

CANYON RANCH®

wellness resort | LENOX MA

THE KATHLEEN

YOUR
DAILY SCHEDULE

APRIL 15 - 21, 2020



STAY CONNECTED

[f](#) [@](#) [t](#) [p](#) @CanyonRanch

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)

FEATURED EVENTS

GO HOME WITH A STORY.

Whether you arrive at Canyon Ranch in search of the next chapter for your story or seeking valuable insights for your current chapter, you can find it here. Our architects of wellness are here to help you explore every corner of your journey in health and well-being.

Our Featured Experiences, highlight and expand upon personal areas of interest both with trusted Canyon Ranch experts who are here for you every day and with our beloved guest speakers and presenters who join us throughout the year.



DANCE WEEKEND WITH RENEE MARINO

May 1 - 3

Hit the dance floor with fitness instructor, dancer and actress Renée Marino. With moves inspired by her most recent appearance in the original Broadway cast of *Pretty Woman*, she shares three fun and high-energy classes guaranteed to leave you sweating with a smile. No experience is required – all levels are welcome and encouraged.

Join us for inspiring dance weekends as new and returning guest choreographers bring their specialties to life in a series of unique classes. Experience doesn't matter – it's all about expression, movement and the magic of music. Step away from life's stressors and reconnect to you – as you let it all go on the dance.



RENEW YOUR FITNESS 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 Metz, 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. Metz, including highlights from his book, *Dr. Jordan Metz's Workout Prescription: 10, 20 & 30-Minute High-Intensity Interval Training Workouts for Every Fitness Level*.



HIKE THE APPALACHIAN TRAIL

June 25 - 28 | August 27 - 30

Join us for exhilarating treks along the celebrated Appalachian Trail through the Berkshires. Expert Ranch guides lead daily hikes of 6 to 10 miles through this renowned natural area.

In this fantastic workout for mind and body, you'll see spectacular streams, meadows, lakes and wildlife, and learn about the area's fascinating history.

WEDNESDAY | APRIL 15, 2020

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

7:00 AM

MORNING WALK

45 min. Call walk hotline, Ext. 5567, for weather related cancellations. Lower Spa Lobby

8:00 AM

WAKE-UP WARM-UP STRETCH I

25 min. Gym 2

ADVANCED LEVEL HIKE

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

SUN SALUTATIONS II

25 min. Yoga Studio

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).

8:30 AM

HIIT II/III

20 min. Gym 1

MORNING RUN

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

9:00 AM

MINDFULNESS MEDITATION WORKSHOP

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. Tanglewood Room

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

PILATES REFORMER JUMPBOARD CLINIC II/III

Limit: 4

Gym 4

Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required.

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

NEW POWER III

Limit: 10

Gym 5

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. Berkshire Room

A lecture with experiential components.

MORNING STRETCH I

Gym 2

YOGA FOUNDATIONS I

Yoga Studio

ZUMBA® STEP I/II

Limit: 15

Gym 1

9:15 AM

HIKE: LEVEL 3

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

9:30 AM

TAI CHI WALK OFF PROPERTY

2 hr. 30 min. Sign up: Outdoor Sports Board. Front Spa Desk

10:00 AM

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.

VISUAL JOURNALING:

THE PATH TO SELF EXPRESSION

Limit: 8

Creative Expression Studio

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

NEW HANDS-ON COOKING:

HERBS & SPICES

Limit: 6

Demonstration Kitchen

\$115 Sign up: Program Advising, Ext. 5439

NEW YOGA SCULPT II/III

TUBES AND LOOPS I/II

EPIC WATER BLAST III

BATTLING ROPES II/III

Limit: 24

CARDIO TENNIS

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

11:00 AM

NEW POWER ROW II

Limit: 10

Rowing Studio

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

Sign up: Program Advising, Ext. 5439

AQUA STRENGTH CIRCUIT I/II

Indoor Pool

PILATES ON THE BEAM I/II

Limit: 20

Gym 1

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.

MID-MORNING STRETCH I

Gym 2

NOON

NEW YIN & RELEASE I

Yoga Studio

ABS ON THE BALL I/II

Limit: 20

Gym 2

25 min.

LUNCH & LEARN

Demonstration Kitchen

Enjoy a three-course meal featuring CHURRASCO BEEF 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

25 min.

Limit: 18

Gym 5

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.

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

1:00 PM

PAPER BOWLS: CONTAINERS FOR MEANING AND BEAUTY Limit: 8 Creative Expression Studio
 2 hr. \$100 Sign up: Program Advising, Ext. 5439 For guests with potential allergy concerns, please note that latex balloons are used for the creation of paper bowls

STRENGTHEN & RESET YOUR ENERGY Tanglewood Room
 When your energy field is balanced, life feels more joyful and peaceful. Learn about the subtle energy centers in your body with a Healing Touch practitioner.

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.

1:30 PM

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

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

2:00 PM

TRX BASIC STRENGTH I/II Limit: 10 Sports Court
ABOVE AND BELOW THE BELT II/III Limit: 24 Gym 5

GENTLE FLOW YOGA I/II Yoga Studio
LONG & LEAN BARRE WORKOUT II Limit: 25 Gym 1

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.

HANDS-ON COOKING:

SEASONAL SOUPS Limit: 8 Demonstration Kitchen
 1 hr. 30 min. \$165 Sign up: Program Advising, Ext. 5439

3:00 PM

YOUR AT-HOME SKINCARE REGIMEN: TOOLS FOR SUCCESS Berkshire Room
 You've got that Canyon Ranch glow after pampering your skin with treatments. Learn more about the at-home tools you can use to extend the effects when you've returned home.

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

INDOOR CYCLING II Limit: 19 Cycling Studio
RIP 'N' ROW II/III Limit: 18 Sports Court

INTERMEDIATE YOGA II Yoga Studio

4:00 PM

WALLYBALL II/III Limit: 8 Racquet Court
NEW STROOPS BUNGEE WORKOUT II/III Limit: 10 Gym 1

RESTORATIVE YOGA I Limit: 25 Yoga Studio
FOAM ROLL & STRETCH I Limit: 20 Gym 2

5:00 PM

STRETCH & RELAX I Gym 2
 25 min.

RECHARGE! UNDERSTANDING AND OVERCOMING FATIGUE CME Berkshire Room
 Cory Lenherr, MD leads a discussion about the causes and effects of fatigue and offers a insights into reclaiming your energy.

MEDITATION I Yoga Studio
 25 min.

7:00 PM

OVERCOMING PAIN PATTERNS Tanglewood Room
 Poor posture and lifestyle habits can cause stress and pain. Learn ways to prevent muscular stress and discover the benefits of massage, including neuromuscular therapy.

8:00 PM

JAZZ CLASSICS: BLUES TO BOSSANOVA Fieldstone Lounge

Great jazz standards of the 20th century. With Charlie Tokarz on woodwinds & Ron Ramsay on piano, enjoy a variety of jazz tunes. From Duke Ellington to Herbie Hancock - end your day on a high note!

MY SCHEDULE WEDNESDAY

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 _____

THURSDAY | APRIL 16, 2020

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

7:00 AM

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

8:00 AM

ZEN•GA™ FLOW I Gym 1
25 min.

MEDITATION I Yoga Studio
25 min.

8:30 AM

BODY WEIGHT BASICS I Gym 2
20 min.

9:00 AM

STRIDE II/III Limit: 18 Gym 5
CHAIR YOGA I Limit: 15 Yoga Studio

ZUMBA® I/II Gym 1
MORNING STRETCH I Gym 2

NEW 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
HANDS-ON COOKING: FASTEST MEALS Demonstration Kitchen

IMAGINABLE Limit: 6 Gym 2
\$115 Sign up: Program Advising, Ext. 5439

MUSCLE CONDITIONING I Gym 2
CARDIO YOGA II/III Yoga Studio

NEW PUNCH II/III Limit: 20 Sports Court
CARDIO TENNIS Tennis Courts

\$85 Sign up: Program Advising, Ext. 5439
JOY JOURNALS Limit: 8 Creative Expression Studio

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

11:00 AM

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

INDOOR CYCLING II Limit: 19 Cycling Studio

AQUA STRENGTH CIRCUIT I/II Indoor Pool

NIA BASICS I/II Gym 1

MID-MORNING STRETCH I Gym 2

NOON

AERIAL HAMMOCK YOGA CLINIC II Limit: 8 Yoga Studio

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.

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

LUNCH & LEARN Demonstration Kitchen

Enjoy a three-course meal featuring SPICE CRUSTED FISH WITH LIME MOJO SAUCE and watch our demo chef prepare the entrée.

RANCH SAVVY LUNCH:

HEALTH & HEALING Canyon Ranch Grill&ac

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.

12:30 PM

BALANCE CHALLENGE I Gym 2
20 min.

1:00 PM

AFTERNOON TENNIS DRILLS Tennis Court

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

THE ISSUE WITH YOUR TISSUE: EXPLORING MUSCULOSKELETAL PAINS CME Tanglewood Room

Discuss the timeline of healing for chronic and acute pain with a certified athletic trainer, and better understand the different techniques used during injury rehabilitation.

BEAUTY SECRETS 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.

HOPE BOXES Limit: 8 Creative Expression Studio

When you nurture hope & release worry, you tend to be more resilient with life's challenges. Explore your definition of hope and clarify your concerns while making vessels to support your discovery.

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

1:15 PM

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

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

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

1:30 PM

TRAIL WALK ON PROPERTY Front Spa Desk

60 min. Sign up: Outdoor Sports Board.

SHINRIN YOKU Limit: 6 Front Spa Desk

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

2:00 PM

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.

NEW WALK YOUR WORKOUT I/II Indoor Track

BERKSHIRE BEAT I/II Limit: 15 Gym 1

BOGA FITMAT® FITNESS CLINIC II Limit: 6 Indoor Pool

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

\$90 Sign up: Program Advising, Ext. 5439

KETTLE-BAR II Limit: 15 Sports Court

YOGA FOR A HEALTHY BACK I Yoga Studio

NEW HANDS-ON-COOKING:

INTERNATIONAL CUISINE Limit: 6 Demonstration Kitchen

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

3:00 PM

INTRODUCTION TO SHAMANIC JOURNEY Room TBD

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.

H2O POWER 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

INTERMEDIATE YOGA II Yoga Studio

GLUTE CAMP II/III Limit: 14 Gym 1

4:00 PM

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

STEP & STRENGTH II Limit: 15 Gym 1

RESTORATIVE YOGA I Limit: 25 Yoga Studio

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.

NEW GOOD VIBRATIONS I Gym 2

CLAY LABYRINTH CREATION Limit: 8 Creative Expression Studio

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

5:00 PM

THE POWER OF BREATH I

25 min. Yoga Studio

STRETCH & RELAX I Gym 2

25 min.

5:30 PM

EVIDENCE-BASED QI GONG WORKSHOP Yoga Studio

WITH REBA SCHECTER Limit: 6

Led by certified EBGQ instructors, this workshop will show you movements and meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more.

1 hr. 30 min. \$135 Minimum 2. Sign up: Program Advising, Ext. 5439

6:00 PM

ENERGY HEALING: OPENING PATHWAYS TO WELLNESS & PREVENTION Room TBD

Negative emotions & beliefs can become stored in your body, causing physical pain & disease. Energy healing can free you from energetic entanglements, introducing higher energy into the physical body.

MY SCHEDULE THURSDAY

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

Noon _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

FRIDAY | APRIL 17, 2020

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

7:00 AM

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

8:00 AM

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

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

SUN SALUTATIONS II Yoga Studio
25 min.

8:30 AM

HIIT IT II/III Gym 1
20 min.

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

9:00 AM

MORNING STRETCH I Gym 2

YOGA FOUNDATIONS I Yoga Studio

NEW POWER III Limit: 10 Gym 5

LO-IMPACT AEROBICS I/II Gym 1

9:15 AM

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

10:00 AM

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

TUBES AND LOOPS I/II Gym 2

ROCK YOUR FLOW II Yoga Studio

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

BATTLING ROPES II/III Limit: 24 Sports Court

11:00 AM

BEGINNER PILATES I 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.

MID-MORNING STRETCH I Gym 2

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

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.

LUNCH & LEARN:

VEGETARIAN FRIENDLY Demonstration Kitchen

Enjoy a three-course meal featuring ORANGE VEGETABLE STIR FRY 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.

12:30 PM

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

1:00 PM

NEW OPEN SLACK & CLIMB Climbing Wall, Great Lawn

\$65 No sign-up necessary. Stroll down at your leisure any time between 1-3pm to participate in the climbing wall & the slack line. Maximum 2 climbs, unlimited slacklining. Last climb begins at 2:30pm. Meet at the Climbing Wall.

THE SCIENCE OF WEIGHT LOSS CME Berkshire Room

Knowledge is empowerment. Learn more about the science of weight loss as a Canyon Ranch physician shares strategies to support healthy weight, improve health and raise your energy levels.

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

1:15 PM

HIKE: LEVEL 1 Front Spa Desk

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

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

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

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

2:00 PM
TRX BASIC STRENGTH I/II Limit: 10 Sports Court

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

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

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.

SOULCOLLAGE® Limit: 8 Creative Expression Studio
 2 hr. \$100 Sign-up: Program Advising, Ext. 5439

NEW SINGLE WEIGHT WORKOUT II Gym 1

3:00 PM
RIP 'N' ROW II/III Limit: 18 Sports Court

PILATES TOWER BARRE CLINIC II Limit: 4 Gym 3
 An effective combination of Pilates Tower and ballet barre exercises using the Pilates Tower equipment, make this a perfect balance between both modalities.
 \$90 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439

INDOOR CYCLING II Limit: 19 Cycling Studio

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

H2O POWER I/II Indoor Pool
INTERMEDIATE YOGA II Yoga Studio

4:00 PM
TRX FLOW II Limit: 10 Sports Court

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

FOAM ROLL & STRETCH I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 25 Yoga Studio

THE ART OF MINDFULNESS CME Tanglewood Room
 Practicing mindfulness can wake you from your habitual patterns to experience a more meaningful, vibrant life. Join a life management expert and explore the enriching possibilities.

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

MEDITATION I Yoga Studio
 25 min.

8:00 PM
HANDS-ON COOKING:

FEEL THE KNEAD Limit: 6 Demonstration Kitchen
 1 hr. 30 min. \$165 Sign up: Program Advising, Ext. 5439

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.

9:00 PM
COMEDIAN MARLA SCHULTZ: LAUGHING THROUGH
YOUR ROOT CHAKRA Room TBD

Settle in for an hour of nonstop laughs with comedian Marla Schultz. She has appeared regularly on Comics Unleashed, Girls Behaving Badly and other popular shows. Sit back and laugh!

MY SCHEDULE FRIDAY

6 am _____

7 am _____

8 am _____

9 am _____

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11 am _____

Noon _____

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SATURDAY | APRIL 18, 2020

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

7:00 AM

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

8:00 AM

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

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

8:30 AM

BODY WEIGHT BASICS I Gym 2
20 min.

9:00 AM

CHAIR YOGA I Limit: 15 Yoga Studio
MORNING STRETCH I Gym 2

CHINESE MEDICINE & WEIGHT LOSS Berkshire Room
Discover a new perspective on weight loss. Learn how herbs, healing foods and specialized acupuncture can help you feel healthy and shed excess weight at the same time.

STRIDE II/III Limit: 18 Gym 5

LO-IMPACT AEROBICS I/II Gym 1

PILATES REFORMER JUMPBOARD CLINIC II/III Limit: 4 Gym 4

Challenge yourself to a Pilates cardio interval workout. Increase your heart rate, burn fat, improve bone density and create a long, lean, strong body. Reformer experience required.

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

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

MUSCLE CONDITIONING I Gym 2
NEW BARBELL CLINIC II Limit: 4 Gym 5

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

EPIC WATER BLAST III Indoor Pool
TNT: TABATA 'N' TRX III Limit: 20 Sports Court

SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM Tanglewood Room

A stable energy system can lead to a calmer, more productive life by managing pain, stress and anxiety. Join a Healing Touch practitioner to learn skills to manage physical and emotional imbalances.

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

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

11:00 AM

INDOOR CYCLING II Limit: 19 Cycling Studio

AQUA STRENGTH CIRCUIT I/II Indoor Pool

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

MID-MORNING STRETCH I Gym 2

NOON

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

AERIAL HAMMOCK YOGA CLINIC II Limit: 8 Yoga Studio

Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.

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

LUNCH & LEARN Demonstration Kitchen

Enjoy a three-course meal featuring CARDAMOM GRILLED CHICKEN WITH MANGO LIME SAUCE and watch our demo chef prepare the entrée.

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.

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.

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.

1:30 PM

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

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

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

2:00 PM

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

BASIC AEROBIC CIRCUIT WEIGHTS I Limit: 18 Gym 5

GENTLE FLOW YOGA I/II Yoga Studio

KETTLE-BAR II Limit: 15 Sports Court

LONG & LEAN BARRE WORKOUT II Limit: 25 Gym 1

NEW HANDS-ON COOKING:

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

3:00 PM

MINDFULNESS MEDITATION WORKSHOP Tanglewood Room
Learn how to use mindfulness meditation to enhance your peace of mind. A life management therapist/coach will guide you through activities to help you develop stress management skills.
1 hr. 30 min. \$135 Sign up: Program Advising, Ext. 5439

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

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

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

H2O POWER I/II Indoor Pool

INTERMEDIATE YOGA II Yoga Studio

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

4:00 PM

WALLYBALL II/III Limit: 8 Racquet Court

NEW GOOD VIBRATIONS I Gym 2

FUSION WORKOUT II Limit: 24 Gym 1

RESTORATIVE YOGA I Limit: 25 Yoga Studio

5:00 PM

STRETCH & RELAX I Gym 2
25 min.

MEDITATION I Yoga Studio
25 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 _____

SUNDAY | APRIL 19, 2020

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

7:00 AM

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

8:00 AM

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

8:30 AM

MORNING RUN Front Spa Desk
60 min. 8.5-11 minute mile pace. Sign up: Outdoor Sports Board.
HIIT IT II/III Gym 1
20 min.

9:00 AM

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

BERKSHIRE BEAT I/II Limit: 15 Gym 1

RANCH SAVVY BRUNCH:

COMMITMENT TO YOUR HEALTH Canyon Ranch Grill

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

KYPRIS CONSULTATIONS Upper Spa Lobby

Experience a customized treatment with the holistic skin care collection, Kypris. 100% natural, sustainably-grown botanicals deliver phyto-nutrients for luminous results.

9am-4pm. Complimentary. To schedule your 30-minute appointment call:

Program Advising, Ext. 5439

MORNING STRETCH I Gym 2

YOGA FOUNDATIONS I Yoga Studio

STRIDE II/III Limit: 18 Gym 5

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

CARDIO KICKBOXING II/III Gym 1

YOGA FOR ATHLETES II/III Yoga Studio

MUSCLE CONDITIONING I Gym 2

FOOD, INFLAMMATION & PAIN CME Berkshire Room

Certain foods can cause inflammation, discomfort or even pain. A nutritionist will help you discover which ones could be to blame for symptoms, and which may help you heal.

CARDIO TENNIS Tennis Courts

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

11:00 AM

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

MID-MORNING STRETCH I Gym 2

NIA: NON-IMPACT AEROBICS I/II Gym 1

11:30 AM

SUNDAY BRUNCH Culinary Rebel™

Enjoy our bountiful brunch featuring Canyon Ranch favorites highlighting local farm-to-table ingredients. A wonderful way to celebrate a Sunday in the Berkshires.

11:30am - 2pm

NOON

NEW INDOOR CYCLING FTP TRAINING

CLINIC III Limit: 4 Cycling Studio

Challenge your training ride and learn more about Functional Threshold Power (FTP) in this Indoor Cycling Clinic.

\$90 Sign up: Program Advising, Ext. 5439

YIN & RELEASE I NEW Yoga Studio

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

25 min.

12:30 PM

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

1:00 PM

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 Front Spa Desk

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

1:30 PM

KAYAK: SEMIPRIVATE Limit: 4 Front Spa Desk

2 hr. \$110 Sign up: Outdoor Sports Board.

TRAIL WALK ON PROPERTY Front Spa Desk

60 min. Sign up: Outdoor Sports Board.

MONDAY | APRIL 20, 2020

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

7:00 AM

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

8:00 AM

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

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

SUN SALUTATIONS II Yoga Studio
25 min.

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

8:30 AM

HIIT IT II/III Gym 1
20 min.

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

9:00 AM

KYPRIS CONSULTATIONS Upper Spa Lobby
Experience a customized treatment with the holistic skin care collection, Kypris. 100% natural, sustainably-grown botanicals deliver phyto-nutrients for luminous results.

9am-4pm. Complimentary. To schedule your 30-minute appointment call: Program Advising, Ext. 5439

YOGA FOUNDATIONS I Yoga Studio

MORNING STRETCH I Gym 2

NEW POWER III Limit: 10 Gym 5

CURB CRAVINGS & HABITS WITH ACUPUNCTURE Berkshire Room

Acupuncture can safely reduce a variety of cravings and support the organ detoxification process. Gain practical tools and advice for quitting an unhealthy habit and moving toward a healthier you.

LO-IMPACT AEROBICS I/II Gym 1

PILATES TOWER CLINIC II Limit: 4 Gym 3

This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.

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

9:15 AM

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

10:00 AM

NEW PUNCH II/III Limit: 20 Sports Court
CARDIO TENNIS Tennis Courts

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

EPIC WATER BLAST III Indoor Pool

HYPNOTHERAPY: BE YOUR OWN AGENT OF CHANGE CME Tanglewood Room

Changing habits can be a challenge made easier with hypnotherapy. Tap into rich resources of self-awareness and motivation, transform your thoughts, emotions & actions with this powerful experience.

ROCK YOUR FLOW II Yoga Studio

TUBES AND LOOPS I/II Gym 2

11:00 AM

BEGINNER PILATES I Gym 1

MID-MORNING STRETCH I Gym 2

HOME REMEDIES FOR INJURY RELIEF CME Lower Spa Lobby
Strains and pains happen. Athletic trainer Christina Meucci will show you techniques to decrease discomfort and help injuries heal, using tools you can find in your home.

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

POWER ROW II Limit: 10 NEW Rowing Studio

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

Sign up: Program Advising, Ext. 5439

AQUA STRENGTH CIRCUIT I/II Indoor Pool

NOON

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.

\$90 Sign up: Program Advising, Ext. 5439

RANCH SAVVY LUNCH: FITNESS AT CANYON RANCH Canyon Ranch Grill&B&B

Sit with a fitness instructor over lunch and learn more about the exciting exercise offerings at Canyon Ranch!

12:30 PM

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

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.

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

BEAUTY SECRETS Rockwell Room

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

1:15 PM

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

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

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

1:30 PM
KAYAK: SEMIPRIVATE Limit: 4 Front Spa Desk
 2 hr. \$110 Sign up: Outdoor Sports Board.
TRAIL WALK ON PROPERTY Front Spa Desk
 60 min. Sign up: Outdoor Sports Board.

2:00 PM
TRX BASIC STRENGTH I/II Limit: 10 Sports Court
BEGINNER TENNIS CLINIC Limit: 4 Tennis Court
 Sign up: Program Advising, Ext. 5439

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

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

TO AUTOIMMUNITY CME Room TBD
 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.

YOGA FOR A HEALTHY BACK I Yoga Studio
LONG & LEAN BARRE WORKOUT II Limit: 25 Gym 1

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

H2O POWER I/II Indoor Pool
INDOOR CYCLING II Limit: 19 Cycling Studio
ACTING YOUR FITNESS AGE CME Berkshire 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.
RIP 'N' ROW II/III Limit: 18 Sports Court
INTERMEDIATE YOGA II Yoga Studio

4:00 PM
NEW STROOPS BUNGEE WORKOUT II/III Limit: 10 Gym 1
TRX FLOW II Limit: 10 Sports Court
FOAM ROLL & STRETCH I Limit: 20 Gym 2
RESTORATIVE YOGA AND SOUND HEALING Limit: 25 Yoga Studio
 Soothing yoga slows your body - reducing physical and emotional stress - as you experience the vibrational healing of koshi chimes, crystal bowls and the stringed monolina moving through & around

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

6:00 PM
NEW 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.

7:00 PM
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.

BEAD WELL: BRACELETS Limit: 10 Creative Expression Studio
 1 hr. 30 min. \$25 Sign up: Program Advising, Ext. 5439

8:00 PM
A CLASSICAL COLLECTION Fieldstone Lounge
 Pianist Ron Ramsay and Violinist Eileen Markland remind us that music is woven into the fabric of our Lenox culture. Listen as they

MY SCHEDULE MONDAY

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 9 pm _____

TUESDAY | APRIL 21, 2020

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

7:00 AM

MORNING WALK

45 min. Call walk hotline, Ext. 5567, for weather related cancellations. Lower Spa Lobby

INTRODUCTION TO BIRDING

2 hr. 30 min. Sign up: Outdoor Sports Board Limit: 4 Front Spa Desk

8:00 AM

ZEN•GA™ FLOW I

25 min. Gym 1

START YOUR FITNESS ENGINES

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. CME Berkshire Room

MEDITATION I

25 min. Yoga Studio

8:30 AM

BODY WEIGHT BASICS I

20 min. Gym 2

9:00 AM

CHAIR YOGA I Limit: 15

Yoga Studio

ZUMBA® I/II

Gym 1

MORNING STRETCH I

Gym 2

PILATES REFORMER CLINIC - INTERMEDIATE II Limit: 4

Gym 4

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

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

STRIDE II/III Limit: 18

Gym 5

RECHARGE! UNDERSTANDING

AND OVERCOMING FATIGUE CME Tangelwood Room

Cory Lenherr, MD leads a discussion about the causes and effects of fatigue and offers a insights into reclaiming your energy.

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

2 hr. 30 min. Sign up: Outdoor Sports Board. Front Spa Desk

10:00 AM

MUSCLE CONDITIONING I

Gym 2

UNCONVENTIONAL STRENGTH CLINIC I/II Limit: 4

Sports Court
Practice fundamental exercises & movements with weighted clubs, sandbags, and kettlebells. Learn the advantages of each tool and how they create a unique, comprehensive approach to health & fitness.

\$90 Sign-up: Program Advising, Ext. 5439

HANDS-ON COOKING:

ANTI-INFLAMMATORY FOODS Limit: 6 Demonstration Kitchen

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

EAR CANDY Limit: 5

Creative Expression Studio

1 hr. 30 min. \$25 Sign up: Program Advising, Ext. 5439

VIPR ATHLETIC II/III Limit: 15

Gym 1

EPIC WATER BLAST III

Indoor Pool

CARDIO TENNIS

Tennis Courts

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

EXTENDED VINYASA FLOW III

Yoga Studio

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

11:00 AM

INDOOR CYCLING II Limit: 19

Cycling Studio

AQUA STRENGTH CIRCUIT I/II

Indoor Pool

NIA: NON-IMPACT AEROBICS I/II

Gym 1

PILATES WEIGHT LOSS BOOST II

Sports Court

MID-MORNING STRETCH I

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.

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

CORE CONDITIONING II

Gym 1

25 min.

12:30 PM

BALANCE CHALLENGE I

Gym 2

20 min.

1:00 PM

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.

THE MANDALA EXPERIENCE Limit: 8

Creative Expression Studio

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

1:15 PM

HIKE: LEVEL 1

Front Spa Desk

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

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

CME – Continuing Medical Education

Your service allowance may be applied toward activity fees.

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

2:00 PM
INTERMEDIATE TO ADVANCED TENNIS Tennis Court
CLINIC Limit: 4
 \$85 Sign up: Program Advising, Ext. 5439

YIN YOGA I Yoga Studio
CHINESE MEDICINE:
THE INSIDE SCOOP Tanglewood Room

A licensed acupuncturist discusses the benefits and treatments of Chinese Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.

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

BERKSHIRE BEAT I/II Limit: 15 Gym 1

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
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

GLUTE CAMP II/III Limit: 14 Gym 1

H2O POWER I/II Indoor Pool
FORGIVENESS: RECLAIMING YOUR AUTONOMY Room TBD

Life experiences of loss and harm can leave you feeling diminished or depleted. A spiritual wellness provider shares how forgiveness reconnects you with personal power and authenticity.

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

INTERMEDIATE YOGA II Yoga Studio

4:00 PM
TNT: TABATA 'N' TRX III Limit: 20 Sports Court
BOSU BLAST II NEW Gym 1
INDOOR ARCHERY Limit: 4 Front Spa Desk
 \$110 Sign up: Outdoor Sports Boards. Meet at Indoor Tennis Courts.

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

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

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

THE POWER OF BREATH I Yoga Studio
 25 min.

8:00 PM
THE TRANSFORMATIVE POWER OF DAILY REMINDERS WITH JERRY POSNER Tanglewood Room

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

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

MY SCHEDULE TUESDAY

6 am	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
Noon	_____
1 pm	_____
2 pm	_____
3 pm	_____
4 pm	_____
5 pm	_____
6 pm	_____
7 pm	_____
8 pm	_____
9 pm	_____



CLASSES & ACTIVITIES

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.

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.

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

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 back of the Spa.

REMINDERS

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

AQUATIC

AQUA STRENGTH CIRCUIT

A circuit-based class set in shallow water encouraging muscle fatigue while maintaining an aerobic level. We 11am, Th 11am, Fr 11am, Sa 11am, Su 11am, Mo 11am, Tu 11am

EPIC WATER BLAST

An intense and powerful water circuit class using a variety of tools to challenge you in shallow water. We 10am, Th 10am, Fr 10am, Sa 10am, Su 10am, Mo 10am, Tu 10am

H2O POWER

A challenging aerobic conditioning class in shallow water. We 3pm, Th 3pm, Fr 3pm, Sa 3pm, Su 3pm, Mo 3pm, Tu 3pm

CARDIO

BASIC AEROBIC CIRCUIT WEIGHTS

This class is designed for the beginner looking for a total body workout. Sa 2pm, Tu 2pm

BATTLING ROPES

Challenge yourself in this total body workout using battling ropes, body weight, and more! We 10am, Fr 10am

BERKSHIRE BEAT

Burn calories, release stress and feel the joy by drumming on a physio-ball in this fun, unique class. Th 2pm, Su 9am, Tu 2pm

BOSU BLAST

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

BOXER'S WORKOUT

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

CARDIO KICKBOXING

Join us for a high-energy martial arts and boxing-inspired training session. Be ready to kick, punch, bob and weave your way through this fun fitness challenge. Su 10am

HIIT IT

High intensity training with minimal breaks in between to increase cardiovascular output while using athletic and strength training exercises for an all around aerobic and anaerobic workout. We 8:30am, Fr 8:30am, Su 8:30am, Mo 8:30am

INDOOR CYCLING

The outdoor ride is transported into the studio where you will experience a strength, endurance or interval-focused class. We 3pm, Th 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, 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 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

RIP 'N' ROW

This high-level workout combines interval and endurance training, using the Indo Row® and TRX® Rip Trainer. We 3pm, Fr 3pm, Mo 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

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 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. 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: 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

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

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. 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. 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, 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. Su 10am

YOGA FOUNDATIONS

This beginner class focuses on alignment in basic postures from a standing, kneeling and supine position with emphasis on yogic breathing. No shoes. We 9am, Fr 9am, Su 9am, Mo 9am

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

SINGLE WEIGHT WORKOUT

Focus on the results you want in this strength training class that uses only one weight the entire class. Rise to the challenge in this total body workout as you fire extra muscles in every move! Fr 2pm

TRX BASIC STRENGTH

TRX Suspension Training® allows you to work out using just your body weight. Focus on developing strength, endurance, mobility, balance, flexibility and core stability. We 2pm, Fr 2pm, Su 2pm, Mo 2pm

TRX FLOW

Experience mindful movement, strength, mobility, and flexibility while using the TRX® Suspension Trainer to assist and challenge you. Fr 4pm, Mo 4pm

TUBES AND LOOPS

Experience a full body strength workout using the variable resistance of elastic fitness loops and tubing. We 10am, Fr 10am, Mo 10am

OUTDOOR SPORTS



ADVANCED 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. Tu 4pm

INTRODUCTION TO BIRDING

Enjoy a gentle hike led by a Canyon Ranch birding expert, with instruction on binocular use, birding techniques, identification and song. Discover the delights of America's fastest-growing hobby! Tu 7am

KAYAK: SEMIPRIVATE

Enjoy a kayak tour on one of our beautiful local lakes. Instruction included. Must be an able swimmer. Weather dependent. We 1:30pm, Sa 1:30pm, Su 1:30pm, Mo 1:30pm

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.

MORNING RUN

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

MORNING WALK

30-minute walk or 45-minute walk on relatively flat terrain that will accommodate all paces. We 7am, Th 7am, Fr 7am, Sa 7am, Su 7am, Mo 7am, Tu 7am

OPEN SLACK & CLIMB

"Slacklining" is balancing along a suspended length of flat webbing. Our guides will teach, lead, spot, & coach you through our slacklining experience and assist you in climbing the 40-foot rock wall. Fr 1pm

SHINRIN YOKU

Shinrin Yoku is the Japanese practice of taking in the forest atmosphere or "forest bathing." Join your guide on a slow, intentional walk into the woods to de-stress and reconnect with nature. Th 1:30pm

TAI CHI WALK OFF PROPERTY

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

TRAIL WALK ON PROPERTY

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

HIKING

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.

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.

OUTDOOR SPORTS SPRING HIGHLIGHT

Waterfalls

Spring has sprung! Outdoor conditions are perfect for waterfall hikes. Visit the Outdoor Sports Desk to inquire about waterfall hikes this week.

Advanced Bike Rides & Mountain Bike Rides

The times and days for these bike rides vary. Please see the Outdoor Sports Boards for available dates and times.

Housatonic River Kayak Trips

When river conditions allow, join our Outdoor Sports Guides and enjoy the spectacular beauty of October Mountain as you paddle along the winding Housatonic River. No experience necessary. Must be an able swimmer. Fees apply. Please see the Outdoor Sports Boards for available dates and times.



HAVE YOU TRIED THESE?

NEW KYPRIS SIGNATURE FACIAL

This luxurious, holistic experience soothes the soul and rejuvenates the skin. 100% natural, sustainably grown botanicals, deliver a plethora of nourishing Phyto-nutrients. This decadent facial begins with an aromatherapeutic rose quartz grounding and a two-step cleanse to prepare the skin and senses. A harmony of masks and serums are massaged over the skin while warm and cool rose quartz crystal therapy enhance this customized treatment.

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.

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

GROUP GETAWAYS

The only thing better than a Canyon Ranch stay, is sharing the experience with family and friends! Whether it's a milestone birthday, anniversary celebration, family gathering, girlfriend's getaway or bachelorette party, Canyon Ranch will help you plan, promote and organize your group trip for a truly memorable experience. For groups of eight or more, enjoy significant savings, and for groups with 11 paying guests, the twelfth person is complimentary! For more information, contact Laura Orley, Associate Director of Sales, at 413.637.4400, Ext. 5331.

MEL'S TIPS

by Mel Zuckerman,
Canyon Ranch founder &
wellness visionary

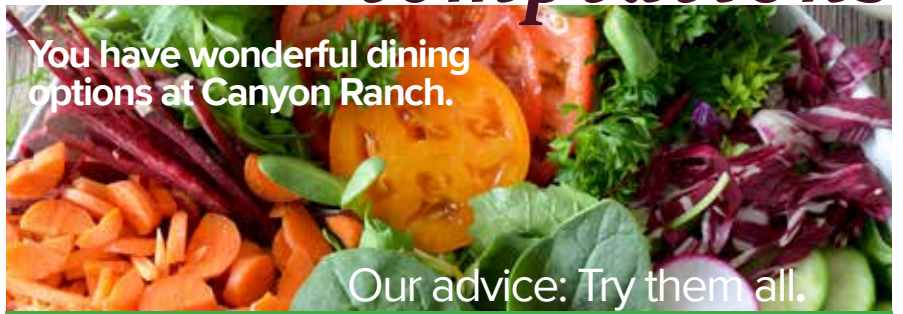
EXCELLENT REASONS TO GET A MOVE ON

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.

HEALTHY temptations



You have wonderful dining options at Canyon Ranch.

Our advice: Try them all.

CANYON RANCH GRILL™

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

CULINARY REBEL™

Order at the counter from a menu of light fare and complete meals. 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.

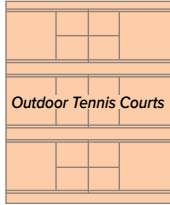


North Wing

- Upper Level**
 Guest Rooms
 Ice Machine
 Self-Serve Laundry
- Lower Level**
 Beverage Bar
 Program Advising
 Restrooms
 Rockwell Room
 Sales
 Spiritual Wellness
 Stockbridge Room

SPA COMPLEX

- Upper Level**
 Beauty Salon
 Locker Rooms
 Massage
 Outdoor Sports
 Skin Care Services & Retail
 Spa Treatments
 Yoga Studio
- Lower Level**
 Beverage Bar
 Cycling Studio
 Exercise Physiology
 Fitness Gyms 1-5
 Canyon Ranch Healthy Feet® Center
 Indoor Pool
 Indoor Tennis Courts
 Movement Therapy
 Outdoor Pool
 Racquet Sports
 Rowing Studio
 Sports Courts



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

- First Floor**
 Computer Resource Room
 Guest Rooms
- Second Floor**
 Guest Rooms
 Ice Machine
 Self-Serve Laundry



HOTEL COMPLEX

East Wing



- Ground Floor**
 Beverage Bar
 Foyer
 Guest Rooms

- Second Floor**
 Foyer
 Guest Rooms
 Ice Machine
 Self-Serve Laundry



West Wing

CANYON RANCH LIVING® LENOX

BELLEFONTAINE MANSION / HEATH & HEALING



Second Floor – Integrative Health Center (Health & Healing)

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

Labyrinth



Ropes Course Climbing Wall

- Lower Level**
 SARGENT BROOK LOUNGE
 Media Room

- FIELDSTONE LOUNGE

- CULINARY REBEL™

PHONE NUMBERS

- Bell Services Desk 5500
- Culinary Rebel™ 5210
- Canyon Ranch Grill™ 5310
- Fitness 5460
- Guest Services/Concierge 5525
- Health & Healing 5325

LIFE-THREATENING EMERGENCIES, CALL 9+911

- Health Packages..... 5102
- Hotel Operator 0
- Housekeeping..... 5432
- Medical..... 5317
- Outdoor Sports 5535
- Program Advisors..... 5439
- Registration..... 5519
- Reservations 5497
- Safety & Security 5306
- Sales 5327
- Showcase Boutique..... 5402