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)

HEALTH & HEALING
Hours vary by department and practitioner.
Health & Healing Desk: 8 am - 5 pm

SPA
6:30 am – 10 pm

SHOWCASE BOUTIQUE
8:30 am – 9 pm (Monday – Friday)
9 am – 5 pm (Saturday & Sunday)
AUTHOR IN RESIDENCY, SCOTT STABILE
LEADING WITH LOVE
December 22, 2019 - February 1, 2020
The holiday season and start of a new year can be an emotional time for many of us – time that invites self-reflection and uncertainty. Are you living a life aligned with your deepest truth? Are your fears keeping you stagnant and what choices can you make to move beyond them? Decide what needs to be released and where to devote your energy.

In the first experience of its kind, speaker, workshop leader and author Scott Stabile joins Canyon Ranch for six weeks of engaging workshops, classes and private consultations.

Get in touch with your deepest truths. Discover tools to transcend your fears and make lasting changes in your life. Take the first steps toward a happier you with Scott by your side.

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.

THERAPEUTIC STRATEGIES
FOR PAIN MANAGEMENT
March 5 - 8
Each of us, at some point in our lives, will have to manage pain in varying degrees. On the spectrum of pain or discomfort, can you categorize yours as injury-related or chronic? Mild to severe? Regardless of classification, it can affect your quality of life and interfere with your well-being. Take a fully integrative look at how best to reduce or manage your pain with experts in medicine, life management, massage, physical therapy, acupuncture and more.

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

Canyon Ranch offers a variety of featured events every month. For more information, visit www.canyonranch.com/lenox/events
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
A DEAL OF A MEAL  Limit: 5  Canyon Ranch Grill™
Share a meal, a conversation and a wealth of knowledge with a Nutritionist or a Nurse who can offer nutritional tips as well as insights into Health & Healing offerings available to you.
Receive a coupon for a discount on Health & Healing services to be applied during your current stay (exclusions apply).
ADVANCED LEVEL HIKE
Visit the Outdoor Sports Board for sign up and additional details.
SUN SALUTATIONS II
Yoga Studio 25 min.
NEW ATHLETIC MOBILITY WARM-UP I
Sports Court 25 min.

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

9:00 AM
MEN’S HEALTH
WITH DR. STEPHEN BREWER, MD  CME  Berkshire Room
The Medical Director at Canyon Ranch in Tucson leads a discussion and offers insights about the intricacies of men’s health and wellness. Be the strongest, healthiest version of you.
ZUMBA® STEP I/II  Limit: 15  Gym 1
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
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.

10:00 AM
NEW HANDS-ON COOKING:
HERBS & SPICES  Limit: 6  Demonstration Kitchen
$75  Sign up: Program Advising, Ext 5439
EAT CANDY™  Limit: 5  Creative Expression Studio
1 hr. 30 min. $25  Sign up: Program Advising, Ext. 5439
EPIC WATER BLAST III
Indoor Pool
HYPNOTHERAPY: BE YOUR OWN AGENT OF CHANGE
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.
CARDIO TENNIS
$85  Sign up: Program Advising, Ext. 5439
NEW TUBES AND LOOPS I/II
Yoga Studio
BATTING ROPES II/III  Limit: 24
Sports Court

11:00 AM
MID-MORNING STRETCH I
Gym 2
PILATES ON THE BEAM I/II  Limit: 20  Gym 1
AQUA STRENGTH CIRCUIT I/II
Indoor Pool
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

NOON
LUNCH & LEARN  Demonstration Kitchen
Enjoy a three-course meal featuring BEEF MEATBALLS, and watch our demo chef prepare the entrée.
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.
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.
ABS ON THE BALL I/II  Limit: 20  Gym 2
25 min.
NEW YIN & RELEASE I
Yoga Studio

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

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

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

**FE – Featured Events:** Inspiring Days & A Great New Year; **FE – Author In Residency Scott Stabile:** Leading With Love  
**CME – Continuing Medical Education**

Your service allowance may be applied toward activity fees.

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**1:15 PM**

HIKE: LEVEL 1  
Front Spa Desk

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

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**1:30 PM**

TRAIL WALK ON PROPERTY  
Front Spa Desk

60 min.  Sign up: Outdoor Sports Board.

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**2:00 PM**

NEW HANDS-ON COOKING:  
SEASONAL SOUPS  Limit: 8  
Demonstration Kitchen

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

NEW GENTLE FLOW YOGA  I/II  
Yoga Studio

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

LONG & LEAN BARRE WORKOUT  II  Limit: 25  
Gym 1

TRX BASIC STRENGTH  I/II  Limit: 10  
Sports Court

NEW A NUTRITIONIST’S GUIDE  
TO GROCERY SHOPPING  Limit: 6  
Health & Healing Reception

A nutritionist leads an interactive workshop about food shopping. Learn about nutrient-dense foods, additives to avoid, which cooking oils to use & avoid, wild vs. farmed fish & many other topics.  
$110  Sign up: Program Advising, Ext. 5439.

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**2:30 PM**

INDOOR ARCHERY  Limit: 4  
Front Spa Desk

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

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**3:00 PM**

YOUR AT-HOME SKINCARE REGIMEN:  
TOOLS FOR SUCCESS  
CME  
Berkshire Room

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

NEW POWER  II/III  Limit: 10  
Gym 5

INTERMEDIATE YOGA  II  
Yoga Studio

INDOOR CYCLING  II  Limit: 19  
Cycling Studio

H2O POWER  I/II  
Indoor Pool

THE ART OF FENCING:  
SWORDPLAY CLINIC  II  Limit: 8  
Gym 1

En garde! Satisfy the dream of exploring the art of fencing as you challenge your legs and glutes in this fun workout.  
$90  Sign up: Program Advising, Ext. 5439

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**4:00 PM**

FOAM ROLL & STRETCH  I  Limit: 20  
Gym 2

NEW HAVING A BALL  II  
Gym 1

RESTORATIVE YOGA  I  Limit: 25  
Yoga Studio

WALLYBALL  II/III  Limit: 8  
Racquet Court

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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  
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  
25 min.  
Gym 2

MEDITATION  I  
25 min.  
Yoga Studio

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**8:00 PM**

FE SCOTT STABILE:  
THE AUTHENTIC YOU  
CME  
Berkshire Room

How do you define yourself, and why? Look at how to become more in tune with what's true for you, rather than what's expected of you, and in turn create more dynamic connections and possibilities.

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**MY SCHEDULE WEDNESDAY**

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7:45 AM
ON-PROPERTY POLE HIKE
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
MORNING STRETCH I  Gym 2
CHAIR YOGA I  Limit: 15  Yoga Studio
ZUMBA® I/II  Gym 1
STRIDE II/III  Limit: 18  Gym 5
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.
PILATES TOWER CLINIC II  Limit: 4  Gym 3
This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.
$90  Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439

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

10:00 AM
EPIC WATER BLAST III  Indoor Pool
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.
CARDIO TENNIS Tennis Courts
$85  Sign up: Program Advising, Ext. 5439
NEW PUNCH II/III  Limit: 20  Sports Court
MUSCLE CONDITIONING I  Gym 2
NEW CARDIO YOGA II/III  Yoga Studio
HANDBS-ON COOKING:
FASTEST MEALS IMAGINABLE Limit: 6  Demonstration Kitchen
$115  Sign up: Program Advising, Ext. 5439

11:00 AM
MID-MORNING STRETCH I  Gym 2
NIA BASICS I/II  Gym 1
AN INTEGRATIVE APPROACH TO AUTOIMMUNITY CME Berkshire Room
Why does the body turn against itself? What triggers autoimmunity and how can we prevent or treat it? Learn about the origins of autoimmune diseases and innovative new approaches for treatment.
PILATES WEIGHT LOSS BOOST II  Sports Court
AQUA STRENGTH CIRCUIT I/II  Indoor Pool
INDOOR CYCLING II  Limit: 19  Cycling Studio

NOON
LUNCH & LEARN Demonstration Kitchen
Enjoy a three-course meal featuring SHRIMP WITH GREEN APPLE CHIPOTLE SALSA and watch our demo chef prepare the entrée.
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.
CORE CONDITIONING II  Gym 1
25 min.
AERIAL HAMMOCK YOGA CLINIC II  Limit: 8  Yoga Studio
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.
$90  Please see a Program Advisor to sign up and for restrictions.

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

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

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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

Your service allowance may be applied toward activity fees.
SNOW ACTIVITIES

The Berkshires is known around the world for its beautiful change of seasons. Winter can be unpredictable, and snow comes and goes throughout the season. Conditions must be right for certain activities. For snowshoeing and skiing, proper conditions require the ground to be frozen with 10 inches of snow.

For the most up to date information on weather conditions and schedule changes, visit the Outdoor Sports Board in the Upper Spa Lobby or call Ext. 5355 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
ADVANCED LEVEL HIKE
Visit the Outdoor Sports Board for sign up and additional details.
SUN SALUTATIONS  II
Yoga Studio
25 min.
WAKE-UP WARM-UP STRETCH  I
Gym 2
25 min.

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

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

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

10:00 AM
SPICE: THE FLAVOR OF HEALTH  CME
Berkshire Room
Herbs and spices, have powerful health benefits. A nutritionist will show you how to enhance your health and add an extra boost of flavor to your plate.
EPIC WATER BLAST  III
Indoor Pool
INTUITIVE PAINTING  Limit: 8
Creative Expression Studio
2 hr.  $100  Sign-up: Program Advising, Ext. 5439
CARDIO TENNIS
Tennis Courts
$85  Sign up: Program Advising, Ext. 5439
NEW TUBES AND LOOPS  I/II
Gym 2
ROCK YOUR FLOW  II
Yoga Studio
BATTLE ROPE S  II/III  Limit: 24
Sports Court

11:00 AM
MID-MORNING STRETCH  I
Gym 2
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.
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.
AQUA STRENGTH CIRCUIT  I/II
Indoor Pool
NEW BEGINNER PILATES  I
Gym 1

NOON
LUNCH & LEARN:
VEGETARIAN FRIENDLY  Demonstration Kitchen
Enjoy a three-course meal featuring EGGPLANT GYRO and watch our demo chef prepare the entrée.
RANCH SAVVY LUNCH:
CORPORATE & GROUP GETAWAYS  Canyon Ranch Grill™
Let Canyon Ranch set the stage for your next birthday, milestone celebration, or Corporate retreat. Learn from a Sales team member how to create custom itineraries to fulfill your group’s intentions.
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.

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

1:00 PM
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.
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.
**FRIDAY**

**JANUARY 3, 2020**

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**FITNESS LEVELS**

I - beginner, II - intermediate, III - advanced

**FITNESS CLASSES**

45 min.; PRESENTATIONS/WORKSHOPS 50 min. unless noted.

**FE** - Featured Events: Broadway In The Berkshires

**CME** - Continuing Medical Education

Your service allowance may be applied toward activity fees.

**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.

Front Spa Desk

**SOULCOLLAGE®**

Limit: 8

Creative Expression Studio

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

**2:00 PM**

**INSPIRED HEART, AUTHENTIC VOICE**

Tanglewood Room

Access the inspiration of your heart. Guided by a spiritual wellness provider, learn how contemplative writing can be a spiritual practice to bring greater ease and wisdom to your walk through life.

**HANDS-ON COOKING:**

**ESSENTIAL KNIFE SKILLS**  Limit: 8

Demonstration Kitchen

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

**YIN YOGA I**

Yoga Studio

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

Gym 5

**STEP CHALLENGE I/II**  Limit: 15

Gym 1

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

Sports Court

**3:00 PM**

**H2O POWER I/II**

Indoor Pool

**THE ART OF FENCING:**

**SWORDPLAY CLINIC II**  Limit: 8

Gym 1

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

Gym 5

**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

**INTERMEDIATE YOGA II**

Yoga Studio

**INDOOR CYCLING II**  Limit: 19

Cycling Studio

**3:30 PM**

**INDOOR ARCHERY**  Limit: 4

Front Spa Desk

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

**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

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

**RESTORATIVE YOGA I**  Limit: 25

Yoga Studio

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

Gym 2

**5:00 PM**

**STRETCH & RELAX I**

25 min.

Gym 2

**MEDITATION I**

25 min.

Yoga Studio

**FE 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.

**7:00 PM**

**WAYS TO MAKE 2020 YOUR BEST YEAR WITH JERRY POSNER**

Tanglewood Room

Inspiration, motivation, and fun! You'll explore practices to increase clarity and mindfulness; and discover strategies for improvement, achievement and happiness.

**8:00 PM**

**FE BROADWAY IN THE BERKSHIRES: AMIEE TURNER ACCOMPANIED BY EDDIE SCHNECKER**

Tanglewood Room

An intimate hour of story and song with Amiee Turner, whose Broadway credits include 42nd Street, The Will Rogers Follies and My Favorite Year accompanied by pianist and vocal coach, Eddie Schnecker.

**HANDS-ON COOKING:**

**FEEL THE KNEAD**  Limit: 6

Demonstration Kitchen

1 hr. 30 min.  $165  Sign up: Program Advising, Ext. 5439
7:45 AM  
ON-PROPERTY POLE HIKE  
60 min.  Sign up: Outdoor Sports Board.

8:00 AM  
ADVANCED LEVEL HIKE  
Visit the Outdoor Sports Board for sign up and additional details.

8:30 AM  
BODY WEIGHT BASICS I
20 min.

9:00 AM  
MORNING STRETCH I
Gym 2
CHAIR YOGA I Limit: 15
Yoga Studio
CHINESE MEDICINE & WEIGHT LOSS
Berkshire Room
Discover a new perspective on weight loss. Learn how herbs, healing foods and specialized acupunture can help you feel healthy and shed excess weight at the same time.
LO-IMPACT AEROBICS I/II
Gym 1
STRIDE II/III Limit: 18
Gym 5
PILATES REFORMER JUMPBOARD CLINIC II/III Limit: 4
Gym 4
Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required.

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 III Limit: 20
Sports Court
EPIC WATER BLAST III  
Indoor Pool
EXTENDED VINYASA FLOW III
1 hr. 30 min.  Yoga experience required. No shoes
CARDIO TENNIS
Tennis Court
$85  Sign up: Program Advising, Ext. 5439
SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM  
Tanglewood Room
A stable energy system can lead to a calmer, more productive life by managing pain, stress and anxiety. Join a Healing Touch practitioner to learn skills to manage physical and emotional imbalances.
MUSCLE CONDITIONING I
Gym 2

11:00 AM  
MID-MORNING STRETCH I
Gym 2
AQUA STRENGTH CIRCUIT I/II
Indoor Pool
INDOOR CYCLING II Limit: 19
Cycling Studio
PILATES ON THE BEAM I/II Limit: 20
Gym 1

NOON  
REBOUND JUMP BOOTS CLINIC II Limit: 6 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  Sign up: Program Advising, Ext. 5439
LUNCH & LEARN  
Demonstration Kitchen
Enjoy a three-course meal featuring CHICKEN PHO and watch our program advisor prepare the entree.
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.
ABS ON THE BALL I/II Limit: 20 Gym 2
25 min.
AERIAL HAMMOCK YOGA CLINIC II Limit: 8 Yoga Studio
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.
$90  Please see a Program Advisor to sign up and for restrictions.

12:30 PM  
FITNESS FOR YOUR FEET® I Limit: 20 Gym 2
20 min.
TAROT CARD DEMONSTRATION  
Mansion Library
Experience the power of tarot cards with a reading demonstration.
30 min.

1:00 PM  
PICKLEBALL INTRO CLINIC Limit: 4 Tennis Court
$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.

SHARE YOUR EXPERIENCE!  
LOVE A CLASS YOU TOOK?  
STILL FEEL THE THRILL OF YOUR MORNIG HIKE?  
Connect with Canyon Ranch social channels!  
Check in or tag @canyonranch  
LOOK FOR US ON  
facebook, Instagram, Twitter, Pinterest, YouTube
**SATURDAY, JANUARY 4, 2020**

**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced  
**FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.  
**FE** – Featured Events: **BROADWAY IN THE BERKSHIRES**  
**CME** – Continuing Medical Education  
Your service allowance may be applied toward activity fees.

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**KNOW YOUR LEVEL**

Choose the right activities for you.  
We describe our fitness levels on page 18, so you can decide which classes and outings will safely meet your needs and interests.  
Questions? Call Program Advising at Ext. 5439.

---

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

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP**  
Rockwell Room  
Led by certified EBQG & 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**  
**NEW GENTLE FLOW YOGA** I/II  
Yoga Studio  
**NEW HANDS-ON COOKING:**  
Demonstration Kitchen  
PLEASING PLANT-BASED MEALS  
Limit: 8  
1 hr. 30 min.  
$165 Sign up: Program Advising, Ext. 5439

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

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

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

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**3:00 PM**  
**H2O POWER** I/II  
Indoor Pool  
**WEST AFRICAN DRUMMING** I  
Gym 1  
Limit: 17  
Experience the healing power of the drum. You'll learn basic hand drumming techniques and specific rhythms as we make music together.

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

**INTERMEDIATE YOGA** II  
Yoga Studio  
**ROUND-ROBIN DOUBLES**  
Tennis Court  
Sign up: Outdoor Sports Board.

**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

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

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**4:00 PM**  
**WALLYBALL** II/III  
Racquet Court  
Limit: 8

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

**FUSION WORKOUT** II  
Gym 1  
Limit: 24

**NEW GOOD VIBRATIONS** I  
Gym 2

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**5:00 PM**  
**THE SPIRITUAL PATH OF NON-HARMING**  
Rockwell Room  
Learn how to develop a spiritual foundation of non-harming actions with spiritual wellness provider, Dan Marko. Embrace the world and your place in it, with a renewed sense of peace and authenticity.

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

**MEDITATION** I  
Yoga Studio  
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.

---

**8:00 PM**  
**FE BROADWAY IN THE BERKSHIRES: ABBY MUELLER ACCOMPANIED BY SHARON KENNY**  
Fieldstone Lounge  
A gorgeous evening of music. Abby’s Broadway credits include Carole King in *Beautiful* and most recently as Jane Seymour in the North American Premiere of the Olivier-nominated *SIX: The Musical*.

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**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>
<th>Time</th>
<th>Activity</th>
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</table>
7:45 AM
ON-PROPERTY POLE HIKE
Front Spa Desk
60 min.  Sign up: Outdoor Sports Board.

8:00 AM
WAKE-UP WARM-UP STRETCH  I
Gym 2
25 min.

8:30 AM
HIIT IT  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

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

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

10:00 AM
EPIC WATER BLAST  III
Indoor Pool
VISUAL JOURNALING:
THE PATH TO SELF EXPRESSION  Limit: 8
Creative Expression Studio
2 hr.  $100  Sign up: Program Advising, Ext. 5439
CARDIO TENNIS
Tennis Courts
$85  Sign up: Program Advising, Ext. 5439
CARDIO KICKBOXING  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.
MUSCLE CONDITIONING  I
Gym 2
YOGA FOR ATHLETES  II/III
Yoga Studio

11:00 AM
MID-MORNING STRETCH  I
Yoga Studio
AQUA STRENGTH CIRCUIT  I/II
Indoor Pool
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
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

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
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.
FITNESS LEVELS  I– beginner, II– intermediate, III– advanced  FITNESS CLASSES 45 min.; PRESENTATIONS/WORKSHOPS 50 min. unless noted.
CME – Continuing Medical Education
Your service allowance may be applied toward activity fees.

2:00 PM
NEW WALK YOUR WORKOUT  I/II
Indoor Track
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
EVERYONE CAN
LEARN TO DRAW  Limit: 8
Creative Expression Studio
1 hr. 30 min.  Sign up: Program Advising, Ext. 5439
YOGA FOR A HEALTHY BACK  I
Yoga Studio
ZUMBA®  I/II
Gym 1
TRX BASIC STRENGTH  I/II  Limit: 10
Sports Court

3:00 PM
H2O POWER  I/II
Indoor Pool
GLUTE CAMP  II/III  Limit: 14
Gym 1
LET’S TALK TAROT
Berkshire Room
A metaphysical practitioner guides you in this experiential discussion, to discover how reading the Tarot can be a practical tool for guidance and deeper self-awareness.
INTERMEDIATE YOGA  II
Yoga Studio
INDOOR CYCLING  II  Limit: 19
Cycling Studio

4:00 PM
RESTORATIVE YOGA  I  Limit: 25
Yoga Studio
WALLYBALL  II/III  Limit: 8
Racquet Court
NEW STROOPS BUNGEE WORKOUT  II/III  Limit: 10
Gym 1
FINDING FORGIVENESS  Limit: 12
Tanglewood Room
Forgiveness frees you from the consequences of suffering, blame, shame and guilt. Spiritual wellness provider, Dan Marko, explores the restorative steps of forgiveness & reclaiming your life force.
1 hr. 50 min.  $160  Sign up: Program Advising.
NEW GOOD VIBRATIONS  I
Gym 2

5:00 PM
STRETCH & RELAX  I
Gym 2
25 min.
MEDITATION  I
Yoga Studio
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.

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
PIANO CLASSICS
WITH BEN KOHN
Fieldstone Lounge
Relax and listen to piano music played by Ben “Fingers” Kohn. Enjoy jazz standards mixed with popular music of yesterday and today. Ask him to play your favorite!

NOTES TO REMEMBER

MY SCHEDULE SUNDAY

6 am
7 am
8 am
9 am
10 am
11 am
Noon
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm
# Guide to Services HIGHLIGHTS

## RACQUET SPORTS
Put enjoyment back into your game! Our skilled USPTA-certified tennis pros offer fun and constructive ways to improve all aspects of your tennis game with beginning to advanced instruction. You can use your service allowance toward this life-enhancing session.

### 10:00 AM

**NEW PUNCH**
Limit: 20
Sports Court

**HYPNOTHERAPY: BE YOUR OWN CHANGE AGENT**
CME
Rockwell Room

**EPIC WATER BLAST**
Limit: 4
Indoor Pool

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

**NEW TUBES AND LOOPS**
Limit: 4
Gym 2

**ROCK YOUR FLOW**
Limit: 4
Yoga Studio

## NOON

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

**ABS ON THE BALL**
Limit: 20
Gym 2

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

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

$90
Sign up: Program Advising, Ext 5439

### 12:30 PM

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

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# 7:00 AM

**INDOOR MOTIVATIONAL WALK**
Indoor Track

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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.

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

---

**9:00 AM**

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

**STRIDE**
Limit: 18
Gym 5

**LO-IMPACT AEROBICS**
Gym 1

**PILATES TOWER CLINIC**
Limit: 4
Gym 3
This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.

**NEW BEGINNER PILATES**
Gym 1

**NEW POWER ROW**
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.

**AQUA STRENGTH CIRCUIT**
Indoor Pool

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP WITH TOM ANDREWS**
Yoga Studio
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.

---

**11:00 AM**

**MID-MORNING STRETCH**
Gym 2

**HOME REMEDIES FOR INJURY RELIEF**
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.

**NEW BEGINNER PILATES**
Gym 1

**NEW POWER ROW**
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**

**NOON**

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

**ABS ON THE BALL**
Limit: 20
Gym 2

**SWIMMING SKILLS & DRILLS CLINIC**
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.

**SIGN UP: PROGRAM ADVISING, EXT 5439**

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**12:30 PM**

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

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1:00 PM
ALTERNATIVE APPROACHES
TO PAIN & INJURY
Berkshire Room
Learn how acupuncture and gentle hands-on manipulation can effectively resolve chronic, acute pain and sports injuries.

BOGA FITMAT® YOGA CLINIC
Tanglewood Room
II/III Limit: 10
Indoor Pool
Experience challenging asanas on your floating BOGA FiTMAT®.

TRAIL WALK ON PROPERTY
Front Spa Desk
60 min. Sign up: Outdoor Sports Board.

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

1:30 PM
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.

BOGA FITMAT® YOGA CLINIC
Tanglewood Room
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®.

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

ABOVE AND BELOW THE BELT
Indoor Pool
II/III Limit: 24
Yoga Studio
Experience the healing power of the drum. You'll learn basic hand drumming techniques and specific rhythms as we make music together.

3:00 PM
WEST AFRICAN DRUMMING
Gym 1
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.

H2O POWER
Indoor Pool
I/II Limit: 10

NEW POWER
Gym 5
II/III Limit: 19

INDOOR CYCLING
Cycling Studio
II Limit: 19

INTERMEDIATE YOGA
Yoga Studio
II

4:00 PM
FE LOVE IN ACTION WITH SCOTT STABILE
Berkshire Room
Nothing can transform you more than a commitment to live your life from love. Explore the pathway to a more content and peaceful you through themes like kindness, empathy & forgiveness.

RESTORATIVE YOGA
Yoga Studio
AND SOUND HEALING
Limit: 25
Soothing yoga slows your body – reducing physical and emotional stress – as you experience the vibrational healing of koshi chimes, crystal bowls and the stringed instrument which enhance the restoration of body, mind and spirit.

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

TRX FLOW
Sports Court
II Limit: 10

5:00 PM
STRETCH & RELAX
Gym 2
I Limit: 9

MEDITATION
Yoga Studio
I Limit: 26

OPEN 12-STEP RECOVERY MEETING
Stockbridge Room

MAXIMIZING YOUR GUT MICROBIOME
Berkshire Room
Gut microbes have a tremendous impact on cardiovascular health, obesity, stress and inflammation. A nutritionist shares dietary insights on how to create a healthier gut microbiome and healthier you.

FE COMMUNITY TABLE: DINNER WITH SCOTT STABILE, AUTHOR-IN-RESIDENCE
Canyon Ranch Grill™

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.

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.
**TUESDAY | JANUARY 7, 2020**

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

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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

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

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

**ZEN-“GA” FLOW** Gym 1  
**25 min.**

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### 9:00 AM

**CHAIR YOGA** Limit: 15 Yoga Studio  
**ZUMBA®** Gym 1  
**MORNING STRETCH** Gym 2  
**STRIDE** Limit: 18 Gym 5  
**SECRETS TO SLEEPING SOUNDLY** CME Tanglewood Room  
What’s the connection between sleep and health? Cindy Geyer, MD, will explain how the quality of your sleep affects nearly every aspect of wellness. Be prepared for some startling awakenings!

**PILATES REFORMER CLINIC - INTERMEDIATE** 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

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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  
**HANDS-ON COOKING:** Demonstration Kitchen  
**ANTI-INFLAMMATORY FOODS** Limit: 6  
**EPIC WATER BLAST** Gym 1  
**VIPR ATHLETIC** Limit: 15 Gym 1  
**UNCONVENTIONAL STRENGTH CLINIC** 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.  
**$90 Sign-up:** Program Advising

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

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

**MUSCLE CONDITIONING** Gym 2

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### 11:00 AM

**MID-MORNING STRETCH** Gym 2  
**LIVING THROUGH LOSS** Mansion Library  
Loss is a natural part of life, but the loss of a loved one is particularly painful. A spiritual wellness provider will help you through times of grief and the unfamiliar times to come.

**NIA: NON-IMPACT AEROBICS** Gym 1  
**AQUA STRENGTH CIRCUIT** Gym 2  
**INDOOR CYCLING** Limit: 19 Cycling Studio  
**SUSPENSION PILATES** Limit: 10 Sports Court

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### NOON

**LUNCH & LEARN:** Demonstration Kitchen  
**GLUTEN FRIENDLY** Canyon Ranch Grill™  
Enjoy a three-course meal featuring SEARED SCALLOPS WITH CRANBERRY VINAIGRETTE and watch our demo chef prepare the entree.

**CORPORATE & GROUP GETAWAYS** Canyon Ranch Grill™  
Let Canyon Ranch set the stage for your next birthday, milestone celebration, or Corporate retreat. Learn from a Sales team member how to create custom itineraries to fulfill your group’s intentions.

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

**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.**

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### 12:30 PM

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

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### 1:00 PM

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

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### EXPLORE

canyonranch.com

Take advantage of our expansive website! Use our Wish List to plan your next stay. Take a look at our other locations and spas – on land and at sea. And continue your transformative lifestyle journey with healthy tips, recipes and guidance on our blog.

You’ll find it all at canyonranch.com.
## Fitness Levels

I– beginner, II– intermediate, III– advanced

## Fitness Classes

**45 min.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6 am</td>
<td>Restorative Yoga I</td>
<td>Yoga Studio</td>
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<tr>
<td>7 am</td>
<td>Tnt: Tabata 'N' Trx III</td>
<td>Sports Court</td>
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<td>8 am</td>
<td>New Bosu Blast II</td>
<td>Gym 1</td>
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<tr>
<td>9 am</td>
<td>Advanced Archery Workshop</td>
<td>Front Spa Desk</td>
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<tr>
<td>Noon</td>
<td>New Good Vibrations I</td>
<td>Gym 2</td>
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## Presentations/Workshops

**50 min. unless noted.**

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<thead>
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<th>Time</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>The Art &amp; Science of Keeping Your Cool</td>
<td>Tanglewood Room</td>
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<tr>
<td>9:30 am</td>
<td>&quot;Old School&quot; Bingo</td>
<td>Rockwell Room</td>
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## Cme

Continuing Medical Education

Your service allowance may be applied toward activity fees.

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### My Schedule Tuesday

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CLASSES & ACTIVITIES

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

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.

REMINDERS
- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes after the hour.
- Pace yourself — choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.

DECISIONS, DECISIONS...

So, what will you do while you’re here?

With so many great choices, we recommend you start by talking with one of our expert program advisors. They’re the ultimate Ranch insiders who know about every class, service, activity and can’t-miss event.

Explain what you want from your Canyon Ranch stay. Your Program Advisor is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things.

After all, the best thing you ever do may be the thing you haven’t tried yet.

Schedule a Program Advising Consult by calling Ext. 5439 or visit a Program Advising desk, located in the Lower Level of the North Wing and in the Spa.
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 aphysioball 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

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

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, Tu 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

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

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 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 10am
HANDS-ON COOKING: COOKING WITH COFFEE & TEA
Love your morning cup of Tea or Coffee? Enjoy the robust flavor and health benefits by incorporating them to your favorite sweet or savory recipe. Th 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. Th 10am
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: HEALTHY SNACKS
Create healthy snacks that will conquer your cravings and keep you on track between meals. Tu 2pm
HANDS-ON COOKING: HERBS & SPICES
Learn to make quick & easy spice and herb blends that can be used to enhance any dish. Get ideas to add flavor and color and make a beautiful presentation with a variety of health benefits. We 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. Sa 2pm
HANDS-ON COOKING: SEASONAL SOUPS
Making a wholesome soup does not have to be an all-day project. Learn to prepare several healthy soups & take home helpful tips and tricks. 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 9am, 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
PILOATES 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
PILOATES 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

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
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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
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 move-
m ents 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 funda-
mentals 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 contempla-
tive 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, Sa 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

PICTLEBALL 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

CORE CONDITIONING
Challenge your ability to stabilize outside of your normal base of sup-
port. 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

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
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. We 1:15pm, 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. 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. Th 9:15am, 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, 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

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

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

Intermediate and advanced 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.

To schedule private activities please call Outdoor Sports at Ext. 5535 or visit the Outdoor Sports desk in the front of the Spa between 8 am and 4 pm daily.

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

OUTDOOR SPORTS WINTER HIGHLIGHT
Cross-Country Skiing
On-property or at one of our local Nordic Centers, our Canyon Ranch guides can lead you from beginner level to advanced. When the snow conditions are optimal, the Canyon Ranch trails will be groomed for this energizing sport!

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.

DAILY MOISTURIZING MASSAGE
Our signature full-body massage using Kate McLeod’s Daily Stone, an everyday body moisturizer in the shape of a stone that melts on contact when applied to dry skin. A daily ritual with Rose, Frankincense and Neroli to get in touch with your body and know yourself. The stone is yours to take home for use after your daily shower instead of lotion for an incredibly nourished glow.

GROUP GETAWAYS
The only thing better then 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.

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

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

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.

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.

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

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