Canyon Ranch has always been the place where you could feel safe, confident and stress-free. That hasn’t changed. We’ve updated our hygiene protocols to higher levels than ever, and made adaptations to reduce the spread of COVID-19, meeting or exceeding all Centers for Disease Control CDC guidelines and state regulations.

Canyon Ranch experts, including Richard C. Carmona, MD, MPH, FACS, 17th Surgeon General of the United States, have developed safety precautions that are in place throughout the property.

Relax, be well and enjoy your stay.

TEMPERATURE SCREENING
We check temperatures for all staff and visitors to the Ranch, every time they arrive.

SAFE DISTANCING
We maintain the 6-foot safety distance in classes, dining, pools and other activities. Occupancy restrictions based on state regulations are in place.

CLOTH MASKS
All Ranch staff and guests should wear cloth masks, except when dining, during some high-intensity activities, in the pool, in guest rooms and at safe distances, unless a breathing condition exists.

HAND SANITIZERS
In addition to washing your hands, please use the sanitizer you received at check-in and the no-touch dispensers around the property.

FREQUENT CLEANING
We scrupulously clean gyms and public spaces using products and electrostatic sprayers that meet CDC and EPA standards concerning viruses, bacteria and other pathogens.

GYMS & STUDIOS
We’ve marked floors for safe spacing, rearranged equipment and adjusted schedules to allow for sanitizing between classes.

HOUSEKEEPING
Guest rooms stay empty for 24 hours before being cleaned for new arrivals. Guests receive fresh duvets, linens are delivered in single-use, sealed bags, and housekeepers change gloves after servicing each room.

SYMPTOMS?
If you don’t feel well, please go back to your room and call “O” for assistance. We’ll take care of you quickly.

For additional details, please visit Guest Services.

HOURS & LOCATIONS

CANYON RANCH GRILL™
Breakfast: 6:30 am – 10 am
Lunch: 11:30 am – 2 pm, weather permitting, outdoor settings available
Dinner: 5:30 – 8:30 pm, reservations required
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.
Room Service available for dinner upon request. Please pre-order by calling Ext. 5310 prior to 5pm

CULINARY REBEL™
Snacks & Light Fare: 10 am – 5:30 pm
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.

DEMO KITCHEN
Learn Ranch culinary secrets with our expert staff during hands-on private or group classes.

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

SPA
6:30 am – 10 pm

SHOWCASE BOUTIQUE
9 am – 5 pm
Private shopping appointments available upon request, inquire within the boutique

As a courtesy to all guests, talking on phones is permitted only in your private room, on your patio and in designated areas. Otherwise, please keep mobile devices on “silent” mode. Feel free, of course, to take photos of your favorite spots around the Ranch. Share them with people back home, too.
#LiveCanyonRanch.
We're delighted to have you in our inspiring corner of the world. Think of Canyon Ranch as your own healthy haven, the place for renewal, wellness and happiness.

While we were closed, we took the opportunity to continue our renovations and improvements. We’re pleased to offer wonderful enhancements including a new creative arts space and relocation of our Nutrition Marketplace to the East wing near our Demonstration Kitchen and Herb Garden. Our professionals reviewed programming and services to make sure they’re relevant for you. You’ll find favorite activities, services and classes, plus new opportunities to experience. I encourage you to explore our scenic landscape, connect with nature and try something you’ve never done before.

We’ve updated safety protocols, of course, to protect every Ranch guest, member, homeowner and colleague. And while we’re maintaining safe distancing, we are not distant. Many of you have ongoing relationships with professionals who have missed you as much as you missed them. If this is your first visit, we look forward to meeting you. The Ranch vision for healthy, joyful living comes to life when you're here with us.

Right now, you’re in the perfect place for refreshing your spirit, setting goals and shedding stress. Please let us know if there’s anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.

Live Inspired!

Mindi Morin
Managing Director
Canyon Ranch Lenox

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 PROGRAM ADVISORS. They’re the ultimate Ranch insiders who know about every 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 the Program Advising desk, 8am - 9pm, located in the Spa.
WEDNESDAY | JULY 15, 2020

SIGN-UP IS REQUIRED FOR ALL FITNESS CLASS AND LECTURES. Walk-in’s permitted based on availability - simply call Ext. 5439.

7:00 AM
STAND-UP PADDLEBOARD
Front Spa Lobby
2 hr. $110  Sign up: Outdoor Sports Board.

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  Limit: 10
Gym 2
25 min.

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

OUTDOOR SUN SALUTATIONS  II  Limit: 10
Lower Spa Lobby
25 min.  In the event of inclement weather, this class will take place in the Yoga Studio.

9:00 AM
NEW POWER ROW  II  Limit: 6
Rowing Studio

PIILATES REFORMER JUMPBOARD
Gym 4

CLINIC  II/III  Limit: 3
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. $75  Sign up: Program Advising, Ext. 5439

NEW ART FOR THE HEALTH OF IT  Room TBD
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.

MINDFULNESS MEDITATION  Room TBD
A lecture with experiential components.

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

9:30 AM
TAI CHI WALK ON PROPERTY
Front Spa Lobby

10:00 AM
OFF-ROAD MOUNTAIN BIKE RIDE: LEVEL 4
Front Spa Lobby

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

10:30 AM
TUBES AND LOOPS  I/II  Limit: 10
Gym 2

YOGA FOR ATHLETES  II/III  Limit: 10
Yoga Studio

H2O POWER  I/II  Limit: 10
Indoor Pool

11:30 AM
STRENGTHEN & RESET YOUR ENERGY  Room TBD
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.

NOON
THE HEALING POWER OF METAPHYSICS  Room TBD
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.

BOGA FITMAT® FITNESS CLINIC  II  Limit: 4
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®
$75  Sign up: Program Advising, Ext. 5439

NEW YIN & RELEASE  I  Limit: 10
Yoga Studio

BEGINNER PILATES  I  Limit: 10
Gym 1
25 min.

1:00 PM
HIGH ROPES CHALLENGE COURSE
Front Spa Lobby
2 hr. $235  Sign up: Outdoor Sports Board.
TENTATIVE
SIGN-UP IS REQUIRED FOR ALL FITNESS CLASS AND LECTURES.
Walk-in's permitted based on availability - simply call Ext. 5439.

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.

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**MY SCHEDULE WEDNESDAY**

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

1:30 PM
KAYAK: SEMIPRIVATE Limit: 4
2 hr. $110 Sign up: Outdoor Sports Board.
BIKE RIDE: LEVEL 2 Limit: 7
See Outdoor Sports Board for details and sign up.

2:00 PM
LONG & LEAN BARRE WORKOUT II Limit: 10
GENTLE FLOW YOGA I/II Limit: 10
TRX BASIC STRENGTH I/II Limit: 6
A NUTRITIONIST’S GUIDE TO GROCERY SHOPPING Limit: 6
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.

3:00 PM
HERBS FOR SEASONAL WELLNESS Room TBD
A Chinese Medicine practitioner shares how healing foods, the five elements & related tips, and herbs can be used to maintain good health and balance through the current season.

YOUR AT-HOME SKINCARE REGIMEN: TOOLS FOR SUCCESS Room TBD
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.

3:30 PM
NEW STROOPS BUNGEE WORKOUT II/III Limit: 6
NEW GOOD VIBRATIONS I Limit: 10
RESTORATIVE YOGA I Limit: 10

5:00 PM
NEW QUESTION & ANSWER: DOCTOR’S TOPIC OF THE WEEK Room TBD
Join a casual talk with a Ranch physician, and bring your questions about our whole-person, integrative approach. It could change your perspective and brighten your outlook for a healthier life.

REMOTE MEETING: OPEN 12-STEP RECOVERY Zoom Video Meeting
Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.
Join via the Zoom: bit.ly/5PMMeeting with the password: Serenity20

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.
**THURSDAY | JULY 16, 2020**

*SIGN-UP IS REQUIRED FOR ALL FITNESS CLASS AND LECTURES.* Walk-in’s permitted based on availability - simply call Ext. 5439.

### 7:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>MORNING KAYAK</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>2 hr.</td>
<td>$110</td>
</tr>
<tr>
<td><strong>MORNING WALK</strong></td>
<td>Lower Spa Lobby</td>
</tr>
<tr>
<td>45 min.</td>
<td>Call walk hotline, Ext. 5567, for weather related cancellations.</td>
</tr>
</tbody>
</table>

### 8:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PILATES TOWER CLINIC II</strong></td>
<td>Gym 3</td>
</tr>
<tr>
<td>Limit: 3</td>
<td></td>
</tr>
<tr>
<td>This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.</td>
<td></td>
</tr>
<tr>
<td>$75</td>
<td>Prior Pilates experience is required.</td>
</tr>
<tr>
<td><strong>NEW VIBE I</strong></td>
<td>Gym 2</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td><strong>OUTDOOR MEDITATION I</strong></td>
<td>Lower Spa Lobby</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td>25 min.</td>
<td>In the event of inclement weather, this class will take place in the Yoga Studio.</td>
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### 9:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>ZUMBA® I/II</strong></td>
<td>Gym 1</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td><strong>ADVANCED INDOOR CYCLING III</strong></td>
<td>Cycling Studio</td>
</tr>
<tr>
<td>Limit: 9</td>
<td></td>
</tr>
<tr>
<td><strong>CHAIR YOGA I</strong></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td><strong>STRAIGHTEN UP! CME</strong></td>
<td>Room TBD</td>
</tr>
<tr>
<td>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.</td>
<td></td>
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</tbody>
</table>

### 9:15 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>HIKE: LEVEL 3</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
<td></td>
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</tbody>
</table>

### 10:00 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>CARDIO TENNIS</strong></td>
<td>Tennis Courts</td>
</tr>
<tr>
<td>$85</td>
<td>Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td><strong>BIKE RIDE: LEVEL 3/4</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>III/IV</td>
<td>3 hr.</td>
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</tbody>
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### 10:30 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>CARDIO YOGA II/III</strong></td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td><strong>MID-MORNING STRETCH</strong></td>
<td>Gym 1</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td><strong>MUSCLE CONDITIONING</strong></td>
<td>Gym 2</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
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</table>

### 11:30 AM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>NEW STRENGTHEN YOUR NATURAL DEFENSES CME</strong></td>
<td>Room TBD</td>
</tr>
<tr>
<td>Learn an integrative approach to boost your body’s defenses mechanisms against disease, illness, injury and even depression. This might mean managing underlying health conditions and lifestyle habits.</td>
<td></td>
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</table>

### NOON

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>LET’S TALK TAROT</strong></td>
<td>Room TBD</td>
</tr>
<tr>
<td>A metaphysical practitioner guides you in this experiential discussion, to discover how reading the Tarot can be a practical tool for guidance and deeper self-awareness.</td>
<td></td>
</tr>
<tr>
<td><strong>DEEP WATER WAVE CLINIC II</strong></td>
<td>Outdoor Pool</td>
</tr>
<tr>
<td>Limit: 2</td>
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<tr>
<td>In this deep water workout, sport specific challenge, your nearly weightless body creates little joint impact, but your cardiovascular system will have a high impact when put through the paces.</td>
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<tr>
<td>$75</td>
<td>Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td><strong>FITNESS FOR YOUR FEET® I</strong></td>
<td>Gym 2</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
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<tr>
<td>25 min.</td>
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</tr>
<tr>
<td><strong>ABS ON THE BALL I/II</strong></td>
<td>Gym 1</td>
</tr>
<tr>
<td>Limit: 10</td>
<td></td>
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<tr>
<td>25 min.</td>
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### 1:00 PM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>BEAUTY SECRETS</strong></td>
<td>Room TBD</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><strong>AFTERNOON TENNIS DRILLS</strong></td>
<td>Tennis Court</td>
</tr>
<tr>
<td>$85</td>
<td>Sign up: Program Advising, Ext. 5439</td>
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</table>

### 1:15 PM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>HIKE: LEVEL 1</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
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### 1:30 PM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>SHINRIN YOKU</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>Limit: 6</td>
<td></td>
</tr>
<tr>
<td>1 hr. 30 min.</td>
<td>Sign up: Outdoor Sports Board</td>
</tr>
<tr>
<td><strong>CAMP ARCHERY</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>Limit: 8</td>
<td></td>
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<tr>
<td>1 hr. 30 min.</td>
<td>Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td><strong>STAND-UP PADDLEBOARD</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>2 hr.</td>
<td>$110</td>
</tr>
<tr>
<td><strong>BIKE RIDE: LEVEL 2</strong></td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>Limit: 7</td>
<td></td>
</tr>
<tr>
<td>See Outdoor Sports Board for details and sign up.</td>
<td></td>
</tr>
</tbody>
</table>
Featured Events: FE – Comedian, Marla Schultz
CME – Continuing Medical Education
Your service allowance may be applied toward activity fees.

### MY SCHEDULE THURSDAY

2:00 PM
YOGA FOR A HEALTHY BACK I  Limit: 10  Yoga Studio
THE MYSTERY OF METABOLISM  CME  Room TBD
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.

BERKSHIRE BEAT I/II  Limit: 10  Gym 1
NEW OUTDOOR
WALK YOUR WORKOUT I/II  Limit: 10  Lower Spa Lobby
In the event of inclement weather, this class will take place in the Indoor Track.

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.

3:30 PM
NEW POWER ROW II  Limit: 6  Rowing Studio
AQUA STRENGTH CIRCUIT I/II  Limit: 10  Indoor Pool
RESTORATIVE YOGA I  Limit: 10  Yoga Studio

5:00 PM
HYPNOTHERAPY: BE YOUR OWN AGENT OF CHANGE  Room TBD
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.

REMOTE MEETING: OPEN 12-STEP RECOVERY  Zoom Video Meeting
Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.
Join via the Zoom: bit.ly/5PMMeeting with the password: Serenity20

8:00 PM
FE 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!
7:00 AM
MORNING KAYAK
Front Spa Lobby
2 hr. $110 Sign up: Outdoor Sports Board.
MORNING WALK
Lower Spa Lobby
45 min. Call walk hotline, Ext. 5567, for weather related cancellations.

8:00 AM
PILATES TOWER BARRE CLINIC II Limit: 3 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.
$75 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439
ADVANCED LEVEL HIKE
Front Spa Lobby
Visit the Outdoor Sports Board for sign up and additional details.
OUTDOOR SUN SALUTATIONS II Limit: 10 Lower Spa Lobby
25 min. In the event of inclement weather, this class will take place in the Yoga Studio.

9:00 AM
LO-IMPACT AEROBICS I/II Limit: 10 Gym 1
STRIDE I/III Limit: 8 Gym 5
NEW OPTIMIZING CARDIOMETABOLIC NHEALTH CME Room TBD
Learn how you can maximize brain and heart health through optimal dietary patterns, circadian rhythm, quality sleep, movement and relaxation practices - and by reducing key risk factors.
YOGA FOUNDATIONS I Limit: 10 Yoga Studio

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

10:00 AM
CARDIO TENNIS
Tennis Courts
$85 Sign up: Program Advising, Ext. 5439
CLIMBING WALL Limit: 4 Front Spa Lobby
$110 Sign up: Outdoor Sports Board
SPICE: THE FLAVOR OF HEALTH CME Room TBD
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.

10:30 AM
ROCK YOUR FLOW II Limit: 10 Yoga Studio
TUBES AND LOOPS I/II Limit: 10 Gym 2
H2O POWER I/II Limit: 10 Indoor Pool

11:30 AM
NEW RE-ESTABLISHING THE CONNECTION Room TBD
The quality of your relationships has a profound effect on your health and emotional well-being. Explore ways to enhance the depth and vitality of your connection with friends, family and yourself.

12:00 PM
FITNESS FOR YOUR FEET* I Limit: 10 Gym 2
PILATES WEIGHT LOSS BOOST I/II Limit: 10 Sports Court
25 min.
BOGA FITMAT® YOGA CLINIC II Limit: 4 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®.
$75 Sign up: Program Advising, Ext. 5439

1:00 PM
THE ISSUE WITH YOUR TISSUE: EXPLORING MUSCULOSKELETAL PAINS CME Room TBD
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.
LOOPS & LADDERS
Front Spa Lobby
1 hr. 30 min. $110 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 Lobby
Visit the Outdoor Sports Board for sign up and additional details.

1:30 PM
STAND-UP PADDLEBOARD
Front Spa Lobby
2 hr. $110 Sign up: Outdoor Sports Board.
BIKE RIDE: LEVEL 2 Limit: 7
See Outdoor Sports Board for details and sign up.
2:00 PM
NEW HANDS-ON COOKING:
PLEASING PLANT-BASED MEALS
Demonstration Kitchen
Limit: 8
1 hr. 30 min. $165 Sign up: Program Advising, Ext. 5439

WALK IN THE WOODS YOGA
Lower Spa Lobby
Limit: 10
In the event of inclement weather, this class will take place in the Yoga Studio

NEW SINGLE WEIGHT WORKOUT II
Gym 1
Limit: 10
3:30 PM
FOAM ROLL & STRETCH
Gym 2
Limit: 10

INDOOR CYCLING II
Cycling Studio
Limit: 9

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

RESTORATIVE YOGA
Yoga Studio
Limit: 10
5:00 PM
NEW HOW UNCERTAINTY HELPS US GROW
Room TBD
Learn how letting go of control during times of change and transition can open our hearts, expand our consciousness, and nourish our growth as human beings.

REMOTE MEETING: OPEN 12-STEP RECOVERY
Zoom Video Meeting
Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.
Join via the Zoom: bit.ly/5PMMeeting with the password: Serenity20

7:30 PM
FE AN EVENING WITH SPIRIT
& SUZANE NORTHROP
Room TBD
The celebrated medium and bereavement expert, will discuss what happens when loved ones pass on, and the ways they may connect with us. Time will also be spent receiving messages from beyond.
1 hr. 30 min. $165 Sign up: Program Advising, Ext. 5439

8:00 PM
THE PRACTICAL POWER OF GRATITUDE
WITH JERRY POSNER
Tanglewood Room
Experience the fulfillment of gratitude! In this fun and inspiring hour, learn to use "grati-tools" for increased happiness, improved relationships, and a more positive perspective.

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

Your service allowance may be applied toward activity fees.
SATURDAY | JULY 18, 2020

SIGN-UP IS REQUIRED FOR ALL FITNESS CLASS AND LECTURES. Walk-in's permitted based on availability - simply call Ext. 5439.

7:00 AM
STAND-UP PADDLEBOARD
Front Spa Lobby
2 hr. $110 Sign up: Outdoor Sports Board.
MORNING WALK
Lower Spa Lobby
45 min. Call walk hotline, Ext. 5567, for weather related cancellations.

8:00 AM
PILOTES REFORMER JUMPBOARD CLINIC
Front Spa Lobby
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. Referrer experience required.
50 min. $75 Sign up: Program Advising, Ext. 5439

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

NEW VIBE
Gym 2
25 min.

OUTDOOR MEDITATION
Lower Spa Lobby
25 min. In the event of inclement weather, this class will take place in the Yoga Studio.

9:00 AM
NEW POWER ROW
Rowing Studio
Limit: 6
LO-IMPACT AEROBICS
Gym 1
Limit: 10
CHAIR YOGA
Yoga Studio
Limit: 10
CHINESE MEDICINE & WEIGHT LOSS
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.

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

9:30 AM
TAI CHI WALK ON PROPERTY
Program Advising Desk
Sign up: Outdoor Sports Board.

10:00 AM
CARDIO TENNIS
Tennis Court
$85 Sign up: Program Advising, Ext. 5439
CAMP ARCHERY
Front Spa Lobby
Limit: 8
1 hr. 30 min. Sign up: Outdoor Sports Board.

10:30 AM
TUBES AND LOOPS
Gym 2
Limit: 10
MID-MORNING STRETCH
Gym 1
Limit: 10
NEW YOGA SCULPT
Yoga Studio
Limit: 10

11:30 AM
SELF-CARE TECHNIQUES FOR BALANCING YOUR ENERGY SYSTEM
Room TBD
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.

NOON
FITNESS FOR YOUR FEET®
Gym 2
25 min.

AERIAL HAMMOCK YOGA CLINIC
Yoga Studio
Limit: 4
Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.
$75 Please see a Program Advisor to sign up and for restrictions.

1:00 PM
HIGH ROPES CHALLENGE COURSE
Front Spa Lobby
2 hr. $235 Sign up: Outdoor Sports Board.

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

1:30 PM
KAYAK: SEMIPRIVATE
Front Spa Lobby
2 hr. $110 Sign up: Outdoor Sports Board.
EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP
Rockwell Room
Limit: 6
Led by certified EBQG & Tai Chi instructor, Tom Andrews, this workshop shows you movements & meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more.
1 hr. 30 min. $135 Minimum 2. Sign up: Program Advising, Ext. 5439

2:00 PM
AFTERNOON TENNIS DRILLS
Tennis Court
$85 Sign up: Program Advising, Ext. 5439
LONG & LEAN BARRE WORKOUT
Sports Court
Limit: 10
Limit: 6
TRX BASIC STRENGTH
Yoga Studio
Limit: 10
GENTLE FLOW YOGA

SIGN-UP IS REQUIRED FOR ALL FITNESS CLASS AND LECTURES. Walk-in's permitted based on availability - simply call Ext. 5439.
TENTATIVE

SATURDAY | JULY 18, 2020

2:30 PM
**FE AN AFTERNOON WITH SPIRIT & SUZANE NORTHROP**
Room TBD
The celebrated medium and bereavement expert, will discuss what happens when loved ones pass on, and the ways they may connect with us. Time will also be spent receiving messages from beyond.
1 hr. 30 min.  $175  Sign up: Program Advising, Ext. 5439

3:00 PM
**MINDFULNESS MEDITATION WORKSHOP**
Room TBD
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
Sign up: Outdoor Sports Board.

3:30 PM
**RESTORATIVE YOGA**
Yoga Studio
Limit: 10
**AQUA STRENGTH CIRCUIT**
Indoor Pool
Limit: 10
**NEW STROOPS BUNGEE WORKOUT**
Gym 1
Limit: 6

5:00 PM
**REMOTE MEETING: OPEN 12-STEP RECOVERY**
Zoom Video Meeting
Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.
Join via the Zoom: bit.ly/SPMeeting with the password: Serenity20

9:00 PM
**FE 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!

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

**FITNESS CLASSES**
45 min.;
**PRESENTATIONS/WORKSHOPS**
50 min. unless noted.

Featured Events:
**FE** – Lover Never Dies with Suzane Northrop ;  **FE** – Comedian, Marla Schultz

**CME** – Continuing Medical Education

Your service allowance may be applied toward activity fees.
7:00 AM
MORNING KAYAK
Front Spa Lobby
2 hr.  $110 Sign up: Outdoor Sports Board.

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

8:00 AM
WAKE-UP WARM-UP STRETCH
Gym 2
25 min.  Limit: 10

NEW BARBELL CLINIC
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.
$75 Sign up: Program Advising, Ext. 5439

OUTDOOR SUN SALUTATIONS
Lower Spa Lobby
25 min.  Limit: 10  In the event of inclement weather, this class will take place in the Yoga Studio.

9:00 AM
NEW POWER ROW
Rowing Studio
25 min.  Limit: 6

CARDIO KICKBOXING
Gym 1
Limit: 10

PILATES REFORMER CLINIC - INTERMEDIATE
Gym 4
This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required.
50 min. $75 Sign up: Program Advising, Ext. 5439

MEAL PLANNING MADE EASY
Room TBD
Meal planning is key to eating a balanced, healthy diet at home. A nutritionist introduces an online tool to save you time and energy while preparing delicious, nutritious & portion-controlled meals.
Follow up with a nutrition session to start your subscription for a take-home plan to master your meal time

YOGA FOUNDATIONS
Yoga Studio
Limit: 10

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

10:00 AM
CARDIO TENNIS
Tennis Courts
$85 Sign up: Program Advising, Ext. 5439

BIKE RIDE: LEVEL 3/4
Front Spa Lobby
3 hr.  See Outdoor Sports Board for details and to sign up.

10:30 AM
YOGA FOR ATHLETES
Yoga Studio
Limit: 10  Indoor Pool

H2O POWER
Indoor Pool
Gym 2
Limit: 10

MUSCLE CONDITIONING
Gym 2
Limit: 10

11:30 AM
NEW SELF-COMPASSION IS YOUR SUPERPOWER
Room TBD
Ready to create meaningful change, improve your relationships and enhance your well-being? Explore the power of self-compassion, the science behind it and how to make it part of your everyday life.

NOON
BOGA FITMAT® FITNESS CLINIC
Indoor Pool
Limit: 4
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®.
$75 Sign up: Program Advising, Ext. 5439

NEW YIN & RELEASE
Yoga Studio
Gym 1
Limit: 10

BEGINNER PILATES
Gym 1
25 min.

1:00 PM
INTERMEDIATE TO ADVANCED
Tennis Court
Limit: 4

TENNIS CLINIC
Tennis Court
Limit: 4

$85 Sign up: Program Advising, Ext. 5439

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

SUNDAY | JULY 19, 2020
---|---

**1:30 PM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHINRIN YOKU</td>
<td>1 hr. 30 min.</td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>STAND-UP PADDLEBOARD</td>
<td>2 hr.</td>
<td>Front Spa Lobby</td>
</tr>
<tr>
<td>BIKE RIDE: LEVEL 2</td>
<td>1 hr. 30 min.</td>
<td>See Outdoor Sports Board for details and sign up.</td>
</tr>
</tbody>
</table>

**2:00 PM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA FOR A HEALTHY BACK</td>
<td>1 hr. 30 min.</td>
<td>Yoga Studio</td>
</tr>
<tr>
<td>OUTDOOR WALK YOUR WORKOUT</td>
<td>2 hr.</td>
<td>Lower Spa Lobby</td>
</tr>
<tr>
<td>ZUMBA®</td>
<td>1 hr. 45 min.</td>
<td>Gym 1</td>
</tr>
</tbody>
</table>

**3:30 PM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW STROOPS BUNGEE WORKOUT</td>
<td>1 hr. 30 min.</td>
<td>Gym 1</td>
</tr>
<tr>
<td>NEW GOOD VIBRATIONS</td>
<td>1 hr.</td>
<td>Gym 2</td>
</tr>
<tr>
<td>RESTORATIVE YOGA</td>
<td>1 hr. 30 min.</td>
<td>Yoga Studio</td>
</tr>
</tbody>
</table>

**4:00 PM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>FINDING FORGIVENESS</td>
<td>1 hr. 30 min.</td>
<td>Room TBD</td>
</tr>
</tbody>
</table>

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. 

**5:00 PM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>REMOTE MEETING: OPEN 12-STEP RECOVERY</td>
<td>1 hr. 30 min.</td>
<td>Zoom Video Meeting</td>
</tr>
</tbody>
</table>

Hosted by the local community with a guest speaker, this remote 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**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHAKESPEARE &amp; THE LANGUAGE THAT SHAPED A WORLD</td>
<td>1 hr. 30 min.</td>
<td>Mansion Library</td>
</tr>
</tbody>
</table>

Join actors from neighboring, internationally acclaimed Shakespeare & Company for a joyful journey through the life, times and work of William Shakespeare, as written by Kevin G. Coleman.

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**MY SCHEDULE SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 am</td>
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<td>7 am</td>
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<td>8 am</td>
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<td>9 am</td>
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<td>10 am</td>
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<tr>
<td>11 am</td>
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<tr>
<td>Noon</td>
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<td>1 pm</td>
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<td>7 pm</td>
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<td>8 pm</td>
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<tr>
<td>9 pm</td>
<td></td>
</tr>
</tbody>
</table>
**MONDAY | JULY 20, 2020**

**SIGN-UP IS REQUIRED FOR ALL FITNESS CLASS AND LECTURES.** Walk-in’s permitted based on availability - simply call Ext. 5439.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Fee</th>
<th>Sign up:</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>MORNING KAYAK</td>
<td>Front Spa Lobby</td>
<td>2 hr. $110</td>
<td>Outdoor Sports Board.</td>
</tr>
<tr>
<td></td>
<td>MORNING WALK</td>
<td>Lower Spa Lobby</td>
<td>45 min.</td>
<td>Call walk hotline, Ext. 5567, for weather related cancellations.</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>MORNING BIKE RIDE: LEVEL 2</td>
<td>Front Spa Desk</td>
<td>1 hr. 15 min.</td>
<td>Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>NEW VIBE</td>
<td>Gym 2</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ADVANCED LEVEL HIKE</td>
<td>Front Spa Lobby</td>
<td>25 min.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OUTDOOR SUN SALUTATIONS</td>
<td>Lower Spa Lobby</td>
<td>Limit: 10</td>
<td></td>
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<tr>
<td></td>
<td>(In the event of inclement weather, this class will take place in the Yoga Studio.)</td>
<td></td>
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</tr>
<tr>
<td>9:00 AM</td>
<td>LO-IMPACT AEROBICS I/II</td>
<td>Gym 1</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ADVANCED INDOOR CYCLING III</td>
<td>Cycling Studio</td>
<td>Limit: 9</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PILATES TOWER CLINIC II</td>
<td>Gym 3</td>
<td>Limit: 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates tower repertoire.</td>
<td></td>
<td></td>
<td>$75 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td></td>
<td>YOGA FOUNDATIONS I</td>
<td>Yoga Studio</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td>9:15 AM</td>
<td>HIKE: LEVEL 3</td>
<td>Front Spa Lobby</td>
<td></td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>CARDIO TENNIS</td>
<td>Tennis Courts</td>
<td></td>
<td>$85 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td></td>
<td>POWER FOODS FOR THE GUT</td>
<td>Demonstration Kitchen</td>
<td>Limit: 6</td>
<td>$115 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>TUBES AND LOOPS I/II</td>
<td>Gym 2</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>H2O POWER I/II</td>
<td>Indoor Pool</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NEW YOGA SCULPT I/II</td>
<td>Yoga Studio</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td>EVIDENCE-BASED QI GONG &amp; TAI CHI WORKSHOP</td>
<td>Yoga Studio</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>WITH TOM ANDREWS</td>
<td></td>
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<tr>
<td></td>
<td>Led by certified EBGQ &amp; Tai Chi instructor, Tom Andrews, this workshop shows you movements &amp; meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more.</td>
<td></td>
<td></td>
<td>1 hr. 30 min. $135 Minimum 2. Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>NOON</td>
<td>PILATES ON THE BEAM I/II</td>
<td>Gym 1</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SWIMMING SKILLS &amp; DRILLS CLINIC II</td>
<td>Indoor Pool</td>
<td>Limit: 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Join our expert fitness instructors as they guide you through swimming drills to improve your focus, time and stroke. Swimming experience required.</td>
<td></td>
<td></td>
<td>$75 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>BEAUTY SECRETS</td>
<td>Room TBD</td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>HIKE: LEVEL 2 - SHADOWBROOK</td>
<td>Front Spa Lobby</td>
<td></td>
<td>Climb to an overlook then descend through an old hemlock forest. Moderate climb back to trail head.</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>NEW YIN &amp; RELEASE I</td>
<td>Yoga Studio</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>YOGA FOUNDATIONS I</td>
<td>Yoga Studio</td>
<td>Limit: 10</td>
<td></td>
</tr>
<tr>
<td>1:15 PM</td>
<td>HIKE: LEVEL 2 - SHADOWBROOK</td>
<td>Front Spa Lobby</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NEW VIBE**

**ADVANCED LEVEL HIKE**

**OUTDOOR SUN SALUTATIONS II**

**LO-IMPACT AEROBICS I/II**

**ADVANCED INDOOR CYCLING III**

**PILATES TOWER CLINIC II**

**YOGA FOUNDATIONS I**

**HIKE: LEVEL 3**

**CARDIO TENNIS**

**POWER FOODS FOR THE GUT**

**TUBES AND LOOPS I/II**

**H2O POWER I/II**

**NEW YOGA SCULPT I/II**
Tentative

Tentative Monday, July 20, 2020

Sign-up is required for all fitness classes and lectures. Walk-in’s permitted based on availability - simply call Ext. 5439.

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

Camp Archery  Limit: 8  Front Spa Lobby
1 hr. 30 min.  Sign up: Outdoor Sports Board.

Bike Ride: Level 2  Limit: 7  Program Advising Desk
See Outdoor Sports Board for details and sign up.

Kayak: Semiprivate  Limit: 4  Program Advising Desk
2 hr.  $110  Sign up: Outdoor Sports Board.

2:00 PM

Beginner Tennis Clinic  Limit: 4  Tennis Court
Sign up: Program Advising, Ext. 5439

Yoga for a Healthy Back I  Limit: 10  Yoga Studio

Long & Lean Barre Workout II  Limit: 10  Gym 1

Trx Basic Strength I/II  Limit: 6  Sports Court

3:30 PM

Restorative Yoga I  Limit: 10  Yoga Studio

Foam Roll & Stretch I  Limit: 10  Gym 2

New Power Row II  Limit: 6  Rowing Studio

4:30 PM

Acting Your Fitness Age  CME  Room TBD
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.

5:00 PM

Remote Meeting: Open 12-Step Recovery  Zoom Video Meeting
Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.

Join via the Zoom: bit.ly/5PMMeeting with the password: Serenity20

7:00 PM

Rituals for Restoration  Room TBD
Rituals have been used since ancient times to set intention and open transformation. Dan Marko shares ideas for creating personal rituals which enhance the restoration of body, mind and spirit.

8:00 PM

Jazz 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!
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Stand-Up Paddleboard</td>
<td>Front Spa Lobby</td>
<td>STAND-UP PADDLEBOARD 2 hr. $110 Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td></td>
<td>Morning Walk</td>
<td>Lower Spa Lobby</td>
<td>MORNING WALK 45 min. Call walk hotline, Ext. 5567, for weather related cancellations.</td>
</tr>
<tr>
<td></td>
<td>Introduction to Birding</td>
<td>Front Spa Lobby</td>
<td>INTRODUCTION TO BIRDING Limit: 4</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Rebound Jump Boots Clinic</td>
<td>Lower Spa Lobby</td>
<td>REBOUND JUMP BOOTS CLINIC II Limit: 4 With springs on your feet, enjoy this fun rebound activity with reduced impact on joints. Improve stability, flush your lymphatic system and get an amazing cardio workout. $75 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td></td>
<td>Outdoor Meditation I</td>
<td>Lower Spa Lobby</td>
<td>OUTDOOR MEDITATION I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>ZEN•GA™ Flow I</td>
<td>Gym 1</td>
<td>ZEN•GA™ Flow I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Rebound Jump Boots Clinic</td>
<td>Lower Spa Lobby</td>
<td>OUTDOOR MEDITATION I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Outdoor Meditation I</td>
<td>Lower Spa Lobby</td>
<td>ZEN•GA™ Flow I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Healthy Feet, Happy Feet</td>
<td>CME Room TBD</td>
<td>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.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Zumba® I/II</td>
<td>Gym 1</td>
<td>ZUMBA® I/II Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Chair Yoga I</td>
<td>Yoga Studio</td>
<td>CHAIR YOGA I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Stride II/III</td>
<td>Gym 5</td>
<td>STRIDE II/III Limit: 8</td>
</tr>
<tr>
<td></td>
<td>Secrets to Sleeping Soundly</td>
<td>CME Room TBD</td>
<td>SECRETS TO SLEEPING SOUNDLY Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Pilates Reformer Clinic - Intermediate</td>
<td>Gym 4</td>
<td>PILATES REFORMER CLINIC - INTERMEDIATE II Limit: 3 This invigorating total body workout focuses on enhancing core strength and lengthening muscles. Reformer experience required. 50 min. $75 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>9:15 AM</td>
<td>HIKE: LEVEL 3</td>
<td>Front Spa Lobby</td>
<td>HIKE: LEVEL 3 Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Cardio Tennis</td>
<td>Tennis Courts</td>
<td>CARDIO TENNIS $85 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td></td>
<td>Bike Ride: Level 3/4</td>
<td>Front Spa Lobby</td>
<td>BIKE RIDE: LEVEL 3/4 III/IV 3 hr. See Outdoor Sports Board for details and to sign up.</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Mid-Morning Stretch I</td>
<td>Gym 1</td>
<td>MID-MORNING STRETCH I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Muscle Conditioning I</td>
<td>Gym 2</td>
<td>MUSCLE CONDITIONING I Limit: 10</td>
</tr>
<tr>
<td></td>
<td>Rock Your Flow II</td>
<td>Yoga Studio</td>
<td>ROCK YOUR FLOW II Limit: 10</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Healthy Feet, Happy Feet</td>
<td>Room TBD</td>
<td>NOON AERIAL HAMMOCK YOGA CLINIC II Limit: 4 Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. $75 Please see a Program Advisor to sign up and for restrictions.</td>
</tr>
<tr>
<td></td>
<td>Pilates Reformer Clinic II</td>
<td>Yoga Studio</td>
<td>FITNESS FOR YOUR FEET® I Limit: 10 25 min.</td>
</tr>
<tr>
<td></td>
<td>Intermediate Field</td>
<td>Gym 4</td>
<td>INTERMEDIATE Field Limit: 3 25 min.</td>
</tr>
<tr>
<td></td>
<td>Pilates Reformer Clinic - Intermediate</td>
<td>Gym 4</td>
<td>PILATES REFORMER CLINIC - INTERMEDIATE Field Limit: 3 25 min.</td>
</tr>
<tr>
<td></td>
<td>Aerial Hammock Yoga Clinic</td>
<td>Yoga Studio</td>
<td>AERIAL HAMMOCK YOGA CLINIC II Limit: 4 Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions. $75 Please see a Program Advisor to sign up and for restrictions.</td>
</tr>
<tr>
<td></td>
<td>Climbing Wall</td>
<td>Front Spa Lobby</td>
<td>CLIMBING WALL I Limit: 4</td>
</tr>
<tr>
<td></td>
<td>Canoe/Hike Combo</td>
<td>Front Spa Lobby</td>
<td>CANOE/HIKE COMBO Limit: 4</td>
</tr>
<tr>
<td></td>
<td>Canoe Trip</td>
<td>Front Spa Lobby</td>
<td>CANOE TRIP</td>
</tr>
<tr>
<td></td>
<td>1:15 PM</td>
<td>Front Spa Lobby</td>
<td>1:00 PM CLIMBING WALL Limit: 4</td>
</tr>
<tr>
<td></td>
<td>1:30 PM</td>
<td>Front Spa Lobby</td>
<td>1:15 PM CANOE/HIKE COMBO Limit: 4</td>
</tr>
<tr>
<td></td>
<td>2:00 PM</td>
<td>Front Spa Lobby</td>
<td>1:30 PM CANOE TRIP</td>
</tr>
</tbody>
</table>

**Sign-up is required for all fitness class and lectures. Walk-in’s permitted based on availability - simply call Ext. 5439.**
**2:00 PM**
**INTERMEDIATE TO ADVANCED TENNIS CLINIC**
Tennis Court
$85  Sign up: Program Advising, Ext. 5439

**NEW SINGLE WEIGHT WORKOUT II**
Gym 1  Limit: 10

**KETTLE-BAR II**
Sports Court  Limit: 10

**WALK IN THE WOODS YOGA I**
Lower Spa Lobby  Limit: 10
*In the event of inclement weather, this class will take place in the Yoga Studio*

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

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**3:00 PM**

**NEW REPLENISHING THE WELL**
Room TBD
Feeling depleted, exhausted or overwhelmed? Learn 10 simple, evidence-based practices for replenishing your mind and spirit so you can live from fullness, peace and joy.

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

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**3:30 PM**

**RESTORATIVE YOGA I**
限: 10
Yoga Studio

**AQUA STRENGTH CIRCUIT I/II**
Indoor Pool  Limit: 10

**INDOOR CYCLING II**
Cycling Studio  Limit: 9

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**5:00 PM**

**NEW NUTRITION TO BOOST IMMUNE FUNCTION**
Room TBD
The immune system provides 24/7 surveillance against viruses, bacteria, allergens and other toxins. Learn about food-based strategies and potential supplements to support a healthy immune system.

**REMOTE MEETING: OPEN 12-STEP RECOVERY**
Zoom Video Meeting
Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the spiritual principles of recovery.
*Join via the Zoom: bit.ly/5PMMeeting with the password: Serenity20*

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**8:00 PM**

**THE ART & SCIENCE OF KEEPING YOUR COOL WITH JERRY POSNER**
Tanglewood Room
Does *counting to 10* really work? Learn ways to become more responsive and less reactive when the pressure is on! Explore the art & science of managing stress and frustration to make it work for you!

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**9:00 PM**

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

CARDIO & WEIGHT GYM:
Staffed from 7 am to 4 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. 5475.

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

OUTDOOR SPORTS
SUMMER HIGHLIGHT
Shinrin Yoku
Retreat to the company of trees with this practice of taking in the forest atmosphere. By combining mindfulness and spending time in nature—two activities that have restorative properties on their own—Shinrin Yoku can yield significant health advantages. Join your guide on a slow, intentional walk into the woods to de-stress and reconnect with nature.

Stand-Up Paddleboarding
offers a fun way to play on the water, with the added benefit of a full-body workout. Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires.

Mountain Biking
Mountain bikes are a fun way to exercise and connect with nature while exploring the Berkshires. New to Mountain Biking? Try our "Introduction to Mountain Biking" to learn the proper techniques of off-road mountain bike riding on dirt, grass and wood chipped trails. More able riders can find "Level 4 Off Road Mountain Biking" offered weekly.

REMINDERS:
• Please maintain 6-foot safe distancing.
• 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. Th 3:30pm, Sa 3:30pm, Tu 3:30pm

**H2O POWER**
A challenging aerobic conditioning class in shallow water. We 10:30am, Fr 10:30am, Su 10:30am, Mo 10:30am

**CARDIO**

**ADVANCED INDOOR CYCLING**
The outdoor ride is transported into the studio where you will experience an advanced strength, endurance or interval-focused class. Th 9am, Mo 9am

**BERKSHIRE BEAT**
Burn calories, release stress and feel the joy by drumming on a physioball in this fun, unique class. Th 2pm

**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. Tu 9am

**INDOOR CYCLING**
The outdoor ride is transported into the studio where you will experience a strength, endurance or interval-focused class. Fr 3:30pm, Tu 3:30pm

**LO-IMPACT AEROBICS**
An invigorating cardiovascular workout that stimulates heart rate without high impact movements. Fr 9am, Sa 9am, Mo 9am

**OUTDOOR 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 to take this workout on the road. Th 2pm, Su 2pm

**POWER ROW**
A transformative total-body workout using our new TechnoGym® SkillRow™ rowers. Get ready to train cardio and power while being connected and synchronized. We 9am, Sa 9am, Su 9am, Mo 9am

**STRIDE**
A motivating group treadmill workout incorporating interval training. Fr 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 3:30pm, Sa 3:30pm, Su 3:30pm

**CULINARY**

**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. Fr 2pm

**HANDS-ON COOKING: POWER FOODS FOR THE GUT**
Feed your microbiome as you learn to prepare fermented and probiotic foods. Mo 10am

**DANCE**

**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. Th 12pm, Fr 12pm, Sa 12pm, Tu 12pm

**FOAM ROLL & STRETCH**
Improve your flexibility in this session focused on stretches and full-body foam rolling. No shoes. Fr 3:30pm, Mo 3:30pm

**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. We 3:30pm, Su 3:30pm

**MID-MORNING STRETCH**
Designed for anyone to improve total body flexibility and awareness. No shoes. Th 10:30am, Sa 10:30am, Tu 10:30am

**VIBE**
A 25-minute class using the VIBE roller combining vibration with myofascial release to optimize movement and performance. A perfect way to start your day! Th 8am, Sa 8am, Mo 8am

**WAKE-UP WARM-UP STRETCH**
A 25-minute standing stretch class - a great morning starter! No shoes. We 8am, Su 8am

**MIND-BODY**

**BEGINNER PILATES**
This method of mental and physical conditioning emphasizes foundational core strength, muscular balance, concentration and breathing. We 12pm, Su 12pm

**CARDIO YOGA**
This full-body yoga workout gives you the fat burning benefits of HIIT cardio combined with mindful stretching and increased flexibility. Th 10:30am

**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

**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

**OUTDOOR MEDITATION**
Learn techniques to help reduce stress, increase mindfulness, calm your mind and help your body relax. Th 8am, Sa 8am, Tu 8am

**OUTDOOR SUN SALUTATIONS**
Greet the sun in 25 minutes, linking 12 postures to stimulate heat in the body. An intermediate flow. We 8am, Fr 8am, Su 8am, Mo 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. Mo 12pm
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

BIKE RIDE: LEVEL 2
A guided bike ride on the roads of Lenox. Minimal hills. Based on route, return time may vary. We 1:30pm, Th 1:30pm, Fr 1:30pm, Su 1:30pm, Mo 1:30pm

BIKE RIDE: LEVEL 3/4
Join Canyon Ranch guides on an intermediate or advanced ride on the roads of the Berkshires. Return time may vary. Th 10am, Su 10am, Tu 10am

CAMP ARCHERY
Outdoor archery for beginners! You’ll learn the 10 basic steps of shooting an arrow. Then, after some practice, you’ll have the opportunity to participate in archery games. Th 1:30pm, Sa 10am, Mo 1:30pm

CANOE TRIP
Join our guides on a scenic canoe trip around a beautiful Berkshire lake. Instruction included. Must be an able swimmer. Tu 1:30pm

CANOE/HIKE COMBO
A perennial favorite! Our Outdoor Guides will lead you on a Level 2+ hike on the Appalachian Trail and a canoe trip on Goose Pond. Must be an able swimmer. Tu 1:15pm

CLIMBING WALL
Conquer our climbing wall! It’s fun, burns mega-calories, builds functional strength and works every major muscle group. Great challenge and a variety of routes for beginning to intermediate climbers. Fr 10am, Tu 1pm

HIGH ROPES CHALLENGE COURSE
Safely explore your limits and build self-confidence as you journey through a series of ropes, cables and wood constructs set high above the Great Lawn. We 1pm, Sa 1pm

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

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

HIKE: LEVEL 2/3
Chosen each week. This level two or three hike is 3.5 - 4.5 hours long. Su 9:15am

HIKE: LEVEL 3
Chosen each week. This level two or three hike is 3.5 - 4.5 hours long. We 9:15am, Th 9:15am, Fr 9:15am, Sa 9:15am, Mo 9:15am, Tu 9:15am

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, Mo 1:30pm

LOOPS & LADDERS
Challenge yourself on our High Ropes Challenge Course. Work on your own or with a partner to scale the Giant’s Ladder, then move onto the Space Loops to test your balance and strength. Fr 1pm

MORNING BIKE RIDE: LEVEL 2
Join us on a scenic road ride that includes a couple of brief, moderate hills. Mo 7:30am

MORNING KAYAK
Enjoy a tranquil outing on a beautiful lake. Instruction included. Must be an able swimmer. Th 7am, Fr 7am, Su 7am, Mo 7am

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

OFF-ROAD MOUNTAIN BIKE RIDE: LEVEL 4
Enjoy mountain biking on trails in Kennedy Park. Our ride begins on the roads through Lenox. We’ll encounter hills, and ride on mostly dirt trails and over rocks and mud. Must be an able rider. We 10am

SHINRIN YOKU
Experience the Japanese practice of taking in the forest atmosphere or “forest bathing.” Join your guide on a slow, intentional walk into the woods to de-stress and reconnect with nature. Th 1:30pm, Su 1:30pm

STAND-UP PADDLEBOARD
Learn the basics of stand-up paddle boarding while soaking up the unique beauty of the Berkshires. Must be an able swimmer. We 7am, Th 1:30pm, Fr 1:30pm, Sa 7am, Su 1:30pm, Tu 7am

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

PICTURE START
Lake. Instruction included. Must be an able swimmer. Tu 1:30pm

CANOE TRIP
participate in archery games. Th 1:30pm, Sa 10am, Mo 1:30pm

ING AN ARROW. THEN, AFTER SOME PRACTICE, YOU’LL HAVE THE OPPORTUNITY TO

OUTDOOR ARCHERY

WALK IN THE WOODS YOGA
A yoga instructor leads you in an on-property walk through beautiful winding trails with intermittent yoga posture breaks. Learn to use fresh air and open thoughts into your practice. Fr 2pm, Tu 2pm

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, Mo 12pm

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 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 10:30am

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. Fr 8am, Tu 8am

RESTORATIVE YOGA
Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. No shoes. We 3:30pm, Th 3:30pm, Fr 3:30pm, Sa 3:30pm, Su 3:30pm, Mo 3:30pm, Tu 3:30pm

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 10:30am, Tu 10:30am

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. Fr 12pm
**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

**ROUND-ROBIN DOUBLES**
A doubles tennis tournament in a round-robin format. (2.5 skill level required.) Sa 3pm, Tu 3pm

**STRENGTH**

**ABS ON THE BALL**
A 25-minute class featuring abdominal and back stabilization using physioballs. Th 12pm, Sa 12pm, Tu 12pm

**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. Fr 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 10:30am, Su 10:30am, Tu 10:30am

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

**TUBES AND LOOPS**
Experience a full body strength workout using the variable resistance of elastic fitness loops and tubing. We 10:30am, Fr 10:30am, Sa 10:30am, Mo 10:30am

**HIKING & BIKING**

To schedule private activities, please call Outdoor Sports at Ext. 5535 or visit the Program Advising Desk in the front of the Spa between 8 am and 9 pm daily.

**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.
AMENITIES & MORE

LAUNDRY & DRY CLEANING
We provide self-service washers, dryers, detergents and fabric softeners in easy-to-spot locations. Or, we can do your wash or dry cleaning for a fee. Please check the plastic laundry bag in your closet for details.

CUSTOM COMFORTS
Please let us know if you’d like a humidifier, heating pad or specialty pillows brought to your room. Simply call Ext. 5432.

YOUR VALUABLES
You’ll find a safe in your room to store your valuables.

PRIVACY, PLEASE
At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust and discretion for everyone, please don’t take pictures of other guests without asking permission first.

CLEAR THE AIR
Smoking cigarettes or e-cigarettes is allowed only in designated outdoor, nonpublic areas. Cigars and pipes are not allowed. Smoking in your room will result in a cleaning fine of up to $1,800, excluding any damages.

SAFETY & SECURITY
Our team is always on the job and available when you need them. Please note that we’re required to check on you if your phone’s been left off the hook, or if you don’t respond to a wakeup call you requested. We’re here to make sure you’re okay.

POOL TIME
The heated indoor lap pool is located in the Spa, open 6:30 am to 10 pm daily. The heated outdoor pool is next to the Spa, open seasonally. No lifeguards on duty.

TENNIS
Indoor courts are available during regular spa hours, 6:30 am to 10 pm daily; outdoor courts, seasonally during daylight hours. We recommend reserving time on the signup board in advance. Court time is complimentary. Ask your Program Advisor about tennis lessons or clinics.

YOUR CANYON RANCH PILLOW MENU
The right pillow can make all the difference for good sleep and comfort. It should align neck, spine and back for healthy posture. Back sleepers generally need thinner pillows, side sleepers need thicker ones, and stomach sleepers may need no pillow at all.

OUR ROOM FEATURES
Luxury pillows on your bed.
Down alternative – medium support; hypoallergenic.

Luxury pillows available by request.
The same pillows that are on the bed and feather pillows are available upon request.

Pure Enrichment Wave Sleep Therapy Sound Machine.
Soothing, natural white noise opens the way to restorative, stable sleep.

Additional pillows available, call Ext. 5525 | Sleep well!
For information or to book services, visit or contact Program Advising at Ext. 5439.
HEALTH, HEALING & SPIRITUAL WELLNESS

CREATIVE EXPRESSION
Creative Expression Workshop
- Individual Private Class ........................................ 50 min ................ $150
- Semi-Private Class .................................................. 50 min .......... 90/person
- Private Group Class (3+ people) ................................ 50 min .......... 325/class

HEALING ENERGY
Therapeutic Energy ....................................................... 80 min ............. $260
Therapeutic Energy with Aromatherapy .................. 80 min ............. 285

LIFE MANAGEMENT
EMDR: Releasing The Past & Embracing The Future
- Trauma Reduction ..................................................... 3 sessions .... $780
- Resource Enhancement ........................................ 100 min .......... 390
Healthy Family Business ........................................ 2 sessions .......... 395
Hypnotherapy .......................................................... 50 min .......... 220
- 100 min .......... 410
Life Management Consultation ................................
- Single 50 min .............. 200
- Duet 50 min ............. 160
- 50 min with PhD .......... 240
Visual Brainstorming ............................................... 50 min .......... 200
- 50 min with PhD .......... 240
Relationship Check-In .............................................. 2 sessions .......... 395
Relationship with Food ............................................. 50 min .......... 200
- 50 min with PhD .......... 240
Stress Management .................................................. 50 min .......... 200
- 50 min with PhD .......... 240

MEDICAL
MUSCULOSKELETAL HEALTH
Advanced Muscle Recovery NEW .................................. 25 min .......... $105
Medical Gait & Orthotic Analysis .......................... 25 min .......... 80
Musculoskeletal & Joint Assessment ..................... 50 min .......... 200
Shockwave & Laser Therapy ................................. 25 min .......... fees vary

PERSONALIZED, PRECISE, PREVENTIVE
Dexa Body Composition - 2-part service .................. 25/50 min .......... 405
Osteoporosis Prevention & Bone Density Evaluation .. 50 min .......... 495
Naturopathic Medicine Consultation .................... 50 min .......... 320
Physician Health Consultation .............................. 50 min .......... 395
Your Nurse Educator Consultation ....................... 45 min ...... Complimentary

SLEEP MEDICINE
Medical Sleep Disorders ........................................... 50 min .......... 395
Sleep Screening (with follow-up) ......................... Overnight .......... 725
TRADITIONAL CHINESE MEDICINE

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acu-Massage</td>
<td>50 min</td>
<td>240</td>
</tr>
<tr>
<td>Acuphoria</td>
<td>50 min</td>
<td>220</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>50 min</td>
<td>220</td>
</tr>
<tr>
<td>Acupuncture for Healthy Weight</td>
<td>100 min</td>
<td>415</td>
</tr>
<tr>
<td>Acutonics</td>
<td>50 min</td>
<td>220</td>
</tr>
<tr>
<td>Chinese Herbal Consultation</td>
<td>50 min</td>
<td>240</td>
</tr>
<tr>
<td>Chinese Vitality</td>
<td>110 min</td>
<td>420</td>
</tr>
<tr>
<td>Detox Acupuncture Treatment</td>
<td>50 min</td>
<td>240</td>
</tr>
</tbody>
</table>

NUTRITION & FOOD

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Digestive Wellness</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Healing Foods</td>
<td>50 min</td>
<td>185</td>
</tr>
<tr>
<td>Healthy Eating</td>
<td>50 min</td>
<td>185</td>
</tr>
<tr>
<td>Meal Planning Made Easy</td>
<td>75 min</td>
<td>495</td>
</tr>
<tr>
<td>Metabolic Reset</td>
<td>50 min</td>
<td>185</td>
</tr>
<tr>
<td>Mood &amp; Food – 2-part service</td>
<td>50 min each</td>
<td>345</td>
</tr>
<tr>
<td>Weight Loss Your Way – 2-part service</td>
<td>50 min each</td>
<td>370</td>
</tr>
</tbody>
</table>

NUTRITION LABS

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial Nutrition Consultation</td>
<td>50 min</td>
<td>185</td>
</tr>
<tr>
<td>Nutrigenetics Testing</td>
<td>15 min</td>
<td>300</td>
</tr>
<tr>
<td>Results Consultation</td>
<td>50 min</td>
<td>290</td>
</tr>
</tbody>
</table>

SPIRITUAL WELLNESS

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body-Spirit Connection</td>
<td>50 min</td>
<td>$200</td>
</tr>
<tr>
<td>Contemplative Circle</td>
<td>80 min</td>
<td>200</td>
</tr>
<tr>
<td>Cultivating A Life Of Purpose</td>
<td>50 min</td>
<td>200</td>
</tr>
<tr>
<td>Loss, Grief &amp; Remembrance</td>
<td>50 min</td>
<td>200</td>
</tr>
<tr>
<td>Rite of Passage</td>
<td>50 min</td>
<td>240</td>
</tr>
<tr>
<td>Sound Healing</td>
<td>50 min</td>
<td>240</td>
</tr>
<tr>
<td>Soul Journey</td>
<td>50 min</td>
<td>240</td>
</tr>
<tr>
<td>Spiritual Guidance</td>
<td>50 min</td>
<td>240</td>
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</table>

FITNESS 360

EXERCISE PHYSIOLOGY

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Body Composition Screening</td>
<td>25 min</td>
<td>$120</td>
</tr>
<tr>
<td>Discover Your Fitness Age – 2-part service</td>
<td>50 min each</td>
<td>395</td>
</tr>
<tr>
<td>Enhanced Posture</td>
<td>50 min</td>
<td>165</td>
</tr>
<tr>
<td>Exercise &amp; Motivation - 3-part service</td>
<td>25/50/50 min</td>
<td>345</td>
</tr>
</tbody>
</table>

CUSTOMIZED PROGRAM WITH AN EXERCISE PHYSIOLOGIST

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burdenko Land</td>
<td>50 min</td>
<td>165</td>
</tr>
<tr>
<td>Burdenko Water Exercise</td>
<td>50 min</td>
<td>165</td>
</tr>
<tr>
<td>Exercise for Weight Loss &amp; Body Definition</td>
<td>50 min</td>
<td>165</td>
</tr>
<tr>
<td>Rx for Exercise</td>
<td>50 min</td>
<td>165</td>
</tr>
</tbody>
</table>
PHYSICAL THERAPY
Aquatic Therapy ................................................................. 50 min .................... $220
Build a Stronger Back ....................................................... 50 min .................... 220
Physical Therapy ............................................................... 50 min .................... 220

FITNESS
PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR
Private Fitness Training
Private Pilates or Gyrotonic Training
Private Yoga Practice
   Individual Training Session ........................................... 50 min .................... $140
   Duet Training Session ...................................................... 50 min ..........110/person
   Small Group Training Session (3-5 people) ....................... 50 min ......75/person
   Private Group Class ...................................................... 50 min .................. 375/class

OUTDOOR SPORTS
GROUP ADVENTURES
Archery Workshop ......................................................... times vary .................... $110
Kayaking ........................................................................times vary .............. 110
Photography Hike ........................................................... times vary .................... 110
Plein Air Painting ............................................................ times vary .................... 110
Sculling .......................................................................... times vary .................... 110
Stand-Up Paddleboarding/Paddleboard Yoga .................... times vary .................... 110

HIGH ROPE ADVENTURES
Aerial Adventure ............................................................. 90 min .................... 110
Climbing Wall ................................................................ 120 min .................... 110
High Ropes Challenge Course
   2–4 hours, depending on the number of people .................. 235/person
Loop & Ladders .............................................................. 90 min .................... 110

PRIVATE ADVENTURES
On Land
   Hiking, Biking, Mountain Biking, Running, Birding, Shinrin Yoku,
   Tai Chi, Archery, Photography Hike, Plein Air Painting........First hour .................. 135
   Each additional hour ............................................... 135
On Water
   Canoe, Kayak, Stand-Up Paddleboarding ..................... First 2 hours (1-2 guests) .................. 200
   Each additional hour (1-2 guests) ............................... 75

RACQUET SPORTS
Tennis, Racquetball & Pickleball
   Individual training session ........................................... 50 min .................... 150
   Duet training session .................................................. 50 min ..................105/person
## SPA
### BODY TREATMENTS
- **Coconut Melt**
  - 50 min: $185
  - 80 min: $275
- **Detox Herbal Wrap**
  - 45 min: $170
- **Detoxifying Ritual**
  - 100 min: $330
- **Hydrating Body Wrap**
  - 80 min: $275
- **Hydrating Sugar & Salt Scrub**
  - 50 min: $175
  - 100 min: $330
- **Lavendar Relax**
  - 50 min: $185
  - 100 min: $330
- **Paraffin Body Wrap**
  - 80 min: $250
- **Rosemary Citron Sea Salt Scrub**
  - 50 min: $185
- **Ultimate Hydration Ritual**
  - 100 min: $330
- **Vitamin Infusion Body Treatment**
  - 50 min: $195

### EASTERN THERAPIES
- **Abhyanga**
  - 50 min: $180
- **Ayurvedica Herbal Rejuvenation**
  - 80 min: $275
- **Thai Herbal Poultice Massage**
  - 50 min: $185
  - 80 min: $295
  - 100 min: $335

### ENERGY THERAPIES
- **Craniosacral Therapy**
  - 50 min: $180
- **Reiki**
  - 50 min: $180

### MASSAGE & BODYWORK
- **Aromatherapy Massage**
  - 50 min: $180
  - 80 min: $275
- **Arthritis Massage**
  - 50 min: $175
  - 80 min: $275
  - 100 min: $315
- **Canyon Ranch Massage**
  - 50 min: $175
  - 80 min: $275
  - 100 min: $315
- **Chakra Balancing Massage**
  - 80 min: $275
- **Daily Moisturizing Massage NEW**
  - 50 min: $195
  - 80 min: $295
  - 100 min: $345
- **Deep Tissue Massage**
  - 50 min: $185
  - 80 min: $295
  - 100 min: $335
- **Head, Neck & Shoulders Massage**
  - 50 min: $175
- **Neuromuscular Therapy**
  - 100 min: $345
- **Prenatal Massage**
  - 50 min: $175
  - 80 min: $275
- **Reflexology**
  - 50 min: $185
- **Sole Rejuvenation**
  - 50 min: $175
- **Tranquillity™ Treatment**
  - 50 min: $175
### SALON

#### HEALTHY HAIR CARE

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blowout</td>
<td>25 min</td>
<td>$60</td>
</tr>
<tr>
<td></td>
<td>45 min</td>
<td>$70</td>
</tr>
<tr>
<td>Color</td>
<td></td>
<td>times &amp; fees vary</td>
</tr>
</tbody>
</table>
| Cut                                     |          | Cut - 45 min: $110  
|                                         |          | Barber Cut - 25 min: $60 |
| Highlights                              |          | times & fees vary |
| Kevin.Murphy Experience                 |          | 80 min: $115  

#### MAKEUP

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brow Design</td>
<td>15 min</td>
<td>$50</td>
</tr>
<tr>
<td>Makeup Consultation</td>
<td>45 min</td>
<td>$110</td>
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</table>

#### MANICURES

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentlemen's Manicure</td>
<td>45 min</td>
<td>$70</td>
</tr>
<tr>
<td>Mani On The Go</td>
<td>25 min</td>
<td>$60</td>
</tr>
<tr>
<td>Ritual Manicure</td>
<td>45 min</td>
<td>$70</td>
</tr>
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</table>

#### PEDICURES

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foot Rescue! Pedicure</td>
<td>50 min</td>
<td>$90</td>
</tr>
<tr>
<td>Gentlemen's Pedicure</td>
<td>50 min</td>
<td>$90</td>
</tr>
<tr>
<td>Ritual Pedicure</td>
<td>50 min</td>
<td>$90</td>
</tr>
<tr>
<td>Toes On The Go</td>
<td>25 min</td>
<td>$70</td>
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#### SKINCARE

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canyon Ranch® Facial</td>
<td>50 min</td>
<td>$175</td>
</tr>
<tr>
<td>Deep Cleansing Facial</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Gentlemen's Facial</td>
<td>50 min</td>
<td>$175</td>
</tr>
<tr>
<td>Kypris Signature Facial <strong>NEW</strong></td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$285</td>
</tr>
<tr>
<td>L'Integral Age-Minimizing Facial</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Oxygen Facial</td>
<td>50 min</td>
<td>$240</td>
</tr>
<tr>
<td></td>
<td>80 min with 20 min infusion: $315</td>
<td></td>
</tr>
<tr>
<td>Premier Vitamin Age-Defying Treatment</td>
<td>80 min</td>
<td>$285</td>
</tr>
<tr>
<td>Sensitive Facial</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Vitamin Infusion Facial</td>
<td>50 min</td>
<td>$185</td>
</tr>
</tbody>
</table>
SPECIALTIES

CULINARY
Hands-on Cooking .......................................................................................... 80 min ...................... $185
Small group (3-5 guests) 100 min ............... 165/person

METAPHYSICAL
Akashic Record Reading ............................................................................... 50 min ...................... $210
Astrology ........................................................................................................... 50 min ...................... 210
Clairvoyant Reading ....................................................................................... 50 min ...................... 210
Intuitive Mediumship ...................................................................................... 50 min ...................... 210
Learn To Read Tarot Cards ........................................................................... 50 min ...................... 210
Tarot Card Reading ........................................................................................... 50 min ...................... 210

TEEN SERVICES (AGES 14 - 17)

All teen services must be booked by the parent of guardian. We require that all guests ages 14–17, along with
parent or guardian, meet with a Canyon Ranch Program Advisor or Nurse Educator at the beginning of each
stay for guidance and suggestions on making the most of your experience.

Guidelines for Teens

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities)
- The parent of guardian must be present for teen services unless otherwise indicated on our Teen
Services Menu.
- If a teen is the only one who signs up for a group workshop, he or she must be accompanied by a
parent or guardian.

Services & fees subject to change without notice.
**ESSENTIALS**

### PHONE NUMBERS

<table>
<thead>
<tr>
<th>Life-threatening and fire emergencies, call 9+911</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RESORT SERVICES</strong></td>
</tr>
<tr>
<td>Operator</td>
</tr>
<tr>
<td>Bell Services</td>
</tr>
<tr>
<td>Culinary Rebel™</td>
</tr>
<tr>
<td>Canyon Ranch Grill™</td>
</tr>
<tr>
<td>Housekeeping</td>
</tr>
<tr>
<td>Program Advising</td>
</tr>
<tr>
<td>Safety &amp; Security</td>
</tr>
</tbody>
</table>

| **DEPARTMENTS** | **EXTENSION** |
| Cultural Coordinating | 5504 |
| Exercise Physiologists | 5325 |
| Fitness | 5460 |
| Guest Services/Concierge | 5525 |
| Health & Healing | 5325 |
| Life Management | 5325 |
| Medical | 5317 |
| Canyon Ranch Living®/Memberships | 5411 |
| Metaphysical | 5404 |
| Nutrition | 5325 |
| Outdoor Sports | 5535 |
| Registration | 5519 |
| Reservations | 5497 |
| Salon | 5405 |
| Showcase Boutique | 5402 |
| Spa Reception Desk | 5423 |
| Spiritual Wellness | 5507 |

**When in doubt, call our Operator at 0, who will be happy to transfer your call.**

### PHONE INSTRUCTIONS

**LOCAL CALLS:**

9 + number

**TOLL-FREE:**

9 + 1 + number

**LONG DISTANCE:**

9 + 1 + number (U.S. and Canada)

9 + 011 + country code + number (international)

**ROOMS:**

Three-digit room number

**HEARING IMPAIRED:**

To arrange for a telephone, call Ext. 5525

### INTERNET

Complimentary Wi-Fi is available throughout the property. No password is required. Please call our partner and provider Safety Net Access at 888.636.5212 for technical support.

Enjoy access to computers, Internet and printers 24 hours a day. The Computer Center is in the East Wing, first floor.

### TV CHANNEL GUIDE

DVDs are available to be checked out at Guest Services in the Hotel Lobby.

For a list of channels, press the Ch List button on your remote.

When DVD player is turned on, the TV will switch to the proper input.

**4** Canyon Ranch Channel

**100 through 142** offer various music channels
Located in the Hotel Pavilion, North Wing Lower Level, Spa Upper and Lower Levels, Health & Healing, after the Fieldstone Lounge, across from the Demo Kitchen and in the rotunda of the Mansion Library.