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
Ranch staff and guests must wear cloth masks at all times except in guest rooms, while eating, swimming, receiving certain spa services and while outdoors with 6-foot safe distancing.

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.
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. 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 reducing 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, 8 am to 9 pm, located in the Spa.
WEDNESDAY  |  SEPTEMBER 9, 2020
SIGN-UP IS REQUIRED FOR ALL FITNESS CLASSES AND LECTURES. Walk-in’s permitted based on availability – simply call Ext. 5439.

7:00 AM
STAND-UP PADLEBOARD  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
Limit: 18
25 min.
ADVANCED LEVEL HIKE  Front Spa Lobby
Visit the Outdoor Sports Board for sign up and additional details.
OUTDOOR SUN SALUTATIONS  Lower Spa Lobby
Limit: 13
25 min.  In the event of inclement weather, this class will take place in the Yoga Studio.

9:00 AM
PILATES REFORMER JUMPBOARD CLINIC  Gym 4
Limit: 3
50 min.  $75  Sign up: Program Advising, Ext. 5439
NEW POWER ROW  Rowing Studio
Limit: 6
NEW ART FOR THE HEALTH OF IT  Berkshire Room
The process of creating art enhances self-understanding and a sense of well-being. Explore the history, advantages and neurological benefits of the art of making art.
A lecture with experiential components. Space is limited. Sign up: Program Advising, Ext. 5439
LO-IMPACT AEROBICS  Gym 1
Limit: 16
YOGA FOUNDATIONS  Yoga Studio
Limit: 13

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
Limit: 6
2 hr. 30 min.  Sign up: Outdoor Sports Board.

10:00 AM
NEW CONNECT  Creative Expression Studio
WITH CREATIVE FLOW  Limit: 3
2 hr.  $100  Sign up: Program Advising, Ext. 5439
CARDIO TENNIS  Tennis Courts
$85  Sign up: Program Advising, Ext. 5439

10:30 AM
TUBES & LOOPS  Gym 2
Limit: 13
YOGA FOR ATHLETES  Yoga Studio
Limit: 13
H2O POWER  Indoor Pool
Limit: 10

11:30 AM
HEALTHY FEET, HAPPY FEET  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.
Space is limited. Sign up: Program Advising, Ext. 5439

NOON
BODY WEIGHT BASICS  Gym 2
Limit: 18
25 min.
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
BEGINNER PILATES  Gym 1
Limit: 20
25 min.

1:00 PM
AERIAL ADVENTURE  Front Spa Lobby
Limit: 2
1 hr. 30 min.  $110  Sign up: Outdoor Sports Board
PICKLEBALL INTRO CLINIC  Tennis Courts
Limit: 4
$85  Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.

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
Limit: 4
2 hr.  $110  Sign up: Outdoor Sports Board.
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

If your stay includes a service allowance, it may be applied toward activity fees.

2:00 PM
HANDS-ON COOKING: ESSENTIAL KNIFE SKILLS Limit: 4 Demonstration Kitchen
50 min. $115 Sign up: Program Advising, Ext. 5439

TCM & THE NATUROPATH:
TIME-HONORED HEALING, UNCOVERED CME Tanglewood 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. 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. Space is limited. Sign up: Program Advising, Ext. 5439.

LONG & LEAN BARRE WORKOUT II Limit: 16 Gym 1

GENTLE FLOW YOGA I/II Limit: 13 Yoga Studio

TRX BASIC STRENGTH I/II Limit: 6 Sports Court

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.
Space is limited. Sign up: Program Advising, Ext. 5439

3:30 PM
CROQUET WITH FITNESS MEISTER JAMES MCDougall Limit: 6 Goldfish Pond, Spa
Learn the rules and origin of the game while enjoying the beauty of a summer afternoon in the Berkshires. All levels are welcome.

RESTORATIVE YOGA I Limit: 13 Yoga Studio

NEW STROOPS BUNGEE WORKOUT II/III Limit: 6 Gym 1

NEW GOOD VIBRATIONS I Limit: 20 Gym 2

5:00 PM
NEW QUESTION & ANSWER: DOCTOR’S TOPIC OF THE WEEK Rockwell Room
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.
Space is limited. Sign up: Program Advising, Ext. 5439

8:00 PM
PIANO & VIOLIN WITH RON RAMSAY & EILEEN MARKLAND Fieldstone Lounge
Ron & Eileen share favorites from the classical repertoire along with the nostalgia of popular standards that remind us how deeply music is woven into the fabric of these beautiful Berkshires hills.
Space is limited. Sign up: Program Advising, Ext. 5439

VIRTUAL 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 principles of recovery.
Join via the Zoom: bit.ly/5pmmeeting with the password: Serenity20
**THURSDAY | SEPTEMBER 10, 2020**

**SIGN-UP IS REQUIRED FOR ALL FITNESS CLASSES 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>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>MORNING KAYAK</td>
<td>Front Spa Lobby</td>
<td>2 hr. $110 Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>PILATES TOWER CLINIC II Limit: 3</td>
<td>Gym 3</td>
<td>This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates Tower repertoire. $75 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td></td>
<td>NEW VIBE Limit: 20</td>
<td>Gym 2</td>
<td>In the event of inclement weather, this class will take place in the Yoga Studio. Space is limited. Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td></td>
<td>OUTDOOR MEDITATION I Limit: 13</td>
<td>Lower Spa Lobby</td>
<td>25 min.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>ZUMBA® I/II Limit: 16</td>
<td>Gym 1</td>
<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. Space is limited. Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td></td>
<td>CHAIR YOGA I Limit: 13</td>
<td>Yoga Studio</td>
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<td></td>
<td>ADVANCED INDOOR CYCLING III Limit: 7</td>
<td>Cycling Studio</td>
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<td></td>
<td>STRAIGHTEN UP! CME</td>
<td>Tanglewood Room</td>
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<tr>
<td>9:15 AM</td>
<td>HIKE: LEVEL 3</td>
<td>Front Spa Lobby</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>HANDS-ON COOKING:</td>
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<td></td>
<td>FASTEST MEALS IMAGINABLE Limit: 4</td>
<td>Demonstration Kitchen</td>
<td>$115 Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td></td>
<td>CARDIO TENNIS</td>
<td>Tennis Courts</td>
<td>$85 Sign up: Program Advising, Ext. 5439</td>
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<td></td>
<td>BIKE RIDE: LEVEL 3/4</td>
<td>Front Spa Lobby</td>
<td>2 - 2.5 hr. See Outdoor Sports Board for details and to sign up.</td>
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<tr>
<td>10:30 AM</td>
<td>MUSCLE CONDITIONING I Limit: 20</td>
<td>Gym 2</td>
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<tr>
<td></td>
<td>CARDIO YOGA II/III Limit: 13</td>
<td>Yoga Studio</td>
<td></td>
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<tr>
<td></td>
<td>MID-MORNING STRETCH I Limit: 20</td>
<td>Gym 1</td>
<td></td>
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<tr>
<td>11:30 AM</td>
<td>NEW STRENGTHEN YOUR</td>
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<tr>
<td></td>
<td>NATURAL DEFENSES CME</td>
<td>Berkshire Room</td>
<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. Space is limited. Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td>NOON</td>
<td>DEEP WATER WAVE CLINIC II Limit: 2</td>
<td>Outdoor Pool</td>
<td>In this deep water workout, sport specific challenge, your nearly weightless body creates little joint impact, but your cardiovascular system will experience a high impact when put through the paces. $75 Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td></td>
<td>ABS ON THE BALL I Limit: 20</td>
<td>Gym 1</td>
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<tr>
<td></td>
<td>FITNESS FOR YOUR FEET® I Limit: 18</td>
<td>Gym 2</td>
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<tr>
<td>1:00 PM</td>
<td>BEAUTY SECRETS</td>
<td>Rockwell Room</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. Space is limited. Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>1:15 PM</td>
<td>HIKE: LEVEL 1</td>
<td>Front Spa Lobby</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>SHINRIN YOKU Limit: 6</td>
<td>Front Spa Lobby</td>
<td>1 hr. 30 min. Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td></td>
<td>STAND-UP PADDLEBOARD</td>
<td>Front Spa Lobby</td>
<td>2 hr. $110 Sign up: Outdoor Sports Board.</td>
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<tr>
<td></td>
<td>CAMP ARCHERY Limit: 4</td>
<td>Front Spa Lobby</td>
<td>1 hr. 30 min. Sign up: Outdoor Sports Board.</td>
</tr>
</tbody>
</table>
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

If your stay includes a service allowance, it may be applied toward activity fees.

2:00 PM
NEW CONTEMPLATION & HEALING
Tanglewood Room
A spiritual wellness provider explores how changing the way you "see" through contemplative spiritual practice can foster greater wholeness and inner peace.

Space is limited. Sign up: Program Advising, Ext. 5439

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.

YOGA FOR A HEALTHY BACK
I  Limit: 13
Yoga Studio

BERKSHIRE BEAT
I/II  Limit: 16
Gym 1

3:00 PM
THE MYSTERY OF METABOLISM
CME  Rockwell 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.

Space is limited. Sign up: Program Advising, Ext. 5439

3:30 PM
NEW POWER ROW
II/III  Limit: 6
Rowing Studio

RESTORATIVE YOGA
I  Limit: 13
Yoga Studio

AQUA STRENGTH CIRCUIT
I/II  Limit: 10
Indoor Pool

8:00 PM
SOULFUL MUSIC
WITH OAKES & SMITH
Fieldstone Lounge
Unwind from a full day at Canyon Ranch by enveloping yourself in the soothing and expressive acoustic music of Robert Oakes & Katherine Smith.

Space is limited. Sign up: Program Advising, Ext. 5439

VIRTUAL 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 principles of recovery.

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

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 ______________________

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Limit</th>
<th>Cost</th>
<th>Sign-up</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>MORNING WALK</td>
<td>Lower Spa Lobby</td>
<td>45 min.</td>
<td></td>
<td>Call walk hotline, Ext. 5567, for weather related cancellations.</td>
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<td></td>
<td>MORNING KAYAK</td>
<td>Front Spa Lobby</td>
<td>2 hr.</td>
<td>$110</td>
<td>Sign up: Outdoor Sports Board.</td>
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<tr>
<td>8:00 AM</td>
<td>ADVANCED LEVEL HIKE</td>
<td>Front Spa Lobby</td>
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<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
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<td></td>
<td>ZEN•GA™ FLOW</td>
<td>Gym 1</td>
<td>Limit: 20</td>
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<td></td>
<td>OUTDOOR SUN SALUTATIONS</td>
<td>Lower Spa Lobby</td>
<td>Limit: 13</td>
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<td></td>
<td>PILATES TOWER BARRE CLINIC</td>
<td>Gym 3</td>
<td>Limit: 3</td>
<td></td>
<td>An effective combination of Pilates Tower and ballet barre exercises using the Pilates Tower equipment, make this a perfect balance between both modalities.</td>
<td>$75 Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>LO-IMPACT AEROBICS</td>
<td>Gym 1</td>
<td>Limit: 16</td>
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<td></td>
<td>STRIDE</td>
<td>Gym 5</td>
<td>Limit: 8</td>
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<td></td>
<td>AVOIDING ALZHEIMER’S CME</td>
<td>Tanglewood Room</td>
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<td></td>
<td>YOGA FOUNDATIONS</td>
<td>Yoga Studio</td>
<td>Limit: 13</td>
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<tr>
<td>9:15 AM</td>
<td>HIKE: LEVEL 3</td>
<td>Front Spa Lobby</td>
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<td></td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
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<tr>
<td>10:00 AM</td>
<td>CARDIO TENNIS</td>
<td>Tennis Courts</td>
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<td></td>
<td>$85 Sign up: Program Advising, Ext. 5439</td>
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<td></td>
<td>CLIMBING WALL</td>
<td>Front Spa Lobby</td>
<td>Limit: 2</td>
<td></td>
<td>$110 Sign up: Outdoor Sports Board</td>
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<td></td>
<td>NEW NUTRITION TO</td>
<td>Berkshire Room</td>
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<td></td>
<td>BOOST IMMUNE FUNCTION</td>
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<td>Space is limited. Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td>10:30 AM</td>
<td>TUBES &amp; LOOPS</td>
<td>Gym 2</td>
<td>Limit: 13</td>
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<td></td>
<td>H2O POWER</td>
<td>Indoor Pool</td>
<td>Limit: 10</td>
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<td>ROCK YOUR FLOW</td>
<td>Yoga Studio</td>
<td>Limit: 13</td>
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<tr>
<td>11:00 AM</td>
<td>NOON</td>
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<td></td>
<td>FITNESS FOR YOUR FEET®</td>
<td>Gym 2</td>
<td>Limit: 18</td>
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<tr>
<td></td>
<td>BOGA FITMAT® YOGA CLINIC</td>
<td>Indoor Pool</td>
<td>Limit: 4</td>
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<td></td>
<td>PILATES WEIGHT LOSS BOOST</td>
<td>Gym 1</td>
<td>Limit: 20</td>
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<tr>
<td>1:00 PM</td>
<td>AERIAL ADVENTURE</td>
<td>Front Spa Lobby</td>
<td>Limit: 2</td>
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<td>INTERMEDIATE TO ADVANCED</td>
<td>Tennis Courts</td>
<td>Limit: 4</td>
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<tr>
<td></td>
<td>HIKE: LEVEL 1</td>
<td>Front Spa Lobby</td>
<td></td>
<td></td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
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<tr>
<td>1:30 PM</td>
<td>STAND-UP PADDLEBOARD</td>
<td>Front Spa Lobby</td>
<td>Limit: 7</td>
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<td>BIKE RIDE: LEVEL 2</td>
<td>Front Spa Lobby</td>
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<td>See Outdoor Sports Board for details and sign up.</td>
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</tbody>
</table>

*Walk-in’s permitted based on availability – simply call Ext. 5439.
FRIDAY SEPTEMBER 11, 2020

2:00 PM
THE ISSUE WITH YOUR TISSUE:
EXPLORING MUSCULOSKELETAL PAINS
CME Tanglewood Room
Discuss the timeline of healing for chronic and acute pain with a certified athletic trainer, and better understand the different techniques used during injury rehabilitation.
Space is limited. Sign up: Program Advising, Ext. 5439

NEW HANDS-ON COOKING:
BACKYARD BBQ Limit: 4 Demonstration Kitchen
50 min. $115 Sign up: Program Advising, Ext. 5439
WALK IN THE WOODS YOGA I Limit: 13 Lower Spa Lobby
In the event of inclement weather, this class will take place in the Yoga Studio
KETTLE-BAR II Limit: 20 Sports Court
NEW SINGLE WEIGHT WORKOUT II Limit: 20 Gym 1

3:30 PM
FOAM ROLL & STRETCH I Limit: 20 Gym 2
INDOOR CYCLING II Limit: 7 Cycling Studio
NEW TAO TAN PAI ELIXIR METHOD QI GONG WITH JEANNE SCHNACKENBERG Limit: 6 Rockwell Room
The ancient Taoist system of moving meditation and breath control, imparts good health, vitality and personal empowerment. Open your heart, clear the mind and profoundly strengthen your body.
1 hr. 30 min. $135 Sign up: Program Advising, Ext. 5439.
RESTORATIVE YOGA I Limit: 13 Yoga Studio

5:00 PM
NEW HOW UNCERTAINTY HELPS US GROW
Berkshire Room
A spiritual wellness provider demonstrates 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.
Space is limited. Sign up: Program Advising, Ext. 5439

8:00 PM
FE BROADWAY IN THE BERKSHIRES:
NATHAN LEE GRAHAM, IN CONCERT!
Fieldstone Lounge
Indulge in an evening with star of stage & screen, Nathan Lee Graham whose stage appearances include the original Broadway casts of The Wild Party and Priscilla Queen of the Desert.
Space is limited. Sign up: Program Advising, Ext. 5439
MIRACLES, LUCK AND THE BUTTERFLY EFFECT WITH JERRY POSNER
Rockwell Room
Join Jerry for an entertaining, rational, practical approach to "miracle making," with strategies to help increase the probability of desired outcomes and goals.
Space is limited. Sign up: Program Advising, Ext. 5439
VIRTUAL 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 principles of recovery.
Join via the Zoom: bit.ly/5pmmeeting with the password: Serenity20

MY SCHEDULE FRIDAY

6 am
7 am
8 am
9 am
10 am
11 am
Noon
1 pm
2 pm
3 pm
4 pm
5 pm
6 pm
7 pm
8 pm
9 pm
SATURDAY | SEPTEMBER 12, 2020
SIGN-UP IS REQUIRED FOR ALL FITNESS CLASSES 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.

**7:30 AM**
**MORNING BIKE RIDE: LEVEL 2**  Front Spa Lobby
1 hr. 15 min.  Sign up: Outdoor Sports Board.

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

**NEW VIBE**  Limit: 20  Gym 2
25 min.

**OUTDOOR MEDITATION**  Limit: 13  Lower Spa Lobby
25 min.  In the event of inclement weather, this class will take place in the Yoga Studio.

**PILOTES REFORMER**
**JUMPBOARD CLINIC**  Limit: 3  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.  $75  Sign up: Program Advising, Ext. 5439

**9:00 AM**
**CHAIR YOGA**  Limit: 13  Yoga Studio

**LO-IMPACT AEROBICS**  Limit: 16  Gym 1

**NEW POWER ROW**  Limit: 6  Rowing Studio

**THE SCIENCE OF WEIGHT LOSS**  CME  Berkshire Room
Knowledge is empowerment. Learn more about the science of weight loss as an Exercise Physiologist shares strategies to support healthy weight, improve health and raise your energy levels.
Space is limited. Sign up: Program Advising, Ext. 5439

**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**  Limit: 6  Front Spa Lobby
2 hr. 30 min.  Sign up: Outdoor Sports Board.

**10:00 AM**
**CAMP ARCHERY**  Limit: 4  Front Spa Lobby
1 hr. 30 min.  Sign up: Outdoor Sports Board.

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

**HANDS-ON COOKING:**
**HERBS & SPICES**  Limit: 4  Demonstration Kitchen
$115  Sign up: Program Advising, Ext. 5439

**10:30 AM**
**TUBES & LOOPS**  Limit: 13  Gym 2

**MID-MORNING STRETCH**  Limit: 20  Gym 1

**NEW YOGA SCULPT**  Limit: 13  Yoga Studio

**11:30 AM**
**ENERGY HEALING: OPENING PATHWAYS TO WELLNESS & PREVENTION**  Tanglewood Room
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.
Space is limited. Sign up: Program Advising, Ext. 5439

**NOON**
**FITNESS FOR YOUR FEET®**  Limit: 18  Gym 2
25 min.

**AERIAL HAMMOCK YOGA CLINIC**  Limit: 4  Yoga Studio
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.
**ABS ON THE BALL**  Limit: 20  Gym 1
25 min.

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

**HIGH ROPES CHALLENGE COURSE**  Limit: 2  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**
**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

**KAYAK: SEMIPRIVATE**  Limit: 4  Front Spa Lobby
2 hr.  $110  Sign up: Outdoor Sports Board.
### SATURDAY

**MY SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6 am</td>
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<td>9 pm</td>
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**2:00 PM**

**AFTERNOON TENNIS DRILLS**

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

**CHINESE MEDICINE & WEIGHT LOSS**

- Berkshire Room
  - Discover a new perspective on weight loss. Learn how herbs, healing foods and specialized acupuncture can help you feel healthy and shed excess weight at the same time.
  - Space is limited. Sign up: Program Advising, Ext. 5439

**3:00 PM**

**_ROUND-ROBIN DOUBLES_**

- Tennis Courts
  - Sign up: Outdoor Sports Board.

**3:30 PM**

**RESTORATIVE YOGA**

- Yoga Studio
  - I Limit: 13

**AQUA STRENGTH CIRCUIT**

- Indoor Pool
  - I/II Limit: 10

**NEW STROOPS BUNGEE WORKOUT**

- Gym 1
  - II/III Limit: 6

**8:00 PM**

**FE BROADWAY IN THE BERKSHIRES: NATHAN LEE GRAHAM, IN CONCERT!**

- Fieldstone Lounge
  - Indulge in an evening with star of stage & screen, Nathan Lee Graham whose stage appearances include the original Broadway casts of The Wild Party and Priscilla Queen of the Desert.
  - Space is limited. Sign up: Program Advising, Ext. 5439

**VIRTUAL 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 principles of recovery.
  - Join via the Zoom: bit.ly/5pmmeeting with the password: Serenity20

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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** – Broadway in the Berkshires

**CME** – Continuing Medical Education

If your stay includes a service allowance, it may be applied toward activity fees.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>MORNING KAYAK</td>
<td>Front Spa Lobby</td>
<td>2 hr. $110 Sign up: Outdoor Sports Board.</td>
</tr>
<tr>
<td>8:00</td>
<td>NEW BARBELL CLINIC</td>
<td>Gym 5</td>
<td>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</td>
</tr>
<tr>
<td>8:00</td>
<td>WAKE-UP WARM-UP STRETCH</td>
<td>Gym 2</td>
<td>Limit: 18 25 min. In the event of inclement weather, this class will take place in the Yoga Studio.</td>
</tr>
<tr>
<td>8:00</td>
<td>OUTDOOR SUN SALutations</td>
<td>Lower Spa Lobby</td>
<td>Limit: 13 25 min.</td>
</tr>
<tr>
<td>9:00</td>
<td>CARDIO KICKBOXING</td>
<td>Gym 1</td>
<td>Limit: 16 50 min.</td>
</tr>
<tr>
<td>9:00</td>
<td>PILATES REFORMER CLINIC - INTERMEDIATE</td>
<td>Gym 4</td>
<td>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>9:00</td>
<td>NEW POWER ROW</td>
<td>Rowing Studio</td>
<td>Limit: 6 2 hr. $100 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>9:00</td>
<td>EAT FOR ENERGY</td>
<td>Berkshire Room</td>
<td>Limit: 3 Space is limited. Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>9:00</td>
<td>JOY JOURNALS</td>
<td>Creative Expression Studio</td>
<td>Limit: 3 2 hr. $100 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>9:00</td>
<td>YOGA FOUNDATIONS</td>
<td>Yoga Studio</td>
<td>Limit: 13</td>
</tr>
<tr>
<td>9:15</td>
<td>HIKE: LEVEL 2/3</td>
<td>Front Spa Lobby</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>10:00</td>
<td>CARDIO TENNIS</td>
<td>Tennis Courts</td>
<td>$85 Sign up: Program Advising, Ext. 5439</td>
</tr>
<tr>
<td>10:00</td>
<td>BIKE RIDE: LEVEL 3/4</td>
<td>Front Spa Lobby</td>
<td>2 - 2.5 hr. See Outdoor Sports Board for details and to sign up.</td>
</tr>
<tr>
<td>10:30</td>
<td>YOGA FOR ATHLETES</td>
<td>Yoga Studio</td>
<td>Limit: 13</td>
</tr>
<tr>
<td>10:30</td>
<td>H2O POWER</td>
<td>Indoor Pool</td>
<td>Limit: 10</td>
</tr>
<tr>
<td>10:30</td>
<td>MUSCLE CONDITIONING</td>
<td>Gym 2</td>
<td>Limit: 20</td>
</tr>
</tbody>
</table>
2:00 PM
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.

ENERGY CRISIS:
BODY FAT, WEIGHT & FITNESS  CME  Berkshire Room
What happens when lipids, sugars and a low VO2 collide? An exercise physiologist will explain how to make your metabolism, muscle, fat and hormones behave in the land of plenty.
Space is limited.  Sign up: Program Advising, Ext. 5439

YOGA FOR A HEALTHY BACK  Limit: 13  Yoga Studio

ZUMBA®  I/II  Limit: 16  Gym 1

3:30 PM
NEW STROOPS BUNGEE WORKOUT  II/III  Limit: 6  Gym 1
NEW GOOD VIBRATIONS  I  Limit: 20  Gym 2
RESTORATIVE YOGA  I  Limit: 13  Yoga Studio

4:00 PM
NEW SELF-COMPASSION  CME  Berkshire Room
IS YOUR SUPERPOWER
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.
Space is limited.  Sign up: Program Advising, Ext. 5439

8:00 PM
VIRTUAL 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 principles of recovery.
Join via the Zoom: bit.ly/5pmmeeting with the password: Serenity20

HARVEY GRANAT PRESENTS:
CANYON RANCH CABARET  Fieldstone Lounge
A stellar performance by Broadway producer and historian of The American Songbook. Harvey has appeared at many leading clubs and resorts, as well as the 92nd Street Y in New York and Lincoln Center.
Space is limited.  Sign-up: Program Advising, Ext. 5439
MONDAY  |  SEPTEMBER 14, 2020
SIGN-UP IS REQUIRED FOR ALL FITNESS CLASSES AND LECTURES. Walk-in's permitted based on availability – simply call Ext. 5439.

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

8:00 AM
ADVANCED LEVEL HIKE  Front Spa Lobby
Visit the Outdoor Sports Board for sign up and additional details.
NEW VIBE  I  Limit: 20  Gym 2
25 min.
OUTDOOR SUN SALUTATIONS  II  Limit: 13  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: 16  Gym 1
This energetic, total body workout emphasizes proper biomechanics and alignment while performing Pilates Tower repertoire.
$75  Prior Pilates experience is required. Sign up: Program Advising, Ext. 5439
PILATES TOWER CLINIC  II  Limit: 3  Gym 3
CURB CRAVINGS & HABITS  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.
Space is limited. Sign up: Program Advising, Ext. 5439
ADVANCED INDOOR CYCLING  III  Limit: 7  Cycling Studio
YOGA FOUNDATIONS  I  Limit: 13  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
CARDBIO TENNIS  Tennis Courts
$85  Sign up: Program Advising, Ext. 5439
TUBES & LOOPS  I/II  Limit: 13  Gym 2
H2O POWER  I/II  Limit: 10  Indoor Pool
NEW YOGA SCULPT  II/III  Limit: 13  Yoga Studio

11:00 AM
EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP
WITH TOM ANDREWS  Limit: 6  Berkshire 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

11:30 AM
SECRETS TO SLEEPING SOUNDLY  CME  Tanglewood Room
What's the connection between sleep and health? Cindy Geyer, MD, will explain how the quality of your sleep affects nearly every aspect of wellness. Be prepared for some startling awakenings!
Space is limited. Sign up: Program Advising, Ext. 5439

NOON
PILATES ON THE BEAM  I/II  Limit: 20  Gym 1
25 min.
BODY WEIGHT BASICS  I  Limit: 18  Gym 2
SWIMMING SKILLS & DRILLS CLINIC  II  Limit: 2  Indoor Pool
Join our expert fitness instructors as they guide you through swimming drills to improve your focus, time and stroke. Swimming experience required.
$75  Sign up: Program Advising, Ext. 5439

1:00 PM
BEAUTY SECRETS  Tanglewood 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.
Space is limited. Sign up: Program Advising, Ext. 5439
PICKLEBALL INTRO CLINIC  Limit: 4  Tennis Courts
$85  Sign up: Program Advising, Ext. 5439,  Meet at Indoor Tennis Courts.

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  Limit: 4  Front Spa Lobby
2 hr.  $110  Sign up: Outdoor Sports Board.
CAMP ARCHERY  Limit: 4  Front Spa Lobby
1 hr. 30 min.  Sign up: Outdoor Sports Board.
FITNESS LEVELS  I— beginner, II— intermediate, III— advanced  FITNESS CLASSES 45 min; PRESENTATIONS/WORKSHOPS 50 min. unless noted.

CME – Continuing Medical Education

If your stay includes a service allowance, it may be applied toward activity fees.

2:00 PM
BEGINNER TENNIS CLINIC  Limit: 4  
Tennis Courts  
Sign up: Program Advising, Ext. 5439

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.  
Space is limited. Sign up: Program Advising, Ext. 5439

LONG & LEAN BARRE WORKOUT  II  Limit: 16  
Gym 1

YOGA FOR A HEALTHY BACK  I  Limit: 13  
Yoga Studio

TRX BASIC STRENGTH  I/II  Limit: 6  
Sports Court

3:30 PM
RESTORATIVE YOGA  I  Limit: 13  
Yoga Studio

NEW POWER ROW  II/III  Limit: 6  
Rowing Studio

FOAM ROLL & STRETCH  I  Limit: 20  
Gym 2

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.  
Space is limited. Sign up: Program Advising, Ext. 5439

8:00 PM
VIRTUAL 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 principles of recovery.  
Join via the Zoom: bit.ly/5pmmeeting with the password: Serenity20

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!  
Space is limited. Sign up: Program Advising, Ext. 5439

MY SCHEDULE MONDAY

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

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3 pm

4 pm

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6 pm

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<tr>
<th>Time</th>
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<th>Location</th>
<th>Notes</th>
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<tbody>
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<td>7:00 AM</td>
<td>STAND-UP PADDLEBOARD</td>
<td>Front Spa Lobby</td>
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<tr>
<td>8:00 AM</td>
<td>ZEN•GA™ FLOW I Limit: 20</td>
<td>Gym 1</td>
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<tr>
<td></td>
<td>REBOUND JUMP BOOTS CLINIC II  Limit: 4</td>
<td>Lower Spa Lobby</td>
<td>With springs on your feet, enjoy this fun rebound activity with reduced impact on joints. Improving stability, flush your lymphatic system and get an amazing cardio workout. $75  Sign up: Program Advising, Ext. 5439</td>
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<tr>
<td></td>
<td>OUTDOOR MEDITATION I  Limit: 13</td>
<td>Lower Spa Lobby</td>
<td>In the event of inclement weather, this class will take place in the Yoga Studio.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>PILATES REFORMER CLINIC - INTERMEDIATE II Limit: 3</td>
<td>Gym 4</td>
<td>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>
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<td>CHAIR YOGA I Limit: 13</td>
<td>Yoga Studio</td>
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<td>ZUMBA®  I/II Limit: 16</td>
<td>Gym 1</td>
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<td>STRIDE II/III Limit: 8</td>
<td>Gym 5</td>
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<td>NEW OPTIMIZING</td>
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<td>CARDIOMETABOLIC HEALTH CME Berkshire Room</td>
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<td>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. Space is limited. Sign up: Program Advising, Ext. 5439</td>
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<td>HIKE: LEVEL 3</td>
<td>Front Spa Lobby</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
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<tr>
<td>10:00 AM</td>
<td>BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING Limit: 4</td>
<td>Front Spa Lobby</td>
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<td>HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS Limit: 4</td>
<td>Demonstration Kitchen</td>
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<td>CARDIO TENNIS</td>
<td>Tennis Courts</td>
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<tr>
<td>10:30 AM</td>
<td>MUSCLE CONDITIONING I Limit: 20</td>
<td>Gym 2</td>
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<td></td>
<td>MID-MORNING STRETCH I Limit: 20</td>
<td>Gym 1</td>
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<td>ROCK YOUR FLOW II Limit: 13</td>
<td>Yoga Studio</td>
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<tr>
<td>11:30 AM</td>
<td>STRENGTHEN &amp; RESET YOUR ENERGY Berkshire Room</td>
<td></td>
<td>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.</td>
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<td></td>
<td>FITNESS FOR YOUR FEET* I Limit: 18</td>
<td>Gym 2</td>
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<td>NOON</td>
<td>ABS ON THE BALL I/II Limit: 20</td>
<td>Gym 1</td>
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<tr>
<td></td>
<td>AERIAL HAMMOCK YOGA CLINIC II Limit: 4</td>
<td>Yoga Studio</td>
<td>Using a fabric hammock suspended from the ceiling, work on your core strength in standing poses and inversions.</td>
</tr>
<tr>
<td></td>
<td>CHINESE MEDICINE: THE INSIDE SCOOP</td>
<td>Tanglewood Room</td>
<td>A licensed acupuncturist discusses the benefits and treatments of Chinese Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.</td>
</tr>
<tr>
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<td>WALK IN THE WOODS YOGA I Limit: 13</td>
<td>Lower Spa Lobby</td>
<td>In the event of inclement weather, this class will take place in the Yoga Studio.</td>
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<tr>
<td>1:00 PM</td>
<td>CLIMBING WALL</td>
<td>Front Spa Lobby</td>
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<tr>
<td>1:15 PM</td>
<td>HIKE: LEVEL 1</td>
<td>Front Spa Lobby</td>
<td>Visit the Outdoor Sports Board for sign up and additional details.</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>CANOE TRIP</td>
<td>Front Spa Lobby</td>
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</tr>
<tr>
<td>2:00 PM</td>
<td>INTERMEDIATE TO ADVANCED TENNIS CLINIC Limit: 4</td>
<td>Tennis Courts</td>
<td>A licensed acupuncturist discusses the benefits and treatments of Chinese Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.</td>
</tr>
<tr>
<td></td>
<td>WALK IN THE WOODS YOGA I Limit: 13</td>
<td>Lower Spa Lobby</td>
<td>In the event of inclement weather, this class will take place in the Yoga Studio.</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS Limit: 4</td>
<td>Demonstration Kitchen</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CARDIO TENNIS</td>
<td>Tennis Courts</td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>CHINESE MEDICINE: THE INSIDE SCOOP</td>
<td>Tanglewood Room</td>
<td>A licensed acupuncturist discusses the benefits and treatments of Chinese Medicine including acupuncture, Chinese herbs, qi gong, Acutonics® and acupressure.</td>
</tr>
</tbody>
</table>

**Purpose:**

- **Stand-up paddleboard:** A beginner-friendly activity for 2 hours, located at the lobby, with a sign-up fee of $110 at the Outdoor Sports Board.
- **ZEN•GA™ flow:** A 25-minute session for flexibility and relaxation, with a limit of 20 participants.
- **Rebound Jump Boots Clinic:** An activity that encourages fun while improving stability and joint health.
- **Outdoor Meditation:** A 25-minute session for mental and physical relaxation, with a limit of 13 participants.
- **Pilates Reformer Clinic - Intermediate:** A 50-minute session focusing on core strength and lengthening muscles, requiring reformer experience.
- **Chair Yoga:** A 25-minute session for flexibility and core strength.
- **Zumba®:** A 25-minute class for cardiovascular fitness, with a limit of 16 participants.
- **Stride:** A 25-minute session for cardiovascular fitness, with a limit of 8 participants.
- **New Optimizing Cardiometabolic Health:** A session that teaches how to maximize brain and heart health through various practices, limited to 13 participants.
- **Hiike:** A 2-hour activity for outdoor enthusiasts, with additional details available.
- **Tai Chi Walk on Property:** A 2-hour session for physical and mental well-being.
- **Climbing Wall:** A 2-hour activity available for 2 participants.
- **Intermediate to Advanced Tennis Clinic:** A 2-hour session for advanced players.
- **Walk in the Woods Yoga:** A 2-hour session suitable for beginners.
- **New Single Weight Workout:** A 2-hour class for weight management, with a limit of 20 participants.

**Notes:**

- Sign-up is required for all fitness classes and lectures.
- Walk-ins are permitted based on availability – simply call Ext. 5439.
3:00 PM
NEW REPLENISHING THE WELL
Berkshire Room
Feeling depleted, exhausted or overwhelmed? A spiritual wellness provider teaches 10 simple, evidence-based practices for replenishing your mind and spirit so you can live from fullness, peace & joy.
Space is limited. Sign up: Program Advising, Ext. 5439

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

3:30 PM
INDOOR CYCLING II Limit: 7
Cycling Studio
RESTORATIVE YOGA I Limit: 13
Yoga Studio
AQUA STRENGTH CIRCUIT I/II Limit: 10
Indoor Pool

5:00 PM
EAT TO LIVE, LIVE TO EAT CME
Berkshire Room
Achieve a balanced approach to eating and enjoy the foods you love. Learn about healthy weight strategies and the Canyon Ranch Clean & Healthy philosophy.
Space is limited. Sign up: Program Advising, Ext. 5439

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!
Space is limited. Sign up: Program Advising, Ext. 5439
VIRTUAL 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 principles of recovery.
Join via the Zoom: bit.ly/5pmmeeting with the password: Serenity20
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.

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.

REMININDERS:
• Please maintain 6-foot safe distancing.
• Masks are required at all times except in guest rooms, while eating, swimming, in certain spa services and while outdoors with 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, Fr 9am, Sa 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. Su 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. We 9am, 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, Th 3:30pm, Sa 9am, Su 9am, Mo 3:30pm

**STRADE**
A motivating group treadmill workout incorporating interval training. Fr 9am, Tu 9am

**STROOPS BUNGEES 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

CREATIVE EXPRESSION

**CONNECT WITH CREATIVE FLOW**
Using drawing, watercolor and writing techniques, access the playful, powerful wisdom of your unconscious and learn to integrate these into your everyday life. We 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. Su 9am

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: BACKYARD BBQ**
Nothing says summer like BBQ! Whether for a quick weeknight meal or a weekend of entertaining - learn these backyard barbecue tips to impress without the stress. Fr 2pm

**HANDS-ON COOKING: ESSENTIAL KNIFE SKILLS**
Learning proper cutting techniques can take the chore out of food preparation. Chop, dice, and slice your way to your own culinary creations. We 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: 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. Sa 10am

DANCE

**ZUMBA®**
Feel the energy and move your body to fun and easy-to-follow Latin rhythms. Th 9am, Su 2pm, Tu 9a

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

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

RESTORATIVE YOGA
Experience deep relaxation for healing and rejuvenation. Bolsters and props are used in gentle, supported poses. No shoes. We 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

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

YOGA FOR A HEALTHY BACK
Explore basic strategies for strengthening and stretching areas of the body that can cause chronic low back pain. Not for those with serious spinal injuries or diagnosed spinal conditions. No shoes. Th 2pm, Su 2pm, Mo 2pm

YOGA FOR ATHLETES
A 45-minute class with flowing athletic moves and yoga postures to improve your strength, balance and flexibility. No shoes. We 10:30am, Su 10:30am

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, Sa 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. Sa 10:30am, Mo 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

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

AERIAL ADVENTURE
Try two adrenaline-filled activities on our High Ropes Challenge Course: the 350-foot long Zip Line and the 40-foot high Giant Swing. We 1pm, Fr 1pm

BIKE RIDE: INTRODUCTION TO MOUNTAIN BIKING
Learn the proper techniques of off-road mountain bike riding on dirt, grass and wood chipped trails. Must be an able rider. Tu 10am

BIKE RIDE: LEVEL 2
A guided bike ride on the roads of Lenox. Minimal hills. Based on route, return time may vary. Fr 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

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

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 ROPE 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. 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, Tu 1:15pm

HIKE: LEVEL 2
Chosen each week. This level two or three hike is 3.5 - 4.5 hours long. We 1:15pm, Sa 1:15pm, Mo 1:15pm

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

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

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

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

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

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

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

BODY WEIGHT BASICS
A 25-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. We 12pm, Su 12pm, Mo 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 & 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 Program Advising at ext. 5439 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, these hikes put 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’s important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group.
Whatever road may lead you here, our new experience pathways guide you toward a new life of health, well-being, purpose, joy and energy. Use these expertly designed programs as the starting point for your journey, or customize your own plan to make the most of your time with us, and enhance your life long after you leave.

Ideal for new guests, or returning guests with a focused intent, these 3-, 5- and 7-night pathway packages include 5, 8, or 10 curated services and activities, delivering great value on an invaluable experience.

Throughout your stay, you’ll be guided and inspired by our diverse team of wellness experts – each of them a part of team YOU. They meet you where you are as a whole person, addressing mind, body and spirit.

Talk with a Program Advisor, your personal guide to the best experiences and activities to make your Ranch stay more than you hoped for. Your Program Advisor will arrange and schedule every detail for you. All you need to do is relax and enjoy your stay.

Feel free to call Program Advising before you arrive at 800.877.0404, or visit or contact an advisor at Ext. 5439 on property.
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.

NEW UNLIMITED WIFI HOTSPOT WITH PRESSREADER™
As our guest, enjoy free access to PressReader, which offers unlimited downloads of over 7,500 newspapers and magazines, including The New York Times, The Washington Post, The Globe and Mail, in more than 60 languages. No ads, no sign-up required and extended 3-hour access after you check-out.

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 9 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 9 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 small group and private tennis 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.

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

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

Back Sleepers
Buckwheat – Relaxes and aligns the neck for breathing comfort
Cervical – Aligns and relaxes the cervical spine
Soft synthetic foam
Neck support
Contour memory foam

Side Sleepers
Side sleeping pillow – Improves breathing, aligns the spine; memory foam
Leg spacer – Fits between your knees to support and relieve pressure in the low back, knees and ankles; memory foam in sateen fabric
Body pillow – For side and belly sleepers, aligns the spine when between the knees, excellent for pregnancy; polyester fill
Back and/or side sleeper – King-sized soft gel that contours to your body

To request a pillow, 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
- Hypnotherapy ....................................................... 50 min ......................... 220
- 100 min ......................................................... 410
- Life Management Consultation ................................ 50 min ......................... 200
- duet 50 min .................................................. 160
- 50 min with PhD .................................................. 240
- Visual Brainstorming .............................................. 50 min ......................... 200
- 50 min with PhD .................................................. 240
- 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>
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<tbody>
<tr>
<td>Acu-Massage</td>
<td>50 min</td>
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<td>Acuphoria</td>
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<td>Acupuncture for Healthy Weight</td>
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<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>
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</table>

## NUTRITION & FOOD

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</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>
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</thead>
<tbody>
<tr>
<td>Nutrigenetics For Well-being</td>
<td></td>
<td></td>
</tr>
<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>
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</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>single 50 min</td>
<td>200</td>
</tr>
<tr>
<td>Rite of Passage</td>
<td>single 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>
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<tr>
<td>Spiritual Guidance</td>
<td>single 50 min</td>
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## FITNESS 360

### EXERCISE PHYSIOLOGY

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
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</tr>
</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>

Services & fees subject to change without notice.
CUSTOMIZED PROGRAM WITH AN EXERCISE PHYSIOLOGIST

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</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>
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PHYSICAL THERAPY

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<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Aquatic Therapy</td>
<td>50 min</td>
<td>$220</td>
</tr>
<tr>
<td>Build a Stronger Back</td>
<td>50 min</td>
<td>$220</td>
</tr>
<tr>
<td>Physical Therapy</td>
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<td>$220</td>
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FITNESS

PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Fitness Training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private Pilates or Gyrotonic Training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Private Yoga Practice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Training Session</td>
<td>50 min</td>
<td>$140</td>
</tr>
<tr>
<td>Duet Training Session</td>
<td>50 min</td>
<td>$110/person</td>
</tr>
<tr>
<td>Small Group Training Session (3-5 people)</td>
<td>50 min</td>
<td>$75/person</td>
</tr>
<tr>
<td>Private Group Class</td>
<td>50 min</td>
<td>$375/class</td>
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OUTDOOR SPORTS

GROUP ADVENTURES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Archery Workshop</td>
<td>times vary</td>
<td>$110</td>
</tr>
<tr>
<td>Kayaking</td>
<td>times vary</td>
<td>$110</td>
</tr>
<tr>
<td>Photography Hike</td>
<td>times vary</td>
<td>$110</td>
</tr>
<tr>
<td>Stand-Up Paddleboarding/Paddleboard Yoga</td>
<td>times vary</td>
<td>$110</td>
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</table>

HIGH ROPES ADVENTURES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Aerial Adventure</td>
<td>90 min</td>
<td>$110</td>
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<tr>
<td>Climbing Wall</td>
<td>120 min</td>
<td>$110</td>
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<tr>
<td>High Ropes Challenge Course</td>
<td></td>
<td>$235/person</td>
</tr>
<tr>
<td>Loop &amp; Ladders</td>
<td>90 min</td>
<td>$110</td>
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PRIVATE ADVENTURES

On Land

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Hiking, Biking, Mountain Biking, Running, Shinrin Yoku, Tai Chi, Archery</td>
<td>First hour</td>
<td>$135</td>
</tr>
</tbody>
</table>

  Each additional hour | $135 |

On Water

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe, Kayak, Stand-Up Paddleboarding</td>
<td>First 2 hours (1-2 guests)</td>
<td>$200</td>
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</tbody>
</table>

  Each additional hour (1-2 guests) | $75 |

RACQUET SPORTS

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Tennis &amp; Pickleball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual training session</td>
<td>50 min</td>
<td>$150</td>
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<tr>
<td>Duet training session</td>
<td>50 min</td>
<td>$105/person</td>
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## SPA

### BODY TREATMENTS

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Coconut Melt</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Detox Herbal Wrap</td>
<td>45 min</td>
<td>$170</td>
</tr>
<tr>
<td>Detoxifying Ritual</td>
<td>100 min</td>
<td>$330</td>
</tr>
<tr>
<td>Hydrating Body Wrap</td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td>Hydrating Sugar &amp; Salt Scrub</td>
<td>50 min</td>
<td>$175</td>
</tr>
<tr>
<td>Lavendar Relax</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Rosemary Citron Sea Salt Scrub</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td>Ultimate Hydration Ritual</td>
<td>100 min</td>
<td>$330</td>
</tr>
<tr>
<td>Vitamin Infusion Body Treatment</td>
<td>50 min</td>
<td>$195</td>
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</table>

### EASTERN THERAPIES

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Abhyanga</td>
<td>50 min</td>
<td>$180</td>
</tr>
<tr>
<td>Ayurvedica Herbal Rejuvenation</td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td>Thai Herbal Poultice Massage</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$295</td>
</tr>
<tr>
<td></td>
<td>100 min</td>
<td>$335</td>
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### ENERGY THERAPIES

<table>
<thead>
<tr>
<th>Treatment</th>
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<tbody>
<tr>
<td>Craniosacral Therapy</td>
<td>50 min</td>
<td>$180</td>
</tr>
<tr>
<td>Reiki</td>
<td>50 min</td>
<td>$180</td>
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### MASSAGE & BODYWORK

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Aromatherapy Massage</td>
<td>50 min</td>
<td>$180</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td>Arthritis Massage</td>
<td>50 min</td>
<td>$175</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td></td>
<td>100 min</td>
<td>$315</td>
</tr>
<tr>
<td>Canyon Ranch Massage</td>
<td>50 min</td>
<td>$175</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td></td>
<td>100 min</td>
<td>$315</td>
</tr>
<tr>
<td>Chakra Balancing Massage</td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td>Daily Moisturizing Massage <strong>NEW</strong></td>
<td>50 min</td>
<td>$195</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$295</td>
</tr>
<tr>
<td></td>
<td>100 min</td>
<td>$345</td>
</tr>
<tr>
<td>Deep Tissue Massage</td>
<td>50 min</td>
<td>$185</td>
</tr>
<tr>
<td></td>
<td>80 min</td>
<td>$295</td>
</tr>
<tr>
<td></td>
<td>100 min</td>
<td>$335</td>
</tr>
<tr>
<td>Hands, Feet &amp; Scalp</td>
<td>50 min</td>
<td>$175</td>
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<tr>
<td>Head, Neck &amp; Shoulders Massage</td>
<td>50 min</td>
<td>$175</td>
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<td>Neuromuscular Therapy</td>
<td>100 min</td>
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<tr>
<td>Prenatal Massage</td>
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<td>$175</td>
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<tr>
<td></td>
<td>80 min</td>
<td>$275</td>
</tr>
<tr>
<td>Reflexology</td>
<td>50 min</td>
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<tr>
<td>Sole Rejuvenation</td>
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<td>$175</td>
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<tr>
<td>Tranquillity™ Treatment</td>
<td>50 min</td>
<td>$175</td>
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*Services & fees subject to change without notice.*
## MENU OF SERVICES | 2020

### SALON

#### HEALTHY HAIR CARE

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
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<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>
<tr>
<td>Cut</td>
<td></td>
<td>times &amp; fees vary</td>
</tr>
<tr>
<td></td>
<td>Cut - 45 min</td>
<td>$110</td>
</tr>
<tr>
<td></td>
<td>Barber Cut - 25 min</td>
<td>$60</td>
</tr>
<tr>
<td>Highlights</td>
<td></td>
<td>times &amp; fees vary</td>
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<tr>
<td>Kevin.Murphy Experience</td>
<td>80 min</td>
<td>$115</td>
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#### MAKEUP

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<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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#### MANICURES

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</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>
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#### PEDICURES

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Foot Rescue! Pedicure</td>
<td>50 min</td>
<td>$90</td>
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<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>Time</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>Hyrdafacial, MD</td>
<td>50 min</td>
<td>$240</td>
</tr>
<tr>
<td>Kypris Signature Facial NEW</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>
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<tr>
<td></td>
<td>80 min with 20 min infusion</td>
<td>$315</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
Astrology .................................................................................. 50 min..................$210
Clairvoyant Reading ................................................................. 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>Resort Services</th>
<th>Extension</th>
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</thead>
<tbody>
<tr>
<td>Operator</td>
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</tr>
<tr>
<td>Bell Services</td>
<td>5500</td>
</tr>
<tr>
<td>Culinary Rebel™</td>
<td>5210</td>
</tr>
<tr>
<td>Canyon Ranch Grill™</td>
<td>5310</td>
</tr>
<tr>
<td>Housekeeping</td>
<td>5432</td>
</tr>
<tr>
<td>Program Advising</td>
<td>5439</td>
</tr>
<tr>
<td>Safety &amp; Security</td>
<td>5306</td>
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<table>
<thead>
<tr>
<th>Departments</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Cultural Coordinating</td>
<td>5504</td>
</tr>
<tr>
<td>Exercise Physiologists</td>
<td>5325</td>
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<tr>
<td>Fitness</td>
<td>5460</td>
</tr>
<tr>
<td>Guest Services/Concierge</td>
<td>5525</td>
</tr>
<tr>
<td>Health &amp; Healing</td>
<td>5325</td>
</tr>
<tr>
<td>Life Management</td>
<td>5325</td>
</tr>
<tr>
<td>Medical</td>
<td>5317</td>
</tr>
<tr>
<td>Canyon Ranch Living®/Memberships</td>
<td>5411</td>
</tr>
<tr>
<td>Metaphysical</td>
<td>5404</td>
</tr>
<tr>
<td>Nutrition</td>
<td>5325</td>
</tr>
<tr>
<td>Outdoor Sports</td>
<td>5535</td>
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<tr>
<td>Registration</td>
<td>5519</td>
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<tr>
<td>Reservations</td>
<td>5497</td>
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<tr>
<td>Salon</td>
<td>5405</td>
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<tr>
<td>Showcase Boutique</td>
<td>5402</td>
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<tr>
<td>Spa Reception Desk</td>
<td>5423</td>
</tr>
<tr>
<td>Spiritual Wellness</td>
<td>5507</td>
</tr>
</tbody>
</table>

*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
RESTROOMS
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.