YOUR DAILY SCHEDULE

NOVEMBER 27 - DECEMBER 3, 2019
FITNESS FACILITIES

NEW ROWING STUDIO
This state of the art room features Technogym® SkillRow™ rowers. Try this groundbreaking indoor rowing experience with use of multidrive technology, power meter, and individual & team feedback.

CYCLING STUDIO
Enjoy the Stages Flight system where entertainment meets training. An interactive group display system that allows you to work to your optimal training level individually while in a group setting. Beginning cyclists to pro level racers can all be in the same class and get the same workout. Enjoy your ride!

BASKETBALL COURT
Enjoy friendly competition and an excellent aerobic workout.

CARDIO & STRENGTH GYM
Our workout facility is equipped with Technogym® cardio machines, Technogym® adjustable pulley and selectorized strength equipment, Eleiko strength equipment, stair machines, various self-powered cardio machines, Peloton® bike, 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 8am to 1pm and 2 to 5pm 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: REFORMER, TOWERS, BARRE
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
Lunch: 11:30 am – 2 pm
Dinner: 5:30 – 8:30 pm

Please make your dinner reservations prior to arrival with Program Advising or 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™
Breakfast: 6:30 – 10 am
Brunch: 11:30 am – 2 pm (Sunday)
Lunch: 11:30 am – 2 pm (Monday – Saturday)
Dinner: 5 – 8 pm
Snacks & Light Fare: 6:30 am – 8 pm

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.

AYURVEDIC AWAKENING WITH LARISSA CARLSON
December 13 - 15
We’re setting the tone for a great new year by ending the last one in style. In fact, one night is simply not enough. Join us for days of inspiration that will lift your spirit for 2020. Work with a pro on your creative performance skills. Enjoy live music from a Broadway veteran. Say a formal goodbye to last year’s stress. Feast on our chef’s special menu, win at casino night, then laugh all the way to midnight with a very special guest star. This is the way to wrap things up and get ready for new adventures.

INSPIRING DAYS & A GREAT NEW YEAR
December 27, 2019 - January 1, 2020
We’re setting the tone for a great new year by ending the last one in style. In fact, one night is simply not enough. Join us for days of inspiration that will lift your spirit for 2020. Work with a pro on your creative performance skills. Enjoy live music from a Broadway veteran. Say a formal goodbye to last year’s stress. Feast on our chef’s special menu, win at casino night, then laugh all the way to midnight with a very special guest star. This is the way to wrap things up and get ready for new adventures.

RENEW YOUR FITNESS WEEKEND WITH JORDAN METZL, MD
January 18 - 20 | May 23 - 25 | September 5 - 7
If you’re an aspiring or accomplished endurance athlete, you won’t want to miss this weekend of workouts, education and fun hosted by renowned sports medicine physician Jordan Metzl, MD. He’ll share his expertise and lead you in challenging exercise classes, as well as presentations about how to take your athletic performance to the next level.

Enjoy an exciting roster of activities and presentations by Dr. Metzl, including highlights from his book, Dr. Jordan Metzl’s Workout Prescription: 10, 20 & 30-Minute High-Intensity Interval Training Workouts for Every Fitness Level.

For more event information, visit www.canyonranch.com/lenox/events
**WEDNESDAY | NOVEMBER 27, 2019**

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

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**7:00 AM**
**MORNING WALK**  
Lower Spa Lobby  
*Call walk hotline, Ext. 5567, for weather related cancellations.*

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**7:45 AM**
**ON-PROPERTY POLE HIKE**  
Front Spa Desk  
*60 min. Sign up: Outdoor Sports Board.*

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**8:00 AM**
**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.*

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

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**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.*

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**9:00 AM**
**MORNING STRETCH I**  
Gym 2  
**YOGA FOUNDATIONS II**  
Yoga Studio  
**ADVANCED INDOOR CYCLING III**  Limit: 19  
Cycling Studio  
**NEW PILATES TOWER BARRE CLINIC II**  Limit: 4  
Indoor Pool  
*An effective combination of Pilates Tower and ballet barre exercises using the Pilates Tower equipment, make this a perfect balance between both modalities.\  \ $85 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439*

**ZUMBA® STEP I/II**  Limit: 15  
Gym 1  
*25 min.*

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**9:15 AM**
**HIKE: LEVEL 3**  
Front Spa Desk  
*Visit the Outdoor Sports Board for sign up and additional details.*

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**9:30 AM**
**TAI CHI WALK OFF PROPERTY**  
Front Spa Desk  
*2 hr. 30 min.*

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**10:00 AM**
**EAR CANDY**  Limit: 5  
Creative Expression Studio  
*1 hr. 30 min.  $25 Sign up: Program Advising, Ext. 5439*

**BATTLING ROPE II/III**  Limit: 24  
Sports Court  
**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.*

**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

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**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.*

**PILATES ON THE BEAM I/II**  Limit: 20  
Gym 1  
**MID-MORNING STRETCH I**  
Gym 2  
**TCM & THE NATUROPATH: TIME-HONORED HEALING, UNCOVERED**  
Rockwell Room  
*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.*

**AQUA STRENGTH CIRCUIT II/II**  
Indoor Pool  
**NEW POWER ROW II/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**

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**NOON**
**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.*

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

**LUNCH & LEARN**  
Demonstration Kitchen  
*Enjoy a three-course meal featuring SEARED BEEF WITH TOMATO CONFIT and watch our demo chef prepare the entrée.*

**ABS ON THE BALL II/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.**

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**12:30 PM**
**FITNESS FOR YOUR FEET® I**  Limit: 20  
Gym 2  
*20 min.*

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**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.*

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

**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.

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**5:00 PM**

**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**  
Stockbridge 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

**MEDITATION I**  
Yoga Studio

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**5:30 PM**

**EVIDENCE-BASED QI GONG WORKSHOP**  
Yoga Studio

Limit: 6

With Reba Schecter

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

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**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.

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**8:00 PM**

**THE BRAVE BROTHERS DUO**  
Fieldstone Lounge

The charming duo shares an hour of musical variety to include classic tunes mixed with original material. Genres range from the 1960s to present day with something to put a smile on everyone’s face!

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**MY SCHEDULE WEDNESDAY**

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THURSDAY | NOVEMBER 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.

7:45 AM
ON-PROPERTY POLE HIKE  Front Spa Desk
60 min.  Sign up: Outdoor Sports Board.

8:00 AM
TURKEY TROT FUN RUN/WALK REGISTRATION  Front Spa Desk
MEDITATION  Yoga Studio
25 min.
ZEN•GA™ FLOW  Gym 1
25 min.

8:30 AM
BODY WEIGHT BASICS  Gym 2
TURKEY TROT FUN RUN/WALK  Front Spa Desk
Fun 5K run and a 1-mile walk on Canyon Ranch trails. Followed by a breakfast for participants in the Demonstration Kitchen. Registration at 8am. Participants receive a Turkey Trot t-shirt!

9:00 AM
NEW FOOD: MEDICINE FOR YOUR EYES  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.

9:15 AM
HIKE: LEVEL 3  Front Spa Desk
Visit the Outdoor Sports Board for sign up and additional details.

10:00 AM
CARDIO TENNIS  Tennis Courts
EPIC WATER BLAST  Indoor Pool
NEW CARDIO YOGA  Yoga Studio
MUSCLE CONDITIONING  Gym 2
NEW PUNCH  Sports Court
STRENGTHEN & RESET YOUR ENERGY  Room TBD

11:00 AM
THE MYSTERY OF METABOLISM  Room TBD
An Exercise Physiologist leads a discussion about fitness, fitness and the almighty metabolic rate. From your tracker to your treadmill, gain valuable insights on shedding fat.
AQUA STRENGTH CIRCUIT  Indoor Pool
INDOOR CYCLING  Cycling Studio
PILATES WEIGHT LOSS BOOST  Sports Court
NIA BASICS  Gym 1
MID-MORNING STRETCH  Gym 2

NOON
AERIAL HAMMOCK YOGA CLINIC  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.

CORE CONDITIONING  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.

12:30 PM
BALANCE CHALLENGE  Gym 2

1:00 PM
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.

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.

1:30 PM
TRAIL WALK ON PROPERTY  Front Spa Desk
60 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.
### 2:00 PM

**BERKSHIRE BEAT**  
I/II  
Limit: 15  
Indoor Track

**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

**THE MIND-BODY MOOD SOLUTION**  
WITH JEFF ROSSMAN, PHD  
Tanglewood Room

You already have what you need to manage stress and maintain a positive mood. Director of Life Management explains how a combined physical and psychological approach can help create lasting change.

**NEW WALK YOUR WORKOUT**  
I/II  
Indoor Track

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

**YOGA FOR A HEALTHY BACK**  
I

### 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

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

**TNT: TABATA ‘N’ TRX**  
III  
Limit: 20  
Sports Court

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

**NEW GOOD VIBRATIONS**  
I

### 5:00 PM

**STRETCH & RELAX**  
I  
Gym 2

**25 min.**

**OPEN 12-STEP RECOVERY MEETING**  
Stockbridge 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.**

### 8:00 PM

**FE RECOVERY AS SACRED PRACTICE**  
WITH RABBI PAUL STEINBERG  
Berkshire Room

Educator and spiritual advisor specializing in addiction, Rabbi Steinberg discusses spirituality and how 12-step wisdom may bring spiritual connection in your life.

**PIANIST, KAREN 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.

**2 hr.**
**FRIDAY | NOVEMBER 29, 2019**

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

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### 7:00 AM

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

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### 7:45 AM

**ON-PROPERTY POLE HIKE**  
Front Spa Desk  
60 min.  
Sign up: Outdoor Sports Board.

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### 8:00 AM

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

**SUN SALUTATIONS**  
Yoga Studio  
25 min.

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

---

### 8:30 AM

**HIIT IT**  
Gym 1  
20 min.

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

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### 9:00 AM

**MORNING STRETCH**  
Gym 2  
Yoga Studio

**YOGA FOUNDATIONS**  
Cycling Studio  
Limit: 19

**ADVANCED INDOOR CYCLING**  
Gym 1  
Limit: 24

**LO-IMPACT AEROBICS**  
Gym 1

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### 9:15 AM

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

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### 10:00 AM

**INTUITIVE PAINTING**  
Creative Expression Studio  
Limit: 8

**SPICE: THE FLAVOR OF HEALTH**  
CME  
Berkshire Room

**TENTATIVE SCHEDULE**

Connect with your intuitive mind using watercolor, acrylic, oil pastels and a variety of colorful drawing implements as you are gently guided throughout this introspective process of self-discovery.  
2 hr.  
$100  
Sign-up: Program Advising, Ext. 5439

**NEW TUBES AND LOOPS**  
Gym 2  
Limit: 20

**CARDIO TENNIS**  
Tennis Courts  
Limit: 4

**ROCK YOUR FLOW**  
Yoga Studio  
Limit: 6

**EPIC WATER BLAST**  
Indoor Pool  
Limit: 24

**BATTLING ROPES**  
Sports Court  
Limit: 24

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### 11:00 AM

**MID-MORNING STRETCH**  
Gym 2

**NEW BEGINNER PILATES**  
Gym 1

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

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**  
Indoor Pool  
Limit: 8

**AVOIDING ALZHEIMER’S**  
CME  
Room TBD

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.

---

### NOON

**SHRED**  
Gym 5  
Limit: 18  
25 min.

**LUNCH & LEARN:**  
VEGETARIAN FRIENDLY  
Demonstration Kitchen

Enjoy a three-course meal featuring TOFU NOODLE BOWL and watch our demo chef prepare the entree.  
25 min.

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

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

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.

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### 12:30 PM

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

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### 1:00 PM

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

|$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.

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### 1:15 PM

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

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### 1:30 PM

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

**TRAIL WALK ON PROPERTY**  
Front Spa Desk

**SOULCOLLAGE®**  
Creative Expression Studio  
Limit: 8

Create beautiful cards, using imagery, to express your inner wisdom. Gain insight and gather intuition & transformation from SOULCOLLAGE® readings using a simple, fun and profound process.  
2 hr.  
$100  
Sign-up: Program Advising, Ext. 5439
TENTATIVE SCHEDULE

FRIDAY NOVEMBER 29, 2019

6 am

TENTATIVE SCHEDULE

9 am

TENTATIVE SCHEDULE

11 am

TENTATIVE SCHEDULE

Noon

TENTATIVE SCHEDULE

1 pm

TENTATIVE SCHEDULE

2 pm

TENTATIVE SCHEDULE

3 pm

TENTATIVE SCHEDULE

4 pm

TENTATIVE SCHEDULE

5 pm

TENTATIVE SCHEDULE

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TENTATIVE SCHEDULE

7 pm

TENTATIVE SCHEDULE

8 pm

TENTATIVE SCHEDULE

9 pm

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

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

YIN YOGA Yoga Studio

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

HANDS-ON COOKING:

ESSENTIAL KNIFE SKILLS Limit: 8 Demonstration Kitchen

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

TRX BASIC STRENGTH I/II Limit: 10 Sports Court

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

NEW POWER II/III Limit: 10 Gym 5

3:30 PM

INDOOR ARCHERY Limit: 4 Front Spa Desk

$110 Sign up: Outdoor Sports Boards. Meet at Indoor Tennis Courts.

NEW TAO TAN PAI ELIXIR METHOD QI GONG WITH JEANNE SCHNACKENBERG Limit: 6 Rockwell 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.

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

4:00 PM

TRX FLOW II Limit: 10 Sports Court

NEW STROOPS BUNGEE WORKOUT II/III Limit: 10 Gym 1

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

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 Stockbridge 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 Demonstration Kitchen

Limit: 6

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

7:00 AM

MORNING WALK

Lower Spa Lobby

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

MY SCHEDULE FRIDAY

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

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9 pm
<table>
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<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>MORNING WALK</td>
<td>Lower Spa Lobby</td>
<td>Call walk hotline, Ext. 5567, for weather related cancellations.</td>
</tr>
<tr>
<td>7:45 AM</td>
<td>ON-PROPERTY POLE HIKE</td>
<td>Front Spa Desk</td>
<td>60 min. Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>ADVANCED LEVEL HIKE</td>
<td>Front Spa Desk</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>BODY WEIGHT BASICS</td>
<td>Gym 2</td>
<td>20 min.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>PILATES REFORMER JUMPBOARD CLINIC</td>
<td>Gym 4</td>
<td>Limit: 4. Sign up: Program Advising, Ext. 5439.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>CHINESE MEDICINE &amp; WEIGHT LOSS</td>
<td>Berkshire Room</td>
<td>Discover a new perspective on weight loss.</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>HIKE: LEVEL 3</td>
<td>Front Spa Desk</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>TAI CHI WALK OFF PROPERTY</td>
<td>Front Spa Desk</td>
<td>2 hr. 30 min.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>TNT: TABATA 'N' TRX</td>
<td>Sports Court</td>
<td>Limit: 20.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>MUSCLE CONDITIONING</td>
<td>Gym 2</td>
<td>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.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>EPIC WATER BLAST</td>
<td>Indoor Pool</td>
<td>$85 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>CARDIO TENNIS</td>
<td>Tennis Court</td>
<td>$85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM</td>
<td>Tanglewood Room</td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>EXTENDED VINYASA FLOW</td>
<td>Yoga Studio</td>
<td>1 hr. 30 min. Yoga experience required. No shoes.</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>AQUA STRENGTH CIRCUIT</td>
<td>Indoor Pool</td>
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<tr>
<td>11:00 AM</td>
<td>INDOOR CYCLING</td>
<td>Cycling Studio</td>
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<tr>
<td>11:00 AM</td>
<td>MID-MORNING STRETCH</td>
<td>Gym 2</td>
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<tr>
<td>11:00 AM</td>
<td>PILATES ON THE BEAM</td>
<td>Gym 1</td>
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<tr>
<td>11:00 AM</td>
<td>REBOUND JUMP BOOTS CLINIC</td>
<td>Lower Spa Lobby</td>
<td>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</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>NEW ATHLETIC MOBILITY WARM-UP</td>
<td>Sports Court</td>
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<tr>
<td>11:00 AM</td>
<td>NOON</td>
<td>Canyon Ranch Grill™</td>
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<tr>
<td>11:00 AM</td>
<td>RANCH SAVVY LUNCH: FEEDING YOUR SPIRIT</td>
<td>Hotel Pavilion</td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>MUSEUM TOUR: NORMAN ROCKWELL</td>
<td>Hotel Pavilion</td>
<td>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 ($5), $18. Fee, paid at the museum (cash only): Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>ABS ON THE BALL</td>
<td>Gym 2</td>
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<tr>
<td>11:00 AM</td>
<td>AERIAL HAMMOCK YOGA CLINIC</td>
<td>Yoga Studio</td>
<td>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.</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>LUNCH &amp; LEARN</td>
<td>Demonstration Kitchen</td>
<td>Enjoy a three-course meal featuring CARDAMOM GRILLED CHICKEN WITH APPLE CURRY SAUCE and watch our demo chef prepare the entrée.</td>
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<tr>
<td>12:30 PM</td>
<td>FITNESS FOR YOUR FEET</td>
<td>Gym 2</td>
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<tr>
<td>12:30 PM</td>
<td>TAROT CARD DEMONSTRATION</td>
<td>Mansion Library</td>
<td>Experience the power of tarot cards with a reading demonstration. 30 min.</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>PICKLEBALL INTRO CLINIC</td>
<td>Tennis Court</td>
<td>$85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>HIKE: LEVEL 2</td>
<td>Front Spa Desk</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
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</tbody>
</table>
**TENTATIVE SCHEDULE**

**SATURDAY NOVEMBER 30, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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**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.

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**1:30 PM**

EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP  
WITH TOM ANDREWS  Limit: 6  
Led by certified EBGQ & Tai Chi instructor, Tom Andrews, this workshop shows you movements & 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**

HANDS-ON COOKING:  
FASTEST MEALS IMAGINABLE  Limit: 6  
Demonstration Kitchen  $115  Sign up: Program Advising, Ext. 5439

NEW GENTLE FLOW YOGA  I/II  Yoga Studio

KETTLE-BAR  II  Limit: 15  
Sports Court  $85  Sign up: Program Advising, Ext. 5439

AFTERNOON TENNIS DRILLS  
**3:00 PM**

ROUND-ROBIN DOUBLES  
Sign up: Outdoor Sports Board.

H2O POWER  III  
Indoor Pool  Gym 1

WEST AFRICAN DRUMMING  I  Limit: 17

Experience the healing power of the drum. You'll learn basic hand drumming techniques and specific rhythms as we make music together.

**3:30 PM**

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

INTERMEDIATE YOGA  II  Yoga Studio

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

INDOOR CYCLING  II  Limit: 19  
Cycling Studio

**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  II  Limit: 25  
Yoga Studio

FUSION WORKOUT  II  Limit: 24  
Gym 1

NEW GOOD VIBRATIONS  I

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**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, Don Marko. Embrace the world and your place in it, with a renewed sense of peace and authenticity.

OPEN 12-STEP RECOVERY MEETING  
Stockbridge 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.

**8:00 PM**

COMPOSER & PIANIST, JUSTIN Geyer  
Fieldstone Lounge  
Original compositions described as songs of hope, escape, love, appreciation & anticipation of life. Justin shares his creative process which brings technical clarity & emotional, energetic content.

**9:00 PM**

MUSIC BINGO!  
Rockwell Room  
With DJ Bob Heck  
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.

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**MY SCHEDULE SATURDAY**

<table>
<thead>
<tr>
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</table>
SUNDAY | DECEMBER 1, 2019

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

TENTATIVE SCHEDULE

7:45 AM
ON-PROPERTY POLE HIKE
60 min. Sign up: Outdoor Sports Board.

8:00 AM
WAKE-UP WARM-UP STRETCH
25 min.

8:30 AM
HIIT I/II/III Gym 1
20 min.

9:00 AM
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
YOGA FOUNDATIONS I Yoga Studio
BERKSHIRE BEAT II/III Limit: 15 Gym 1
STRIDE II/III Limit: 18 Gym 5
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.

9:15 AM
HIKE: LEVEL 2/3 Visit the Outdoor Sports Board for sign up and additional details.

10:00 AM
CARDIO KICKBOXING I/II/III Gym 1
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 TENNIS $85 Sign up: Program Advising, Ext. 5439 Tennis Courts
YOGA FOR ATHLETES I/II/III Yoga Studio
MUSCLE CONDITIONING I Gym 2
EPIC WATER BLAST III Indoor Pool

11:00 AM
MID-MORNING STRETCH I Gym 2
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
NIA: NON-IMPACT AEROBICS I/II Gym 1

11:30 AM
SUNDAY BRUNCH Culinary Rebel™
Enjoy our bountiful brunch featuring Canyon Ranch favorites highlighting local farm-to-table ingredients. A wonderful way to celebrate a Sunday in the Berkshires. 11:30am - 2pm.

NOON
NEW INDOOR CYCLING FTP TRAINING CLINIC III Limit: 4 Cycling Studio
Challenge your training ride and learn more about Functional Threshold Power (FTP) in this Indoor Cycling Clinic. $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

12:30 PM
FITNESS FOR YOUR FEET* 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

SOUL CARD DEMONSTRATION Rockwell 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.

CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE Rockwell 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.

1:15 PM
HIKE: LEVEL 1 Visit the Outdoor Sports Board for sign up and additional details.

1:30 PM
TRAIL WALK ON PROPERTY 60 min. Sign up: Outdoor Sports Board.

2:00 PM
EVERYONE CAN LEARN TO DRAW Limit: 8 Creative Expression Studio
1 hr. 30 min. Sign up: Program Advising, Ext. 5439
NEW WALK YOUR WORKOUT I/II Indoor Track
TRX BASIC STRENGTH I/II Limit: 10 Sports Court
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
ZUMBA® I/II Gym 1
YOGA FOR A HEALTHY BACK I Yoga Studio
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>3:00 PM</td>
<td>LET’S TALK TAROT</td>
<td>Tanglewood Room</td>
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<td>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.</td>
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<td>H2O POWER  I/II</td>
<td>Indoor Pool</td>
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<td>INTERMEDIATE YOGA  II</td>
<td>Yoga Studio</td>
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<td>INDOOR CYCLING  II  Limit: 19</td>
<td>Cycling Studio</td>
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<td>GLUTE CAMP  II/III  Limit: 14</td>
<td>Gym 1</td>
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<tr>
<td>4:00 PM</td>
<td>WALLYBALL  I/II Limit: 8</td>
<td>Racquet Court</td>
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<td>NEW STROOPS BUNGEE WORKOUT  I/II Limit: 10</td>
<td>Gym 1</td>
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<tr>
<td></td>
<td>FINDING FORGIVENESS  Limit: 12</td>
<td>Tanglewood Room</td>
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<td>Forgiveness frees you from the consequences of suffering, blame, shame and guilt. Spiritual wellness provider, Dan Marko, explores the restorative steps of forgiveness &amp; reclaiming your life force.</td>
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<td>1 hr. 50 min.  $160  Sign up: Program Advising.</td>
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<td>RESTORATIVE YOGA  I  Limit: 25</td>
<td>Yoga Studio</td>
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<td>NEW GOOD VIBRATIONS  I</td>
<td>Gym 2</td>
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<tr>
<td>5:00 PM</td>
<td>STRETCH &amp; RELAX  I</td>
<td>Gym 2</td>
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<td>OPEN 12-STEP RECOVERY MEETING</td>
<td>Stockbridge Room</td>
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<td>This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.</td>
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<td>MEDITATION  I</td>
<td>Yoga Studio</td>
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<td>6:00 PM</td>
<td>NEW RELATIONSHIP MINED</td>
<td>Berkshire Room</td>
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<td>WITH ROBBIE BOGARD</td>
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<td>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.</td>
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<tr>
<td>7:00 PM</td>
<td>YOGA FOR MOOD MANAGEMENT</td>
<td>Room TBD</td>
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<td>WITH ALLIE MIDDLETON</td>
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<td>Inspired by sacred yoga &amp; tantric practices and backed by research, learn how to cultivate mindful energy with sounds, breathing &amp; postural alignment. Invite balance &amp; vitality to your whole self!</td>
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<tr>
<td>8:00 PM</td>
<td>SHAKESPEARE &amp; THE LANGUAGE THAT SHAPED A WORLD</td>
<td>Mansion Library</td>
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<td>Join actors from neighboring, internationally acclaimed Shakespeare &amp; Company for a joyful journey through the life, times and work of William Shakespeare, as written by Kevin G. Coleman.</td>
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Hiking Announcement

In Massachusetts, deer hunting season starts today, the Monday after Thanksgiving, and lasts two weeks. Hiking during this time is limited and restricted. Please note that the Outdoor Sports department will lead hikes at the Audubon Sanctuary and Kennedy Park during these weeks.

Visit the Outdoor Sports Board in the Upper Spa Lobby for availability and to sign up.

7:00 AM
INDOOR MOTIVATIONAL WALK
Indoor Track

7:45 AM
ON-PROPERTY POLE HIKE
Front Spa Desk
60 min. Sign up: Outdoor Sports Board.

8:00 AM
SUN SALUTATIONS II
Yoga Studio
25 min.

LONGEVITY, EXERCISE & YOU
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.

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

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

8:30 AM
HIIT IT II/III
Gym 1
20 min.

9:00 AM
MORNING STRETCH
Gym 2
YOGA FOUNDATIONS
Yoga Studio
STRIDE II/III
Gym 5
Limit: 18
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 II/III
Gym 1
PILATES TOWER CLINIC II
Gym 3
Limit: 4
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
Limit: 20
Sports Court
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.

NEW TUBES AND LOOPS II
Gym 4
CARDIO TENNIS
Tennis Courts
$85 Sign up: Program Advising, Ext. 5439
ROCK YOUR FLOW
Yoga Studio
EPIC WATER BLAST
Indoor Pool

11:00 AM
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.

MID-MORNING STRETCH
Gym 2
NEW POWER ROW II
Rowing Studio
Limit: 10
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

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

SWIMMING SKILLS & DRILLS CLINIC II
Indoor Pool
Limit: 4
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

RANCH SAVVY LUNCH:
Canyon Ranch Grill™
FITNESS AT CANYON RANCH
Sit with a fitness instructor over lunch and learn more about the exciting exercise offerings at Canyon Ranch!
**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.

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**12:30 PM**  
**FITNESS FOR YOUR FEET®** | I | Limit: 20 | Gym 2  
**20 min.**

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**1:00 PM**  
**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.  
**PICKLEBALL INTRO CLINIC** | Tennis Court  
$85  Sign up: Program Advising, Ext. 5439,  Meet at Indoor Tennis Courts.  
**MY SCHEDULE**  
**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced **PRESENTATIONS/WORKSHOPS** 45 min; **CME** – Continuing Medical Education  
*NEW* – New Offering!  
Your service allowance may be applied toward activity fees.

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

**1:30 PM**  
**TRAIL WALK ON PROPERTY** | Front Spa Desk  
60 min.  Sign up: Outdoor Sports Board.  
---

**2:00 PM**  
**ABOVE AND BELOW THE BELT** | II/III | Limit: 24 | Gym 5  
**THE SCIENCE OF WEIGHT LOSS** | CME | Tanglewood 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.  
**TRX BASIC STRENGTH** | I/II | Limit: 10 | Sports Court  
**BEGINNER TENNIS CLINIC** | Limit: 4 | Tennis Court  
*Sign up: Program Advising, Ext. 5439*  
**BOGA FITMAT® YOGA CLINIC** | I/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  
**LONG & LEAN BARRE WORKOUT** | II | Limit: 25 | Gym 1  
---

**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  
**NEW POWER** | II/III | Limit: 10 | Gym 5  
**INDOOR CYCLING** | II | Limit: 19 | Cycling Studio  
**INTERMEDIATE YOGA** | II | Yoga Studio  
---

**4:00 PM**  
**NEW STROOPS BUNGEE WORKOUT** | II/III | Limit: 10 | Gym 1  
**TRX FLOW** | II | Limit: 10 | Sports Court  
**RESTORATIVE YOGA** | I | Limit: 25 | Yoga Studio  
**FOAM ROLL & STRETCH** | I | Limit: 20 | Gym 2  
---

**5:00 PM**  
**STRETCH & RELAX** | Gym 2  
25 min.  
**OPEN 12-STEP RECOVERY MEETING** | Stockbridge 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** | Yoga Studio  
25 min.  
---

**7:00 PM**  
**BEAD WELL: BRACELETS** | Creative Expression Studio  
1 hr. 30 min.  $25  Sign up: Program Advising, Ext. 5439  
**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.  
---

**8:00 PM**  
**TECH ADDICTION & DIGITAL DETOX WITH ROB FALK** | Room TBD  
Technology is a convenience that can easily morph into compulsion. Explore the line between use and abuse and how to live with our abundance of technology in a healthy and mindful way.  
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**MY SCHEDULE**  
**MONDAY**  
6 am  
7 am  
8 am  
9 am  
10 am  
11 am  
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1 pm  
2 pm  
3 pm  
4 pm  
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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>7:45 AM</td>
<td><strong>ON-PROPERTY POLE HIKE</strong> 60 min. Sign up: Outdoor Sports Board.</td>
<td>Front Spa Desk</td>
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<tr>
<td>8:00 AM</td>
<td><strong>START YOUR FITNESS ENGINES</strong> CME Berkshire Room How fit is “fit enough”? An exercise</td>
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<td>physiologist will talk about the five basic components of fitness. Learn about assessments</td>
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<td>that can help you get on the right path to your ideal fitness level.</td>
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<td>8:30 AM</td>
<td><strong>BODY WEIGHT BASICS</strong> 20 min.</td>
<td>Gym 2</td>
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<td>9:00 AM</td>
<td><strong>STRIDE</strong> II/III Limit: 18</td>
<td>Gym 5</td>
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<td><strong>SECRETS TO SLEEPING SOUNDLY</strong> CME Tanglewood Room What’s the connection between sleep</td>
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<td>and health? Cindy Geyer, MD, will explain how the quality of your sleep affects nearly</td>
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<td>every aspect of wellness. Be prepared for some startling awakenings!</td>
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<tr>
<td>9:15 AM</td>
<td><strong>HIKE: LEVEL 3</strong> Visit the Outdoor Sports Board for sign up and additional details.</td>
<td>Front Spa Desk</td>
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<tr>
<td>9:30 AM</td>
<td><strong>TAI CHI WALK OFF PROPERTY</strong> 2 hr. 30 min.</td>
<td>Front Spa Desk</td>
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<tr>
<td>10:00 AM</td>
<td><strong>VIPR ATHLETIC</strong> II/III Limit: 15</td>
<td>Gym 1</td>
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<td><strong>CARDIO TENNIS</strong> $85 Sign up: Program Advising, Ext. 5439</td>
<td>Tennis Courts</td>
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<td><strong>MUSCLE CONDITIONING</strong></td>
<td>Gym 2</td>
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<td><strong>EPIC WATER BLAST</strong> III</td>
<td>Indoor Pool</td>
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<td><strong>EXTENDED VINYASA FLOW</strong> III</td>
<td>Yoga Studio</td>
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<td>1 hr. 30 min. Yoga experience required. No shoes</td>
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<td><strong>UNCONVENTIONAL STRENGTH CLINIC</strong> II/III Limit: 4</td>
<td>Sports Court</td>
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<td>Practice fundamental exercises &amp; movements with weighted clubs, sandbags, and kettlebells.</td>
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<td>Learn the advantages of each tool and how they create a unique, comprehensive approach to</td>
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<td>health &amp; fitness. $90 Sign-up: Program Advising</td>
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<tr>
<td>11:00 AM</td>
<td><strong>SUSPENSION PILATES</strong> II/III Limit: 10</td>
<td>Sports Court</td>
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<td><strong>AQUA STRENGTH CIRCUIT</strong> II/II</td>
<td>Indoor Pool</td>
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<td><strong>INDOOR CYCLING</strong> II Limit: 19</td>
<td>Cycling Studio</td>
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<td><strong>MID-MORNING STRETCH</strong></td>
<td>Gym 2</td>
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<td><strong>LIVING THROUGH LOSS</strong> Loss is a natural part of life, but the loss of a loved one is</td>
<td>Mansion Library</td>
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<td>particularly painful. A spiritual wellness provider will help you through times of grief</td>
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<td>and the unfamiliar times to come.</td>
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<td><strong>MEDITATION</strong> 25 min.</td>
<td>Yoga Studio</td>
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<td><strong>ZEN-GA® FLOW</strong> 25 min.</td>
<td>Gym 1</td>
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<td><strong>BRAIN BUDS: CONVERSATION LOOPS</strong></td>
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<td><strong>Golf meditation</strong></td>
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<td><strong>MEDITATION 2</strong></td>
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<td>12:30 PM</td>
<td><strong>THE MANDALA EXPERIENCE</strong> Limit: 8</td>
<td>Creative</td>
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<td><strong>AERIAL HAMMOCK YOGA CLINIC</strong> II</td>
<td>Expression Studio</td>
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<td>Using a fabric hammock suspended from the ceiling, work on your core strength in standing</td>
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<td>poses and inversions. $90 Please see a Program Advisor to sign up and for restrictions.</td>
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<td><strong>NIA: NON-IMPACT AEROBICS</strong> II/II</td>
<td>Gym 1</td>
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<td><strong>LUNCH &amp; LEARN:</strong> GLUTEN FRIENDLY</td>
<td>Demonstration Kitchen</td>
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<td>Enjoy a three-course meal featuring CINNAMON SOY GLAZED FISH WITH GRILLED ASIAN PEAR</td>
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<td>SALSA and watch our demo chef prepare the entree.</td>
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<tr>
<td>1:00 PM</td>
<td><strong>THE MANDALA EXPERIENCE</strong> Limit: 8</td>
<td>Creative</td>
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<td>1:15 PM</td>
<td><strong>HIKE: LEVEL 1</strong> Visit the Outdoor Sports Board for sign up and additional details.</td>
<td>Front Spa Desk</td>
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<td>1:30 PM</td>
<td><strong>TRAIL WALK ON PROPERTY</strong> 60 min. Sign up: Outdoor Sports Board.</td>
<td>Front Spa Desk</td>
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## TENTATIVE SCHEDULE

**DECEMBER 3, 2019**

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<tr>
<th>Time</th>
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### 5:00 PM

**STRETCH & RELAX**

**Yoga Studio**

**25 min.**

**OPEN 12-STEP RECOVERY MEETING**

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**

**Yoga Studio**

**25 min.**

### 6:00 PM

**GET YOUR GLOW-GA ON**

**Yoga Studio**

**Limit: 25**

Glow sticks, body paint and good vibes are welcome in this upbeat yoga class. Loosen up after a full day to the sounds of chart-topping music sure to put you in a good mood.

*Body paint and glow sticks provided.*

### 8:00 PM

**MIRACLES, LUCK AND THE BUTTERFLY EFFECT**

**Tanglewood Room**

**With Jerry Posner**

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

### 9:00 PM

**OLD SCHOOL” BINGO**

**Rockwell Room**

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

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### FITTNESS 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.
OUTDOOR SPORTS HIGHLIGHT

Indoor Archery
Archery is the art, practice, or skill of using a bow to shoot arrows. Historically, archery was used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity. Newcomers and archers alike are welcome at this semi-private session. Join USA Archery Instructors in an indoor range & learn the ten steps to shooting an arrow & strategies of aiming and releasing.

See when Indoor Archery is offered this week on page 22. For more information or to sign up, please visit the Outdoor Sport Desk or call Ext. 5355.

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

REMINDE...
TENTATIVE SCHEDULE

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

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 physical 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

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 11am, Th 3pm, Fr 3pm, Sa 11am, Sa 3pm, 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

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.
We 3pm, Fr 3pm, 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.
Sa 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!
We 12pm, Fr 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

STRIPE
A motivating group treadmill workout incorporating interval training.
Th 9am, Sa 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!
Fr 4pm, Su 4pm, 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.
Th 4pm, Sa 10am, Tu 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, Sa 4pm, Su 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
**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. Fr 2pm

**HANDS-ON COOKING: FASTEST MEALS IMAGINABLE**
Explore quick recipe options to create an efficient kitchen and maximize nutrition & flavor with a busy lifestyle. Sa 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: PLEASING PLANT-BASED MEALS**
Calling all herbivores! A demonstration chef shares tips for building delicious and nutritious meals highlighting vegetables, grains, nuts, seeds, legumes and fruits. We 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 foundation 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 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, Th 8am, Fr 5pm, Sa 5pm, Su 5pm, Mo 5pm, Tu 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. We 8am, Fr 8am, 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

**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

**YIN YOGA**
Increase your flexibility and release inner tension. This contemplative class takes a Taoist approach to yoga asana, focusing on seated, supine and prone postures for up to five minutes. No shoes. Fr 2pm, Tu 2pm

**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. 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

**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 2pm, Sa 2pm, Mo 2pm

**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

**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. Fr 4pm, Mo 4pm

**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

**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
OUTDOOR SPORTS

ADVANCED ARCHERY WORKSHOP
Our USA Archery Instructors will teach you proper form and use of compound and recurve bows. They will monitor your progress and teach you to use a bow sight to sharpen your aim! Tu 4pm

ADVANCED LEVEL HIKE
Based on location, advanced level hikes are 3.5 - 7 hours long. We 8am, Fr 8am, Sa 8am, Mo 8am

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

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. We 9:15am, Th 9:15am, Fr 9:15am, Sa 9:15am, Mo 9:15am, Tu 9:15am

INDOOR ARCHERY
Newcomers and archers alike are welcome at this semi-private session. Join USA Archery Instructors in an indoor range & learn the ten steps to shooting an arrow & strategies of aiming and releasing. We 2:30pm, Fr 3:30pm

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

INDOOR MOTIVATIONAL WALK
Make a positive start to your day. Join us for an indoor walk using inspirational words to awaken your body and mind. Mo 7am

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

ON-PROPERTY POLE HIKE
Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning. We 7:45am, Th 7:45am, Fr 7:45am, Sa 7:45am, Su 7:45am, Mo 7:45am, Tu 7:45am

SHINRIN YOKU
Experience 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. Fr 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

TRAIL WALK ON PROPERTY
Join our guides on walk on the beautiful woodland trails of Canyon Ranch. Learn about the property and the history of this area. We 1:30pm, Th 1:30pm, Fr 1:30pm, Sa 1:30pm, Su 1:30pm, Mo 1:30pm, Tu 1:30pm

HIKING

ANNOUNCEMENT: In Massachusetts, deer hunting season starts the Monday after Thanksgiving, 12/2, and lasts two weeks. Hiking during this time is limited and restricted. Please note that the Outdoor Sports department will lead hikes at the Audubon Sanctuary and Kennedy Park during these weeks

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 slower 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.
HAVE YOU TRIED THESE?

METABOLIC RESET
Tired of just trying to lose weight? A metabolic reset can be the alternative you need to get the results you want. Your nutritionist introduces you to an anti-inflammatory, plant-based approach to eating, loaded with healing nutrients to support a healthy microbiome and detoxification. Learn about the cutting-edge healthy approach to fasting regimens for weight loss, as well as the science and strategies to support a lasting reset.

TRANQUILLITY™ RITUAL
This calming and nourishing ritual incorporates a blend of Damascus rose, sweet orange, geranium and vetiver essential oils and Eastern ritual massage combines with the use of soft body brushes. An application of Tuscan thermal mud is followed by a full-body wrap and massage for head, neck and shoulder. After a hot bath in our special blend of oils, you will experience the unique Tranquility™ Massage.

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.

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.

CULINARY REBEL™
Order at the counter from a menu of light fare and complete meals. 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!

For more information call the hostess stand, Ext. 5310 or Program Advising, Ext. 5439.

EXCELENT 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.

MEL’S TIPS
by Mel Zuckerman, Canyon Ranch founder & wellness visionary

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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.

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