



40
YEARS
1979 - 2019

CANYON RANCH®

wellness resort | LENOX MA

YOUR
DAILY SCHEDULE

SEPTEMBER 25 - OCTOBER 1, 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 5 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.

UNPLUGGED: THE POWER OF BEING PRESENT

September 26 - 29

Do you feel so plugged into your life that you've forgotten how to really connect? When things get hectic, it's easy to lose sight of what's really important – you! Guest presenter Kim DeYoung joins Canyon Ranch experts – Jeff Rossman, PhD; JoAnn Levitt; Dan Marko and Outdoor Sports Guides – to guide you to pull the plug on the daily chaos of life, and allow yourself to welcome quiet stillness and find comfort in it.

Inspired by the 30-year LEC experience at Canyon Ranch in Tucson, combining the essential elements of community, championship and curriculum.



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

November 1 - 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

WEDNESDAY | SEPTEMBER 25, 2019

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

7:00 AM

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.

NEW ATHLETIC MOBILITY WARM-UP I Sports Court
25 min.

A DEAL OF A MEAL Limit: 5 Room TBD
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).

MORNING BIKE RIDE: LEVEL 2 Front Spa Desk
1 hr. 15 min. Sign up: Outdoor Sports Board.

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

8:30 AM

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

HIIT IT II/III Gym 1
20 min.

9:00 AM

MORNING STRETCH I Gym 2
YOGA FOUNDATIONS I Yoga Studio

FE THIS IS YOUR BRAIN ON HAPPINESS CME Room TBD
Science is confirming what many know intuitively - happiness helps your brain function optimally and age healthfully. Life Management Director, Jeff Rossman, PhD shares an enlightening presentation.

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
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

THE SCIENCE OF WEIGHT LOSS CME Room TBD
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.

BATTLING ROPES II/III Limit: 24 Sports Court
NEW TUBES AND LOOPS I/II Gym 2

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

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

11:00 AM

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
MID-MORNING STRETCH I Gym 2

FE NEURONUTRITION: FOOD FOR THOUGHT CME Room TBD
A nutritionist shares which foods and strategies can keep your brain functioning at its best and how to easily integrate them into your daily routine. Find your way to a happier, healthier brain.

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

NOON

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

FE LUNCH & LEARN:
NEURONUTRITION Demonstration Kitchen
Watch our demonstration chef at work & discover helpful, healthy cooking tips based on our 11:00am Neuronutrition presentation. Enjoy a delicious meal featuring ORANGE-GLAZED SALMON WITH GINGER SALSA.

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.

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.

FE – Featured Events: Boost Your Brain Power **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

1:00 PM

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.

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

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

TRX BASIC STRENGTH I/II Limit: 10 Sports Court

NEW GENTLE FLOW YOGA I/II Yoga Studio

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

LONG & LEAN BARRE WORKOUT II Limit: 25 Gym 1

HANDS-ON COOKING:

ESSENTIAL KNIFE SKILLS Limit: 8 Demonstration Kitchen

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

FE 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

3:00 PM

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.

INDOOR CYCLING II Limit: 19 Cycling Studio

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

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

INTERMEDIATE YOGA II Yoga Studio

4:00 PM

NEW HAVING A BALL II Gym 1

FOAM ROLL & STRETCH I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 25 Yoga Studio

WALLYBALL II/III Limit: 8 Racquet Court

TCM & THE NATUROPATH:

TIME-HONORED HEALING, UNCOVERED Room TBD

Dr. Kevin Murray blends the worlds of Naturopathy and Chinese Medicine. Discover how both of these traditional and evidence-based practices may offer solutions to nagging and undiagnosed symptoms.

If you've been curious about whether these methods could offer solutions to allergies, inflammation, autoimmune disease, frequent colds, etc. Dr. Murray can offer insight as to whether a private consult could be right for you.

5:00 PM

MEDITATION I Yoga Studio

25 min.

FE 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.

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.

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

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 26, 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.

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.

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

ZEN•GA™ FLOW I Gym 1
25 min.

8:30 AM

BODY WEIGHT BASICS I Gym 2
20 min.

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

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.

STRIDE II/III Limit: 18 Gym 5

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

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

MUSCLE CONDITIONING I Gym 2

CARDIO TENNIS Tennis Courts

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

EPIC WATER BLAST III Indoor Pool

NEW CARDIO YOGA II/III Yoga Studio

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

FE UNDERSTANDING COGNITIVE ASSESSMENT

WITH JEFFREY ROSSMAN, PHD CME Room TBD

Many people are concerned about what they perceive as declines in their thinking and memory skills as they age. Explore the theory and science behind standardized cognitive and memory assessment.

11:00 AM

FE WHAT WERE YOU THINKING? Room TBD

MINDFULNESS IN ACTION
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.

PILATES WEIGHT LOSS BOOST II Sports Court

OUTDOOR BOOT CAMP II/III Lower Spa Lobby

AQUA STRENGTH CIRCUIT I/II Outdoor Pool

MID-MORNING STRETCH I Gym 2

NIA BASICS I/II Gym 1

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.

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.

LUNCH & LEARN Demonstration Kitchen

Enjoy a three-course meal featuring a BEEF GYRO WITH TZATZIKI SAUCE watch our demo chef prepare the entrée.

NEW LET'S TALK TAROT Tanglewood 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.

CORE CONDITIONING II Gym 1

25 min.

12:30 PM

NEW BALANCE CHALLENGE I Gym 2

20 min.

1:00 PM

THE MYSTERY OF METABOLISM CME Room TBD

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.

BEAUTY SECRETS Stockbridge 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.

AFTERNOON TENNIS DRILLS Tennis Court

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

1:15 PM

HIKE: LEVEL 1 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.

Featured Events: **FE** – Boost Your Brain Power **FE** – Unplugged: The Power of Being Present **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

1:30 PM

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.

BIKE RIDE: LEVEL 2 Front Spa Desk Limit: 7

See *Outdoor Sports Board* for details and sign up.

CAMP ARCHERY Front Spa Desk Limit: 8

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

SHINRIN YOKU Front Spa Desk Limit: 6

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

2:00 PM

BOGA FITMAT® FITNESS CLINIC II Indoor Pool Limit: 6

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*

BERKSHIRE BEAT I/II Gym 1 Limit: 15

PAPER BOWLS: CONTAINERS FOR MEANING AND BEAUTY Creative Expression Studio Limit: 8

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*

FE SLEEP FOR COGNITIVE HEALTH Room TBD CME

What's the connection between sleep and brain function? Lenox Medical Director Cindy Geyer, MD, will explain how the quality of your sleep affects nearly every aspect of wellness.

KETTLE-BAR II Sports Court Limit: 15

NEW WALK YOUR WORKOUT I/II Lower Spa Lobby

YOGA FOR A HEALTHY BACK I Yoga Studio

3:00 PM

H2O POWER I/II Indoor Pool

INTERMEDIATE YOGA II Yoga Studio

STRENGTHEN & RESET YOUR ENERGY Berkshire 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.

INDOOR CYCLING II Cycling Studio Limit: 19

GLUTE CAMP II/III Gym 1 Limit: 14

4:00 PM

LONGEVITY, EXERCISE & YOU Room TBD CME

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

STEP & STRENGTH II/III Gym 1 Limit: 15

NEW GOOD VIBRATIONS I Gym 2

TRX FLOW II Sports Court Limit: 10

RESTORATIVE YOGA I Yoga Studio Limit: 25

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 Yoga Studio Limit: 6

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*

7:00 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.

8:00 PM

FE BEING BUSY ISN'T LIVING: BREAKING THE ADDICTION WITH KIM DEYOUNG Room TBD

Choosing to say "no" is a big choice. Does constant motion signify accomplishment? Join a conversation about "busy-ness" and how making small adjustments can better align your life to your values.

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 27, 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.

MORNING BIKE RIDE: LEVEL 2 2 Front Spa Desk
1 hr. 15 min. Sign up: Outdoor Sports Board.

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.

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

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.

ADVANCED INDOOR CYCLING III Limit: 19 Cycling Studio

MORNING STRETCH I Gym 2

YOGA FOUNDATIONS I Yoga Studio

9:15 AM

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

10:00 AM

COLOR OUTSIDE THE LINES Limit: 8 Creative Expressions Studio
1 hr. 30 min. Sign up: Program Advising, Ext. 5439

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

NEW TUBES AND LOOPS I/II Gym 2

ROCK YOUR FLOW II Yoga Studio

CARDIO TENNIS Tennis Courts

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

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

11:00 AM

MEDICAL DISH ON FOOD WITH CINDY GEYER, MD CME Room TBD

High fat? High carb? Keto? Gluten free? Conflicting information has complicated conventional wisdom about the things we consume. Dr. Geyer offers clarity & insight on what works best for you.

OUTDOOR BOOT CAMP II/III Lower Spa Lobby

AQUA STRENGTH CIRCUIT I/II Outdoor Pool

MID-MORNING STRETCH I Gym 2

NEW BEGINNER PILATES I Gym 1

11:30 AM

FE LUNCH & LEARN: MINDFUL EATING Demonstration Kitchen

Chef Maggie O'Mara & Life Management Coach, JoAnn Levitt, offer intention & gratitude to help you fully enjoy your food and leave the table satisfied in this special lunch, featuring MUSHROOM BURGERS. 1 hr. 30 min.

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.

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

TAI CHI Front Spa Desk

60 min. All levels welcome, no previous experience required. This activity may be held indoors or outdoors. Sign-up: Outdoor Sports Board.

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.

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

FE – Featured Events: Unplugged: The Power of Being Present **CME** – Continuing Medical Education **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

1:30 PM

SOUL CARD DEMONSTRATION Upper Spa Lobby
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.

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

2:00 PM

TRX BASIC STRENGTH I/II Limit: 10 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

COLLAGE: ART FOR THE SOUL Limit: 8 Creative Expression Studio
1 hr. 30 min. Sign up: Program Advising, Ext. 5439

EDIBLE PLANTS WITH AN EASTERN SLANT Room TBD

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.

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

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

STEP CHALLENGE II/III Limit: 15 Gym 1

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

INTERMEDIATE YOGA II Yoga Studio

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

INDOOR CYCLING II Limit: 19 Cycling Studio

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

3:30 PM

NEW TAO TAN PAI ELIXIR METHOD QI GONG Berkshire Room
WITH JEANNE SCHNACKENBERG Limit: 6

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.

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

4:00 PM

FE 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

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

FOAM ROLL & STRETCH I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 25 Yoga Studio

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 TRANSFORMATIVE POWER OF DAILY REMINDERS Room TBD
WITH JERRY POSNER

Is it time for a positive change? Jerry shares how well-written affirmations, prompts and lists could help you clarify goals, make or break habits, improve productivity, and increase well-being.

8:00 PM

FE SLEEPING WITH YOUR CELL PHONE: Room TBD
IS IT REALLY THE BEST PARTNER?

How often do you check your emails, social media, texts - getting pinged and dinged constantly? Technology gives us a sense of community, but hurts our sense of connection.

Kim shares stories and offer questions and tips for creating separation between technology and what really matters.

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 28, 2019

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

7:00 AM

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

8:00 AM

MORNING BIKE RIDE: LEVEL 2 Front Spa Desk
1 hr. 15 min. Sign up: Outdoor Sports Board.

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

NEW ATHLETIC MOBILITY WARM-UP I Sports Court
25 min.

8:30 AM

BODY WEIGHT BASICS I Gym 2
20 min.

9:00 AM

CHAIR YOGA I Limit: 15 Yoga Studio

MORNING STRETCH I Gym 2

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

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

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

10:00 AM

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

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

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.

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

MUSCLE CONDITIONING I Gym 2

EPIC WATER BLAST III Indoor Pool

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

11:00 AM

MID-MORNING STRETCH I Gym 2

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

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

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

NOON

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

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 GARLIC CHICKEN STIR FRY and watch our demo chef prepare the entrée.

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.

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.

Featured Events: **FE** – Unplugged: The Power of Being Present ; **FE** – Broadway in the Berkshires **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.

EVIDENCE-BASED QI GONG WORKSHOP Limit: 6 Rockwell Room
 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

2:00 PM

NEW GENTLE FLOW YOGA I/II Yoga Studio

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

BASIC AEROBIC CIRCUIT WEIGHTS I Limit: 18 Gym 5

LONG & LEAN BARRE WORKOUT II Limit: 25 Gym 1

3:00 PM

TRX RIP II/III Limit: 20 Sports Court

FE 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

INDOOR CYCLING II Limit: 19 Cycling Studio

INTERMEDIATE YOGA II Yoga Studio

ROUND-ROBIN DOUBLES Tennis Court
 Sign up: Outdoor Sports Board.

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

4:00 PM

RESTORATIVE YOGA I Limit: 25 Yoga Studio

NEW GOOD VIBRATIONS I Gym 2

FUSION WORKOUT II Limit: 24 Gym 1

WALLYBALL II/III Limit: 8 Racquet Court

5:00 PM

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.

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.

STRETCH & RELAX I Gym 2
 25 min.

7:00 PM

FE SOUND HEALING WITH DAN MARKO Yoga Studio

Completely disconnect from the noise of the day and surrender to a peaceful, meditation using the vibrations of Tibetan singing bowls and unique healing qualities offered by each soothing tone.

Please wear loose, comfortable clothing.

8:00 PM

FE BROADWAY IN THE BERKSHIRES: HENRY GOTTFRIED, ACCOMPANIED BY ALEX RATNER Fieldstone Lounge

An evening with two gents who share songs and stories from the stage. Henry's credits include Broadway's Waitress and one of Alex's most recent projects - Tyrell, a musical prequel to Game of Thrones.

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 _____

SUNDAY | SEPTEMBER 29, 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.

8:30 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.

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

9:00 AM

FE DESIGN A PLAN TO UNPLUG WITH KIM DEYOUNG Room TBD

Turning off electronics and not being available to anyone can be challenging. Is it really better to continue doing than surrender to silence? Create a plan for unplugging in just 10 minutes a day.

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.

BERKSHIRE BEAT I/II Limit: 15 Gym 1

STRIDE II/III Limit: 18 Gym 5

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.

10:00 AM

MUSCLE CONDITIONING I Gym 2
CARDIO TENNIS Tennis Courts

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

YOGA FOR ATHLETES II/III Yoga Studio

EPIC WATER BLAST III Indoor Pool

CARDIO KICKBOXING II/III Gym 1

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

STRATEGIZING FOR WEIGHT LOSS CME Room TBD

Many things beside calories influence weight gain and loss. With the help of a nutritionist, learn how to identify the key problem and develop an appropriate weight loss strategy.

11:00 AM

NIA: NON-IMPACT AEROBICS I/II Gym 1

AQUA STRENGTH CIRCUIT I/II Outdoor Pool

INDOOR CYCLING I/II Limit: 19 Cycling Studio

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

INTERMEDIATE TO ADVANCED TENNIS CLINIC Limit: 4 Tennis Court

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

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.

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.

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.

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

FE – Featured Events: Unplugged: The Power of Being Present CME – Continuing Medical Education NEW – New Offering!

Your service allowance may be applied toward activity fees.

2:00 PM

TRX BASIC STRENGTH I/II Limit: 10 Sports Court
EVERYONE CAN LEARN TO DRAW Limit: 8 Creative Expression Studio

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

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
YOGA FOR A HEALTHY BACK I Yoga Studio
ZUMBA® I/II Gym 1

3:00 PM

H2O POWER I/II Indoor Pool
INTERMEDIATE YOGA II Yoga Studio
INDOOR CYCLING II Limit: 19 Cycling Studio
GLUTE CAMP II/III Limit: 14 Gym 1

4:00 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

WALLYBALL II/III Limit: 8 Racquet Court
MUSCLE MAX II/III Gym 1
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.

NEW GOOD VIBRATIONS I Gym 2
RESTORATIVE YOGA I Limit: 25 Yoga Studio

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

RELATIONSHIP MINDED WITH ROBBIE BOGARD Room TBD
Each of us is wired for connection differently. Neuroscience and Attachment Theory explain how the mind works in predictable ways, which can help you move from conflict to connection.
Robbie shares insights helpful for connecting in all relationships.

8:00 PM

COMEDIANS, KERRI LOUISE & TOM COTTER Room TBD
This hilarious husband & wife duo boast loads of credits to their names! Last Comic Standing, America's Got Talent, HBO Aspen & Lucile Ball Comedy Festival & the Friars' Club Roast! Double the laughs!

NOTES TO REMEMBER

MY SCHEDULE SUNDAY

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 _____

MONDAY | SEPTEMBER 30, 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.

MORNING BIKE RIDE: LEVEL 2 Front Spa Desk
1 hr. 15 min. Sign up: Outdoor Sports Board.

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

SUN SALUTATIONS II Yoga Studio
25 min.

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

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

STRIDE II/III Limit: 18 Gym 5

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

YOGA FOUNDATIONS I Yoga Studio

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

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

NEW TUBES AND LOOPS I/II Gym 2

ROCK YOUR FLOW II Yoga Studio

CARDIO TENNIS Tennis Courts

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

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 Indoor Pool

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

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

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.

ALTERNATIVE APPROACHES

TO PAIN & INJURY Berkshire Room

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

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.

1:15 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.

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

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

2:00 PM

TRX BASIC STRENGTH I/II Limit: 10 Sports Court
BEGINNER TENNIS CLINIC Limit: 4 Tennis Court
Sign up: Program Advising, Ext. 5439

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

YOGA FOR A HEALTHY BACK I Yoga Studio
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

3:00 PM

INDOOR CYCLING II Limit: 19 Cycling Studio
POWER II/III NEW Gym 5

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
INTERMEDIATE YOGA II Yoga Studio

4:00 PM

TNT: TABATA 'N' TRX III Limit: 20 Sports Court
FOAM ROLL & STRETCH I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 25 Yoga Studio
NEW STROOPS BUNGEE WORKOUT II/III Limit: 10 Gym 1

5:00 PM

MEDITATION I Yoga Studio
25 min.

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.

7:00 PM

RITUALS FOR RESTORATION Sargent Brook Lounge
 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

PIANIST, KARÉN TCHOUGOURIAN Fieldstone Lounge
 Delight in the dulcet tones of classical and contemporary music as played by masterful and musical hands. Enjoy a cup of tea or read your favorite book as you listen and unwind from the day.

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 | OCTOBER 1, 2019

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

7:00 AM

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.

MEDITATION I Yoga Studio
25 min.

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.

8:30 AM

BODY WEIGHT BASICS I Gym 2
20 min.

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

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.

STRIDE II/III Limit: 18 Gym 5

CHAIR YOGA I Limit: 15 Yoga Studio

ZUMBA® I/II Gym 1

MORNING STRETCH I Gym 2

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 3 - KEYSTONE ARCHES Front Spa Desk
This stunning, scenic hike showcases the engineering marvels of the early railroad, whose bridges embellish the natural beauty of the Berkshires. A camera is a must
4 hrs. 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

VIPR ATHLETIC II/III Limit: 15 Gym 1

MUSCLE CONDITIONING I Gym 2

CARDIO TENNIS Tennis Courts

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

EPIC WATER BLAST III Indoor Pool

EXTENDED VINYASA FLOW III Yoga Studio

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

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

11:00 AM

MID-MORNING STRETCH I Gym 2

INDOOR CYCLING II Limit: 19 Cycling Studio

AQUA STRENGTH CIRCUIT I/II Indoor Pool

SUSPENSION PILATES II/III Limit: 10 Sports Court

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.

NIA: NON-IMPACT AEROBICS I/II Gym 1

NOON

CORE CONDITIONING II Gym 1
25 min.

LUNCH & LEARN:

GLUTEN FRIENDLY Demonstration Kitchen

Enjoy a three course meal featuring SHRIMP WITH GREEN APPLE CHIPOTLE SALSA and watch our demo chef prepare the entrée.

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.

THE MANDALA EXPERIENCE Limit: 8 Creative Expression Studio

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

12:30 PM

NEW BALANCE CHALLENGE I Gym 2
20 min.

1:00 PM

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.

CLIMBING FOR FITNESS Limit: 4 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

CANOE TRIP Front Spa Desk

2 hr. Sign up: Outdoor Sports Board.

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.

2:00 PM

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

KETTLE-BAR II Limit: 15 Sports Court

INTERMEDIATE TO ADVANCED

TENNIS CLINIC Limit: 4 Tennis Court

\$85 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

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.

BERKSHIRE BEAT I/II Limit: 15 Gym 1

NEW WALK IN THE WOODS YOGA I Lower Spa Lobby

3:00 PM

TRX RIP II/III Limit: 20 Sports Court

INDOOR CYCLING II Limit: 19 Cycling Studio

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

INTERMEDIATE YOGA II Yoga Studio

ROUND-ROBIN DOUBLES Tennis Court

Sign up: Outdoor Sports Board.

H2O POWER I/II Indoor Pool

4:00 PM

RESTORATIVE YOGA I Limit: 25 Yoga Studio

NEW GOOD VIBRATIONS I Gym 2

NEW BOSU BLAST II/III Gym 1

TRX FLOW II Limit: 10 Sports Court

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.

6:00 PM

YOGA NIDRA: YOGIC SLEEP A Limit: 12 Yoga Studio

Explore guided relaxation through the ancient practice of Yoga Nidra. A brief introduction followed by a guided relaxation practice. End your day replenished and ready for a good night's rest.

8:00 PM

THE PRACTICAL POWER OF GRATITUDE WITH JERRY POSNER Room TBD

Experience the fulfillment of gratitude! In this inspiring hour, learn to use "grati-tools" for increased happiness, improved relationships and more positive perspective.

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

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 _____



CLASSES & ACTIVITIES

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

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 physio-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 11am, 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

POWER

It's time to torch calories, build strength, boost endurance, move better, and increase your energy! Experience our NEW self-power driven cardio machines and multi-dimensional strength moves. Mo 3pm

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, Tu 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

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, Tu 9am

STROOPS BUNGEE WORKOUT

Using STROOPS elastic ropes and harness, you can run, jump, push, pull, squat, shuffle and so much more in this total body workout!

Mo 4pm

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

VIPR 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

CREATIVE EXPRESSION

BEAD WELL: BRACELETS

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

COLLAGE: ART FOR THE SOUL

Learn to create beautiful mementos, symbolic scenes and expressions of self through this soothing, intuitive process. Simple steps and tools are all you need to master the essential techniques. Fr 2pm

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: 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, Tu 8am

OUTDOOR MEDITATION

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

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

SUN SALUTATIONS

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

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

TAI CHI

Enjoy a simple lesson in tai chi. Fr 1pm

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

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, Su 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, 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

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 BIKE RIDE: LEVEL 2

Join us on a scenic road ride that includes a couple of brief, moderate hills. We 8am, Fr 8am, Sa 8am, Mo 8am

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 8:30am, Su 8:30am, Tu 8:30am

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

TAI CHI WALK OFF PROPERTY

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

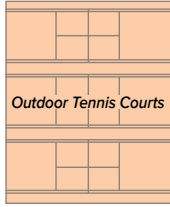


North Wing

- 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

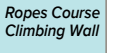


- Ground Floor**
 Berkshire Room
 Beverage Bar
 Creative Expression
 Demo Kitchen
 Lenox Room
 Metaphysical
 Tanglewood Room

- 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

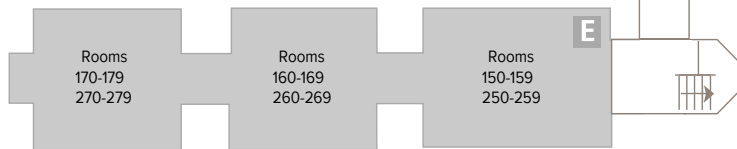


- Second Floor – Integrative Health Center**
 Healing Energy
 Health Packages
 Life Management
 Medical Facilities
 Musculoskeletal / Joint Health
 Nurse Educators
 Nutrition
 Physical Therapy
 Preventive & Integrative Medicine
 Sleep Medicine
 Traditional Chinese Medicine



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