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)
Canyon Ranch offers a variety of featured events each month.

**Featured Events**

**THIS WEEK**

**BROADWAY IN THE BERKSHIRES:**

**MAX SHELDON, IN CONCERT**

Friday, December 6th at 8pm

An evening of music with the dulcet tones of Max Sheldon whose stage credits include *West Side Story*, *Finnian’s Rainbow* and *Peter and the Starcatcher*. A graduate of NYU’s Tisch Department of Drama – New Studio on Broadway, settle in for an hour of song and story.

**SOUND HEALING**

**WITH KATHERINE HAMER**

December 6 & 7

Explore sound and vibration therapy as a powerful and transformative means to shift your body at the cellular level. Harmonic waves from singing bowls remove stress and negativity that create blockages and cause disease. Coupled with intention, singing bowl vibrations can reduce stress, increase blood flow, re-balance the chakras, lower blood pressure and more.

With the guidance of certified singing bowl teacher, practitioner and artist Katherine Hamer, feel the soothing tones of singing bowls as they open the flow of energy by touching every part of your physical, emotional, mental and spiritual being.

**TAP DANCE WEEKEND**

**WITH STEFANIE WEBER**

December 6 - 8

Unleash your inner tap dancer with action-based dance artist Stefanie Weber by your side. Experience doesn’t matter – this is all about expression, movement and the magic of music. During this upbeat weekend, Stefanie, who has a passion for restorative and insightful experiences through movement and dance, will inspire you to move like never before. So step out of your comfort zone and onto the dance floor! You are welcome to bring your own tap shoes, otherwise shoes will be available in limited supplies.

Join us the first weekend of every month for inspiring dance events. New and returning guest choreographers bring their dance specialties to life in unique classes. Experience doesn’t matter – it’s all about expression, movement and the magic of music. Step away from life’s stressors and reconnect to you – as you let it all go on the dance floor.

For more event information, visit www.canyonranch.com/lenox/events
WEDNESDAY | DECEMBER 4, 2019

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

7:00 AM
INDOOR MOTIVATIONAL WALK
Indoor Track

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

8:00 AM
A DEAL OF A MEAL
Limit: 5
Canyon Ranch Grillâ€™s
Share a meal, a conversation and a wealth of knowledge with a Nutritionist or a Nurse who can offer nutritional tips as well as insights into Health & Healing offerings available to you.
Receive a coupon for a discount on Health & Healing services to be applied during your current stay (exclusions apply).
ADVANCED LEVEL HIKE
Visit the Outdoor Sports Board for sign up and additional details.

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

9:00 AM
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

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

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

10:00 AM
BATTLING ROPES II/III
Limit: 24
Sports Court
CARDIO TENNIS
$85 Sign up: Program Advising, Ext. 5439
Tennis Courts
NEW TUBES AND LOOPS I/II
Gym 2
EPIC WATER BLAST III
Indoor Pool
YOGA FOR ATHLETES II/III
Yoga Studio

11:00 AM
MID-MORNING STRETCH I
Gym 2
HEALTHY NAILS
Lower Spa Lobby
A nail technician discusses best practices for nail care, and demonstrates techniques and products to have healthy, beautiful hands and feet.
25 min.

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.
$90 Sign up: Program Advising, Ext 5439

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

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.

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

NEW YIN & RELEASE I
Yoga Studio
Yoga for Athletes II/III
25 min.

1:00 PM
PICKLEBALL INTRO CLINIC
Limit: 4
Tennis Court
$85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.

PAPER BOWLS: CONTAINERS
Creative Expression Studio
2 hr. $100. Sign up: Program Advising, Ext. 5439

ACTING YOUR FITNESS AGE
CME Tanglewood Room
An exercise physiologist will explain how your physiology is influenced by lifestyle more than your birthday, and how to adjust your exercise regimen for best results.

Hiking Announcement

In Massachusetts, deer hunting season starts 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.
### MY SCHEDULE WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
THURSDAY | DECEMBER 5, 2019

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

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

8:00 AM
MEDITATION I  Yoga Studio
25 min.
ZEN+GA™ FLOW I  Gym 1
25 min.

8:30 AM
BODY WEIGHT BASICS I  Gym 2
20 min.

9:00 AM
CHAIR YOGA I  Yoga Studio
Limit: 15
ZUMBA® I/II  Gym 1
MORNING STRETCH I  Gym 2
PILATES TOWER CLINIC II  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

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

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

10:00 AM
NEW HANDS-ON COOKING:  Demonstration Kitchen
HERBS & SPICES  Limit: 6
JOY JOURNALS  Limit: 8
CARDIO TENNIS  Tennis Courts
$85  Sign up: Program Advising, Ext. 5439
NEW PUNCH II/III  Limit: 20  Sports Court
STRAIGHTEN UP! CME  Tanglewood Room
Good posture is good for your health. A physical therapist will show you how to enhance your posture for prevention and treatment of back pain. Learn fundamentals you can put to work immediately.

NEW CARDIO YOGA II/III  Yoga Studio
EPIC WATER BLAST III  Indoor Pool
MUSCLE CONDITIONING I  Gym 2

11:00 AM
MID-MORNING STRETCH I  Gym 2
NIA BASICS I/II  Gym 1
AQUA STRENGTH CIRCUIT I/II  Indoor Pool
INDOOR CYCLING I  Cycling Studio
AN INTEGRATIVE APPROACH TO AUTOIMMUNITY CME  Berkshire Room
TO AUTOIMMUNITY
Why does the body turn against itself? What triggers autoimmunity and how can we prevent or treat it? Learn about the origins of autoimmune diseases and innovative new approaches for treatment.

PILATES WEIGHT LOSS BOOST II  Sports Court

NOON
LUNCH & LEARN  Demonstration Kitchen
Enjoy a three-course meal featuring SALMON BURGERS and watch our demo chef prepare the entrée.
CORE CONDITIONING II  Gym 1
25 min.

RANCH SAVVY LUNCH:  Canyon Ranch Grill™
HEALTH & HEALING
Join a wellness expert to learn about our many Health & Healing offerings and how they can help you on your path toward wellness.
AERIAL HAMMOCK YOGA CLINIC II  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.

1:00 PM
AFTERNOON TENNIS DRILLS  Tennis Court
$85  Sign up: Program Advising, Ext. 5439
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.

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

1:15 PM
HIKE: LEVEL 1  Front Spa Desk
Visit the Outdoor Sports Board for sign up and additional details.
**THURSDAY, DECEMBER 5, 2019**

### My Schedule Thursday

**My Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Featured Event:** FE – Happy Holidays!  CME – Continuing Medical Education  NEW – New Offering!

Your service allowance may be applied toward activity fees.

---

**FITNESS LEVELS**
- I – beginner
- II – intermediate
- III – advanced

**FITNESS CLASSES**
- 45 min.

**PRESENTATIONS/WORKSHOPS**
- 50 min. unless noted.

### 1:30 PM
**TRAIL WALK ON PROPERTY**
- 60 min.
- Front Spa Desk
- **MEMBERSHIP & REAL ESTATE**
- Spa Lobby

Meet a Membership representative and learn how to become a Canyon Ranch Member, or explore Ranch home ownership.

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

---

### 2:00 PM
**NEW WALK YOUR WORKOUT I/II**
- 45 min.
- Indoor Track

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

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

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

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

**THE MYSTERY OF METABOLISM CME**
- Tanglewood Room

An Exercise Physiologist leads a discussion about fatness, fitness and the almighty metabolic rate. From your tracker to your treadmill, gain valuable insights on shedding fat.

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

---

### 3:00 PM
**H2O POWER I/II**
- Indoor Pool

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

**INDOOR CYCLING II**  Limit: 19
- Cycling Studio

**STRENGTHEN & RESET YOUR ENERGY**
- Berkshire Room

When your energy field is balanced, life feels more joyous and peaceful. Learn about the subtle energy centers in your body with a Healing Touch practitioner.

**INTERMEDIATE YOGA II**
- Yoga Studio

---

### 4:00 PM
**TNT: TABATA ‘N’ TRX III**  Limit: 20
- Sports Court

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

**THE MIND-BODY MOOD SOLUTION WITH JEFF ROSSMAN, PHD CME**
- 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.

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

**NEW GOOD VIBRATIONS I**
- Gym 2

---

### 4:30 PM
**FE NEW WINTERLIGHTS AT NAUMKEAG, COUNTRY ESTATE**  Limit: 10
- Front Spa Desk

Stroll the gardens at beautiful & historic Naumkeag, in Stockbridge, as they sparkle with thousands of shimmering holiday lights. Don your coat & pull on your boots for a fun tradition!

2 hr.  **$12 Stroll is approx. 1 hour. Paths may be muddy and slippery, please wear appropriate footwear.**  Sign up: Outdoor Sports Board

---

### 5:00 PM
**OPEN 12-STEP RECOVERY MEETING**
- Sargent Brook Lounge

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

**THE POWER OF BREATH I**
- Yoga Studio

---

### 5:30 PM
**EVIDENCE-BASED QI GONG WORKSHOP WITH REBA SCHECTER 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**

---

### 6:00 PM
**THE TRANSFORMATIVE POWER OF DAILY REMINDERS WITH JERRY POSNER**
- Tanglewood Room

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
**RESTORATIVE YOGA I**
- Yoga Studio

---

These events are designed to enhance your overall well-being through various fitness levels and activities.
FRIDAY | DECEMBER 6, 2019

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

7:00 AM
INDOOR MOTIVATIONAL WALK
Indoor Track

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

8:00 AM
SUN SALUTATIONS II
Yoga Studio
25 min.
ADVANCED LEVEL HIKE
Visit the Outdoor Sports Board for sign up and additional details.

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

9:00 AM
LO-IMPACT AEROBICS I/II
Gym 1
25 min.
ADVANCED INDOOR CYCLING III Limit: 19
Cycling Studio
MORNING STRETCH I
Gym 2
YOGA FOUNDATIONS I
Yoga Studio

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

10:00 AM
INTUITIVE PAINTING Limit: 8
Creative Expression Studio
2 hr.  $100  Sign-up: Program Advising, Ext. 5439
SPICE: THE FLAVOR OF HEALTH
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.
CME Berkshire Room
CARDIO TENNIS
Tennis Courts
$85  Sign up: Program Advising, Ext. 5439
NEW TUBES AND LOOPS I/II
Gym 2
EPIC WATER BLAST III
Indoor Pool
ROCK YOUR FLOW II
Yoga Studio
BATTLINGropes II/III Limit: 24
Sports Court

11:00 AM
MID-MORNING STRETCH I
Gym 2
NEW BEGINNER PILATES I
Gym 1
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
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.

NOON
LUNCH & LEARN:
VEGETARIAN FRIENDLY
Demonstration Kitchen
Enjoy a three-course meal featuring ORANGE VEGETABLE STIR FRY and watch our demo chef prepare the entrée.
SHRED II/III Limit: 18
Gym 5
25 min.
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.

1:00 PM
INTERMEDIATE TO ADVANCED TENNIS CLINIC Limit: 4
Tennis Court
$85  Sign up: Program Advising, Ext. 5439
IT TAKES GUTS TO BE HEALTHY CME
Tanglewood Room
Join a Canyon Ranch physician to explore the critical importance of optimal digestive health for your immune system and overall wellness.
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.

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

1:30 PM
TRAIL WALK ON PROPERTY
60 min.  Sign up: Outdoor Sports Board.
Creative Expression Studio
SoulCollage© Limit: 8
2 hr.  $100  Sign-up: Program Advising, Ext. 5439

DEMO KITCHEN
TASTY & FUN
Enjoy learning and lunching each day at noon in the Demo Kitchen, located near the Creative Expression Studio in the East Wing. Our expert and always-entertaining chef shares professional tips while preparing the dish of the day.
Take home inspiration, confidence and easy-to-prepare recipes.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
<th>Fee</th>
<th>Sign-Up Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 PM</td>
<td><strong>HANdS-ON COOKING:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>ESSENTIAL KNIFE SKILLS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td><strong>TAP DANCE: THE SHIM SHAM SHIMMY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td><strong>BOGA FITMAT® FITNESS CLINIC</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>H2O POWER</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>THE ART OF FENCING:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>ABOVE AND BELOW THE BELT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>TRX BASIC STRENGTH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 PM</td>
<td><strong>INDOOR ARCHERY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 PM</td>
<td><strong>FE RESTORATIVE YOGA AND TIBETAN BOWLS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>STRETCH &amp; RELAX</strong></td>
<td>Gym 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>FE THE FACTS ABOUT STROKE, WITH LEE SCHWAMM, MD</strong></td>
<td>Berkshire Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>MEDITATION</strong></td>
<td>Yoga Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>FE BROADWAY IN THE BERKSHIRES:</strong></td>
<td>Fieldstone Lounge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>FEEL THE KNEAD</strong></td>
<td>Demonstration Kitchen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>STRETCH &amp; RELAX</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>OPEN 12-STEP RECOVERY MEETING</strong></td>
<td>Stockbridge Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>NEW PILATES TOWER BARRE CLINIC</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>INTERMEDIATE YOGA</strong></td>
<td>Yoga Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>NEW POWER</strong></td>
<td>Gym 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>FE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>CLAY LABYRINTH CREATION</strong></td>
<td>Creative Expression Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>TRX FLOW</strong></td>
<td>Sports Court</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>NEW STROOPS BUNGEE WORKOUT</strong></td>
<td>Gym 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>FOAM ROLL &amp; STRETCH</strong></td>
<td>Gym 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Featured Events:** FE – Tap Dance Weekend with Stefanie Weber; FE – Sound Healing with Katherine Hamer; FE – Broadway In The Berkshires; FE – Guest Speaker: Lee Schwamm, MD; CME – Continuing Medical Education; NEW – New Offering

Your service allowance may be applied toward activity fees.
7:45 AM
ON-PROPERTY POLE HIKE
Front Spa Desk
60 min.  Sign up: Outdoor Sports Board.

8:00 AM
ADVANCED LEVEL HIKE
Front Spa Desk
Visit the Outdoor Sports Board for sign up and additional details.
ATHLETIC MOBILITY WARM-UP
Sports Court
25 min.

8:30 AM
BODY WEIGHT BASICS
Gym 2
20 min.

9:00 AM
PILATES REFORMER JUMPBOARD CLINIC
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
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.
STRIDE
Gym 5
25 min.
FE TAP DANCE: LATIN RHYTHMS
Gym 1
Dig into the captivating expressions of hot and soft Latin rhythms.
Tap shoes provided. Sizes and availability are limited. Please arrive early.
CHAIR YOGA
Yoga Studio
20 min.
MORNING STRETCH
Gym 2

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

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

10:00 AM
TNT: TABATA ’N’ TRX
Sports Court
20 min.
MUSCLE CONDITIONING
Gym 2
EPIC WATER BLAST
Indoor Pool
EXTENDED VINYASA FLOW
Yoga Studio
1 hr. 30 min.  Yoga experience required. No shoes

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

11:00 AM
AQUA STRENGTH CIRCUIT
Indoor Pool
I/II
INDOOR CYCLING
Cycling Studio
II  Limit: 19
FE LIFE’S SIMPLE SEVEN: A COCKTAIL FOR BRAIN HEALTH
Berkshire Room
WITH LEE SCHWAMM, MD
Scientific Advisor for American Heart Association’s Brain Health & Healthy Aging Ent. shares insights for preserving brain health & lifestyle changes you can make today to protect your brain tomorrow.

PILATES ON THE BEAM
Gym 1  Limit: 20
Gym 2
MI-DO-MORNING STRETCH
Gym 1
REBOUND JUMP BOOTS CLINIC
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

NOON
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.

MUSEUM TOUR:
NORMAN ROCKWELL
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

ABS ON THE BALL
Gym 2

LUNCH & LEARN
Demonstration Kitchen
Enjoy a three-course meal featuring CHICKEN PHO and watch our Demo Chef prepare the entrée.

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

TAROT CARD DEMONSTRATION
Mansion Library
Experience the power of tarot cards with a reading demonstration.
30 min.

1:00 PM
PICKLEBALL INTRO CLINIC
Tennis Court
Limit: 4
$85  Sign up: Program Advising, Ext. 5439,  Meet at Indoor Tennis Courts.

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.

EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP
WITH TOM ANDREWS
Rockwell Room
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
Your service allowance may be applied toward activity fees.

**2:00 PM**
- **HANDS-ON COOKING: FASTEST MEALS IMAGINABLE**
  - Limit: 6
  - **Demonstration Kitchen**
  - **$115 Sign up: Program Advising, Ext. 5439**
- **KETTLE-BAR II**
  - Limit: 15
- **AFTEMANOON TENNIS DRILLS**
  - **$85 Sign up: Program Advising, Ext. 5439**
- **NEW GENTLE FLOW YOGA I/II**
  - Limit: 18
- **BASIC AEROBIC CIRCUIT WEIGHTS I**
  - Limit: 25

**3:00 PM**
- **H2O POWER I/II**
  - **Indoor Pool**
- **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.**
- **MINDFULNESS MEDITATION WORKSHOP**
  - **Tanglewood Room**
  - **Learn how to use mindfulness meditation to enhance your peace of mind. A life management therapist/coach will guide you through activities to help you develop stress management skills.**
  - **1 hr. 30 min. $135 Sign up: Program Advising, Ext. 5439**
- **ROUND-ROBIN DOUBLES**
  - **Tennis Court**
  - **Sign up: Outdoor Sports Board.**
- **INTERMEDIATE YOGA I**
  - **Yoga Studio**
- **RIP ‘N’ ROW II/III**
  - Limit: 18
- **INDOOR CYCLING II**
  - Limit: 19

**4:00 PM**
- **WALLYBALL II/III**
  - Limit: 8
- **RESTORATIVE YOGA AND SOUND HEALING**
  - Limit: 25
- **RESTORATIVE YOGA I**
  - **Yoga Studio**
  - **Limit: 25**
- **FUSION WORKOUT II**
  - **Limit: 24**
- **NEW GOOD VIBRATIONS I**

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

**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 SOUND HEALING AND TIBETAN SINGING BOWLS WITH KATHERINE HAMER**
  - **Yoga Studio**
  - End your day with this peaceful, unguided meditation using the vibrations of warm water and essential oil-infused bowls.
  - **50 min. Please wear loose, comfortable clothing free of buttons and zippers.**

**9:00 PM**
- **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**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 am</td>
<td></td>
</tr>
<tr>
<td>7 am</td>
<td></td>
</tr>
<tr>
<td>8 am</td>
<td></td>
</tr>
<tr>
<td>9 am</td>
<td></td>
</tr>
<tr>
<td>10 am</td>
<td></td>
</tr>
<tr>
<td>11 am</td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td></td>
</tr>
<tr>
<td>1 pm</td>
<td></td>
</tr>
<tr>
<td>2 pm</td>
<td></td>
</tr>
<tr>
<td>3 pm</td>
<td></td>
</tr>
<tr>
<td>4 pm</td>
<td></td>
</tr>
<tr>
<td>5 pm</td>
<td></td>
</tr>
<tr>
<td>6 pm</td>
<td></td>
</tr>
<tr>
<td>7 pm</td>
<td></td>
</tr>
<tr>
<td>8 pm</td>
<td></td>
</tr>
<tr>
<td>9 pm</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Activity Description</td>
</tr>
<tr>
<td>-------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>7:45 AM</td>
<td>ON-PROPERTY POLE HIKE</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>WAKE-UP WARM-UP STRETCH I</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>HIIT IT I/III</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>STRIDE I/III Limit: 18</td>
</tr>
<tr>
<td></td>
<td>FE TAP DANCE: SWING &amp; BOP</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>HIKE: LEVEL 2/3</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>EPIC WATER BLAST III</td>
</tr>
<tr>
<td></td>
<td>MUSCLE CONDITIONING I</td>
</tr>
<tr>
<td></td>
<td>YOGA FOR ATHLETES I/III</td>
</tr>
<tr>
<td></td>
<td>VISUAL JOURNALING: THE PATH TO SELF EXPRESSION Limit: 8</td>
</tr>
<tr>
<td></td>
<td>CARDIO KICKBOXING I/III</td>
</tr>
<tr>
<td></td>
<td>CARDIO TENNIS</td>
</tr>
<tr>
<td></td>
<td>FOOD, INFLAMMATION &amp; PAIN</td>
</tr>
</tbody>
</table>

**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

**MID-MORNING STRETCH I** Gym 2

**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

**NEW YIN & RELEASE** Yoga Studio

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

**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 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.

**SOUL CARD DEMONSTRATION** Tanglewood Room
Spiritual wellness practitioner Dan Marko introduces Soul Cards as a tool for awakening intuition and imagination to provide access, insight and new opportunity for moving through life with more ease. 30 min.

**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.
### Fitness Levels
- I – Beginner
- II – Intermediate
- III – Advanced

### Fitness Classes
- Duration: 45 min. unless noted.

### Presentations/Workshops
- Duration: 50 min. unless noted.

### Featured Events:
- **FE** – Tap Dance Weekend with Stefanie Weber
- **FE** – Happy Holidays!
- **CME** – Continuing Medical Education
- **NEW** – New Offering!

Your service allowance may be applied toward activity fees.

---

#### 2:00 PM

**BOGA FITMAT® YOGA CLINIC**
- 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®.

50 min.  $90  Sign-Up: Program Advising, Ext. 5439

**NEW WALK YOUR WORKOUT**
- Indoor Track

**EVERYONE CAN LEARN TO DRAW**
- Limit: 8
- Creative Expression Studio

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

**ZUMBA®**
- Gym 1

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

**TRX BASIC STRENGTH**
- Sports Court

---

#### 3:00 PM

**H2O POWER**
- Indoor Pool

**INTERMEDIATE YOGA**
- Yoga Studio

**INDOOR CYCLING**
- Cycling Studio

**GLUTE CAMP**
- Gym 1

---

#### 4:00 PM

**WALLYBALL**
- Racquet Court

**NEW STROOPS BUNGEE WORKOUT**
- Gym 1

**FINDING FORGIVENESS**
- Tanglewood Room

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

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

**RESTORATIVE YOGA**
- Yoga Studio

**NEW GOOD VIBRATIONS**
- Gym 2

---

#### 4:30 PM

**FE NEW WINTERLIGHTS AT NAUMKEAG, COUNTRY ESTATE**
- Front Spa Desk

Stroll the gardens at beautiful & historic Naumkeag, in Stockbridge, as they sparkle with thousands of shimmering holiday lights. Don your coat & pull on your boots for a fun tradition!

2 hr.  $12  Stroll is approx. 1 hour. Paths may be muddy and slippery, please wear appropriate footwear.  Sign up: Outdoor Sports Board

---

#### 5:00 PM

**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**
- Gym 2

25 min.

**MEDITATION**
- Yoga Studio

25 min.

---

#### 6:00 PM

**NEW RELATIONSHIP MINDED WITH ROBBIE BOGARD**
- Berkshire Room

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

**THE PRACTICAL POWER OF GRATITUDE WITH JERRY POSNER**
- Tanglewood Room

Experience the fulfillment of gratitude! In this inspiring hour, learn to use “grati-tools” for increased happiness, improved relationships and more positive perspective.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>INDOOR MOTIVATIONAL WALK Indoor Track</td>
</tr>
<tr>
<td>7:45 AM</td>
<td>ON-PROPERTY POLE HIKE Front Spa Desk</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>SUN SALUTATIONS II Yoga Studio</td>
</tr>
<tr>
<td>8:45 AM</td>
<td>ADVANCED LEVEL HIKE Front Spa Desk</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>CURB CRAVINGS &amp; HABITS WITH ACUPUNCTURE Berkshire Room</td>
</tr>
<tr>
<td>9:45 AM</td>
<td>LO-IMPACT AEROBICS I/II Gym 1</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>STRIDE I/II Limit: 18 Gym 5</td>
</tr>
<tr>
<td>10:15 AM</td>
<td>PILATES TOWER CLINIC II Limit: 4 Gym 3</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>MID-MORNING STRETCH I Gym 2</td>
</tr>
<tr>
<td>11:15 AM</td>
<td>NEW POWER ROW II Limit: 10 Rowing Studio</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>LONGEVITY, EXERCISE &amp; YOU CME Tanglewood Room</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>ROC YOUR FLOW II Yoga Studio</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>HIIT IT I/III Gym 1</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>ABS ON THE BALL I/II Limit: 20 Gym 2</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>NEW BEGINNER PILATES I Gym 1</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>EVIDENCE-BASED QI GONG &amp; TAI CHI WORKSHOP WITH TOM ANDREWS Yoga Studio</td>
</tr>
<tr>
<td>2:30 PM</td>
<td>HOME REMEDIES FOR INJURY RELIEF CME Lower Spa Lobby</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>RANCH SAVVY LUNCH: FITNESS AT CANYON RANCH Canyon Ranch Grill™</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>SWIMMING SKILLS &amp; DRILLS CLINIC II Limit: 4 Indoor Pool</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>HOME REMEDIES FOR INJURY RELIEF CME Lower Spa Lobby</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>PAIN &amp; INJURY BEAUTY SECRETS Tanglewood Room</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>ALTERNATIVE APPROACHES TO PAIN &amp; INJURY Berkshire Room</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>PICKLEBALL INTRO CLINIC Limit: 4 Tennis Court</td>
</tr>
</tbody>
</table>

**Notes:**
- All events are subject to change. Please check the program for the most up-to-date information.
- Some activities require prior registration or reservations.
- All times are in 24-hour format.
- Location details are provided for each activity.
FITNESS LEVELS I– beginner, II– intermediate, III– advanced  
FITNESS CLASSES 45 min.; PRESENTATIONS/WORKSHOPS 50 min. unless noted.  

Featured Events: FE – Happy Holidays!  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**  
**TRAIL WALK ON PROPERTY**  
60 min.  
Sign up: Outdoor Sports Board.

---

**2:00 PM**  
**THE SCIENCE OF WEIGHT LOSS**  
CME Berkshire Room  
Knowledge is empowerment. Learn more about the science of weight loss as a Canyon Ranch physician shares strategies to support healthy weight, improve health and raise your energy levels.  
BEGINNER TENNIS CLINIC  
Limit: 4  
Tennis Court  
Sign up: Program Advising, Ext. 5439

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

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

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

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

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

---

**3:00 PM**  
**WEST AFRICAN DRUMMING**  
Limit: 17  
Gym 1

**H2O POWER**  
I/II  
Indoor Pool

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

**INTERMEDIATE YOGA**  
II  
Yoga Studio

**NEW POWER**  
II/III Limit: 10  
Gym 5

---

**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**  
I  
Gym 2  
26 min.

**OPEN 12-STEP RECOVERY MEETING**  
Sargent Brook Lounge

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**  
**BEAD WELL: BRACELETS**  
Limit: 10  
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**  
**JAZZ, CLASS & SASS!**  
Fieldstone Lounge

New York stage veteran, Ron Ramsay and singer Samantha Talora share a genre-bending evening with songs ranging from Classical, Jazz Standards and Broadway favorites spanning the decades. Sing with us!

---

**Guide to Services HIGHLIGHTS**

---

**THERAPEUTIC ENERGY WITH AROMATHERAPY**

This heart-centered, energy-based therapy clears, aligns and balances mind and body. It detects and corrects imbalances in the energy field. A Healing Energy practitioner will enhance the natural healing process of body, mind and spirit by influencing the chakras and the human energy field. Therapeutic energy is especially useful for stress reduction, anxiety, fatigue, grief, transitions, sleep disturbances, pain or chronic illness and for encouraging general well-being and spiritual and personal growth.  
80 minutes.

Intrigued? Call Program Advising at Ext. 5439.
7:45 AM
ON-PROPERTY POLE HIKE
60 min.  Sign up: Outdoor Sports Board.

8:00 AM
MEDITATION  I
25 min.
Yoga Studio

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.

8:30 AM
BODY WEIGHT BASICS  I
20 min.
Gym 2

9:00 AM
PILOTES REFORMER CLINIC -
INTERMEDIATE  II  Limit: 4
Gym 4
This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required.

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

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

10:00 AM
VIPR ATHLETIC  II/III  Limit: 15
Gym 1

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

10:15 AM
UNCONVENTIONAL STRENGTH CLINIC  I/II  Limit: 4
Sports Court
Practice fundamental exercises & movements with weighted clubs, sandbags, and kettlebells. Learn the advantages of each tool and how they create a unique, comprehensive approach to health & fitness.

10:30 AM
CARDIO TENNIS
Tennis Courts

10:45 AM
EPIC WATER BLAST  III
Indoor Pool

11:00 AM
MID-MORNING STRETCH  I
Gym 2

SUSPENSION PILATES  I/II  Limit: 10
Sports Court

AQUA STRENGTH CIRCUIT  I/II
Indoor Pool

INDOOR CYCLING  II  Limit: 19
Cycling Studio

LIVING THROUGH LOSS
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.

11:15 AM
NIA: NON-IMPACT AEROBICS  I/II
Gym 1

12:30 PM
BALANCE CHALLENGE  I
20 min.
Gym 2

1:00 PM
FE GINGERBREAD HOUSE CONSTRUCTION
Hotel Pavilion

Watch as our talented culinary team crafts this year’s special gingerbread creation - a “Canyon Ranch Express” Gingerbread Train!

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.

EXPLORE

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

For more information call The Showcase Boutique, Ext. 5402
TUESDAY
DECEMBER 10, 2019

5:00 PM
STRETCH & RELAX I
Gym 2

OPEN 12-STEP RECOVERY MEETING
Sargent Brook Lounge
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
PIANIST, KARÈN 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.

9:00 PM
"OLD SCHOOL" BINGO
Rockwell Room
Join in the fun with rousing games of classic bingo. Win Canyon Ranch prizes!

DID YOU KNOW?

DOCS EARN CONTINUING MEDICAL EDUCATION CREDITS

You’re not just at an awesome resort. Canyon Ranch is the foremost name in preventive care and lifelong wellness. Physicians earn up to 36 AMA PRA Category 1 Credits™ (12 credits on average with a 4-night stay, 25 with a 7-night stay) at Canyon Ranch in Lenox. Look for the CME icon on our daily schedule. (Please note that the number of CME credits is subject to change based on annual accreditation renewal.)

Interested? Call the Healing & Health desk at Ext. 5325.

YOUR SCHEDULE

2:00 PM
KETTLE-BAR II Limit: 15
Sports Court

INTERMEDIATE TO ADVANCED

TENNIS CLINIC Limit: 4
Tennis Court

$85 Sign up: Program Advising, Ext. 5439

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

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

YIN YOGA I
Yoga Studio

BASIC AEROBIC CIRCUIT WEIGHTS I Limit: 18
Gym 5

3:00 PM
H2O POWER I/II
Indoor Pool

RIP ‘N’ ROW II/III Limit: 18
Sports Court

INDOOR CYCLING II Limit: 19
Cycling Studio

INTERMEDIATE YOGA II
Yoga Studio

ROUND-ROBIN DOUBLES
Sign up: Outdoor Sports Board.

4:00 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

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

NEW BOSU BLAST II
Gym 1

ADVANCED ARCHERY WORKSHOP Limit: 4
Front Spa Desk

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

COFFEE TALK

WITH MANAGING DIRECTOR MINDI MORIN
Culinary Rebel™
Meet Managing Director Mindi Morin, and enjoy a cup of coffee or tea while learning more about Canyon Ranch.

30 min.

RESTORATIVE YOGA I Limit: 25
Yoga Studio

NEW GOOD VIBRATIONS I
Gym 2
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

REMEMBERS
• 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 1am, Th 1am, Fr 1am, Sa 1am, Su 1am, Mo 1am, Tu 1am

**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

**BATTING 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 phys- ioball in this fun, unique class. Th 2pm, 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, 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, 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 1pm

**STRIDE**
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

**CLAY Labyrinth CREATION**
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. Fr 4pm

**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

**INTUITIVE PAINTING**
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. Fr 10am

**JOY JOURNALS**
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. Th 10am

**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

**THE MASKS WE WEAR: MASK-MAKING AS A ROLL FOR SELF-UNDERSTANDING**
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. Th 1pm
PAPER BOWLS: CONTAINERS FOR MEANING AND BEAUTY
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. We 1pm

SOULCOLLAGE®
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. Fr 1:30pm

VISUAL JOURNALING: THE PATH TO SELF EXPRESSION
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. Su 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. 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: 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: 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 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, 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. 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, 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. 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

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. We 1pm, 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

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
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

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.
We 7am, Fr 7am, Mo 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
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

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 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 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.
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 Tranquillity™ Massage.

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

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.

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.

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, Associate Director of Sales, 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.

**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.