YOUR DAILY SCHEDULE
MARCH 18 - 24, 2020
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

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

CANYON RANCH GRILL™
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.

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)
Canyon Ranch offers a variety of featured events every month. For more information, visit www.canyonranch.com/lenox/events

TKO FITNESS WEEKEND WITH MELISSA CANTILLO, LAURA COLLINS & BARB KANE
March 20 - 22
Get ready to sweat and kick up the intensity this weekend with fitness classes designed to take your body to the next level. Whether you’re a workout enthusiast or a beginner looking for fun ways to get in shape, these classes are fun and interactive group workouts that will engage your entire body. Every class is designed and inspired to create fun workouts that challenge, grow and empower your mind, body and spirit!

THE SKILL OF HAPPINESS WITH DOUG SMITH
April 19 - 21 | July 26 - 28 | Sept 13 - 15 | Oct 18 - 20
What does it mean to live a truly joyful life? How do we find and embrace happiness during our personal and professional journeys and as we age? Doug Smith – former business executive and bestselling author of Happiness – The Art of Living with Peace, Confidence and Joy – leads an exploration of positive psychology, which offers intriguing ways to consider these important questions.

RENEW YOUR FITNESS WEEKEND WITH JORDAN METZL, MD
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.
7:00 AM
INDOOR MOTIVATIONAL WALK
Indoor Track

7:45 AM
ON-PROPERTY POLE HIKE
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.

WAKE-UP WARM-UP STRETCH
25 min.

9:00 AM
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.

IN GYM 1
MORNING STRETCH

IN GYM 2
YOGA FOUNDATIONS

IN GYM 4
PILATES REFORMER JUMPBOARD CLINIC
Limit: 4
Reformer experience required.

IN GYM 5
NEW POWER
Limit: 10

IN BERKSHIRE ROOM
NEW ART FOR THE HEALTH OF IT
The process of creating art enhances self-understanding and a sense of well-being. Explore the history, advantages and neurological benefits of the art of making art.

A lecture with experiential components.

IN GYM 1
ZUMBA® STEP
Limit: 15

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. Sign up: Outdoor Sports Board.

10:00 AM
NEW HANDS-ON COOKING:
HERBS & SPICES
Limit: 6 Demonstration Kitchen
$95 Sign up: Program Advising, Ext 5439

EPIC WATER BLAST
III Indoor Pool
$115 Sign up: Program Advising, Ext 5439

TUBES AND LOOPS
I/II Gym 2
$60 Sign up: Program Advising, Ext 5439

VISUAL JOURNALING:
THE PATH TO SELF EXPRESSION
Limit: 8 Creative Expression Studio
2 hr. $100 Sign up: Program Advising, Ext 5439

THE HEALING POWER OF METAPHYSICS
Berkshire Room
What can astrology reveal about your potential? What do tarot cards have to say about your path? A metaphysical practitioner will explore how our metaphysical offerings can enhance your life.

NEW YOGA SCULPT
II/III Yoga Studio
$85 Sign up: Program Advising, Ext 5439

BATTLING ROPES
II/III Limit: 24 Sports Court
CARDIO TENNIS
Tennis Courts

11:00 AM
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
I/II Indoor Pool

TCM & THE NATUROPATH:
TIME-HONORED HEALING, UNCOVERED
CME Rockwell Room
Dr. Kevin Murray blends the worlds of Naturopathy and Chinese Medicine. Discover how both of these traditional and evidence-based practices may offer solutions to nagging and undiagnosed symptoms. 50 min. If you've been curious about whether these methods could offer solutions to allergies, inflammation, autoimmune disease, frequent colds, etc. Dr. Murray can offer insight as to whether a private consult could be right for you.

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

MID-MORNING STRETCH
I/II Gym 2

NOON
LUNCH & LEARN Demonstration Kitchen
Enjoy a three-course meal featuring ADOBO BEEF TENDERLOIN while our Demo Chef prepares the entree.

NEW YIN & RELEASE
I/II Yoga Studio
Limit: 20
25 min.

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

SWIMMING SKILLS & DRILLS CLINIC
II Limit: 4 Indoor Pool
Join our expert fitness instructors as they guide you through swimming drills to improve your focus, time and stroke. Swimming experience required.

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

RANCH SAVVY LUNCH & GUEST TOUR:
CANYON RANCH LIVING® LENOX Canyon Ranch Grill™
Living at Canyon Ranch is the ultimate commitment to a healthy lifestyle. Learn about our luxury residences and membership program with one of our Canyon Ranch living team members.

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

12:30 PM
FITNESS FOR YOUR FEET
I Limit: 20 Gym 2
20 min.
**FITNESS LEVELS** I– beginner, II– intermediate, III– advanced  **FITNESS CLASSES** 45 min.; **PRESENTATIONS/WORKSHOPS** 50 min. unless noted.

**CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00</td>
<td><strong>PICKLEBALL INTRO CLINIC</strong> Limit: 4</td>
<td>Tennis Court</td>
<td>85 $ Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.</td>
</tr>
<tr>
<td>1:15</td>
<td><strong>HIKE: LEVEL 2</strong></td>
<td>Front Spa Desk</td>
<td><em>Visit the Outdoor Sports Board for sign up and additional details.</em></td>
</tr>
<tr>
<td>1:30</td>
<td><strong>TRAIL WALK ON PROPERTY</strong> 60 min.</td>
<td>Front Spa Desk</td>
<td>Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td>2:00</td>
<td><strong>HANDS-ON COOKING:</strong> SEASONAL SOUPS Limit: 8</td>
<td>Demonstration Kitchen</td>
<td>1 hr. 30 min. $165 $ Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>2:15</td>
<td><strong>ABOVE AND BELOW THE BELT</strong> II/III Limit: 24</td>
<td>Gym 5</td>
<td></td>
</tr>
<tr>
<td>2:30</td>
<td><strong>LONG &amp; LEAN BARRE WORKOUT</strong> II Limit: 25</td>
<td>Gym 1</td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td><strong>GENTLE FLOW YOGA</strong> I/II Limit: 25</td>
<td>Yoga Studio</td>
<td></td>
</tr>
<tr>
<td>3:30</td>
<td><strong>NEW A NUTRITIONIST’S GUIDE TO GROCERY SHOPPING</strong> Limit: 6</td>
<td>Health &amp; Healing Reception</td>
<td>A nutritionist leads an interactive workshop about food shopping. Learn about nutrient-dense foods, additives to avoid, which cooking oils to use &amp; avoid, wild vs. farmed fish &amp; many other topics. $110 $ Sign up: Program Advising, Ext. 5439.</td>
</tr>
<tr>
<td>2:30</td>
<td><strong>TRX BASIC STRENGTH</strong> I Limit: 10</td>
<td>Sports Court</td>
<td></td>
</tr>
<tr>
<td>3:00</td>
<td><strong>INDOOR ARCHERY</strong> Limit: 4</td>
<td>Front Spa Desk</td>
<td>$110 $ Sign up: Outdoor Sports Boards. Meet at Indoor Tennis Courts.</td>
</tr>
<tr>
<td>3:30</td>
<td><strong>HERBS FOR SEASONAL WELLNESS</strong></td>
<td>Tanglewood Room</td>
<td>A Chinese Medicine practitioner shares how healing foods, the five elements &amp; related tips, and herbs can be used to maintain good health and balance through the current season. This presentation changes seasonally.</td>
</tr>
<tr>
<td>4:00</td>
<td><strong>FOAM ROLL &amp; STRETCH</strong> I Limit: 20</td>
<td>Gym 2</td>
<td></td>
</tr>
<tr>
<td>4:15</td>
<td><strong>NEW STROOPS BUNGEE WORKOUT</strong> II/III Limit: 10</td>
<td>Gym 1</td>
<td></td>
</tr>
<tr>
<td>4:30</td>
<td><strong>RESTORATIVE YOGA</strong> I Limit: 25</td>
<td>Yoga Studio</td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td><strong>WALLYBALL</strong> II/III Limit: 8</td>
<td>Racquet Court</td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td><strong>OPEN 12-STEP RECOVERY MEETING</strong></td>
<td>Stockbridge Room</td>
<td>This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery. STRETCH &amp; RELAX 25 min. MEDITATION 25 min.</td>
</tr>
<tr>
<td>6:00</td>
<td><strong>OVERCOMING PAIN PATTERNS</strong></td>
<td>Tanglewood Room</td>
<td>Poor posture and lifestyle habits can cause stress and pain. Learn ways to prevent muscular stress and discover the benefits of massage, including neuromuscular therapy.</td>
</tr>
<tr>
<td>8:00</td>
<td><strong>A CLASSICAL COLLECTION</strong></td>
<td>Fieldstone Lounge</td>
<td>Pianist Ron Ramsay and Violinist Eileen Markland remind us that music is woven into the fabric of our Lenox culture. Listen as they share songs and stories of the famed composers and their works.</td>
</tr>
</tbody>
</table>

**MY SCHEDULE WEDNESDAY**

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

### 8:00 AM
**MEDITATION**
*Yoga Studio*
*25 min.*

**ZEN+GA™ FLOW**
*Gym 1*
*25 min.*

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

### 9:00 AM
**STRIDE**
*Gym 5*
*Limit: 18*

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

**ZUMBA®**
*Gym 1*

**MORNING STRETCH**
*Gym 2*

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

### 10:00 AM
**SHINRIN YOKU**
*Front Spa Desk*
*Limit: 6*

**EPIC WATER BLAST**
*Indoor Pool*

**HANSONS ON COOKING: FASTEST MEALS IMAGINABLE**
*Demonstration Kitchen*
*Limit: 6*

**MUSCLE CONDITIONING**
*Gym 2*

**CARDIO YOGA**
*Yoga Studio*

**NEW PUNCH**
*Sports Court*
*Limit: 20*

**STRAIGHTEN UP!**
*CME*
*Tanglewood Room*

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

**CARDIO TENNIS**
*Tennis Courts*
*$85*

**CARDIO CYCLING**
*Sports Court*
*Limit: 19*

### 11:00 AM
**INDOOR CYCLING**
*Sports Court*
*Limit: 19*

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

**PILATES WEIGHT LOSS BOOST**
*Gym 1*

**AQUA STRENGTH CIRCUIT**
*Indoor Pool*

**NIA BASICS**
*Gym 3*
*Limit: 10*

**MID-MORNING STRETCH**
*Gym 2*

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

**RANCH SAVVY LUNCH: HEALTH & HEALING**
*Canyon Ranch Grill™*

**LUNCH & LEARN**
*Demonstration Kitchen*

**12:30 PM**
**BALANCE CHALLENGE**
*Gym 2*
*20 min.*
Your service allowance may be applied toward activity fees.

1:00 PM

**Afternoon Tennis Drills**

$85  Sign up: Program Advising, Ext. 5439

Tennis Court

1:15 PM

**Hike: Level 1**

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

1:30 PM

**FE Vernal Equinox**

Ritual Celebration  Limit: 16

Front Spa Desk

Join a guided trail walk to the contemplative circle where spiritual wellness & creative expression providers lead you in a fireside ceremony fueled by the themes of rebirth, passion and enthusiasm 1 hr. 30 min. Braid a meditation cord (yours to keep) with charms and symbols reflecting what you wish to manifest in this season of rebirth. Sign up: Outdoor Sports Board

2:00 PM

**Berkeley Beat I/II**  Limit: 15

Gym 1

**New Walk Your Workout I/II**

Indoor Track

**New 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.

**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

**Yoga for a Healthy Back I**

Yoga Studio

**Kettle-Bell**  II  Limit: 15

Sports Court

**New Hands-on-Cooking: International Cuisine**  Limit: 6

Demonstration Kitchen

50 min.  $115  Sign up: Program Advising, Ext. 5439

3:00 PM

**New Introduction to Shamanc Journey**  Rockwell Room

A spiritual wellness provider guides an interactive experience showing how Journeys have been a source of spiritual guidance and healing throughout history and can provide new insight into reality.

**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

**H20 Power I/II**

Indoor Pool

**Glute Camp I/II/III**  Limit: 14

Gym 1

**Intermediate Yoga II**

Yoga Studio

4:00 PM

**Clay Labyrinth Creation**  Limit: 8  Creative Expression Studio

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

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

**Step & Strength I/II**  Limit: 15

Gym 1

**New Good Vibrations I/II**

Gym 2

**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.

**Restorative Yoga I**  Limit: 25

Yoga Studio

5:00 PM

**The Power of Breath I**

25 min.

**Stretch & Relax I**

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.

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

8:00 PM

**Miracles, Luck and the Butterfly Effect with Jerry Posner**  Tanglewood Room

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

---

**My Schedule: Thursday**

6 am  
7 am  
8 am  
9 am  
10 am  
11 am  
Noon  
1 pm  
2 pm  
3 pm  
4 pm  
5 pm  
6 pm  
7 pm  
8 pm  
9 pm
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
Front Spa Desk

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

9:00 AM
ENVIRON CONSULTATIONS
Upper Spa Lobby
Your skin comes with a lifetime warranty for healing. Meet an Environ aesthetician to learn how these products can improve your skin’s appearance.
Explanation of Cosmetic Roll treatment, facelift in a jar, Revival Mask & Tri-peptide complex Avance moisturizer treatment. 9am - 4pm. Complimentary. To schedule your 30-minute consultation, call Program Advising, Ext. 5439

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

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

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.

11:00 AM
MID-MORNING STRETCH
Gym 2

BEGINNER PILATES
Gym 1

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.

NEW POWER ROW II
Rowing Studio
Limit: 10
A transformative total-body workout using our new TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized.
Sign up: Program Advising, Ext. 5439

AQUA STRENGTH CIRCUIT I/II
Indoor Pool

11:30 AM
SHRED II/III Limit: 18
Gym 5
25 min.

LUNCH & LEARN:
VEGETARIAN FRIENDLY
Demonstration Kitchen
Enjoy a three-course meal featuring TOFU NOODLE BOWL and watch our demo chef prepare the entrée.

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

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

12:00 PM
FITNESS FOR YOUR FEET II
Limit: 20
Gym 2
20 min.

SHARE YOUR EXPERIENCE!

LOVE A CLASS YOU TOOK?
STILL FEEL THE THRILL OF YOUR MORNING HIKE?
Check in or tag @canyonranch
**FITNESS LEVELS**  
I– beginner, II– intermediate, III– advanced  

**FITNESS CLASSES**  
45 min.;  

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

**Featured Events:** FE – Broadway In The Berkshires; FE – TKO Fitness Weekend with Melissa Cantillo, Laura Collins & Barb Kane  
CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

### 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.

**THE SCIENCE OF WEIGHT LOSS**  
CME  
Tennis Court  
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.

**INTERMEDIATE TO ADVANCED**  
**TENNIS CLINIC**  
Limit: 4  
$85 Sign up: Program Advising, Ext. 5439

### 1:15 PM

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

### 1:30 PM

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

### 2:00 PM

**HANDS-ON COOKING:**  
**ESSENTIAL KNIFE SKILLS**  
Limit: 8  
Demonstration Kitchen  
1 hr. 30 min. $165 Sign up: Program Advising, Ext. 5439

**BOGA FITMAT® FITNESS CLINIC**  
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**  
Yoga Studio  
I  
8:00 PM

**ABOVE AND BELOW THE BELT**  
I/II  
Tanglewood Room  
Limit: 24  
2 hr. $100 Sign-up: Program Advising, Ext. 5439

**INSPIRED HEART, AUTHENTIC VOICE**  
Creative Expression Studio  
Limit: 8  
2 hr. 50 min. unless noted.

**SOULCOLLAGE®**  
Demonstration Kitchen  
Limit: 8

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

### 3:00 PM

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

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

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

**INDOOR CYCLING**  
Sports Court  
II  
Limit: 19

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

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

**H2O POWER**  
Indoor Pool  
I/II

**INTERMEDIATE YOGA**  
Yoga Studio  
II

### 3:30 PM

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

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

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

**INDOOR ARCHERY**  
Front Spa Desk  
Limit: 4

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

### 4:00 PM

**TRX FLOW**  
Gym 1  
II  
Limit: 10

**NEW STROOPS BUNGEE WORKOUT**  
Gym 2  
II/III  
Limit: 10

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

**RESTORATIVE YOGA**  
Tanglewood Room  
II/III  
Limit: 24

**THE ART OF MINDFULNESS**  
Tanglewood Room  
I  
25 min.

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

**OPEN 12-STEP RECOVERY MEETING**  
Stockbridge Room  
60 min.

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

### 5:00 PM

**HANDS-ON COOKING:**  
**FEEL THE KNEAD**  
Demonstration Kitchen  
Limit: 6

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

**FE BROADWAY IN THE BERKSHIRES: COREY MACH ACCOMPANIED BY JASON GOLDSTON**  
Fieldstone Lounge

Ring in the Vernal Equinox with an evening of velvet tones and killer vocals from Broadway leading-man Corey Mach, who has starred in such productions as Kinky Boots, Godspell, Waitress, and Wicked.

### 8:00 PM

**NEW MY SCHEDULE FRIDAY**

6 am  
7 am  
8 am  
9 am  
10 am  
11 am  
Noon

1 pm  
2 pm  
3 pm  
4 pm  
5 pm  
6 pm  
7 pm  
8 pm  
9 pm
### SATURDAY | MARCH 21, 2020

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 AM</td>
<td><strong>ON-PROPERTY POLE HIKE</strong> 60 min.  Sign up: Outdoor Sports Board.</td>
<td>Front Spa Desk</td>
</tr>
<tr>
<td>8:00 AM</td>
<td><strong>WAKE-UP WARM-UP STRETCH</strong> 25 min.</td>
<td>Gym 2</td>
</tr>
<tr>
<td></td>
<td><strong>ADVANCED LEVEL HIKE</strong> Visit the Outdoor Sports Board for sign up and additional details.</td>
<td>Front Spa Desk</td>
</tr>
<tr>
<td>8:30 AM</td>
<td><strong>BODY WEIGHT BASICS</strong> 20 min.</td>
<td>Gym 2</td>
</tr>
<tr>
<td>9:00 AM</td>
<td><strong>ENVIRON CONSULTATIONS</strong> Upper Spa Lobby Your skin comes with a lifetime warranty for healing. Meet an Environ aesthetician to learn how these products can improve your skin's appearance. <strong>Explanation of Cosmetic Roll treatment, facelift in a jar, Revival Mask &amp; Tri-peptide complex Avance moisturizer treatment. 9am - 4pm. Complimentary. To schedule your 30-minute consultation, call Program Advising, Ext. 5439.</strong> FE S + H = E (SIMPLE + HARD = EFFECTIVE) WITH MELISSA CANTILLO, LAURA COLLINS &amp; BARB KANE Gym 1 Strength training and cardio work in a 40:20 second ratio makes for a powerful fitness boost. 6 minutes of core work at the end make it a total body experience! CHINESE MEDICINE &amp; 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. CHAIR YOGA Yoga Studio Limit: 15 MORNING STRETCH Gym 2 PILATES REFORMER JUMPBOARD CLINIC Gym 2/III Limit: 4 STRIDE Gym 2/III Limit: 18 AERIAL HAMMOCK YOGA CLINIC Yoga Studio Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. MID-MORNING STRETCH Gym 2/II PILATES ON THE BEAM Gym 2/II Limit: 20</td>
<td><strong>HIKE: LEVEL 3</strong> Visit the Outdoor Sports Board for sign up and additional details. Front Spa Desk <strong>TAI CHI WALK OFF PROPERTY</strong> 2 hr. 30 min.  Sign up: Outdoor Sports Board. Front Spa Desk <strong>EPIC WATER BLAST</strong> III Indoor Pool <strong>TNT: TABATA ‘N’ TRX</strong> III Limit: 20 Gym 2 <strong>MUSCLE CONDITIONING</strong> I Gym 5 <strong>NEW BARBELL CLINIC</strong> II Limit: 4 Certified USAW Coaches will help you feel stronger and healthier as they teach you to properly and safely perform foundational barbell lifts: the squat, press, deadlift, and bench press $90 Sign-up: Program Advising, Ext. 5439 <strong>SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM</strong> 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. <strong>EXTENDED VINYASA FLOW</strong> III Yoga Studio 1 hr. 30 min.  Yoga experience required. No shoes <strong>CARDIO TENNIS</strong> Tennis Court $85 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>10:00 AM</td>
<td><strong>EPIC WATER BLAST</strong> III Indoor Pool <strong>TNT: TABATA ‘N’ TRX</strong> III Limit: 20 Gym 2 <strong>MUSCLE CONDITIONING</strong> I Gym 5 <strong>NEW BARBELL CLINIC</strong> II Limit: 4 Certified USAW Coaches will help you feel stronger and healthier as they teach you to properly and safely perform foundational barbell lifts: the squat, press, deadlift, and bench press $90 Sign-up: Program Advising, Ext. 5439 <strong>SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM</strong> 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. <strong>EXTENDED VINYASA FLOW</strong> III Yoga Studio 1 hr. 30 min.  Yoga experience required. No shoes <strong>CARDIO TENNIS</strong> Tennis Court $85 Sign up: Program Advising, Ext. 5439</td>
<td><strong>NOON</strong> ABS ON THE BALL I/II Limit: 20 Gym 2</td>
</tr>
<tr>
<td>12:30 PM</td>
<td><strong>FITNESS FOR YOUR FEET®</strong> I Limit: 20 Gym 2</td>
<td><strong>LUNCH &amp; LEARN</strong> Demonstration Kitchen Enjoy a three-course meal featuring SESAME THAI CHICKEN and watch our demo chef prepare the entree. <strong>RANCH SAVVY LUNCH: FEEDING YOUR SPIRIT</strong> Canyon Ranch Grill™ Share a meal &amp; 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. <strong>AERIAL HAMMOCK YOGA CLINIC</strong> 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. <strong>LUNCH &amp; LEARN</strong> Demonstration Kitchen Enjoy a three-course meal featuring SESAME THAI CHICKEN and watch our demo chef prepare the entree. <strong>RANCH SAVVY LUNCH: FEEDING YOUR SPIRIT</strong> Canyon Ranch Grill™ Share a meal &amp; 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.</td>
</tr>
<tr>
<td>1:00 PM</td>
<td><strong>PICKLEBALL INTRO CLINIC</strong> Tennis Court Limit: 4 $85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.</td>
<td><strong>NOON</strong></td>
</tr>
</tbody>
</table>

---

**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.
SATURDAY
MARCH 21, 2020

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

1:30 PM
EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP
WITH TOM ANDREWS
Limit: 6
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
TRAIL WALK ON PROPERTY
60 min. Sign up: Outdoor Sports Board.

2:00 PM
AFTERNOON TENNIS DRILLS
Tennis Court
$85 Sign up: Program Advising, Ext. 5439

NEW HANDS-ON COOKING:
PLEASING PLANT-BASED MEALS
Limit: 8
Demonstration Kitchen
1 hr. 30 min. $165 Sign up: Program Advising, Ext. 5439

BASIC AEROBIC CIRCUIT WEIGHTS
Limit: 18
Gym 5

KETTLE-BAR
Limit: 15
Sports Court

GENTLE FLOW YOGA
Limit: 2
Yoga Studio

LONG & LEAN BARRE WORKOUT
Limit: 25
Gym 1

3:00 PM
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

BOXER’S WORKOUT
Limit: 20
Sports Court

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

H2O POWER
Limit: 2
Indoor Pool

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
Limit: 2
Yoga Studio

4:00 PM
WALLYBALL
Limit: 8
Racquet Court

NEW GOOD VIBRATIONS
Limit: 24
Gym 2

FUSION WORKOUT
Limit: 25
Gym 1

RESTORATIVE YOGA
Limit: 2
Yoga Studio

EMBRACE AGING - REALLY!
WITH DR. KAREL ROSE, EDD
Berkshire Room
Join a lively discussion about how we can embrace aging, at any age. What maps do you have planned about life’s journey? Laugh together and hear research about the challenges of successful aging.

5:00 PM
STRETCH & RELAX
Gym 2

MEDITATION
Yoga Studio

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
HOMECOMING: A CONCERT,
WITH JACKSON TEELEY
Fieldstone Lounge
Join acclaimed New York City Musical Theatre Composer, and Berkshire native, Jackson Teeley, for a night of Broadway hits, beloved standards, and original music that will have you tapping your toes!
50 min.

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

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
10 pm
11 pm

...
## 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.

### 7:45 AM

**ON-PROPERTY POLE HIKE**

60 min.  Sign up: Outdoor Sports Board

### 8:00 AM

**WAKE-UP WARM-UP STRETCH**

25 min.  Gym 2

### 8:30 AM

**HIIT**

20 min.  Gym 1

### 9:00 AM

**PILATES REFORMER CLINIC - INTERMEDIATE**

Limit: 4  Gym 4

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

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

**MORNING STRETCH**

Gym 2

**YOGA FOUNDATIONS**

Yoga Studio

**STRIDE**

Limit: 18  Gym 5

**FE FIERCE TKO KICKBOXING WITH MELISSA CANTILLO, LAURA COLLINS & BARB KANE**

Gym 1

Fun and high energy! Use maximum effort during kickboxing drills alternating upper and lower body punches and kicks. Time to take your kickboxing skills to a new level!

RANCH SAVVY BRUNCH: COMMITMENT TO YOUR HEALTH

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

BERKSHIRE BEAT  Limit: 15  Gym 1

### 9:15 AM

**HIKE: LEVEL 2/3**

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

### 10:00 AM

**EPIC WATER BLAST**

Indoor Pool

**MUSCLE CONDITIONING**

Gym 2

**YOGA FOR ATHLETES**

Yoga Studio

**CARDIO TENNIS**

Tennis Courts

$85  Sign up: Program Advising, Ext. 5439

**FOOD, INFLAMMATION & PAIN**

CME  Berkshire Room

### 11:00 AM

**AQUA STRENGTH CIRCUIT**

Indoor Pool

**NEW POWER ROW**

Rowing Studio

Limit: 10

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

Sign up: Program Advising, Ext. 5439

**MID-MORNING STRETCH**

Gym 2

**NIA: NON-IMPACT AEROBICS**

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 YIN & RELEASE**

25 min.  Yoga Studio

**ABS ON THE BALL**

Gym 2

Limit: 20

### 12:30 PM

**FITNESS FOR YOUR FEET**

20 min.  Gym 2

### 1:00 PM

**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.

**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.

INTERMEDIATE TO ADVANCED

**TENNIS CLINIC**  Limit: 4  Tennis Court

$85  Sign up: Program Advising, Ext. 5439

### 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

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

### 2:00 PM

**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.
FEATURED EVENTS: FE – TKO Fitness Weekend with Melissa Cantillo, Laura Collins & Barb Kane
CME – Continuing Medical Education
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.

NOTES TO REMEMBER

2:00 PM
NEW WALK YOUR WORKOUT I/II
Indoor Track
BOGA FITMAT® YOGA CLINIC II
Indoor Pool
Limit: 6
These classes combine walking with gentle yoga poses 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

3:00 PM
H2O POWER I/II
Indoor Pool
Limit: 19
INDOOR CYCLING II
Sports Court
Limit: 19
GLUTE CAMP II/III
Gym 1
Limit: 14
INTERMEDIATE YOGA II
Yoga Studio
NEW LET’S TALK TAROT
Berkshire Room
A metaphysical practitioner guides you in this experiential discussion, to discover how reading the Tarot can be a practical tool for guidance and deeper self-awareness.
1 hr. 50 min.
$160 Sign up: Program Advising.

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

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
Berkshire Room
WITH ROBBIE BOGARD
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!

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
4:00 AM
RESTORATIVE YOGA  I  Limit: 25  Yoga Studio

7:00 AM
INDOOR MOTIVATIONAL WALK  Indoor Track

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

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

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

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.

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

10:00 AM
NEW PUNCH  II/III  Limit: 20  Sports Court
CARDIO TENNIS  Tennis Courts
$85  Sign up: Program Advising, Ext. 5439

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!

Questions? Call the Showcase Boutique at Ext. 5402.

11:00 AM
MID-MORNING STRETCH  I  Gym 2
BEGINNER PILATES  I  Gym 1
EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP WITH TOM ANDREWS  Limit: 6  Yoga Studio
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
NEW POWER ROW  II  Limit: 10  Sports Court
A transformative total-body workout using the Indo-Row® water rower with bursts of interval training on and off the rower
Sign up: Program Advising, Ext. 5439
AQUA STRENGTH CIRCUIT  I/II  Indoor Pool

NOON
ABS ON THE BALL  I/II  Limit: 20  Gym 2
25 min.
RANCH SAVVY LUNCH: FITNESS AT CANYON RANCH
Canyon Ranch Grill™
Sit with a fitness instructor over lunch and learn more about the exciting exercise offerings at Canyon Ranch!

SWIMMING SKILLS & DRILLS CLINIC  II  Limit: 4  Indoor Pool
Join our expert fitness instructors as they guide you through swimming drills to improve your focus, time and stroke. Swimming experience required.
$90  Sign up: Program Advising, Ext 5439

12:30 PM
FITNESS FOR YOUR FEET®  I  Limit: 20  Gym 2
20 min.
### FITZONE LEVELS
- Beginners
- Intermediate
- Advanced

### FITZONE CLASSES
- **45 min., unless noted**

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

### CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

#### Monday, March 23, 2020

**1:00 PM**

<table>
<thead>
<tr>
<th>Alternative Approaches to Pain &amp; Injury</th>
<th>Berkshire Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn how acupuncture and gentle hands-on manipulation can effectively resolve chronic, acute pain and sports injuries.</td>
<td></td>
</tr>
</tbody>
</table>

**1:15 PM**

<table>
<thead>
<tr>
<th>HIKE: LEVEL 2</th>
<th>Front Spa Desk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
<td></td>
</tr>
</tbody>
</table>

**1:30 PM**

<table>
<thead>
<tr>
<th>Trail Walk on Property</th>
<th>Front Spa Desk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sign up: Outdoor Sports Board.</td>
<td></td>
</tr>
</tbody>
</table>

**2:00 PM**

<table>
<thead>
<tr>
<th>BOGA FitMat® Yoga Clinic</th>
<th>Indoor Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II Limit: 6</td>
<td></td>
</tr>
<tr>
<td>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®.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Beginner Tennis Clinic</th>
<th>Tennis Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II Limit: 4</td>
<td></td>
</tr>
<tr>
<td>Sign up: Program Advising, Ext. 5439</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Above and Below the Belt</th>
<th>Gym 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II Limit: 24</td>
<td></td>
</tr>
<tr>
<td>Yoga for a Healthy Back</td>
<td>Yoga Studio</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Avoiding Alzheimer’s</th>
<th>CME Berkshire Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long &amp; Lean Barre Workout</td>
<td>Gym 1</td>
</tr>
<tr>
<td>I/II Limit: 25</td>
<td></td>
</tr>
<tr>
<td>TRX Basic Strength</td>
<td>Sports Court</td>
</tr>
<tr>
<td>I/II Limit: 10</td>
<td></td>
</tr>
</tbody>
</table>

**3:00 PM**

<table>
<thead>
<tr>
<th>Acting Your Fitness Age</th>
<th>CME Berkshire Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Indoor Cycling</th>
<th>Sports Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II Limit: 19</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>West African Drumming</th>
<th>Gym 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II Limit: 17</td>
<td></td>
</tr>
<tr>
<td>Experience the healing power of the drum. You’ll learn basic hand drumming techniques and specific rhythms as we make music together.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>H2O Power</th>
<th>Indoor Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intermediate Yoga</th>
<th>Yoga Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II</td>
<td></td>
</tr>
</tbody>
</table>

**4:00 PM**

<table>
<thead>
<tr>
<th>New STROOPS Bungee Workout</th>
<th>Sports Court</th>
</tr>
</thead>
<tbody>
<tr>
<td>I/II Limit: 10</td>
<td></td>
</tr>
<tr>
<td>TRX Flow</td>
<td>Gym 1</td>
</tr>
<tr>
<td>I/II Limit: 10</td>
<td></td>
</tr>
<tr>
<td>Foam Roll &amp; Stretch</td>
<td>Gym 2</td>
</tr>
<tr>
<td>I Limit: 20</td>
<td></td>
</tr>
</tbody>
</table>

**5:00 PM**

<table>
<thead>
<tr>
<th>Stretch &amp; Relax</th>
<th>Gym 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr. 30 min.</td>
<td></td>
</tr>
<tr>
<td>Sign up: Program Advising, Ext. 5439</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meditation</th>
<th>Yoga Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr.</td>
<td></td>
</tr>
</tbody>
</table>

**6:00 PM**

<table>
<thead>
<tr>
<th>New Maximizing Your Gut Microbiome</th>
<th>Berkshire Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Open 12-Step Recovery Meeting</th>
<th>Stockbridge Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>This meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.</td>
<td></td>
</tr>
</tbody>
</table>

**7:00 PM**

<table>
<thead>
<tr>
<th>Rituals for Restoration</th>
<th>Tanglewood Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bead Well: Bracelets</th>
<th>Creative Expression Studio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr. 30 min.</td>
<td>$25 Sign up: Program Advising, Ext. 5439</td>
</tr>
</tbody>
</table>

**8:00 PM**

<table>
<thead>
<tr>
<th>The Brave Brothers Duo</th>
<th>Fieldstone Lounge</th>
</tr>
</thead>
<tbody>
<tr>
<td>The charming duo shares an hour of musical variety to include classic tunes mixed with original material. Genres range from the 1960s to present day with something to put a smile on everyone's face!</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

Interested? Call the Healing & Health desk at Ext. 5325.
7:45 AM
ON-PROPERTY POLE HIKE  Front Spa Desk
60 min.  Sign up: Outdoor Sports Board.

8:00 AM
START YOUR FITNESS ENGINES  CME  Berkshire Room
How fit is “fit enough”? An exercise physiologist will talk about the five basic components of fitness. Learn about assessments that can help you get on the right path to your ideal fitness level.

MEDITATION  
25 min.  Yoga Studio

ZEN•GA® FLOW  
25 min.  Gym 1

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

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

SECRET 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!

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.  Sign up: Outdoor Sports Board.

10:00 AM
VIPR ATHLETIC  Limit: 15  Gym 1
EPIC WATER BLAST  Indoor Pool
HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS  Limit: 6  Demonstration Kitchen
50 min.  $115  Sign up: Program Advising, Ext. 5439
EAR CANDY  Limit: 5  Creative Expression Studio
1 hr. 30 min.  $25  Sign up: Program Advising, Ext. 5439
MUSCLE CONDITIONING  
Gym 2
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, Ext. 5439
EXTENDED VINYASA FLOW  
Yoga Studio
1 hr.  No shoes
CARDIO TENNIS  
Tennis Courts

11:00 AM
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.

AQUA STRENGTH CIRCUIT  Limit: 19  Indoor Pool
INDOOR CYCLING  Limit: 19  Sports Court
PILATES WEIGHT LOSS BOOST  
Gym 1
MID-MORNING STRETCH  
Gym 2
NIA: NON-IMPACT AEROBICS  Limit: 10  Gym 3

NOON
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.

CORE CONDITIONING  
Gym 1
25 min.
AERIAL HAMMOCK YOGA CLINIC  Limit: 8  Yoga Studio
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.

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

LUNCH & LEARN:
GLUTEN-FREE FRIENDLY  Demonstration Kitchen
Enjoy a three-course meal featuring SALMON WITH PINEAPPLE MANGO CHUTNEY and watch our demo chef prepare the entrée.

12:30 PM
BALANCE CHALLENGE  
Gym 2
20 min.

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.

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

**CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.

### 1:00 PM

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

### 1:15 PM

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

### 1:30 PM

**TRAIL WALK ON PROPERTY**  
60 min.  
Sign up: Outdoor Sports Board.

### 2:00 PM

**BERKSHIRE BEAT** I/II  
Limit: 15  
Gym 1  
**INTERMEDIATE TO ADVANCED TENNIS CLINIC**  
Limit: 4  
Tennis Court  
*$25*  
Sign up: Program Advising, Ext. 5439

**YIN YOGA I**  
Yoga Studio

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

**BOGA FITMAT® FITNESS CLINIC** II  
Limit: 6  
Indoor Pool  
*$90*  
Sign up: Program Advising, Ext. 5439

**HANDS-ON COOKING:**  
**HEALTHY SNACKS**  
Limit: 6  
Demonstration Kitchen  
*50 min.*  
*$115*  
Sign up: Program Advising, Ext. 5439

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

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

### 3:00 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.

**NEW POWER ROW II**  
Limit: 10  
Sports Court  
A transformative total-body workout using the Indo-Row® water rower with bursts of interval training on and off the rower.  
Sign up: Program Advising, Ext. 5439

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

**H2O POWER** I/II  
Indoor Pool  
Tennis Court  
Sign up: Outdoor Sports Board.

**ROUND-ROBIN DOUBLES**  
Yoga Studio

### 4:00 PM

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

**NEW BOSU BLAST II**  
Gym 1

**NEW GOOD VIBRATIONS I**  
Gym 2

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

**INDOOR ARCHERY**  
Limit: 4  
Front Spa Desk  
*$110*  
Sign up: Outdoor Sports Boards.  
Meet at Indoor Tennis Courts.

**NEW THE POWER OF COMPASSION**  
CME Tanglewood Room  
How you respond to yourself through disappointment, failure & loss has a significant impact on your well-being. A life management therapist shares how self-compassion boosts mental & physical health.

### 5:00 PM

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

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

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

### 8:00 PM

**THE TRANSFORMATIVE POWER OF DAILY REMINDERS**  
Tanglewood Room  
**WIT JERRY POSNER**  
Is it time for a positive change? Jerry shares how well-written affirmations, prompts and lists could help you clarify goals, make or break habits, improve productivity, and increase well-being.

### 9:00 PM

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

### MY SCHEDULE TUESDAY

<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>
CLASSES & ACTIVITIES

SIX CLASS CATEGORIES:
- Aquatic
- Cardio
- Dance
- Flexibility
- Mind-body
- Strength

THREE 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

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 physical instrument in this fun, unique class. Th 2pm, Su 9am, Tu 2pm

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

BOXER’S WORKOUT
Punch, jab and hook your way through this interval workout. Jumping rope and heavy bag work included. Sa 3pm

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, Fr 3pm, Sa 11am, Su 3pm, Mo 3pm, Tu 11am

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 9am, Fr 9am, Mo 9am

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

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 VI-PR, for loaded strength exercises, providing a fun and challenging total body workout. Th 4pm

STRIDE
A motivating group treadmill workout incorporating interval training. Th 9am, Sa 9am, Su 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! We 4pm, 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 VI-PR™ 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. Th 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. 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

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

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 spiritual-infused personal cards using images to express your inner wisdom. Gain insight & intuition and transform from within using SoulCollage® readings- a simple, fun & profound process. Fr 2pm

THE MANDALA EXPERIENCE
Explore this ancient geometric symbol in a relaxed, creative environment. Following a brief talk on the universal nature of the design and its significance, you’ll create your own mandala. Tu 1pm

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. We 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: 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: INTERNATIONAL CUISINE
Step outside of your everyday-at-home menu and bring in flavors from across the globe. Learn to create classic dishes from various regions and spice up your dinner table - with healthy flair! Th 2pm

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 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

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. 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. We 8am, Fr 8am, Sa 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. We 11am, Sa 11am

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

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

TAI CHI
Enjoy a simple lesson in tai chi. Fr 1pm

THE POWER OF BREATH
Learn proper breathing techniques to reduce muscle tension, improve circulation, lower stress and boost overall well-being. 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. Fr 2pm, Tu 2pm

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

YOGA SCULPT
Enjoy this blood flowing practice as you add a new challenge of wearing Bala Bangles, adding a constant challenge to your traditional yoga asanas. We 10am

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, Tu 3pm

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
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.  
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, Tu 4pm

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 hike 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 10am

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!

Snowshoeing  
When snow conditions allow, join our Canyon Ranch guides on snowshoe treks throughout the property and the county. All hiking activities will become snowshoe treks when snow conditions demand or allow it.
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 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

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.