

# YOUR DAILY SCHEDULE

OCTOBER 21 – 27  
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  
Dinner: (Wed – Sun) 5:30 – 8:30 pm  
(Mon & Tue) 5 pm - 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.

### PRE-ORDER ROOM SERVICE



Breakfast orders must be placed by 8 pm the night before.  
Lunch & dinner must be ordered two hours in advance.  
← Scan the QR Code to view the Room Service Menu

*To pre-order, please call CR Grill at 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

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

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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!

A handwritten signature in black ink that reads "Mindi Morin". The signature is fluid and cursive.

**Mindi Morin**  
*Managing Director*  
Canyon Ranch Lenox

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## 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.**

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# WEDNESDAY | OCTOBER 21, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 7:00 AM

**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.

**SUN SALUTATIONS** II Limit: 13 Yoga Studio  
25 min.

## 9:00 AM

**CARDIO KICKBOXING** II Limit: 16 Sports Court

**YOGA FOUNDATIONS** I Limit: 13 Yoga Studio

**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

## 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

## 9:15 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

### NEW CONNECT WITH

**CREATIVE FLOW** Limit: 3 Creative Expression Studio

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

**CARDIO TENNIS** Tennis Courts

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

**HEALTHY FEET, HAPPY FEET** CME Tanglewood 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

## 10:30 AM

**TUBES & LOOPS** I/II Limit: 13

**YOGA FOR ATHLETES** II/III Limit: 13

**H2O POWER** I/II Limit: 10

Gym 2  
Yoga Studio  
Indoor Pool

## NOON

**BEGINNER PILATES** I Limit: 20

25 min.

**NEW BOSU HIIT** II Limit: 20

**BOGA FITMAT® FITNESS CLINIC** II 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

Gym 1  
Sports Court  
Indoor Pool

## 1:00 PM

**AERIAL ADVENTURE** Limit: 2

1 hr. 30 min. \$110 Sign up: Outdoor Sports Board

**PICKLEBALL INTRO CLINIC** Limit: 4

\$85 Sign up: Program Advising, Ext. 5439, Meet at Indoor Tennis Courts.

Front Spa Lobby

Tennis Courts

## 1:15 PM

**HIKE: LEVEL 2**

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

Front Spa Lobby

## 1:30 PM

**KAYAK: SEMIPRIVATE** Limit: 4

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

Front Spa Lobby

## 2:00 PM

### HANDS-ON COOKING:

**ESSENTIAL KNIFE SKILLS** Limit: 4

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

Demonstration Kitchen

### 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

**YOGA FOR A HEALTHY BACK** I Limit: 13

**TNT: TABATA 'N' TRX** III Limit: 10

Gym 1  
Yoga Studio  
Sports Court

**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.

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**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**

**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

**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**

Tanglewood 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**

**MOOD SWING: VIOLIN & GUITAR DUO,**

**EILEEN MARKLAND & MICHAEL JUNKINS**

Fieldstone Lounge

Eileen & Michael blend the strings of violin and guitar in song and story about "love gone wrong" and all the fun in between.

*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](https://bit.ly/5pmmeeting) with the password: Serenity20*

**MY SCHEDULE WEDNESDAY**

6 am

7 am

8 am

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Noon

1 pm

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9 pm

# THURSDAY | OCTOBER 22, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 8:00 AM

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

**MEDITATION** I Limit: 13 Yoga Studio  
25 min.

**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

## 9:00 AM

**CHAIR YOGA** I Limit: 13 Yoga Studio

**ZUMBA**® I/II Limit: 16 Gym 1

**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

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

### HANDS-ON COOKING:

**FASTEST MEALS IMAGINABLE** Limit: 4 Demonstration Kitchen  
\$115 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

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

**ABS ON THE BALL** I/II Limit: 20 Gym 1  
25 min.

**BOGA FITMAT**® YOGA CLINIC II Limit: 4 Indoor Pool  
Overcome chaos and distraction by focusing on balance and what it truly means to be present. Take your yoga practice to the water and experience challenging asanas on your floating BOGA FITMAT®.  
\$75 Sign up: Program Advising, Ext. 5439

## 1:00 PM

**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

**ZOMBIE APOCALYPSE ARCHERY** Limit: 4 Front Spa Lobby  
Join our guides at our spooky archery range! Enjoy our 3D targets, but beware they may scare you!  
1 hr. 30 min. Sign up: Outdoor Sports Board.

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

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

## 2:00 PM

**BERKSHIRE BEAT** I/II Limit: 16 Gym 1

**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 WALK YOUR WORKOUT** I/II Limit: 10 Indoor Track

**GENTLE FLOW YOGA** I/II Limit: 13 Yoga Studio

**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.

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**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**

**RESTORATIVE YOGA** I Limit: 13 Yoga Studio

**NEW POWER ROW** II/III Limit: 6 Rowing Studio

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

**8:00 PM**

**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*

**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](https://bit.ly/5pmmeeeting) with the password: Serenity20*

**MY SCHEDULE THURSDAY**

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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11 am \_\_\_\_\_

Noon \_\_\_\_\_

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9 pm \_\_\_\_\_

# FRIDAY | OCTOBER 23, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 7:00 AM

**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.

**FE SUN SALUTATIONS II** Limit: 13 Yoga Studio  
25 min.

## 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

**ZEN•GA™ FLOW I** Limit: 16 Gym 1  
25 min.

## 9:00 AM

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

**YOGA FOUNDATIONS I** Limit: 13 Yoga Studio

**AVOIDING ALZHEIMER'S** CME Rockwell 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

**STRIDE II/III** Limit: 8 Gym 5

## 9:15 AM

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

## 10:00 AM

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

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

## 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

## 10:30 AM

**FE PEACEFUL WARRIOR I** Limit: 13 Yoga Studio

At the heart of yoga is a seed of peace you plant within yourself. In this practice, get inspired and go deeper to nourish & cultivate that seed and allow it to nurture your growth.

Sign up: Program Advising, Ext. 5439

**TUBES & LOOPS I/II** Limit: 13 Gym 2

**H2O POWER I/II** Limit: 10 Indoor Pool

## NOON

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

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

**FE BOGA FITMAT® YOGA CLINIC II** Limit: 4 Indoor Pool

Overcome chaos and distraction by focusing on balance and what it truly means to be present. Take your yoga practice to the water and experience challenging asanas on your floating BOGA FITMAT®.

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

## 1:00 PM

**AERIAL ADVENTURE** Limit: 2 Front Spa Lobby

1 hr. 30 min. \$110 Sign up: Outdoor Sports Board

**INTERMEDIATE TO ADVANCED TENNIS** Tennis Courts

**CLINIC** Limit: 4

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

## 1:15 PM

**HIKE: LEVEL 1** Front Spa Lobby

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

## 1:30 PM

**BIKE RIDE: LEVEL 2** Limit: 7 Front Spa Lobby

See Outdoor Sports Board for details and sign up.

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Lobby

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

## 2:00 PM

### HANDS-ON COOKING:

**HERBS & SPICES** Limit: 4 Demonstration Kitchen

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

**NEW SINGLE WEIGHT WORKOUT II** Limit: 20 Gym 1

**YOGA FOR A HEALTHY BACK I** Limit: 13 Yoga Studio

**KETTLE-BAR II** Limit: 20 Sports Court

### THE ISSUE WITH YOUR TISSUE:

**EXPLORING MUSCULOSKELETAL PAINS** CME Rockwell 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



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

**CME** – Continuing Medical Education | *Featured Events:* **FE** – Deepening Your Yoga Practice ; **FE** – Comedian, Cory Kahaney

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

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**3:00 PM**

**NEW HARVEST HAYRIDES**

Front Spa Lobby

Hop on our tractor drawn hay ride for a guided tour of the Canyon Ranch grounds. Learn the history of the property as you sip hot cider and soak in the scenic landscape around you.

*3pm – 6pm. Rides are approximately 20 minutes each and depart every half hour. Dress comfortably. Sign-up: Outdoor Sports Board*

**3:30 PM**

**INDOOR CYCLING II** Limit: 7

Cycling Studio

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

Gym 2

**RESTORATIVE YOGA I** Limit: 13

Yoga Studio

**NEW TAO TAN PAI ELIXIR METHOD QI GONG**

**WITH JEANNE SCHNACKENBERG** Limit: 6

Gym 1

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.*

**5:00 PM**

**FE YOGA NIDRA**

**WITH LAURIE CARROLL I** Limit: 13

Yoga Studio

Explore guided relaxation through the ancient practice of Yoga Nidra. A brief introduction followed by a guided relaxation practice. End your day replenished.

*Sign up: Program Advising, Ext. 5439*

**NEW HOW UNCERTAINTY**

**HELPS US GROW**

Rockwell 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 A-LIST COMEDY**

**WITH CORY KAHANEY**

Fieldstone Lounge

Voted best comedian in New York City by Backstage magazine, Cory has performed on The Late Show, The View, Last Comic Standing and her own Comedy Central special. Arrive early for best seats.

**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/5pmmeeting](https://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

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5 pm

6 pm

7 pm

8 pm

9 pm

# SATURDAY | OCTOBER 24, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 8:00 AM

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

**FE OUTDOOR HUMMING MEDITATION** | Limit: 13 Lower Spa Lobby  
Humming and hand movements bring harmony to your whole being with body and mind totally together. Become a witness to both. Watching from the outside is what brings peace, silence and bliss.  
25 min.

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

**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

**ZUMBA® STEP** I/II Limit: 16 Gym 1  
**CHAIR YOGA** | Limit: 13 Yoga Studio

**CHINESE MEDICINE & WEIGHT LOSS** Rockwell 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*  
**NEW POWER ROW** II/III Limit: 6 Rowing 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

**ZOMBIE APOCALYPSE ARCHERY** Limit: 4 Front Spa Lobby  
Join our guides at our spooky archery range! Enjoy our 3D targets, but beware they may scare you!  
1 hr. 30 min. Sign up: Outdoor Sports Board.

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

**HANDS-ON COOKING:**  
**SEASONAL SOUPS** Limit: 4 Demonstration Kitchen  
1 hr. 30 min. \$165 Sign up: Program Advising, Ext. 5439

## 10:30 AM

**MID-MORNING STRETCH** | Limit: 20 Gym 1  
**TUBES & LOOPS** I/II Limit: 13 Gym 2

**FE ASHTANGA YOGA** II/III Limit: 13 Yoga Studio  
Experience this style of yoga based on eight principles, consisting of a series of poses executed in swift succession combined with deep and controlled breathing.  
*Sign up: Program Advising, Ext. 5439*

## 11:30 AM

**ENERGY HEALING: OPENING PATHWAYS** Rockwell Room  
**TO WELLNESS & PREVENTION**

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.

**ABS ON THE BALL** I/II Limit: 20 Gym 1  
25 min.

**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.*

**FE 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.

## 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

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

**EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP** Rockwell Room  
**WITH TOM ANDREWS** Limit: 6  
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.  
**CME** – Continuing Medical Education | *Featured Events:* **FE** – Deepening Your Yoga Practice ; **FE** – Broadway in the Berkshires  
 If your stay includes a service allowance, it may be applied toward activity fees.

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**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*

**GENTLE FLOW YOGA** I/II Limit: 13 Yoga Studio

**TNT: TABATA 'N' TRX** III Limit: 10 Sports Court

**LONG & LEAN BARRE WORKOUT** II Limit: 16 Gym 1

**3:00 PM**

**NEW HARVEST HAYRIDES** Front Spa Lobby

Hop on our tractor drawn hay ride for a guided tour of the Canyon Ranch grounds. Learn the history of the property as you sip hot cider and soak in the scenic landscape around you.

*3pm – 6pm. Rides are approximately 20 minutes each and depart every half hour. Dress comfortably. Sign-up: Outdoor Sports Board*

**ROUND-ROBIN DOUBLES** Tennis Courts

*Sign up: Outdoor Sports Board.*

**3:30 PM**

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

**RESTORATIVE YOGA** I Limit: 13 Yoga Studio

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

**5:00 PM**

**FE PRANAYAMA WITH A MASK:**

**TECHNIQUES TO BREATHE EASIER** I Limit: 13 Yoga Studio

Wearing a mask has become an essential part of our days when we go outside our homes. Laurie Carroll provides you with tips to reduce breathing strain while wearing a mask.

*Sign up: Program Advising, Ext. 5439*

**8:00 PM**

**FE BROADWAY IN THE BERKSHIRES: BRE JACKSON, IN CONCERT!** Fieldstone Lounge

Sit back and enjoy an unforgettable evening of stunning vocals from the Broadway beltress whose credits include The Color Purple, Book of Mormon, and Jesus Christ Superstar: Live.

*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](https://bit.ly/5pmmeeting) with the password: Serenity20*

**MY SCHEDULE SATURDAY**

6 am	_____
7 am	_____
8 am	_____
9 am	_____
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2 pm	_____
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# SUNDAY | OCTOBER 25, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 8:00 AM

**WAKE-UP WARM-UP STRETCH** | Limit: 18 Gym 2  
25 min.

**FE SUN SALUTATIONS** II Limit: 13 Yoga Studio  
25 min.

**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

## 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

**CARDIO KICKBOXING** II Limit: 16 Gym 1

**YOGA FOUNDATIONS** I Limit: 13 Yoga Studio

**EAT FOR ENERGY** CME Rockwell 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

**JOY JOURNALS** Limit: 3 Creative Expression Studio

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

**NEW POWER ROW** II/III Limit: 6 Rowing 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

**H2O POWER** I/II Limit: 10 Indoor Pool

**MUSCLE CONDITIONING** I Limit: 20 Gym 2

**FE CHAKRA BALANCING FLOW** II Limit: 13 Yoga Studio

Balance your energy with this invigorating yoga flow incorporating individual poses specifically designed to balance and stimulate each of the seven chakras.

Sign up: Program Advising, Ext. 5439

## 11:30 AM

**FINDING FORGIVENESS** Limit: 10 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.

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

## NOON

**BEGINNER PILATES** I Limit: 20 Gym 1

25 min.

**FE WALKING LABYRINTH MEDITATION** I Limit: 13 Lower Spa Lobby

Join us in a slow, guided walk along the path of the labyrinth to experience how it can be a powerful meditation tool.

Sign up: Program Advising, Ext. 5439

**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.

**NEW BOSU HIIT** II Limit: 20 Sports Court

**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

## 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.

## 1:30 PM

**KAYAK: SEMIPRIVATE** Limit: 4 Front Spa Lobby

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

## 2:00 PM

**ZUMBA®** I/II Limit: 16 Gym 1

**NEW WALK YOUR WORKOUT** I/II Limit: 10 Indoor Track

**YOGA FOR A HEALTHY BACK** I Limit: 13 Yoga Studio

**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

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

**CME** – Continuing Medical Education | **Featured Events:** **FE** – Deepening Your Yoga Practice ; **FE** – Broadway in the Berkshires

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

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**3:30 PM**

**FE RESTORATIVE YOGA AND SOUND HEALING**

**WITH DAN MARKO** Limit: 13 Yoga Studio

Soothing yoga slows your body - reducing physical and emotional stress - as you experience the vibrational healing of koshi chimes, crystal bowls and the stringed monolina moving through & around you.

*Sign up: Program Advising, Ext. 5439*

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

**NEW GOOD VIBRATIONS** I Limit: 20 Gym 2

**4:00 PM**

**NEW SELF-COMPASSION**

**IS YOUR SUPERPOWER** CME Rockwell 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**

**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](https://bit.ly/5pmmeeting) with the password: Serenity20*

**GHOSTS OF THE BERKSHIRES: PRESENTED BY**

**AUTHOR ROBERT OAKES** Rockwell Room

From the ghostly halls of the Houghton Mansion to the eerie events at the Hoosac Tunnel, both fear and awe dwell in these hills, with tales of shadow figures, disembodied voices & spectral trains.

*Author Robert Oakes, who has given ghost tours at The Mount in Lenox for more than a decade, leads this spirited journey through Berkshire history.*

**FE BROADWAY IN THE BERKSHIRES:**

**BRE JACKSON, IN CONCERT!** Fieldstone Lounge

Sit back and enjoy an unforgettable evening of stunning vocals from the Broadway beltress whose credits include The Color Purple, Book of Mormon, and Jesus Christ Superstar: Live.

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

## MY SCHEDULE SUNDAY

6 am	_____
7 am	_____
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# MONDAY | OCTOBER 26, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 7:00 AM

**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.

**SUN SALUTATIONS II** Limit: 13 Yoga Studio  
25 min.

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

## 9:00 AM

**YOGA FOUNDATIONS I** Limit: 13 Yoga Studio

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

**ADVANCED INDOOR CYCLING III** Limit: 7 Cycling Studio

**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

## 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

**NEW YOGA SCULPT II/III** Limit: 13 Yoga Studio

**TUBES & LOOPS I/II** Limit: 13 Gym 2

**H2O POWER I/II** Limit: 10 Indoor Pool

## 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.

**NEW BOSU HIIT II** Limit: 20 Sports Court

**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.

## 1:30 PM

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

**ZOMBIE APOCALYPSE ARCHERY** Limit: 4 Front Spa Lobby

Join our guides at our spooky archery range! Enjoy our 3D targets, but beware they may scare you!  
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.

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**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*

**YOGA FOR A HEALTHY BACK** I Limit: 13 Yoga Studio

**TNT: TABATA 'N' TRX** III Limit: 10 Sports Court

**LONG & LEAN BARRE WORKOUT** II Limit: 16 Gym 1

**3:30 PM**

**RESTORATIVE YOGA** I Limit: 13 Yoga Studio

**FOAM ROLL & STRETCH** I Limit: 20 Gym 2

**NEW POWER ROW** II/III Limit: 6 Rowing Studio

**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/5pmmmeeting](https://bit.ly/5pmmmeeting) with the password: Serenity20*

**PIANIST,**

**KARÉN TCHOUGOURIAN** Fieldstone Lounge

Delight in the dulcet tones of classical and contemporary music as played by masterful and musical hands. Enjoy a cup of tea or read your favorite book as you listen and unwind from the day.

*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 \_\_\_\_\_

2 pm \_\_\_\_\_

3 pm \_\_\_\_\_

4 pm \_\_\_\_\_

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8 pm \_\_\_\_\_

9 pm \_\_\_\_\_

# TUESDAY | OCTOBER 27, 2020

SIGN-UP IS REQUIRED FOR ALL PROGRAMMING – SIMPLY CALL EXT. 5439

## 8:00 AM

TRX FLOW II Limit: 8

Sports Court  
Yoga Studio

MEDITATION I Limit: 13  
25 min.

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

## 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

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

ZUMBA® I/II Limit: 16 Gym 1

CHAIR YOGA 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

HANDS-ON COOKING:

ANTI-INFLAMMATORY FOODS Limit: 4 Demonstration Kitchen

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

CARDIO TENNIS Tennis Courts

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

BIKE RIDE: INTRODUCTION TO MOUNTAIN

BIKING Limit: 4 Lower Spa Lobby

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

## 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 Berkshire 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

FITNESS FOR YOUR FEET® I Limit: 18 Gym 2

25 min.

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.

## 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

KAYAK: SEMIPRIVATE Limit: 4 Front Spa Lobby

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

## 2:00 PM

GENTLE FLOW YOGA I/II Limit: 13 Yoga Studio

BATTLING ROPES II/III Limit: 6 Gym 1

KETTLE-BAR II Limit: 20 Sports Court

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



**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.

**ATTENDEES MUST ARRIVE WITHIN 5 MINUTES OF START TIME, OTHERWISE A \$25 NO-SHOW FEE WILL BE INCURRED**

**3:00 PM**

**ROUND-ROBIN DOUBLES**

Tennis Courts

*Sign up: Outdoor Sports Board.*

**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*

**3:30 PM**

**RESTORATIVE YOGA** I Limit: 13

Yoga Studio

**INDOOR CYCLING** II Limit: 7

Cycling Studio

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

Indoor Pool

**4:00 PM**

**COFFEE TALK**

**WITH MANAGING DIRECTOR MINDI MORIN**

Culinary Rebel™

Meet Managing Director Mindi Morin, and enjoy a cup of coffee or tea while learning more about Canyon Ranch.

*30 min. Space is limited. Sign up: Program Advising: Ext. 5439*

**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](https://bit.ly/5pmmeeting) with the password: Serenity20*

**MY SCHEDULE TUESDAY**

6 am	_____
7 am	_____
8 am	_____
9 am	_____
10 am	_____
11 am	_____
Noon	_____
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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 FALL HIGHLIGHTS

### Fall Foliage

The Berkshires give access to some of the best of New England fall foliage. Exact timing can vary, but leaves are turning all throughout autumn, so there is always time to catch color. If you have a love for backdrops of burgundy, yellow, russet, and all tones in between, now is the time to get outside and soak in the beauty of autumn in the Berkshires.

### Shinrin Yoku

Surround yourself in serenity, and color-changing leaves, when you retreat to the company of trees with this practice. 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. If you're 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

### BATTLING ROPES

Challenge yourself in this total body workout using battling ropes, body weight, and more! Tu 2pm

### 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. We 9am, 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. Fr 9am, Mo 9am

### 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

### TNT: TABATA 'N' TRX

This workout offers the best of both worlds, combining Tabata cardio intervals with working blocks of TRX® strength exercises. We 2pm, Sa 2pm, Mo 2pm

### WALK YOUR WORKOUT

Let your walk become a workout! Learn proper walking biomechanics to add some power to your stroll, resistance strength work will be integrated to teach you how you can take this workout on the road. Th 2pm, Su 2pm

## 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: 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. Fr 2pm

### HANDS-ON COOKING: SEASONAL SOUPS

Making a wholesome soup does not have to be an all-day project. Learn to prepare several healthy soups & take home helpful tips and tricks. Sa 10am

## DANCE

### ZUMBA®

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

### ZUMBA® STEP

Tone and strengthen your glutes and legs with a gravity-defying blend of Zumba routines and step aerobics. Get maximum results as you enjoy this easy-to-follow fitness party. Sa 9am

## FLEXIBILITY

### FITNESS FOR YOUR FEET®

Twenty minutes dedicated to the health of your feet. Learn the importance of alignment and foot strength and increase function and flexibility. No shoes. Th 12pm, Fr 12pm, Sa 12pm, Tu 12pm

### FOAM ROLL & STRETCH

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

### GOOD VIBRATIONS

Awaken your muscles, improve joint mobility, balance asymmetries in your body, and facilitate whole body integration using a combination of vibration with the ViBE Roller and resistance loops. We 3:30pm, Su 3:30pm

### MID-MORNING STRETCH

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

### VIBE

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

### WAKE-UP WARM-UP STRETCH

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

## MIND-BODY

### ASHTANGA YOGA

Experience this style of yoga based on eight principles, consisting of a series of poses executed in swift succession combined with deep and controlled breathing. Sa 10:30am

### 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. Th 2pm, Sa 2pm, Tu 2pm

### MEDITATION

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

### PILATES ON THE BEAM

Combines Pilates principles and exercises with work on a specially designed, floor-level, pliable beam - taking mat Pilates training one step further. No shoes. 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, 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. Tu 10:30am

### 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

### 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. We 2pm, Fr 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,

### 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. 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

## 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

### 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, Tu 1:30pm

### **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, Sa 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

### **ZOMBIE APOCALYPSE ARCHERY**

Join our guides at our spooky archery range! Enjoy our 3D targets, but beware they may scare you! Th 1:30pm, Sa 10am, Mo 1:30pm

## **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

### **BOSU HIIT**

High intensity training with minimal breaks in between to increase cardiovascular output while integrating core strength, balance and coordination. 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

### **TRX FLOW**

Experience mindful movement, strength, mobility, and flexibility while using the TRX® Suspension Trainer to assist and challenge you. Tu 8am

### **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

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## **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?

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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:  
October 1, 2020



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*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 Workshop .....	50 min.....	\$150
Semi-Private Workshop.....	50 min.....	90/person
Private Group Workshop (3+ people).....	120 min.....	100/person

### 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 <b>NEW</b> .....	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		
Kayak.....	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.....	160
Lavendar Relax .....	50 min.....	185
	100 min.....	330
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 <b>NEW</b> .....	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
Ritual Manicure.....	45 min.....	70

**PEDICURES**

Foot Rescue! Pedicure.....	50 min.....	90
Gentlemen’s Pedicure.....	50 min.....	90
Ritual Pedicure.....	50 min.....	90

**SKINCARE**

Canyon Ranch® Facial.....	50 min.....	\$175
Deep Cleansing Facial.....	50 min.....	185
Gentlemen’s Facial .....	50 min.....	175
Hyrdafacial, MD .....	50 min.....	240
Knesko Gemclinical® Facial <b>NEW</b> .....	50 min.....	185
Kypris Signature Facial <b>NEW</b> .....	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.

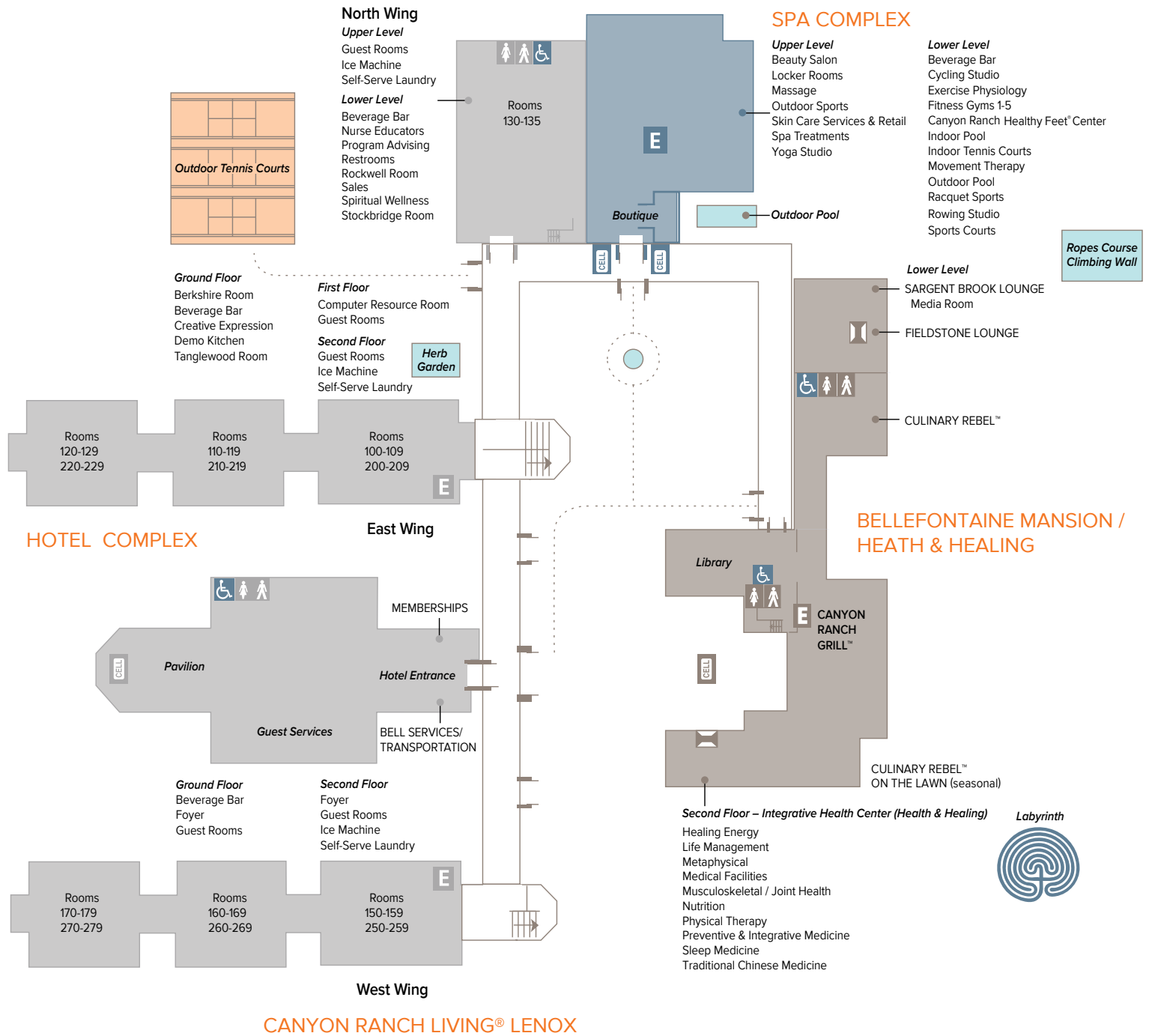
For a list of channels, press the Ch List button on your remote.

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®

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