPS I/II** Gym 2

**ROCK YOUR FLOW II** Yoga Studio

**EPIC WATER BLAST III** Indoor Pool

**SPICE: THE FLAVOR OF HEALTH** CME Berkshire Room  
Herbs and spices, have powerful health benefits. A nutritionist will show you how to enhance your health and add an extra boost of flavor to your plate.

**BATTLING ROPES II/III** Limit: 24 Sports Court

## SHARE YOUR EXPERIENCE!

LOVE A CLASS YOU TOOK?  
STILL FEEL THE THRILL OF YOUR MORNING HIKE?

Connect with Canyon Ranch social channels!  
Check in or tag @canyonranch

LOOK FOR US ON



## 11:00 AM

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool  
**SECRETS TO SLEEPING SOUNDLY** CME Tanglewood Room

What's the connection between sleep and health? A Canyon Ranch expert will explain how the quality of your sleep affects nearly every aspect of wellness. Be prepared for some startling awakenings!

**MID-MORNING STRETCH I** Gym 2

**OUTDOOR BOOT CAMP II/III** Lower Spa Lobby

**NEW BEGINNER PILATES I** Gym 1

## NOON

**ABS ON THE BALL I/II** Limit: 20 Gym 2  
25 min.

**AERIAL HAMMOCK YOGA CLINIC II** Limit: 8 Yoga Studio  
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.

\$90 Please see a Program Advisor to sign up and for restrictions.

**LUNCH & LEARN:**

**VEGETARIAN FRIENDLY** Demonstration Kitchen  
Enjoy a three-course meal featuring an EGGPLANT GYRO and watch our demo chef prepare the entrée.

## 12:30 PM

**FITNESS FOR YOUR FEET® I** Limit: 20 Gym 2  
20 min.

## 1:00 PM

**INTERMEDIATE TO ADVANCED**  
**TENNIS CLINIC** Limit: 4 Tennis Court

\$85 Sign up: Program Advising, Ext. 5439

**LOOPS & LADDERS** Front Spa Desk

1 hr. 30 min. \$110 Sign up: Outdoor Sports Board.

## 1:15 PM

**HIKE: LEVEL 1** Front Spa Desk

Visit the Outdoor Sports Board for sign up and additional details.

## 1:30 PM

**BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
See Outdoor Sports Board for details and sign up.

**SOUL CARD DEMONSTRATION** Tanglewood Room  
Spiritual wellness practitioner Dan Marko introduces Soul Cards as a tool for awakening intuition and imagination to provide access, insight and new opportunity for moving through life with more ease.

**STAND-UP PADDLEBOARD** Front Spa Desk

2 hr. \$110 Sign up: Outdoor Sports Board.



**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**FE** – Featured Events: Broadway in the Berkshires **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

**2:00 PM**

**HANDS-ON COOKING:**

**FASTEST MEALS IMAGINABLE** Limit: 6 Demonstration Kitchen  
*\$115 Sign up: Program Advising, Ext. 5439*

**NEW WALK IN THE WOODS YOGA I** Lower Spa Lobby  
**EDIBLE PLANTS WITH AN EASTERN SLANT** Berkshire Room

Take a stroll with a Chinese Medicine expert and explore common medicinal & edible plants that grow all around us.

*Walk is approx. 1 mile. In case of inclement weather, alternate, indoor programming will be offered.*

**STEP CHALLENGE** II/III Limit: 15 Gym 1

**TRX BASIC STRENGTH** I/II Limit: 10 Sports Court

**NEW ABOVE AND BELOW THE BELT** II/III Limit: 24 Gym 5

**BOGA FITMAT® FITNESS CLINIC II** Limit: 6 Indoor Pool

Take your fitness to the next level and float it! Athletic, strength, and cardio exercises are taken to the water on your floating BOGA FITMAT®.

*\$90 Sign up: Program Advising, Ext. 5439*

**3:00 PM**

**H2O POWER** I/II Indoor Pool

**THE ART OF FENCING:**

**SWORDPLAY CLINIC II** Limit: 8 Gym 1

En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout.

*\$90 Sign up: Program Advising, Ext. 5439*

**NEW PILATES TOWER BARRE CLINIC II** Limit: 4 Gym 3

An effective combination of Pilates Tower and ballet barre exercises using the Pilates Tower equipment, make this a perfect balance between both modalities.

*\$90 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439*

**WHAT WERE YOU THINKING?**

**MINDFULNESS IN ACTION** CME Tanglewood Room

What magic pill helps you reduce stress, sharpen focus and be happier? It's called Mindfulness. A life management practitioner shares the benefits of adding mindfulness practice to your daily life.

**RIP 'N' ROW** II/III Limit: 18 Sports Court

**INDOOR CYCLING** I/II Limit: 19 Cycling Studio

**INTERMEDIATE YOGA II** Yoga Studio

**3:30 PM**

**NEW TAO TAN PAI ELIXIR METHOD QI GONG**

**WITH JEANNE SCHNACKENBERG** Limit: 6 Berkshire Room

The ancient Taoist system of moving meditation and breath control, imparts good health, vitality and personal empowerment. Open your heart, clear & focus the mind and profoundly strengthen your body.

*90 min. \$135 Sign up: Program Advising, Ext. 5439.*

**4:00 PM**

**FOAM ROLL & STRETCH I** Limit: 20 Gym 2

**RESTORATIVE YOGA I** Limit: 25 Yoga Studio

**TNT: TABATA 'N' TRX** III Limit: 20 Sports Court

**NEW CLAY LABYRINTH CREATION** Limit: 8 Creative Expression Studio

Create a personal miniature labyrinth to use at home or work as a tool to relieve stress or to inspire your meditation and contemplation practice.

*2 hr. \$160 Sign up: Program Advising, Ext. 5439*

**WALLYBALL** II/III Limit: 8 Racquet Court

**5:00 PM**

**STRETCH & RELAX I**

Gym 2

*25 min.*

**OPEN 12-STEP RECOVERY MEETING**

Lenox Room

This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

**MEDITATION I**

Yoga Studio

*25 min.*

**7:00 PM**

**THE ART & SCIENCE OF KEEPING YOUR COOL**

**WITH JERRY POSNER**

Tanglewood Room

Can "counting to ten" really work? How can you become more responsive and less reactive when the pressure's on? Explore the art and science of managing stress, anger and time and make it work for you!

**8:00 PM**

**HANDS-ON COOKING:**

**FEEL THE KNEAD** Limit: 6 Demonstration Kitchen

*1 hr. 30 min. \$165 Sign up: Program Advising, Ext. 5439*

**FE NATHAN LEE GRAHAM IN CONCERT**

Fieldstone Lounge

**ACCOMPANIED BY BRADFORD PROCTOR**

Indulge in an evening with star f stage & screen, Nathan Lee Graham whose stage appearances include the original Broadway casts of The Wild Party and Priscilla Queen of the Desert.

**MY SCHEDULE FRIDAY**

6 am	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
Noon	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
6 pm	_____
7 pm	_____
8 pm	_____
9 pm	_____

# SATURDAY | SEPTEMBER 7, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**STAND-UP PADDLEBOARD** Front Spa Desk

2 hr. \$110 Sign up: Outdoor Sports Board.

**MORNING WALK** Lower Spa Lobby

Call walk hotline, Ext. 5567, for weather related cancellations.

## 7:30 AM

**BREAKFAST BIKE RIDE: LEVEL 2** Front Spa Desk

1 hr. 30 min. Sign up: Outdoor Sports Board.

## 8:00 AM

**NEW ATHLETIC MOBILITY WARM-UP I** Sports Court

25 min.

**ADVANCED LEVEL HIKE** Front Spa Desk

Visit the Outdoor Sports Board for sign up and additional details.

## 8:30 AM

**BODY WEIGHT BASICS I** Gym 2

20 min.

## 9:00 AM

**LUZERN SKINCARE CONSULTATIONS** Upper Spa Lobby

Learn how Luzern's Force de Vie collection delivers instant skin rejuvenation by accelerating cellular respiration, bringing fatigued, over-stressed skin back to life.

9am-4pm. Complimentary. To schedule your 30-minute appointment call: Program Advising, Ext. 5439

**CHINESE MEDICINE & WEIGHT LOSS** Berkshire Room

Discover a new perspective on weight loss. Learn how herbs, healing foods and specialized acupuncture can help you feel healthy and shed excess weight at the same time.

**PILATES REFORMER JUMPBOARD CLINIC II/III** Limit: 4 Gym 4

Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required.

50 min. \$90 Sign up: Program Advising, Ext. 5439

**LO-IMPACT AEROBICS I/II** Gym 1

**CHAIR YOGA I** Limit: 15 Yoga Studio

**MORNING STRETCH I** Gym 2

**ADVANCED INDOOR CYCLING III** Limit: 19 Cycling Studio

## 9:15 AM

**HIKE: LEVEL 3** Front Spa Desk

Visit the Outdoor Sports Board for sign up and additional details.

## 10:00 AM

**CAMP ARCHERY** Limit: 8 Front Spa Desk

1 hr. 30 min. Sign up: Outdoor Sports Board.

**CARDIO TENNIS** Tennis Court

\$85 Sign up: Program Advising, Ext. 5439

**TNT: TABATA 'N' TRX III** Limit: 20 Sports Court

**MUSCLE CONDITIONING I** Gym 2

**EXTENDED VINYASA FLOW III** Yoga Studio

1 hr. 30 min. Yoga experience required. No shoes

**EPIC WATER BLAST III** Indoor Pool

**SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM** Tanglewood Room

A stable energy system can lead to a calmer, more productive life by managing pain, stress and anxiety. Join a Healing Touch practitioner to learn skills to manage physical and emotional imbalances.

## 11:00 AM

**NEW POWER ROW II** Limit: 10 Rowing Studio

A transformative total-body workout using our new TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized.

Sign up: Program Advising, Ext. 5439

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool

**REBOUND JUMP BOOTS CLINIC II** Lower Spa Lobby

With springs on your feet, enjoy this fun rebound activity with reduced impact on joints. Improve stability, flush your lymphatic system and get an amazing cardio workout.

\$90 Limit 6. Sign up: Program Advising, Ext. 5439

**PILATES ON THE BEAM I/II** Limit: 20 Gym 1

**MID-MORNING STRETCH I** Gym 2

## NOON

**ABS ON THE BALL I/II** Limit: 20 Gym 2

25 min.

**SHRED II/III** Limit: 18 Gym 5

25 min.

**AERIAL HAMMOCK YOGA CLINIC II** Limit: 8 Yoga Studio

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.

\$90 Please see a Program Advisor to sign up and for restrictions.

**RANCH SAVVY LUNCH:**

**FEEDING YOUR SPIRIT** Canyon Ranch Grill™

Share a meal & conversation with a spiritual wellness provider and discover if one of our spiritual wellness lectures, workshops or services may be just the thing you seek on your path to wellness.

**LUNCH & LEARN** Demonstration Kitchen

Enjoy a three-course meal featuring ONION CHICKEN SWISS BURGER and watch our demo chef prepare the entrée.

**MUSEUM TOUR:**

**NORMAN ROCKWELL** Limit: 10 Hotel Pavilion

Join us on a tour of this fascinating museum inspired by the legacy of beloved artist and former Berkshires resident Norman Rockwell.

2 hr. \$20 Seniors (65+), \$18. Fee, paid at the museum (cash only); Sign up: Program Advising, Ext. 5439

## 12:30 PM

**TAROT CARD DEMONSTRATION** Mansion Library

Experience the power of tarot cards with a reading demonstration.

30 min.

**FITNESS FOR YOUR FEET® I** Limit: 20 Gym 2

20 min.

## 1:00 PM

**PICKLEBALL INTRO CLINIC** Limit: 4 Tennis Court

\$85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.

**HIGH ROPES CHALLENGE COURSE** Front Spa Desk

2 hr. \$235 Sign up: Outdoor Sports Board.

## 1:15 PM

**HIKE: LEVEL 2** Front Spa Desk

Visit the Outdoor Sports Board for sign up and additional details.

**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**FE** – Featured Events: Guest Speaker: Lacy Schwartz Delgado **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

**1:30 PM**  
**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk  
 2 hr. \$110 Sign up: Outdoor Sports Board.

**2:00 PM**  
**NEW HANDS-ON COOKING:**  
**MOUTHWATERING MUSHROOMS!** Limit: 6 Demonstration Kitchen  
 \$115 Sign up: Program Advising, Ext. 5439  
**KETTLE-BAR** II Limit: 15 Sports Court  
**AFTERNOON TENNIS DRILLS** Tennis Court  
 \$85 Sign up: Program Advising, Ext. 5439  
**NEW GENTLE FLOW YOGA** I/II Yoga Studio  
**LONG & LEAN BARRE WORKOUT** II Limit: 25 Gym 1  
**BASIC AEROBIC CIRCUIT**  
**WEIGHTS** I Limit: 18 Gym 5

**3:00 PM**  
**H2O POWER** I/II Indoor Pool  
**WEST AFRICAN DRUMMING** I Limit: 17 Gym 1  
 Experience the healing power of the drum. You'll learn basic hand drumming techniques and specific rhythms as we make music together.  
**TRX RIP** II/III Limit: 20 Sports Court  
**INDOOR CYCLING** I/II Limit: 19 Cycling Studio  
**INTERMEDIATE YOGA** II Yoga Studio  
**MINDFULNESS MEDITATION WORKSHOP** Tanglewood Room  
 Learn how to use mindfulness meditation to enhance your peace of mind. A life management therapist/coach will guide you through activities to help you develop stress management skills.  
 1 hr. 30 min. \$135 Sign up: Program Advising, Ext. 5439  
**ROUND-ROBIN DOUBLES** Tennis Court  
 Sign up: Outdoor Sports Board.

**4:00 PM**  
**WALLYBALL** II/III Limit: 8 Racquet Court  
**RESTORATIVE YOGA AND SOUND HEALING** Limit: 25 Yoga Studio  
 Soothing yoga slows your body - reducing physical and emotional stress - as you experience the vibrational healing of koshi chimes, crystal bowls and the stringed monolina moving through & around you.  
**RESTORATIVE YOGA** I Limit: 25 Yoga Studio  
**FUSION WORKOUT** II Limit: 24 Gym 1  
**NEW GOOD VIBRATIONS** I Gym 2

**5:00 PM**  
**STRETCH & RELAX** I Gym 2  
 25 min.

**THE SPIRITUAL PATH OF NON-HARMING** Rockwell Room  
 Learn how to develop a spiritual foundation of non-harming actions with spiritual wellness provider, Dan Marko. Embrace the world and your place in it, with a renewed sense of peace and authenticity.  
**OPEN 12-STEP RECOVERY MEETING** Lenox Room  
 This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.  
**MEDITATION** I Yoga Studio  
 25 min.

**7:30 PM**  
**FE LITTLE WHITE LIE: AWARD-WINNING DOCUMENTARY WITH DIRECTOR LACEY SCHWARTZ** Sargent Brook Lounge  
 A personal documentary by Lacey Schwartz Delgado about the power of unearthing the truth, healing familial relationships, and the non-linear path to discovering our true identity.  
 1 hr. 30 min. Followed by Q&A with director.

**9:00 PM**  
**NEW MUSIC BINGO!**  
**WITH DJ BOB HECK** Rockwell Room  
 A new twist on an old favorite! Listen to clips of popular music and match them to your bingo card to win big. Canyon Ranch prizes awarded in approximately 4 games.

**MY SCHEDULE SATURDAY**

6 am	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
Noon	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
6 pm	_____
7 pm	_____
8 pm	_____
9 pm	_____

**DEMO KITCHEN**

**TASTY & FUN**

Enjoy learning and lunching each day at noon in the Demo Kitchen, located near the Creative Expression Studio in the East Wing. Our expert and always-entertaining chef shares professional tips while preparing the dish of the day.

Take home inspiration, confidence and easy-to-prepare recipes.

# SUNDAY | SEPTEMBER 8, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk  
2 hr. \$110 Sign up: Outdoor Sports Board.

**MORNING WALK** Lower Spa Lobby  
Call walk hotline, Ext. 5567, for weather related cancellations.

## 8:00 AM

**ADVANCED LEVEL HIKE** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

**WAKE-UP WARM-UP STRETCH I** Gym 2  
25 min.

## 8:15 AM

**RAIL TRAIL BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
4 hr. Sign up: Outdoor Sports Board.

## 8:30 AM

**MORNING RUN** Front Spa Desk  
60 min. 8.5-11 minute mile pace. Sign up: Outdoor Sports Board.

**HIIT I** II/III Gym 1  
20 min.

## 9:00 AM

**BERKSHIRE BEAT I/II** Limit: 25 Gym 1  
**STRIDE II/III** Limit: 18 Gym 5

**SUNDAY BRUNCH** Canyon Ranch Grill™

Enjoy our bountiful brunch featuring Canyon Ranch favorites highlighting local farm-to-table ingredients. A wonderful way to celebrate a Sunday in the Berkshires.

9am - 2pm.

**RANCH SAVVY BRUNCH:**

**COMMITMENT TO YOUR HEALTH** Canyon Ranch Grill™

Enjoy brunch with a Ranch Memberships Coordinator to explore how we're expanding, and find out about the opportunities available to our guests.

**MORNING STRETCH I** Gym 2

**YOGA FOUNDATIONS I** Yoga Studio

**PILATES REFORMER CLINIC -**

**INTERMEDIATE II** Limit: 4 Gym 4

This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required.

50 min. \$90 Sign up: Program Advising, Ext. 5439

## 9:15 AM

**HIKE: LEVEL 2/3** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

## KNOW YOUR LEVEL

Choose the right activities for you. We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.

Questions? Call Program Advising at Ext. 5439.

## 10:00 AM

**MUSCLE CONDITIONING I** Gym 2

**YOGA FOR ATHLETES II/III** Yoga Studio

**EPIC WATER BLAST III** Indoor Pool

**THE MASKS WE WEAR: MASK-MAKING AS A TOOL FOR**

**SELF-UNDERSTANDING** Limit: 8 Creative Expression Studio

Masks play an important role in many cultures, both as concealers & revealers. Explore your many roles & make representations of your masks in order to understand & even befriend, what lies beneath.

2 hr. \$100 Sign up: Program Advising, Ext. 5439

**FOOD, INFLAMMATION & PAIN** CME Berkshire Room

Certain foods can cause inflammation, discomfort or even pain. A nutritionist will help you discover which ones could be to blame for symptoms, and which may help you heal.

**CARDIO KICKBOXING II/III** Gym 1

**CARDIO TENNIS** Tennis Courts

\$85 Sign up: Program Advising, Ext. 5439

## 11:00 AM

**INDOOR CYCLING I/II** Limit: 19 Cycling Studio

**NIA: NON-IMPACT AEROBICS I/II** Gym 1

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool

**OUTDOOR BOOT CAMP II/III** Lower Spa Lobby

**MID-MORNING STRETCH I** Gym 2

## NOON

**ABS ON THE BALL I/II** Limit: 20 Gym 2  
25 min.

**NEW YIN & RELEASE I** Yoga Studio

## 12:30 PM

**FITNESS FOR YOUR FEET® I** Limit: 20 Gym 2  
20 min.

## 1:00 PM

**SPIRIT WALK** Lower Spa Lobby

Meander through the contemplative walk designed to open or deepen spiritual contemplation with a spiritual wellness practitioner, who guides you through an experiential practice along the path.

**CHINESE MEDICINE:**

**PUTTING STRESS IN ITS PLACE** Berkshire Room

The stress reaction can save your life, but too much of it can cause illness, pain and emotional disturbances. Learn how acupuncture and other Chinese Medicine modalities can reduce this risk.

**INTERMEDIATE TO ADVANCED**

**TENNIS CLINIC** Limit: 4 Tennis Court

\$85 Sign up: Program Advising, Ext. 5439

**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**FE** – Featured Events: Scott Stabile: The Power of Living With An Open Heart **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

**1:15 PM**  
**HIKE: LEVEL 2** Front Spa Desk  
*Visit the Outdoor Sports Board for sign up and additional details.*

**1:30 PM**  
**STAND-UP PADDLEBOARD** Front Spa Desk  
*2 hr. \$110 Sign up: Outdoor Sports Board.*

**BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
*See Outdoor Sports Board for details and sign up.*

**2:00 PM**  
**EVERYONE CAN LEARN TO DRAW** Limit: 8 Creative Expression Studio  
*1 hr. 30 min. Sign up: Program Advising, Ext. 5439*

**LONG & LEAN BARRE WORKOUT II** Limit: 25 Gym 1

**YOGA FOR A HEALTHY BACK I** Yoga Studio

**BOGA FITMAT® YOGA CLINIC II** Limit: 6 Indoor Pool

Overcome chaos and distraction by focusing on balance and what it truly means to be present. Take your yoga practice to the water and experience challenging asanas on your floating BOGA FITMAT®.

*\$90 Sign up: Program Advising, Ext. 5439*

**NEW WALK YOUR WORKOUT I/II** Lower Spa Lobby

**TRX BASIC STRENGTH I/II** Limit: 10 Sports Court

**3:00 PM**  
**GLUTE CAMP II/III** Limit: 14 Gym 1

**H2O POWER I/II** Indoor Pool

**INDOOR CYCLING I/II** Limit: 19 Cycling Studio

**INTERMEDIATE YOGA II** Yoga Studio

**FE IDENTITY & AUTHENTICITY WITH SCOTT STABILE** Berkshire Room

How do you define yourself, and where does that definition come from? Look at how to become more in tune with what is true for you, rather than what's expected of you - and move forward authentically.

**4:00 PM**  
**FINDING FORGIVENESS** Limit: 12 Tanglewood Room

Forgiveness frees you from the consequences of suffering, blame, shame and guilt. Spiritual wellness provider, Dan Marko, explores the restorative steps of forgiveness & reclaiming your life force.

*1 hr. 50 min. \$160 Sign up: Program Advising.*

**RESTORATIVE YOGA I** Limit: 25 Yoga Studio

**NEW GOOD VIBRATIONS I** Gym 2

**MUSCLE MAX II/III** Gym 1

**WALLYBALL II/III** Limit: 8 Racquet Court

**5:00 PM**  
**STRETCH & RELAX I** Gym 2  
*25 min.*

**OPEN 12-STEP RECOVERY MEETING** Lenox Room  
 This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

**MEDITATION I** Yoga Studio  
*25 min.*

**6:00 PM**  
**WATERCOLOR PLEIN AIRE PAINTING** Front Spa Desk  
*2 hr. \$110 This activity includes a ½ mile to 1 mile walk. Sign up: Outdoor Sports Board*

**8:00 PM**  
**TRUTH, IDENTITY & THE CREATIVE PROCESS: ENGAGE IN CONVERSATION** Mansion Library

Michelle Grey, Creative Director for the NY Times TimesTalks will lead a group discussion and workshop on finding your authentic self, and the power of denial and identity in your own lives.

*Follow up to Friday night's screening of Award-winning documentary, Little White Lie. Michelle will be joined by the film's subject and director, Lacey Schwartz.*

**MY SCHEDULE SUNDAY**

<b>6 am</b>	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
<b>Noon</b>	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
<b>6 pm</b>	_____
7 pm	_____
8 pm	_____
9 pm	_____

**EXPLORE**

Love to Shop?

Nestled conveniently in the Spa, The Showcase Boutique has everything you need to bring Canyon Ranch home with you. You will find gifts for all your family and friends, along with items you may need while here. The perfect place to pick up the hiking or fitness gear you left at home!

# MONDAY | SEPTEMBER 9, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk  
2 hr. \$110 Sign up: Outdoor Sports Board.

**MORNING WALK** Lower Spa Lobby  
Call walk hotline, Ext. 5567, for weather related cancellations.

## 7:30 AM

**BREAKFAST BIKE RIDE: LEVEL 2** Front Spa Desk  
1 hr. 30 min. Sign up: Outdoor Sports Board.

## 8:00 AM

**OUTDOOR SUN SALUTATIONS II** Lower Spa Lobby  
In the event of inclement weather, this class will take place in the Yoga Studio.

**LONGEVITY, EXERCISE & YOU** CME Tanglewood Room  
Orthopedic Physical Therapy Specialist Gerry Link will show how applying basic scientific, safety and common-sense measures to your daily exercise can add to the quantity and quality of your years

**WAKE-UP WARM-UP STRETCH I** Gym 2  
25 min.

**ADVANCED LEVEL HIKE** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

## 8:30 AM

**HIIT IT II/III** Gym 1  
20 min.

**MORNING RUN** Front Spa Desk  
60 min. 8.5-11 minute mile pace. Sign up: Outdoor Sports Board.

## 9:00 AM

**CURB CRAVINGS & HABITS WITH ACUPUNCTURE** Berkshire Room  
Acupuncture can safely reduce a variety of cravings and support the organ detoxification process. Gain practical tools and advice for quitting an unhealthy habit and moving toward a healthier you.

**LO-IMPACT AEROBICS I/II** Gym 1

**MORNING STRETCH I** Gym 2

**YOGA FOUNDATIONS I** Yoga Studio

**STRIDE II/III** Limit: 18 Gym 5

**NEW PILATES TOWER CLINIC II** Limit: 4 Gym 3

This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.

\$90 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439

## 9:15 AM

**CANOE/HIKE COMBO** Limit: 20 Front Spa Desk  
3 hr. 30 min. Sign up: Outdoor Sports Board.

## 10:00 AM

**NEW PUNCH II/III** Sports Court  
**CARDIO TENNIS** Tennis Courts

\$85 Sign up: Program Advising, Ext. 5439

**NEW TUBES AND LOOPS I/II** Gym 2

**ROCK YOUR FLOW II** Yoga Studio

**EPIC WATER BLAST III** Indoor Pool

**BEING IN THIS BODY WITH SHARON ALPERT,**

**LIFE MANAGEMENT THERAPIST** CME Rockwell Room

Struggling with body image or weight fuels the competing realities of feeling stuck and desiring something better. Consider an approach that invites a greater sense of connection and success.

## 11:00 AM

**NEW POWER ROW II** Limit: 10 Rowing Studio  
A transformative total-body workout using our new TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized.

Sign up: Program Advising, Ext. 5439

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool

**MID-MORNING STRETCH I** Gym 2

**NEW BEGINNER PILATES I** Gym 1

## NOON

**ABS ON THE BALL I/II** Limit: 20 Gym 2  
25 min.

**RANCH SAVVY LUNCH:**

**FITNESS AT CANYON RANCH** Canyon Ranch Grill™

Sit with a fitness instructor over lunch and learn more about the exciting exercise offerings at Canyon Ranch!

**SWIMMING SKILLS & DRILLS CLINIC II** Limit: 4 Indoor Pool

Join our expert fitness instructors as they guide you through swimming drills to improve your focus, time and stroke. Swimming experience required.

\$90 Sign up: Program Advising, Ext 5439

## 12:30 PM

**FITNESS FOR YOUR FEET® I** Limit: 20 Gym 2  
20 min.

## 1:00 PM

**ALTERNATIVE APPROACHES**

**TO PAIN & INJURY** Berkshire Room

Learn how acupuncture and gentle hands-on manipulation can effectively resolve chronic, acute pain and sports injuries.

**PICKLEBALL INTRO CLINIC** Limit: 4 Tennis Court

\$85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.

**BEAUTY SECRETS** Rockwell Room

A salon stylist shares the latest in beauty tips. Get expert advice on fashionable hairstyles, colors and makeup. Take home tips and tricks for a new, beautiful you from head to toe.

## 1:15 PM

**HIKE: LEVEL 2** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

## 1:30 PM

**BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
See Outdoor Sports Board for details and sign up.

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Desk  
2 hr. \$110 Sign up: Outdoor Sports Board.

**CAMP ARCHERY** Limit: 8 Front Spa Desk  
1 hr. 30 min. Sign up: Outdoor Sports Board.

**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**FE** – Featured Events: Scott Stabile: The Power of Living With An Open Heart **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

Guide to Services **HIGHLIGHTS**

**SUMMER GLOW FACIAL**

The change in seasons can leave your skin dull and dehydrated. Let your antidote be this facial with an enzyme peel followed by FOREO's UFO mask treatment, featuring LED light waves for rejuvenation. You'll love your clear, moisturized, glowing complexion.

50 minutes.

Intrigued? Call Program Advising at Ext. 5439.

**2:00 PM**

**BEGINNER TENNIS CLINIC** Limit: 4 Tennis Court  
*Sign up: Program Advising, Ext. 5439*

**IT TAKES GUTS TO BE HEALTHY** CME Tanglewood Room  
 Join a Canyon Ranch physician to explore the critical importance of optimal digestive health for your immune system and overall wellness.

**LONG & LEAN BARRE WORKOUT** II Limit: 25 Gym 1

**YOGA FOR A HEALTHY BACK** I Yoga Studio

**BOGA FITMAT® YOGA CLINIC** II Limit: 6 Indoor Pool

Overcome chaos and distraction by focusing on balance and what it truly means to be present. Take your yoga practice to the water and experience challenging asanas on your floating BOGA FITMAT®.

*\$90 Sign up: Program Advising, Ext. 5439*

**NEW ABOVE AND BELOW THE BELT** II/III Limit: 24 Gym 5

**TRX BASIC STRENGTH** I/II Limit: 10 Sports Court

**3:00 PM**

**WEST AFRICAN DRUMMING** I Limit: 17 Gym 1  
 Experience the healing power of the drum. You'll learn basic hand drumming techniques and specific rhythms as we make music together.

**H2O POWER** I/II Indoor Pool

**RIP 'N' ROW** II/III Limit: 18 Sports Court

**INTERMEDIATE YOGA** II Yoga Studio

**INDOOR CYCLING** I/II Limit: 19 Cycling Studio

**4:00 PM**

**FE FACING FEAR WITH SCOTT STABILE** Berkshire Room  
 Does fear hold you back? The good news about fear is that it only holds the power you give it. Take some of that power back and learn to create, communicate, and LIVE life more fully, with our fear.

**RESTORATIVE YOGA** I Limit: 25 Yoga Studio

**FOAM ROLL & STRETCH** I Limit: 20 Gym 2

**TNT: TABATA 'N' TRX** III Limit: 20 Sports Court

**WALLYBALL** II/III Limit: 8 Racquet Court

**5:00 PM**

**STRETCH & RELAX** I Gym 2  
 25 min.

**MEDITATION** I Yoga Studio  
 25 min.

**OPEN 12-STEP RECOVERY MEETING** Lenox Room

This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

**7:00 PM**

**RITUALS FOR RESTORATION** Tanglewood Room

Rituals have been used since ancient times to set intention and open transformation. Dan Marko shares ideas for creating personal rituals which enhance the restoration of body, mind and spirit.

**BEAD WELL: BRACELETS** Limit: 10 Creative Expression Studio  
 1 hr. 30 min. \$25 Sign up: Program Advising, Ext. 5439

**8:00 PM**

**MIRACLES, LUCK AND THE BUTTERFLY EFFECT WITH JERRY POSNER** Tanglewood Room

Join Jerry for an entertaining, rational, practical approach to miracle making, including strategies to help increase the probability of desired outcomes and goals.

**MY SCHEDULE MONDAY**

**6 am** \_\_\_\_\_

7 am \_\_\_\_\_

8 am \_\_\_\_\_

9 am \_\_\_\_\_

10 am \_\_\_\_\_

11 am \_\_\_\_\_

**Noon** \_\_\_\_\_

1 pm \_\_\_\_\_

2 pm \_\_\_\_\_

3 pm \_\_\_\_\_

4 pm \_\_\_\_\_

5 pm \_\_\_\_\_

**6 pm** \_\_\_\_\_

7 pm \_\_\_\_\_

8 pm \_\_\_\_\_

9 pm \_\_\_\_\_

# TUESDAY | SEPTEMBER 10, 2019

PROPERTY ORIENTATION 10 am & 3 pm. Meet in Hotel Pavilion

## 7:00 AM

**STAND-UP PADDLEBOARD YOGA** Limit: 4 Front Spa Desk  
\$110 Sign up: Outdoor Sports Board

**MORNING WALK** Lower Spa Lobby  
Call walk hotline, Ext. 5567, for weather related cancellations.

## 7:30 AM

**INTRODUCTION TO BIRDING** Limit: 4 Front Spa Desk  
2 hr. 30 min. Sign up: Outdoor Sports Board

## 8:00 AM

**START YOUR FITNESS ENGINES** CME Berkshire Room  
How fit is "fit enough"? An exercise physiologist will talk about the five basic components of fitness. Learn about assessments that can help you get on the right path to your ideal fitness level.

**ZEN-GA™ FLOW I** Gym 1  
25 min.

**ADVANCED LEVEL HIKE** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

**OUTDOOR MEDITATION I** Lower Spa Lobby  
In the event of inclement weather, this class will take place in the Yoga Studio.

## 8:15 AM

**RAIL TRAIL BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Desk  
4 hr. Sign up: Outdoor Sports Board.

## 8:30 AM

**BODY WEIGHT BASICS I** Gym 2  
20 min.

## 9:00 AM

**AVOIDING ALZHEIMER'S** CME Tanglewood Room  
Alzheimer's disease and other forms of dementia are rapidly growing problems as our population ages. Learn what you can do to prevent decline, and slow down or possibly reverse cognitive impairment.

**CHAIR YOGA I** Limit: 15 Yoga Studio

**ZUMBA® I/II** Gym 1

**PILATES REFORMER CLINIC - INTERMEDIATE II** Limit: 4 Gym 4

This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required.  
50 min. \$90 Sign up: Program Advising, Ext. 5439

**MORNING STRETCH I** Gym 2

**ADVANCED INDOOR CYCLING III** Limit: 19 Cycling Studio

## 9:15 AM

**HIKE: LEVEL 3** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

## 9:30 AM

**TAI CHI WALK OFF PROPERTY** Front Spa Desk  
2 hr. 30 min.

## 10:00 AM

**CARDIO TENNIS** Tennis Courts  
\$85 Sign up: Program Advising, Ext. 5439

**VIPR ATHLETIC II/III** Limit: 15 Gym 1

**EXTENDED VINYASA FLOW III** Yoga Studio  
1 hr. 30 min. Yoga experience required. No shoes

**EPIC WATER BLAST III** Indoor Pool

**VINTAGE STRENGTH TRAINING CLINIC I/II** Limit: 4 Sports Court  
Practice the fundamental techniques and learn the advantages of using Vintage Strength tools. Experience how Sandbags, Clubs and Kettlebells create a comprehensive approach to health and fitness.

\$90 Sign-up: Program Advising  
**MUSCLE CONDITIONING I** Gym 2

## 11:00 AM

**OUTDOOR BOOT CAMP II/III** Lower Spa Lobby

**MID-MORNING STRETCH I** Gym 2

**SUSPENSION PILATES II/III** Limit: 10 Sports Court

**NIA: NON-IMPACT AEROBICS I/II** Gym 1

**AQUA STRENGTH CIRCUIT I/II** Outdoor Pool

**LIVING THROUGH LOSS** Mansion Library

Loss is a natural part of life, but the loss of a loved one is particularly painful. A spiritual wellness provider will help you through times of grief and the unfamiliar times to come.

## NOON

**CORE CONDITIONING II** Gym 1  
25 min.

### LUNCH & LEARN:

**GLUTEN FRIENDLY** Demonstration Kitchen  
Enjoy a three-course meal featuring SALMON TERIYAKI and watch our demo chef prepare the entrée.

**SHRED II/III** Limit: 18 Gym 5  
25 min.

**THE MANDALA EXPERIENCE** Limit: 8 Creative Expression Studio  
1 hr. 30 min. Sign up: Program Advising, Ext. 5439

**AERIAL HAMMOCK YOGA CLINIC II** Limit: 8 Yoga Studio  
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.  
\$90 Please see a Program Advisor to sign up and for restrictions.

## 12:30 PM

**NEW BALANCE CHALLENGE I** Gym 2  
20 min.

## 1:00 PM

**CLIMBING FOR FITNESS** Limit: 4 Front Spa Desk  
1 hr. 30 min. \$110 Sign up: Outdoor Sports Board

**HOME REMEDIES FOR INJURY RELIEF** CME Lower Spa Lobby  
Strains and pains happen. Athletic trainer Christina Meucci will show you techniques to decrease discomfort and help injuries heal, using tools you can find in your home.



**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**FE** – Featured Events: Scott Stabile: The Power of Living With An Open Heart **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

**1:15 PM**

**HIKE: LEVEL 1** Front Spa Desk  
Visit the Outdoor Sports Board for sign up and additional details.

**1:30 PM**

**CANOE TRIP** Front Spa Desk  
2 hr. Sign up: Outdoor Sports Board.

**2:00 PM**

**BERKSHIRE BEAT** I/II Limit: 15 Gym 1

**INTERMEDIATE TO ADVANCED TENNIS CLINIC** Limit: 4 Tennis Court

\$85 Sign up: Program Advising, Ext. 5439

**KETTLE-BAR** II Limit: 15 Sports Court

**BOGA FITMAT® FITNESS CLINIC** II Limit: 6 Indoor Pool  
Take your fitness to the next level and float it! Athletic, strength, and cardio exercises are taken to the water on your floating BOGA FITMAT®.

\$90 Sign up: Program Advising, Ext. 5439

**BASIC AEROBIC CIRCUIT WEIGHTS** I Limit: 18 Gym 5

**HANDS-ON COOKING:**

**ANTI-INFLAMMATORY FOODS** Limit: 6 Demonstration Kitchen  
50 min. \$115 Sign up: Program Advising, Ext. 5439

**NEW WALK IN THE WOODS YOGA** I Lower Spa Lobby

**CHINESE MEDICINE:**

**THE INSIDE SCOOP** Tanglewood Room  
A licensed acupuncturist discusses the benefits and treatments of Chinese Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.

**3:00 PM**

**TRX RIP** II/III Limit: 20 Sports Court

**INTERMEDIATE YOGA** II Yoga Studio

**INDOOR CYCLING** I/II Limit: 19 Cycling Studio

**H2O POWER** I/II Indoor Pool

**ROUND-ROBIN DOUBLES** Tennis Court

Sign up: Outdoor Sports Board.

**4:00 PM**

**RESTORATIVE YOGA** I Limit: 25 Yoga Studio

**NEW GOOD VIBRATIONS** I Gym 2

**TRX FLOW** II Limit: 10 Sports Court

**NEW BOSU BLAST** II/III Gym 1

**COFFEE TALK**

**WITH GENERAL MANAGER MINDI MORIN** Culinary Rebel™  
Meet General Manager Mindi Morin, and enjoy a cup of coffee or tea while learning more about Canyon Ranch.

30 min.

**MINDFULNESS MEDITATION WORKSHOP** Tanglewood Room

Learn how to use mindfulness meditation to enhance your peace of mind. A life management therapist/coach will guide you through activities to help you develop stress management skills.

1 hr. 30 min. \$135 Sign up: Program Advising, Ext. 5439

**5:00 PM**

**THE POWER OF BREATH** I Yoga Studio  
25 min.

**OPEN 12-STEP RECOVERY MEETING** Lenox Room

This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

**STRETCH & RELAX** I Gym 2  
25 min.

**7:00 PM**

**THERAPEUTIC QI GONG: A TOOL FOR SELF-HEALING** Berkshire Room

The medicinal benefits of qi gong are diverse, from soothing digestive & sleep ailments, to autoimmune conditions - even cancer. Get your body moving to better understand this ancient art form.

A Traditional Chinese Medicine practitioner leads this partial lecture / partial practice session.

**8:00 PM**

**FE LOVE IN ACTION WITH SCOTT STABILE** Tanglewood Room

Explore the pathway to a happier you through the themes of compassion, forgiveness, kindness and authenticity. Discussions and interpersonal writing exercises lead the way.

**9:00 PM**

**"OLD SCHOOL" BINGO** Rockwell Room

Join in the fun with rousing games of classic bingo. Win Canyon Ranch prizes!

**MY SCHEDULE TUESDAY**

<b>6 am</b>	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
<b>Noon</b>	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
<b>6 pm</b>	_____
7 pm	_____
8 pm	_____
9 pm	_____



## CLASSES & ACTIVITIES

### SUMMER OUTDOOR SPORTS

#### Waterfalls

Spring has sprung! Outdoor conditions are perfect for waterfall hikes. Visit the Outdoor Sports Desk to inquire about waterfall hikes this week.

#### Advanced Bike Rides & Mountain Bike Rides

The times and days for these bike rides vary. Please see the Outdoor Sports Boards for available dates and times.

#### Housatonic River Kayak Trips

When river conditions allow, join our Outdoor Sports Guides and enjoy the spectacular beauty of October Mountain as you paddle along the winding Housatonic River. No experience necessary. Must be an able swimmer. Fees apply. Please see the Outdoor Sports Boards for available dates and times.

### CARDIO & WEIGHT GYM:

6:30 am to 6 pm – Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. When choosing a class, please be mindful of your fitness level. Although you may be an avid runner, keep in mind that your flexibility may be at a different level. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask the instructor or call Fitness at Ext. 4356.

### SIX CLASS CATEGORIES:

*Aquatic • Cardio • Dance • Flexibility • Mind-body • Strength*

### FOUR FITNESS LEVELS:

I (Beginner) II (Intermediate) III (Advanced)

A complete and well-balanced program will ideally include a combination of cardio, strength and flexibility.

#### BEGINNER

Level I, Level I/II

**Cardio** – New or returning to a cardiovascular program/ occasional walking, 15-20 minutes. Low to moderate intensity

**Strength** – New or returning to a strength program/no formal or specific weight-training program

**Flexibility** – New or returning to a flexibility program

**Yoga** – New or returning to a yoga practice

#### INTERMEDIATE

Level II, Level II/III

**Cardio** – Current program consisting of 30 to 40 minutes of cardiovascular work 3 or 4 times a week. Moderate intensity.

**Strength** – Current program including push-ups, squats, lunges

**Flexibility** – Currently stretching on a regular basis at the beginning or end of a workout

**Yoga** – At least 6 months of practicing once a week, comfortable doing a Sun Salutation

#### ADVANCED

No limitations, Level II/III, Level III

**Cardio** – Current program consisting of 40+ minutes of cardiovascular work 4 or more times a week. Moderate to high intensity.

**Strength** – Current free-weight program consisting of multi-planar movements on unstable surfaces

**Flexibility** – Currently stretching on a regular basis at the beginning or end of a workout

**Yoga** – Daily practice for several years that includes advanced poses

## 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.

## AQUATIC

### AQUA STRENGTH CIRCUIT

A circuit-based class set in shallow water encouraging muscle fatigue while maintaining an aerobic level. We 11am, Th 11am, Fr 11am, Sa 11am, Su 11am, Mo 11am, Tu 11am

### EPIC WATER BLAST

An intense and powerful water circuit class using a variety of tools to challenge you in shallow water. We 10am, Th 10am, Fr 10am, Sa 10am, Su 10am, Mo 10am, Tu 10am

### H2O POWER

A challenging aerobic conditioning class in shallow water. We 3pm, Th 3pm, Fr 3pm, Sa 3pm, Su 3pm, Mo 3pm, Tu 3pm

## CARDIO

### ADVANCED INDOOR CYCLING

The outdoor ride is transported into the studio where you will experience an advanced strength, endurance or interval-focused class. We 9am, Fr 9am, Sa 9am, Tu 9am

### BASIC AEROBIC CIRCUIT WEIGHTS

This class is designed for the beginner looking for a total body workout. Sa 2pm, Tu 2pm

### BATTLING ROPES

Challenge yourself in this total body workout using battling ropes, body weight, and more! We 10am, Fr 10am

### BERKSHIRE BEAT

Burn calories, release stress and feel the joy by drumming on a physiology ball in this fun, unique class. Th 2pm, Su 9am, Tu 2pm

### BOSU BLAST

A multidimensional cardio training class that integrates core strength, cardio drills, balance and coordination in a fun-filled and challenging workout. Tu 4pm

### BOXER'S WORKOUT

Punch, jab and hook your way through this interval workout. Jumping rope and heavy bag work included. We 3pm

### CARDIO KICKBOXING

Join us for a high-energy martial arts and boxing-inspired training session. Be ready to kick, punch, bob and weave your way through this fun fitness challenge. Su 10am

### HIIT IT

High intensity training with minimal breaks in between to increase cardiovascular output while using athletic and strength training exercises for an all around aerobic and anaerobic workout. We 8:30am, Fr 8:30am, Su 8:30am, Mo 8:30am

### INDOOR CYCLING

The outdoor ride is transported into the studio where you will experience a strength, endurance or interval-focused class. We 3pm, Th 3pm, Fr 3pm, Sa 3pm, Su 11am, Su 3pm, Mo 3pm, Tu 3pm

### LO-IMPACT AEROBICS

An invigorating cardiovascular workout that stimulates heart rate without high impact movements. Fr 9am, Sa 9am, Mo 9am

### OUTDOOR BOOT CAMP

Using our MoveStrong™ outdoor play area, mixed with strongman power equipment and cardio drills, test out your stamina and potential in a boot camp environment. Th 11am, Fr 11am, Su 11am, Tu 11am

### PUNCH

Heavy bags & three basic punches will be sure to knock you out during this invigorating workout. This intense cardio & aerobic exercise creates high level cardio burn while promoting muscle growth. Th 10am, Mo 10am

### RIP 'N' ROW

This high-level workout combines interval and endurance training, using the Indo Row® and TRX® Rip Trainer. Fr 3pm, Mo 3pm

### SHRED

Discover how to effectively use your time on a treadmill. Learn how to incorporate high-intensity interval training into your cardio routine. Blast those calories and change your body! Sa 12pm, Tu 12pm

### STEP & STRENGTH

A combination of cardio drills using fitness steps and ViPR, for loaded strength exercises, providing a fun and challenging total body workout. Th 4pm

### STEP CHALLENGE

Join this choreographed class with some athletic drills on the Reebok Step to get a great cardio workout. Fr 2pm

### STRIDE

A motivating group treadmill workout incorporating interval training. Th 9am, Su 9am, Mo 9am

### TNT: TABATA 'N' TRX

This workout offers the best of both worlds, combining Tabata cardio intervals with working blocks of TRX® strength exercises. Fr 4pm, Sa 10am, Mo 4pm

### VIPIR ATHLETIC

Interval-based training using the ViPR™ for a total body workout that combines movement with load. Experience three active blocks of exercises followed by recovery and play challenges. Tu 10am

### WALK YOUR WORKOUT

Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll, resistance strength work will be integrated to teach you how you can take this workout on the road. Th 2pm, Su 2pm

### WALLYBALL

Fast-paced athletic sport challenge similar to volleyball, using the four walls of an indoor court. We 4pm, Fr 4pm, Sa 4pm, Su 4pm, Mo 4pm

## CREATIVE EXPRESSION

### BEAD WELL: BRACELETS

Relax and create your own beautiful beaded bracelet. Mo 7pm

### EAR CANDY

Create up to two pairs of unique drop or cluster earrings. Our diverse collection of beads, posts and chandelier bases lets you express your personal style - or create a pair as a gift. We 10am

### EVERYONE CAN LEARN TO DRAW

In this nontraditional studio experience, Creative Expressions Provider Morris Bennett focuses on line techniques and teaches you to see with an artist's eye. "Talent" is not necessary! Su 2pm

### THE MANDALA EXPERIENCE

Explore this ancient geometric symbol in a relaxed, creative environment. Following a brief talk on the universal nature of the design and its significance, you'll create your own mandala. Tu 12pm

### COLOR OUTSIDE THE LINES

Visual journaling is a fun and expressive way to learn more about your creative self. This mixed media approach uses paint, colored pencils and crayons to access your own unique innovation. Fr 10am

## CULINARY

### HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS

Get more from your meals and help reduce the effects of inflammation with a variety of powerful tools -right from your kitchen. Tu 2pm

### HANDS-ON COOKING: ESSENTIAL KNIFE SKILLS

Learning proper cutting techniques can take the chore out of food preparation. Chop, dice, and slice your way to your own culinary creations. We 2pm

### HANDS-ON COOKING: FASTEST MEALS IMAGINABLE

Explore quick recipe options to create an efficient kitchen and maximize nutrition & flavor with a busy lifestyle. Fr 2pm

### HANDS-ON COOKING: FEEL THE KNEAD

Learn the techniques for baking homemade bread and working with different types of grains. Roll, shape, and bake your way to a great smelling kitchen. Fr 8pm

### HANDS-ON COOKING: HERBS & SPICES

Learn to make quick & easy spice and herb blends that can be used to enhance any dish. Get ideas to add flavor and color and make a beautiful presentation with a variety of health benefits. Th 10am

### HANDS-ON COOKING: MOUTHWATERING MUSHROOMS!

Each variety of mushrooms has its own unique shape, flavor & texture. Learn about the health benefits and how they can be added to your dishes for nutritional & flavor-enhancing powers Sa 2pm

## DANCE

### NIA BASICS

This class will give you an understanding of the NIA principles and science, as well as the 9 basic movement forms, 52 basic moves and provides a different approach to other non-impact offerings. Th 11am

### NIA: NON-IMPACT AEROBICS

Technique is a nonimpact aerobic conditioning movement practice that blends dance, martial arts and healing arts. A fun class set to inspiring music suitable for all fitness levels. No shoes. Su 11am, Tu 11am

### ZUMBA®

Feel the energy and move your body to fun and easy-to-follow Latin rhythms. Th 9am, Su 2pm, Tu 9am

### ZUMBA® STEP

Tone and strengthen your glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Get maximum results as you enjoy this easy-to-follow fitness party. We 9am

## FLEXIBILITY

### ATHLETIC MOBILITY WARM-UP

Prepare your body for activity through these mobility based warm-up exercises We 8am, Sa 8am

### FITNESS FOR YOUR FEET®

Twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility. No shoes. We 12:30pm, Fr 12:30pm, Sa 12:30pm, Su 12:30pm, Mo 12:30pm

### FOAM ROLL & STRETCH

Improve your flexibility in this session focused on stretches and full-body foam rolling. No shoes. We 4pm, Fr 4pm, Mo 4pm

### GOOD VIBRATIONS

Awaken your muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole body integration using a combination of vibration with the VIBE Roller and resistance loops. Th 4pm, Sa 4pm, Su 4pm, Tu 4pm

### MID-MORNING STRETCH

Designed for anyone to improve total body flexibility and awareness. No shoes. We 11am, Th 11am, Fr 11am, Sa 11am, Su 11am, Mo 11am, Tu 11am

### MORNING STRETCH

A gentle warm-up followed by a series of stretches for the entire body. No shoes. We 9am, Th 9am, Fr 9am, Sa 9am, Su 9am, Mo 9am, Tu 9am

### STRETCH & RELAX

A 25-minute stretch class. No shoes. We 5pm, Th 5pm, Fr 5pm, Sa 5pm, Su 5pm, Mo 5pm, Tu 5pm

### WAKE-UP WARM-UP STRETCH

A 25-minute standing stretch class - a great morning starter! No shoes. Fr 8am, Su 8am, Mo 8am

## MIND-BODY

### BALANCE CHALLENGE

Learn the basics of stability as you explore exercises to improve your balance, using equipment including beams, balance discs and half foam rollers. No shoes. Th 12:30pm, Tu 12:30pm

### BEGINNER PILATES

This method of mental and physical conditioning emphasizes foundational core strength, muscular balance, concentration and breathing. Fr 11am, Mo 11am

### CARDIO YOGA

This full-body yoga workout gives you the fat burning benefits of HIIT cardio combined with mindful stretching and increased flexibility. Th 10am

### CHAIR YOGA

This class is for those who do not want to sit on the floor or who would like to learn new ways to use a chair for yoga breaks at work. Includes balancing and other standing poses. Th 9am, Sa 9am, Tu 9am

### EXTENDED VINYASA FLOW

A 90 minute vigorous class for intermediate and advanced practitioners, incorporating arm balances and inversions. Sa 10am, Tu 10am

### GENTLE FLOW YOGA

A yoga flow class using components of sun salutations and other postures requiring standing, forward bending, and kneeling. We 2pm, Sa 2pm

### INTERMEDIATE YOGA

This intermediate class focuses on posture and proper alignment, using longer held poses to improve stamina and mental focus. No shoes. We 3pm, Th 3pm, Fr 3pm, Sa 3pm, Su 3pm, Mo 3pm, Tu 3pm

### MEDITATION

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. We 5pm, Fr 5pm, Sa 5pm, Su 5pm, Mo 5pm

### OUTDOOR MEDITATION

Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. Th 8am, Tu 8am

### OUTDOOR SUN SALUTATIONS

Greet the sun in 25 minutes, linking 12 postures to stimulate heat in the body. An intermediate flow. We 8am, Fr 8am, Mo 8am

### PILATES ON THE BEAM

Combines Pilates principles and exercises with work on a specially designed, floor-level, pliable beam - taking mat Pilates training one step further. No shoes. We 11am, Sa 11am

### PILATES WEIGHT LOSS BOOST

Boost your body's fat-burning capacity by speeding up your metabolism and increasing your endurance with this energizing workout. The routines can be adapted to meet various needs and abilities. Th 11am

### RESTORATIVE YOGA

Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. No shoes. We 4pm, Th 4pm, Fr 4pm, Sa 4pm, Su 4pm, Mo 4pm, Tu 4pm

### ROCK YOUR FLOW

With rockin' music to inspire your flow practice, this class will guide you through challenging postures connected with your breath to build endurance, flexibility and strength. Fr 10am, Mo 10am

## SUSPENSION PILATES

Pilates inspired workout using the TRX Suspension straps. Targeting the core, increasing flexibility and mobility while working the six movements of the spine. Tu 11am

## THE POWER OF BREATH

A 25-minute educational and experiential class to learn the fundamentals of breathing in yoga, cardiovascular and strength training activities. Th 5pm, Tu 5pm

## WALK IN THE WOODS YOGA

A yoga instructor leads you in an on-property walk through beautiful winding trails with intermittent yoga posture breaks. Learn to use fresh air and open thoughts into your practice. Fr 2pm, Tu 2pm

## YIN & RELEASE

Using myofascial release techniques combined with held seated, supine & prone yin postures you will increase flexibility and release inner tension. We 12pm, Su 12pm

## YOGA FOR A HEALTHY BACK

Explore basic strategies for strengthening and stretching areas of the body that can cause chronic low back pain. Not for those with serious spinal injuries or diagnosed spinal conditions. No shoes. Th 2pm, Su 2pm, Mo 2pm

## YOGA FOR ATHLETES

A 45-minute class with flowing athletic moves and yoga postures to improve your strength, balance and flexibility. No shoes. We 10am, Su 10am

## YOGA FOUNDATIONS

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. No shoes. We 9am, Fr 9am, Su 9am, Mo 9am

## ZEN-GA™ FLOW

This 25-minute class blends breath and fluid movement with dance, stretch and Pilates - plus, the newest research findings about how to train your body's fascia, or connective tissue. No shoes. Th 8am, Tu 8am

## OUTDOOR SPORTS

### ADVANCED LEVEL HIKE

Based on location, advanced level hikes are 3.5 - 7 hours long. We 8am, Th 8am, Fr 8am, Sa 8am, Su 8am, Mo 8am, Tu 8am

### AERIAL ADVENTURE

Try two adrenaline-filled activities on our High Ropes Challenge Course: the 350-foot long Zip Line and the 40-foot high Giant Swing. We 1pm

### BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING

Learn the proper techniques of off-road mountain bike riding on dirt, grass and wood chipped trails. Must be an able rider. We 1:30pm

### BIKE RIDE: LEVEL 2

A guided bike ride on the roads of Lenox. Minimal hills. Based on route, return time may vary. Th 1:30pm, Fr 1:30pm, Su 1:30pm, Mo 1:30pm

### BREAKFAST BIKE RIDE: LEVEL 2

Enjoy a scenic bike ride with a picnic breakfast. We 7:30am, Fr 7:30am, Sa 7:30am, Mo 7:30am

### CAMP ARCHERY

Outdoor archery for beginners! You'll learn the 10 basic steps of shooting an arrow. Then, after some practice, you'll have the opportunity to participate in archery games. Th 1:30pm, Sa 10am, Mo 1:30pm

### CANOE TRIP

Join our guides on a scenic canoe trip around a beautiful Berkshire lake. Instruction included. Must be an able swimmer. Tu 1:30pm

### CANOE/HIKE COMBO

A perennial favorite! Our Outdoor Guides will lead you on a Level 2+ hike on the Appalachian Trail and a canoe trip on Goose Pond. Must be an able swimmer. We 9:15am, Fr 9:15am, Mo 9:15am

## CLIMBING FOR FITNESS

Conquer our rock wall! It's fun, burns mega-calories, builds functional strength and works every major muscle group. Great challenge and a variety of routes for beginning to intermediate climbers. Fr 10am, Tu 1pm

## HIGH ROPES CHALLENGE COURSE

Safely explore your limits and build self-confidence as you journey through a series of ropes, cables and wood constructs set high above the Great Lawn. Sa 1pm

### HIKE: LEVEL 1

Based on location, level 1 hikes are 2 to 2.5 hours long. Th 1:15pm, Fr 1:15pm, Tu 1:15pm

### HIKE: LEVEL 2

Chosen each week, this level two or three hike is 3.5 - 4.5 hours long. We 1:15pm, Sa 1:15pm, Su 1:15pm, Mo 1:15pm

### HIKE: LEVEL 2/3

Chosen each week, this level two or three hike is 3.5 - 4.5 hours long. Su 9:15am

### HIKE: LEVEL 3

Chosen each week, this level two or three hike is 3.5 - 4.5 hours long. Th 9:15am, Sa 9:15am, Tu 9:15am

## INTRODUCTION TO BIRDING

Enjoy a gentle hike led by a Canyon Ranch birding expert, with instruction on binocular use, birding techniques, identification and song. Discover the delights of America's fastest-growing hobby! Tu 7:30am

## KAYAK: SEMIPRIVATE

Enjoy a kayak tour on one of our beautiful local lakes. Instruction included. Must be an able swimmer. Weather dependent. We 1:30pm, Th 7am, Fr 7am, Sa 1:30pm, Su 7am, Mo 1:30pm, Mo 7am

## LOOPS & LADDERS

Challenge yourself on our High Ropes Challenge Course. Work on your own or with a partner to scale the Giant's Ladder, then move onto the Space Loops to test your balance and strength. Fr 1pm

## MORNING RUN

Join us for an easy 2-3 mile run through the scenic village of Lenox. We 8:30am, Fr 8:30am, Su 8:30am, Mo 8:30am

## MORNING WALK

30-minute walk or 45-minute walk on relatively flat terrain that will accommodate all paces. We 7am, Th 7am, Fr 7am, Sa 7am, Su 7am, Mo 7am, Tu 7am

## RAIL TRAIL BIKE RIDE: LEVEL 2

Hit the bike trail with us for a flat ride along a scenic lake. 11-22 miles. Th 8:15am, Su 8:15am, Tu 8:15am

## SHINRIN YOKU

Shinrin Yoku is the Japanese practice of taking in the forest atmosphere or "forest bathing." Join your guide on a slow, intentional walk into the woods to de-stress and reconnect with nature. Th 1:30pm

## STAND-UP PADDLEBOARD

Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. We 7am, Th 1:30pm, Fr 1:30pm, Sa 7am, Su 1:30pm

## STAND-UP PADDLEBOARD YOGA

A practice that is tranquil and challenging at the same time. Tu 7am

## TAI CHI WALK OFF PROPERTY

Enjoy a simple lesson in tai chi during this off-property walk. We 9:30am, Tu 9:30am

## WATERCOLOR PLEIN AIRE PAINTING

Discover the beauty of a surprise Berkshire location and learn watercolor painting techniques. We 9:30am, Su 6pm

## RACQUET SPORTS

### AFTERNOON TENNIS DRILLS

Sharpen your skills and learn to hit the sweet spot every time. Th 1pm, Sa 2pm

### BEGINNER TENNIS CLINIC

An introduction to the game of tennis, from how to grip a racquet to basic elements of the swing. Beginners only. Mo 2pm

### CARDIO TENNIS

A fun new approach to tennis in a great group aerobic workout. We 10am, Th 10am, Fr 10am, Sa 10am, Su 10am, Mo 10am, Tu 10am

### INTERMEDIATE TO ADVANCED TENNIS CLINIC

Enhance your game with pointers from a Canyon Ranch tennis pro. Fr 1pm, Su 1pm, Tu 2pm

### PICKLEBALL INTRO CLINIC

A hybrid racquet sport combining elements of tennis, badminton, and ping-pong. Racquet Sports instructors teach the basic skills of this fun & fresh sport, played with a paddle and plastic ball. Sa 1pm, Mo 1pm

### ROUND-ROBIN DOUBLES

A doubles tennis tournament in a round-robin format. (2.5 skill level required.) Sa 3pm, Tu 3pm

## STRENGTH

### ABOVE AND BELOW THE BELT

Use various types of props in this 12-station, circuit-based strength and endurance class We 2pm, Fr 2pm, Mo 2pm

### ABS ON THE BALL

A 25-minute class featuring abdominal and back stabilization using physioballs. We 12pm, Fr 12pm, Sa 12pm, Su 12pm, Mo 12pm

### BODY WEIGHT BASICS

A 20-minute class, using your body weight, focus on proper form while executing basic strength exercises you can do at home, during work breaks or on the move. No equipment is needed for this class. Th 8:30am, Sa 8:30am, Tu 8:30am

### CORE CONDITIONING

Challenge your ability to stabilize outside of your normal base of support. Incorporate core exercises on a variety of equipment to build mobility, strength and stability. Th 12pm, Tu 12pm

### FUSION WORKOUT

Intervals of cardio, strength and yoga into one fun, balanced circuit experience. Sa 4pm

### GLUTE CAMP

A combination of strength and endurance exercises using the BOSU ball to improve awareness and strength of your core and lower body. Th 3pm, Su 3pm

### HAVING A BALL

Have a ball using BOSU's, physio, stability, and weighted balls focusing on a total body workout. We 4pm

### KETTLE-BAR

Strength training and muscular endurance drills are combined with the use of weighted Versa Bars and kettlebells in this full body, athletic workout. Th 2pm, Sa 2pm, Tu 2pm

### LONG & LEAN BARRE WORKOUT

High-repetition exercises and mat work combine to strengthen, tone and balance your body in this workout at the ballet barre. No shoes. We 2pm, Sa 2pm, Su 2pm, Mo 2pm

### MUSCLE CONDITIONING

Learn basic strength and muscular endurance exercises using hand weights. A total body workout. Th 10am, Sa 10am, Su 10am, Tu 10am

### MUSCLE MAX

Take your strength workout to the next level with challenging exercises using a variety of strength and stability equipment. Su 4pm

### TRX BASIC STRENGTH

TRX Suspension Training® allows you to work out using just your body weight. Focus on developing strength, endurance, mobility, balance, flexibility and core stability. We 2pm, Fr 2pm, Su 2pm, Mo 2pm

### TRX FLOW

Experience mindful movement, strength, mobility, and flexibility while using the TRX® Suspension Trainer to assist and challenge you. Th 4pm, Tu 4pm

### TRX RIP

Mixing rotation, core stability, power, mobility, and coordination challenges, this workout offers strength and cardiovascular conditioning with variable resistance, using a lever bar and cord. Sa 3pm, Tu 3pm

### TUBES AND LOOPS

Experience a full body strength workout using the variable resistance of elastic fitness loops and tubing. We 10am, Fr 10am, Mo 10am

## HIKING

**Beginning hikes** – Rated **1** or **2**, for people who exercise infrequently or prefer a more moderately paced experience.

**Intermediate and advanced hikes** – Hikes rated **3 through 6**, have 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 Hiking activities, please sign up on the Outdoor Sports Boards located in front of the Upper Spa Lobby. Departure times vary due to the location and level of hike.

It is important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group. Please take this into account when selecting a hike.

To schedule private activities please call Outdoor Sports at Ext. 5535, between 8 am and 4 pm.



## MEL'S TIPS

by Mel Zuckerman,  
*Canyon Ranch founder &  
wellness visionary*

### EXCELLENT REASONS TO GET A MOVE ON

Exercise makes you feel proud of yourself. There's no more satisfying and legitimate source of self-esteem than knowing you're taking good care of yourself.

Many forms of exercise get you outside: There's no substitute for fresh air and time spent in the natural world.

### HOW TO EAT WELL

Splurge on color: The brilliant colors of fruits, vegetables and legumes come from phytochemicals, a varied class of miracle nutrients that scientists are just beginning to appreciate fully. You don't need a degree in biochemistry to choose a variety of brilliantly colored, simply prepared plant foods every day.

## HAVE YOU TRIED THESE?

### MENUS BY DESIGN

Need help creating delicious and satisfying meals? A Canyon Ranch nutritionist will work with you to create a personalized nutrition prescription based on your lifestyle, health concerns and food preferences. You'll have a full year's access to customized weekly menus, complete with recipes, shopping lists, tips and techniques that help you reach your goals.

**For more information on these services, call Program Advising Ext. 5439.**

### KEVIN.MURPHY EXPERIENCE

A signature KMX is a facial for your hair. This experience begins with a light exfoliation of the hair, followed by a personalized cleanse for your hair type, and a deep conditioning masque, all completed with a signature massage, a warm towel wrap and a blowout.

### WELLNESS SERVICES AT HOME

The expertise and support you enjoy at Canyon Ranch are available to you between visits, via phone, email or Skype. You can arrange for at-home coaching after you return home, or set up sessions in advance with individual staff members, through Program Advising or at the Health & Healing reception desk.

### GROUP GETAWAYS

The only thing better than a Canyon Ranch stay, is sharing the experience with family and friends! Whether it's a milestone birthday, anniversary celebration, family gathering, girlfriend's getaway or bachelorette party, Canyon Ranch will help you plan, promote and organize your group trip for a truly memorable experience. For groups of eight or more, enjoy significant savings, and for groups with 11 paying guests, the twelfth person is complimentary! For more information, contact Laura Orley, Senior Sales Manager, at 413.637.4400, Ext. 5331.

## HEALTHY *temptations*

You have wonderful dining options at Canyon Ranch. Our advice: Try them all.

### CANYON RANCH GRILL™

The place for friendly table service and wholesome delectables – in an environment of casual elegance. Reservations required for dinner, call Program Advising or stop by the hostess stand. *Bon appétit!*

### CULINARY REBEL™

Order at the counter from a menu of light fare and complete meals. When weather allows, enjoy lunch outdoors at Culinary Rebel™ On The Lawn. At dinner, relax with tableside service. Perfect whether you have a class to run to or you feel like lingering.

### DEMO KITCHEN

Watch a Canyon Ranch chef prepare your lunch, spicing things up with surprising tips, professional techniques and plenty of fun. No sign-up necessary, although space is limited. Don't miss the show!

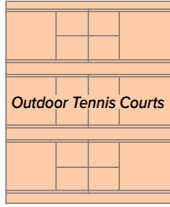


### North Wing

- Upper Level**  
 Guest Rooms  
 Ice Machine  
 Self-Serve Laundry
- Lower Level**  
 Beverage Bar  
 Program Advising  
 Rockwell Room  
 Spiritual Wellness  
 Stockbridge Room  
 Restrooms

### SPA COMPLEX

- Upper Level**  
 Beauty Salon  
 Locker Rooms  
 Massage  
 Memberships  
 Outdoor Sports  
 Skin Care Services & Retail  
 Spa Treatments  
 Yoga Studio
- Lower Level**  
 Beverage Bar  
 Cycling Studio  
 Exercise Physiology  
 Fitness Gyms 1-5  
 Canyon Ranch Healthy Feet® Center  
 Indoor Pool  
 Indoor Tennis Courts  
 Movement Therapy  
 Outdoor Pool  
 Racquet Sports  
 Sports Courts

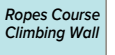


- Ground Floor**  
 Berkshire Room  
 Beverage Bar  
 Creative Expression  
 Demo Kitchen  
 Lenox Room  
 Metaphysical  
 Tanglewood Room

- First Floor**  
 Computer Resource Room  
 Guest Rooms
- Second Floor**  
 Guest Rooms  
 Ice Machine  
 Self-Serve Laundry



- Lower Level**  
 SARGENT BROOK LOUNGE  
 Media Room  
 FIELDSTONE LOUNGE  
 CULINARY REBEL™



### HOTEL COMPLEX

### East Wing

### BELLEFONTAINE MANSION



- Ground Floor**  
 Beverage Bar  
 Foyer  
 Guest Rooms

- Second Floor**  
 Foyer  
 Guest Rooms  
 Ice Machine  
 Self-Serve Laundry



- Second Floor – Integrative Health Center**  
 Healing Energy  
 Health Packages  
 Life Management  
 Medical Facilities  
 Musculoskeletal / Joint Health  
 Nurse Educators  
 Nutrition  
 Physical Therapy  
 Preventive & Integrative Medicine  
 Sleep Medicine  
 Traditional Chinese Medicine



### West Wing

### CANYON RANCH LIVING® LENOX

## PHONE NUMBERS

- Bell Services Desk ..... 5500
- Culinary Rebel™ ..... 5210
- Canyon Ranch Grill™ ..... 5310
- Fitness ..... 5460
- Guest Services/Concierge ..... 5525
- Health & Healing ..... 5325

## LIFE-THREATENING EMERGENCIES, CALL 9+911

- Health Packages..... 5102
- Hotel Operator ..... 0
- Housekeeping..... 5432
- Medical..... 5317
- Outdoor Sports ..... 5535
- Program Advisors..... 5439
- Registration ..... 5519
- Reservations ..... 5497
- Safety & Security ..... 5306
- Showcase Boutique..... 5402