

YOUR DAILY SCHEDULE

SEPTEMBER 16 – 22
2020



THIS SCHEDULE BELONGS TO:

CANYONRANCH®
wellness resort | LENOX MA

BREATHE EASY



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.

HOURS & LOCATIONS

CANYON RANCH GRILL™

Breakfast: 6:30 am – 10 am

Lunch 11:30 am – 2pm, *outdoor seatings available, weather permitting*

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 at breakfast or lunch or by calling Ext. 5310.

Room Service is available by preorder!

Breakfast orders must be placed by 8 pm the night before. Lunch & dinner must be ordered two hours in advance.

To preorder, please call CR Grill, Ext. 5310.

CULINARY REBEL™

Snacks and 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. Take home cooking tips you can use in your own kitchen.

HEALTH & HEALING

Provider's hours vary.

Health & Healing Desk: 8 am – 5 pm

SPA

6:30 am – 9 pm

The Women's Locker Room lounge area will be open for co-ed use daily from 7 pm – 9 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 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.

WELCOME to CANYON RANCH LENOX



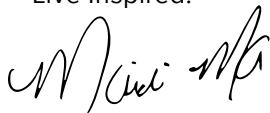
We're delighted to have you in our inspiring corner of the world. Think of Canyon Ranch as your own healthy haven, the place for renewal, wellness and happiness.

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 16, 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.

MORNING WALK Lower Spa Lobby

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

8:00 AM

ADVANCED LEVEL HIKE Front Spa Lobby

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

WAKE-UP WARM-UP STRETCH I Limit: 18 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

PILATES REFORMER Gym 4

JUMPBOARD 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 POWER ROW II/III Limit: 6 Rowing Studio

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 I/II Limit: 16 Gym 1

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.

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

CARDIO TENNIS Tennis Courts

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

NEW CONNECT WITH CREATIVE FLOW Limit: 3 Creative Expression Studio

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

10:30 AM

TUBES & LOOPS I/II Limit: 13 Gym 2

YOGA FOR ATHLETES II/III Limit: 13 Yoga Studio

H2O POWER I/II Limit: 10 Indoor Pool

11:30 AM

HEALTHY FEET, HAPPY FEET CME Berkshire Room

If your feet hurt, relief may be close at hand. Athletic trainer Christina Meucci, BS, ATC, LAT, discusses what the soreness may be saying about injury, and how to keep your feet healthy and happy.

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

NOON

BODY WEIGHT BASICS I Limit: 18 Gym 2

25 min.

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

BEGINNER PILATES I 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.

AERIAL ADVENTURE Limit: 2 Front Spa Lobby

1 hr. 30 min. \$110 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 Limit: 4 Front Spa Lobby

2 hr. \$110 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

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 MCDUGALL 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

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/5pmmmeeting with the password: Serenity20

MY SCHEDULE WEDNESDAY

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

Noon _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

THURSDAY | SEPTEMBER 17, 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 KAYAK

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

Front Spa Lobby

8:00 AM

PILATES TOWER CLINIC II Limit: 3

Gym 3

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

NEW VIBE I Limit: 20

Gym 2

25 min.

OUTDOOR MEDITATION I 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

ZUMBA® I/II Limit: 16

Gym 1

CHAIR YOGA I Limit: 13

Yoga Studio

ADVANCED INDOOR CYCLING III Limit: 7

Cycling Studio

STRAIGHTEN UP!

CME

Tanglewood Room

Good posture is good for your health. A physical therapist will show you how to enhance your posture for prevention and treatment of back pain. Learn fundamentals you can put to work immediately.

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.

10:00 AM

HANDS-ON COOKING:

FASTEST MEALS IMAGINABLE Limit: 4

Demonstration Kitchen

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

CARDIO TENNIS

Tennis Courts

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

BIKE RIDE: LEVEL 3/4

Front Spa Lobby

2 - 2.5 hr. See Outdoor Sports Board for details and to sign up.

10:30 AM

MUSCLE CONDITIONING I Limit: 20

Gym 2

CARDIO YOGA II/III Limit: 13

Yoga Studio

MID-MORNING STRETCH I Limit: 20

Gym 1

11:30 AM

NEW STRENGTHEN YOUR NATURAL DEFENSES

CME

Berkshire Room

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

NOON

DEEP WATER WAVE CLINIC II Limit: 2

Outdoor Pool

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

ABS ON THE BALL I/II Limit: 20

Gym 1

25 min.

FITNESS FOR YOUR FEET® I Limit: 18

Gym 2

25 min.

1:00 PM

BEAUTY SECRETS

Rockwell Room

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

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

AFTERNOON TENNIS DRILLS

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

SHINRIN YOKU Limit: 6

Front Spa Lobby

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

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

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

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

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

MY SCHEDULE THURSDAY

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

Noon _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

FRIDAY | SEPTEMBER 18, 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.

ZEN•GA™ FLOW I Limit: 20 Gym 1
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.

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

9:00 AM

LO-IMPACT AEROBICS I/II Limit: 16 Gym 1

STRIDE II/III Limit: 8 Gym 5

AVOIDING ALZHEIMER'S CME Tanglewood Room
Alzheimer's disease and other forms of dementia are rapidly growing problems. A Canyon Ranch physician explains how to prevent decline, and slow down or possibly reverse cognitive impairment.
Space is limited. Sign up: Program Advising, Ext. 5439

YOGA FOUNDATIONS I Limit: 11 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

NUTRITION TO BOOST IMMUNE FUNCTION CME Berkshire Room

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

CLIMBING WALL Limit: 2 Front Spa Lobby
\$110 Sign up: Outdoor Sports Board

10:30 AM

TUBES & LOOPS I/II Limit: 13 Gym 2

H2O POWER I/II Limit: 10 Indoor Pool

ROCK YOUR FLOW II Limit: 13 Yoga Studio

NOON

FITNESS FOR YOUR FEET® I Limit: 18 Gym 2
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

PILATES WEIGHT LOSS BOOST II Limit: 20 Gym 1
25 min.

1:00 PM

AERIAL ADVENTURE Limit: 2 Front Spa Lobby
1 hr. 30 min. \$110 Sign up: Outdoor Sports Board

INTERMEDIATE TO ADVANCED

TENNIS CLINIC Limit: 4 Tennis Courts
\$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

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

BIKE RIDE: LEVEL 2 Limit: 7 Front Spa Lobby
See Outdoor Sports Board for details and sign up.

CME – Continuing Medical Education

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

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

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

THE PRACTICAL POWER OF GRATITUDE WITH JERRY POSNER

Rockwell 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.

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/5pmmmeeting 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 19, 2020

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

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: 10

Lower Spa Lobby

25 min. In the event of inclement weather, this class will take place in the Yoga Studio.

PILATES REFORMER JUMPBOARD CLINIC II/III 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 I/II Limit: 16

Gym 1

NEW POWER ROW II/III Limit: 6

Rowing Studio

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

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

CARDIO TENNIS

Tennis Courts

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

CAMP ARCHERY Limit: 4

Front Spa Lobby

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

HANDS-ON COOKING:

HERBS & SPICES Limit: 4

Demonstration Kitchen

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

10:30 AM

TUBES & LOOPS I/II Limit: 13

Gym 2

MID-MORNING STRETCH | Limit: 20

Gym 1

NEW YOGA SCULPT II/III 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

BIKE CHECK-OUT

Front Spa Lobby

Would you like to borrow a bike? Meet an Outdoor Sports Guide to reserve your bike & go over the rules of the road, shifting, braking & more! Afterwards, the bike will be reserved for you until dark.

Visit the Outdoor Sports Boards to sign up.

FITNESS FOR YOUR FEET® | Limit: 18

Gym 2

25 min.

AERIAL HAMMOCK YOGA CLINIC II 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 I/II Limit: 20

Gym 1

25 min.

1:00 PM

HIGH ROPES CHALLENGE COURSE Limit: 2

Front Spa Lobby

2 hr. \$235 Sign up: Outdoor Sports Board.

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

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.

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

Featured Events: **FE** – The Reset with Rosie Dalton

CME – Continuing Medical Education

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

2:00 PM

AFTERNOON TENNIS DRILLS Tennis Courts

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

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

TRX BASIC STRENGTH I/II Limit: 6 Sports Court

GENTLE FLOW YOGA I/II Limit: 13 Yoga Studio

LONG & LEAN BARRE WORKOUT II Limit: 16 Gym 1

3:00 PM

ROUND-ROBIN DOUBLES Tennis Courts

Sign up: Outdoor Sports Board.

3:30 PM

RESTORATIVE YOGA I Limit: 13 Yoga Studio

AQUA STRENGTH CIRCUIT I/II Limit: 10 Indoor Pool

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

4:00 PM

FE RESET YOUR BODY WITH ROSIE DALTON Rockwell Room

Learn how to reset your nervous system and how to use your body as a compass for life. Practice simple energy medicine procedures and Rosie shares how to identify and use your natural rhythms.

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

8:00 PM

JAZZ, CLASS & SASS! Fieldstone Lounge

New York stage veteran, Ron Ramsay and singer Samantha Talora share a genre-bending evening with songs ranging from Classical, Jazz Standards and Broadway favorites spanning the decades. Sing with us!

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/5pmmeeeting with the password: Serenity20

MY SCHEDULE SATURDAY

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

Noon _____

1 pm _____

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SUNDAY | SEPTEMBER 20, 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 KAYAK

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

Front Spa Lobby

8:00 AM

NEW BARBELL CLINIC II Limit: 2

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

WAKE-UP WARM-UP STRETCH I Limit: 18

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

CARDIO KICKBOXING II Limit: 16

Gym 1

PILATES REFORMER CLINIC -

INTERMEDIATE II Limit: 3

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

NEW POWER ROW II/III Limit: 6

Rowing Studio

EAT FOR ENERGY

CME

Berkshire Room

Learn how to eat for energy to fuel your active lifestyle. A nutritionist gives you take-home practical, effective strategies to boost your vitality.

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

YOGA FOUNDATIONS I Limit: 13

Yoga Studio

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

2 - 2.5 hr. See Outdoor Sports Board for details and to sign up.

10:30 AM

FE RESET YOUR SPIRIT

WITH ROSIE DALTON

Rockwell Room

Using personal ritual, heart intelligence and learning to use a pendulum to address all aspects of life – discover how to deepen and honor your connection with yourself and the divine.

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

YOGA FOR ATHLETES II/III Limit: 13

Yoga Studio

H2O POWER I/II Limit: 10

Indoor Pool

MUSCLE CONDITIONING I Limit: 20

Gym 2

11:30 AM

FINDING FORGIVENESS

Tanglewood Room

Forgiveness frees you from the consequences of suffering, blame, shame and guilt. Spiritual wellness provider, Dan Marko, explores the restorative steps of forgiveness & reclaiming your life force.

\$160 1 hr. 40min. Sign up: Program Advising, Ext. 5439

NOON

BIKE CHECK-OUT

Front Spa Lobby

Would you like to borrow a bike? Meet an Outdoor Sports Guide to reserve your bike & go over the rules of the road, shifting, braking & more! Afterwards, the bike will be reserved for you until dark.

Visit the Outdoor Sports Boards to sign up.

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

BEGINNER PILATES I Limit: 20

Gym 1

25 min.

BODY WEIGHT BASICS I Limit: 18

Gym 2

25 min.

1:00 PM

INTERMEDIATE TO ADVANCED

TENNIS CLINIC Limit: 4

Tennis Courts

\$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.

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

Featured Events: **FE** – The Reset with Rosie Dalton

CME – Continuing Medical Education

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

1:30 PM

SHINRIN YOKU Limit: 6 Front Spa Lobby

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

KAYAK: SEMIPRIVATE Limit: 4 Front Spa Lobby

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

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 I 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

IS YOUR SUPERPOWER CME Berkshire Room

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

PIANO CLASSICS

WITH BEN KOHN Fieldstone Lounge

Relax and listen to piano music played by Ben "Fingers" Kohn. Enjoy jazz standards mixed with popular music of yesterday and today. Ask him to play your favorite!

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

VIRTUAL MEETING:

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

MY SCHEDULE SUNDAY

| | |
|-------|-------|
| 6 am | _____ |
| 7 am | _____ |
| 8 am | _____ |
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| 9 pm | _____ |

MONDAY | SEPTEMBER 21, 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

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

MORNING KAYAK

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

8:00 AM

ADVANCED LEVEL HIKE

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

NEW VIBE I Limit: 20

25 min. Gym 2

OUTDOOR SUN SALUTATIONS II Limit: 13

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

9:00 AM

LO-IMPACT AEROBICS I/II Limit: 16

Gym 1

PILATES TOWER CLINIC II Limit: 3

Gym 3

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

ADVANCED INDOOR CYCLING III Limit: 7

Cycling Studio

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

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

CARDIO TENNIS

Tennis Courts

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

10:30 AM

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 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

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

25 min.

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

Rockwell Room

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

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.

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.

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.

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

THE BRAVE BROTHERS DUO Fieldstone Lounge

The charming duo shares an hour of musical variety to include classic tunes mixed with original material. Genres range from the 1960s to present day with something to put a smile on everyone's face!

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/5pmmmeeting with the password: Serenity20

MY SCHEDULE MONDAY

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 _____

TUESDAY | SEPTEMBER 22, 2020

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

8:00 AM

REBOUND JUMP BOOTS CLINIC II Limit: 4 Lower Spa Lobby

With springs on your feet, enjoy this fun rebound activity with reduced impact on joints. Improve stability, flush your lymphatic system and get an amazing cardio workout.

\$75 Sign up: Program Advising, Ext. 5439

ZEN•GA™ FLOW I Limit: 20 Gym 1

25 min.

OUTDOOR MEDITATION I 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

PILATES REFORMER CLINIC -

INTERMEDIATE II Limit: 3 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*

CHAIR YOGA I Limit: 13 Yoga Studio

LO-IMPACT AEROBICS I/II Limit: 16 Gym 1

STRIDE II/III Limit: 8 Gym 5

NEW OPTIMIZING

CARDIOMETABOLIC HEALTH CME Berkshire Room

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

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

BIKE RIDE:

INTRODUCTION TO MOUNTAIN BIKING Limit: 4 Front Spa Lobby

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

CARDIO TENNIS Tennis Courts

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

HANDS-ON COOKING:

ANTI-INFLAMMATORY FOODS Limit: 4 Demonstration Kitchen

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

10:30 AM

MUSCLE CONDITIONING I Limit: 20 Gym 2

MID-MORNING STRETCH I Limit: 20 Gym 1

ROCK YOUR FLOW II Limit: 13 Yoga Studio

11:30 AM

STRENGTHEN & RESET

YOUR ENERGY Rockwell Room

When your energy field is balanced, life feels more joyful and peaceful. Learn about the subtle energy centers in your body with a Healing Touch practitioner.

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

NOON

ABS ON THE BALL I/II Limit: 20 Gym 1

25 min.

AERIAL HAMMOCK YOGA CLINIC II 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.

FITNESS FOR YOUR FEET® I Limit: 18 Gym 2

25 min.

1:00 PM

CLIMBING WALL Limit: 2 Front Spa Lobby

\$110 Sign up: Outdoor Sports Board

1:15 PM

HIKE: LEVEL 1 Front Spa Lobby

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

1:30 PM

CANOE TRIP Front Spa Lobby

2 hr. *Sign up: Outdoor Sports Board.*

2:00 PM

CHINESE MEDICINE:

THE INSIDE SCOOP Tanglewood Room

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

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

INTERMEDIATE TO ADVANCED

TENNIS CLINIC Limit: 4 Tennis Courts

\$85 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

NEW SINGLE WEIGHT WORKOUT II Limit: 20 Gym 1

KETTLE-BAR II Limit: 20 Sports Court

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

Featured Events: **FE** – Welcome Autumn **CME** – Continuing Medical Education

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

3:00 PM

ROUND-ROBIN DOUBLES

Tennis Courts

Sign up: Outdoor Sports Board.

FE AUTUMNAL EQUINOX

SACRED PATH OF THE LABYRINTH Limit: 13 Rockwell Room

Embrace the beginning of fall, and the outdoors. Join spiritual wellness provider Dan Marko for an introduction to the labyrinth as a powerful meditation tool.

In the event of inclement weather, this will take place indoors.

Sign up: Program Advising, Ext. 5439

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 TRANSFORMATIVE POWER OF DAILY REMINDERS

WITH JERRY POSNER

Rockwell Room

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

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

VIRTUAL MEETING:

OPEN 12-STEP RECOVERY

Zoom Video Meeting

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MY SCHEDULE TUESDAY

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

11 am _____

Noon _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

8 pm _____

9 pm _____

CLASSES & ACTIVITIES

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.

REMINDERS:

- 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, Mo 9am

BERKSHIRE BEAT

Burn calories, release stress and feel the joy by drumming on a physio-ball 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, Tue 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

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

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

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

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, 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

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, 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. 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 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. 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, Th 1:30pm, Fr 1:30pm, Sa 1:30pm, Su 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

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.

WHAT BRINGS YOU to CANYON RANCH?



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 sign-up 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!*

MENU OF SERVICES

Effective:
August 1, 2020



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..... | single 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

| | | |
|-------------------------------------|--------------|-----|
| Acu-Massage | 50 min..... | 240 |
| Acuphoria | 50 min..... | 220 |
| Acupuncture..... | 50 min..... | 220 |
| Acupuncture for Healthy Weight..... | 100 min..... | 415 |
| Acutonics | 50 min..... | 220 |
| Chinese Herbal Consultation | 50 min..... | 240 |
| Chinese Vitality..... | 110 min..... | 420 |
| Detox Acupuncture Treatment..... | 50 min..... | 240 |

NUTRITION & FOOD

| | | |
|---|------------------|-------|
| Digestive Wellness | 50 min..... | \$185 |
| Healing Foods | 50 min..... | 185 |
| Healthy Eating | 50 min..... | 185 |
| Meal Planning Made Easy..... | 75 min..... | 495 |
| Metabolic Reset..... | 50 min..... | 185 |
| Mood & Food – 2-part service | 50 min each..... | 345 |
| Weight Loss Your Way – 2-part service | 50 min each..... | 370 |

NUTRITION LABS

Nutrigenetics For Well-being

| | | |
|-------------------------------------|-------------|-----|
| Initial Nutrition Consultation..... | 50 min..... | 185 |
| Nutrigenetics Testing..... | 15 min..... | 300 |
| Results Consultation | 50 min..... | 290 |

SPIRITUAL WELLNESS

| | | |
|------------------------------------|------------------------------|-------|
| Body-Spirit Connection..... | 50 min..... | \$200 |
| Contemplative Circle..... | 80 min..... | 200 |
| Cultivating A Life Of Purpose..... | 50 min..... | 200 |
| Loss, Grief & Remembrance | single 50 min..... | 200 |
| | duet 50 min..... | 195 |
| | small group (3+ people)..... | 175 |
| Rite of Passage..... | single 50 min..... | 240 |
| | duet 50 min..... | 195 |
| | small group (3+ people)..... | 175 |
| Sound Healing | 50 min..... | 240 |
| Soul Journey | 50 min..... | 240 |
| Spiritual Guidance | single 50 min..... | 240 |
| | duet 50 min..... | 195 |
| | small group (3+ people)..... | 175 |

FITNESS 360

EXERCISE PHYSIOLOGY

ASSESSMENTS WITH AN EXERCISE PHYSIOLOGIST

| | | |
|--|-------------------|-------|
| Body Composition Screening | 25 min..... | \$120 |
| Discover Your Fitness Age – 2-part service | 50 min each..... | 395 |
| Enhanced Posture..... | 50 min..... | 165 |
| Exercise & Motivation - 3-part service..... | 25/50/50 min..... | 345 |

MENU OF SERVICES | 2020

CUSTOMIZED PROGRAM WITH AN EXERCISE PHYSIOLOGIST

| | | |
|---|-------------|-----|
| Burdenko Land | 50 min..... | 165 |
| Burdenko Water Exercise | 50 min..... | 165 |
| Exercise for Weight Loss & Body Definition..... | 50 min..... | 165 |
| Rx for Exercise | 50 min..... | 165 |

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 |
| Stand-Up Paddleboarding/Paddleboard Yoga | times vary..... | 110 |

HIGH ROPES 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, Shinrin Yoku, Tai Chi, Archery..... | 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 & 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 |
| Lavendar Relax | 50 min..... | 185 |
| | 100 min..... | 330 |
| 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 |
| Hands, Feet & Scalp..... | 50 min..... | 175 |
| 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

| | | |
|-------------------------------|--------------------------|-------|
| Blowout | 25 min..... | \$60 |
| | 45 min..... | 70 |
| Color |times & fees vary | |
| Cut | Cut - 45 min..... | 110 |
| | Barber Cut - 25 min..... | 60 |
| Highlights..... |times & fees vary | |
| Kevin.Murphy Experience | 80 min..... | \$115 |

MAKEUP

| | | |
|---------------------------|-------------|-----|
| Brow Design..... | 15 min..... | 50 |
| Makeup Consultation | 45 min..... | 110 |

MANICURES

| | | |
|----------------------------|-------------|----|
| Gentlemen’s Manicure | 45 min..... | 70 |
| Mani On The Go | 25 min..... | 60 |
| Ritual Manicure..... | 45 min..... | 70 |

PEDICURES

| | | |
|----------------------------|-------------|----|
| Foot Rescue! Pedicure..... | 50 min..... | 90 |
| Gentlemen’s Pedicure..... | 50 min..... | 90 |
| Ritual Pedicure..... | 50 min..... | 90 |
| Toes On The Go | 25 min..... | 70 |

SKINCARE

| | | |
|--|----------------------------------|-------|
| Canyon Ranch® Facial..... | 50 min..... | \$175 |
| Deep Cleansing Facial..... | 50 min..... | 185 |
| Gentlemen’s Facial | 50 min..... | 175 |
| HyrdaFacial, MD | 50 min..... | 240 |
| Kypris Signature Facial NEW | 50 min..... | 185 |
| | 80 min..... | 285 |
| L’Integral Age-Minimizing Facial | 50 min..... | 185 |
| Oxygen Facial | 50 min..... | 240 |
| | 80 min with 20 min infusion..... | 315 |
| Premier Vitamin Age-Defying Treatment..... | 80 min..... | 285 |
| Sensitive Facial..... | 50 min..... | 185 |
| Vitamin Infusion Facial..... | 50 min..... | 185 |

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.

ESSENTIALS

PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

RESORT SERVICES

EXTENSION

| | |
|---------------------|------|
| Operator | 0 |
| Bell Services | 5500 |
| Culinary Rebel™ | 5210 |
| Canyon Ranch Grill™ | 5310 |
| Housekeeping | 5432 |
| Program Advising | 5439 |
| Safety & Security | 5306 |

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 |

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.

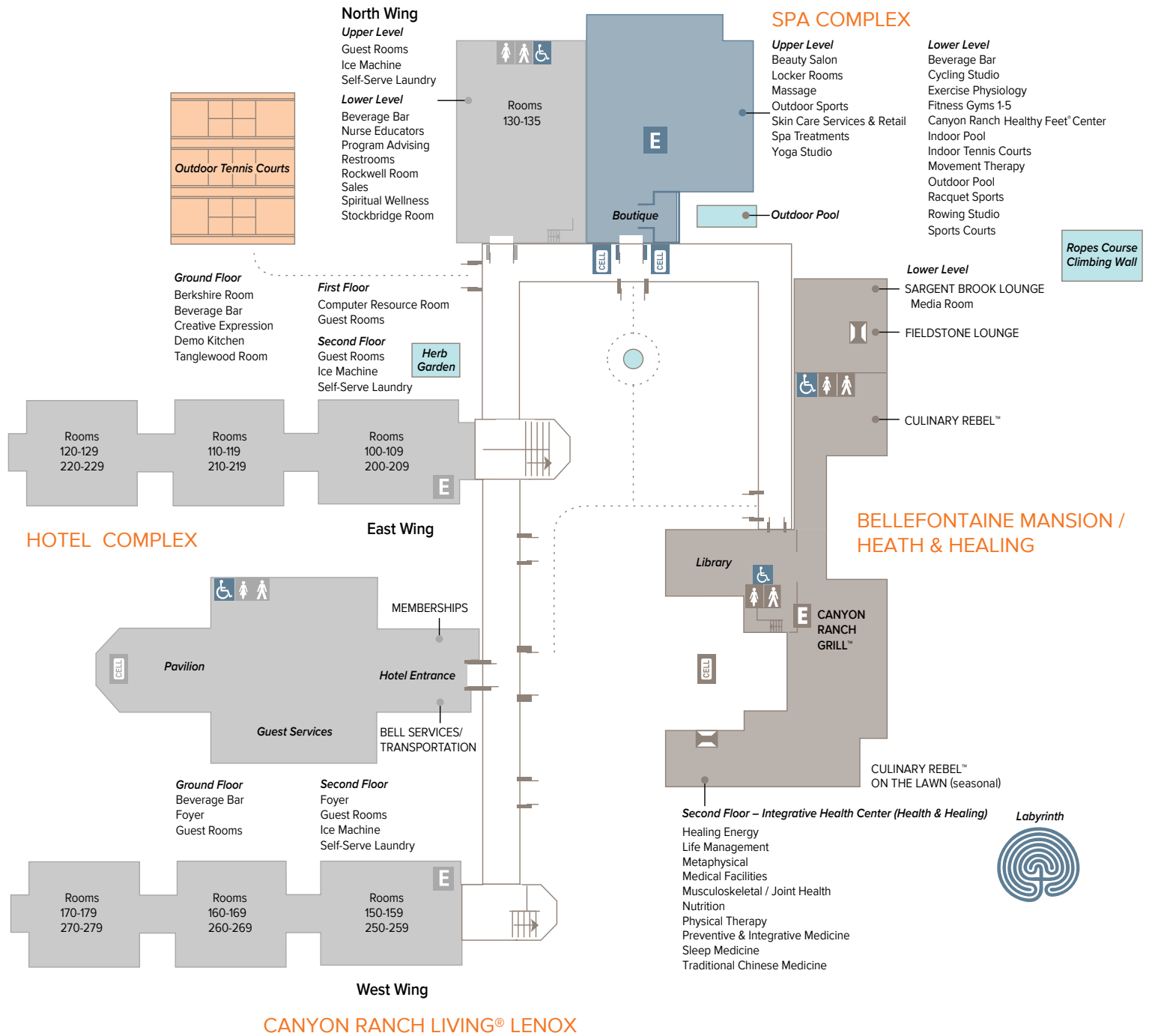
For a list of channels, press the Ch List button on your remote.

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

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



RESTROOMS

Located in the Hotel Pavillion, 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.

CANYONRANCH®

canyonranch.com | 800.742.9000