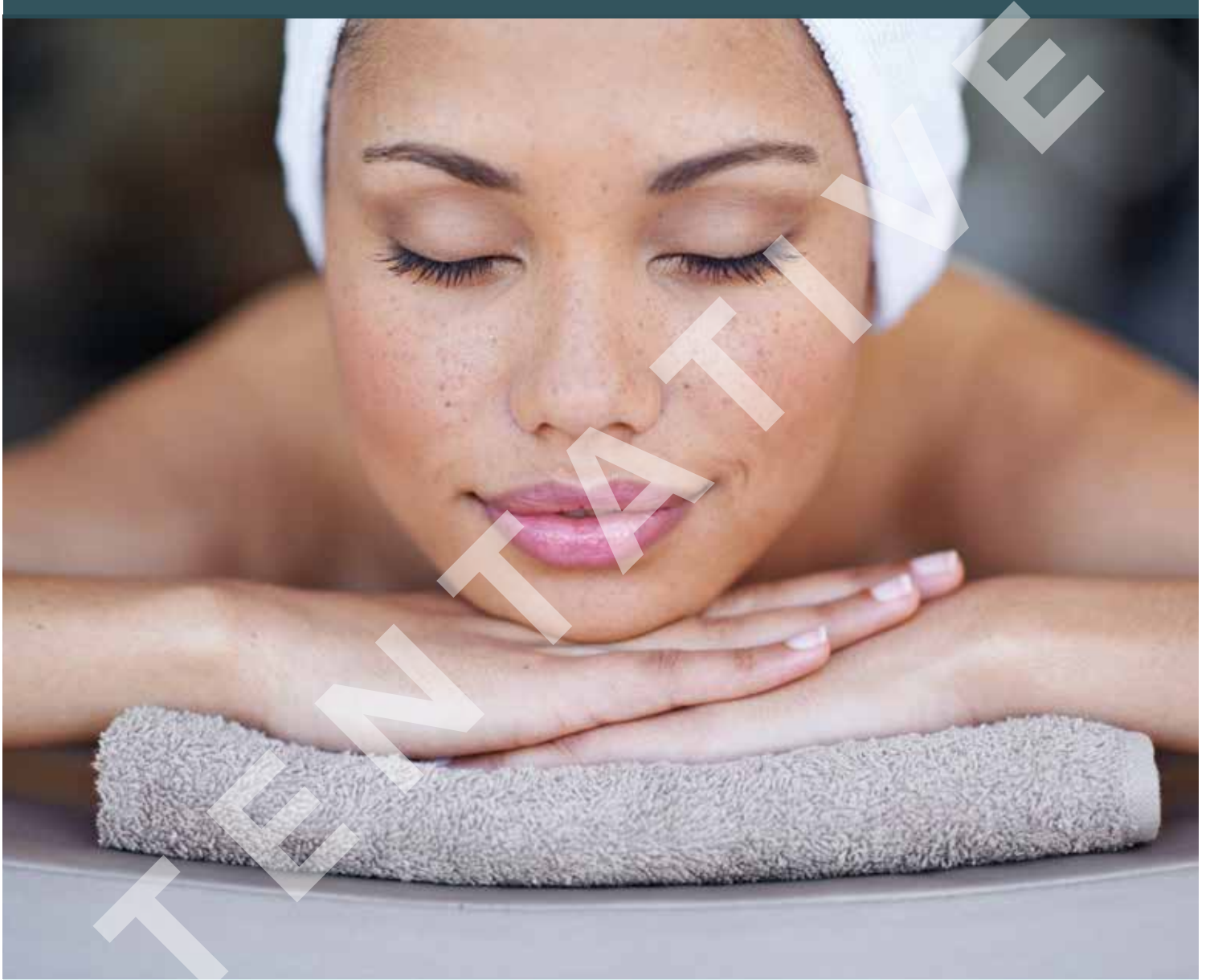


YOUR DAILY SCHEDULE

OCTOBER 28 –
NOVEMBER 3
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: 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.

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 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

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!

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

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 | OCTOBER 28, 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 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

NEW POWER ROW II/III Limit: 6 Rowing Studio

PILATES REFORMER

JUMPMAT 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

YOGA FOR ATHLETES II/III Limit: 13 Yoga Studio

TUBES & LOOPS I/II Limit: 13 Gym 2

H2O POWER I/II Limit: 10 Indoor Pool

NOON

BEGINNER PILATES I Limit: 20 Gym 1

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

NEW BOSU HIIT II Limit: 20 Sports Court

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.

2:00 PM

HANDS-ON COOKING:

ESSENTIAL KNIFE SKILLS Limit: 4 Demonstration Kitchen

50 min. \$115 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

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

TCM & THE NATUROPATH:

TIME-HONORED HEALING, UNCOVERED CME Berkshire 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.

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

Tanglewood 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 STROOPS BUNGEE WORKOUT II/III Limit: 6

Gym 1

NEW GOOD VIBRATIONS I Limit: 20

Gym 2

RESTORATIVE YOGA I Limit: 13

Yoga Studio

NEW TAO TAN PAI ELIXIR METHOD QI GONG

WITH JEANNE SCHNACKENBERG Limit: 3

Berkshire 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.

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

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 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 | OCTOBER 29, 2020

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

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

MEDITATION I Limit: 13 Yoga Studio
25 min.

NEW VIBE I Limit: 20 Gym 2
25 min.

9:00 AM

CHAIR YOGA I Limit: 13 Yoga Studio

ADVANCED INDOOR CYCLING III Limit: 7 Cycling Studio

ZUMBA® I/II Limit: 16 Gym 1

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

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 FITMATÆ.
\$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

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.

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

2:00 PM

FE EXERCISE, ACTIVITY & SLEEP:
MAKING THE MOST OF IT Berkshire Room
An exercise physiologist explores the relationship between sleep and exercise as well as the latest findings on how the right plan can help you on your journey to finding optimal sleep.
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

BERKSHIRE BEAT I/II Limit: 16 Gym 1

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** – Your Path To A Peaceful Night's Sleep

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

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

3:30 PM

AQUA STRENGTH CIRCUIT I/II Limit: 10

NEW POWER ROW II/III Limit: 6

RESTORATIVE YOGA I Limit: 13

Indoor Pool

Rowing Studio

Yoga Studio

4:00 PM

FE SECRETS TO SLEEPING SOUNDLY

CME Berkshire 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

8:00 PM

PIANO & VIOLIN

WITH RON RAMSAY & EILEEN MARKLAND

Fieldstone Lounge

Ron & Eileen share favorites from the classical repertoire along with the nostalgia of popular standards that remind us how deeply music is woven into the fabric of these beautiful Berkshires hills.

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

VIRTUAL MEETING:

OPEN 12-STEP RECOVERY

Zoom Video Meeting

Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the principles of recovery.

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

MY SCHEDULE THURSDAY

6 am

7 am

8 am

9 am

10 am

11 am

Noon

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

FRIDAY | OCTOBER 30, 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.

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.

SUN SALUTATIONS II Limit: 13 Yoga Studio
25 min.

9:00 AM

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

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

STRIDE II/III Limit: 8 Gym 5

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

CLIMBING WALL Limit: 2 Front Spa Lobby

\$110 Sign up: Outdoor Sports Board

FE NUTRIENTS FOR SLEEP CME Berkshire Room

A nutritionist discusses how fueling your body with the right nutrient-rich foods can help you recharge during the day and throughout the night.

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

10:30 AM

ROCK YOUR FLOW II Limit: 13 Yoga Studio

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.

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

AFTERNOON OUTDOOR TAI CHI Limit: 10 Front Spa Lobby

Enjoy a simple tai chi lesson on our woodland trails.

60 min. Activity may be held indoors if weather is inclement. Sign up: Outdoor Sports Board.

FE A GOOD NIGHT'S SLEEP FOR WOMEN: UNIQUE CHALLENGES, PRACTICAL STRATEGIES CME Berkshire Room

Dr. Cindy Geyer addresses women's unique sleep challenges, the impact of hormones and caregiving, and outlines practical strategies for a more restful slumber.

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

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.

2:00 PM

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

HANDS-ON COOKING:

HERBS & SPICES Limit: 4 Demonstration Kitchen

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

THE ISSUE WITH YOUR TISSUE:

EXPLORING MUSCULOSKELETAL PAINS CME Tanglewood Room

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

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** – Your Path To A Peaceful Night's Sleep ; **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

3:00 PM

NEW HARVEST HAYRIDES Limit: 4 per ride 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

FOAM ROLL & STRETCH I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 13 Yoga Studio

INDOOR CYCLING II Limit: 7 Cycling Studio

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

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

6:00 PM

FE SNORING: A NUISANCE OR A THREAT

WITH NOAH SIEGEL, MD Rockwell Room

Medical Director of Otolaryngology at Massachusetts Eye and Ear Infirmary, discusses what causes snoring, the potential health implications and their treatment options.

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

8:00 PM

MIRACLES, LUCK AND THE BUTTERFLY EFFECT

WITH JERRY POSNER Rockwell Room

Join Jerry for an entertaining, rational, practical approach to "miracle making," with strategies to help increase the probability of desired outcomes and goals.

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

VIRTUAL MEETING:

OPEN 12-STEP RECOVERY Zoom Video Meeting

Hosted by the local community with a guest speaker, this remote meeting welcomes members of all 12-step fellowships, their families, and those who are just curious about the principles of recovery.

Join via the Zoom: bit.ly/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 | OCTOBER 31, 2020

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

8:00 AM

PILATES REFORMER

JUMPMAT 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

ADVANCED LEVEL HIKE Front Spa Lobby

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

NEW VIBE I Limit: 20 Gym 2

25 min.

MEDITATION I Limit: 13 Yoga Studio

25 min.

9:00 AM

ZUMBA™ STEP I/II Limit: 16 Gym 1

CHAIR YOGA I Limit: 13 Yoga Studio

FE CHINESE MEDICINE

FOR STRESS & EXHAUSTION Rockwell Room

An acupuncturist & practitioner of Chinese Medicine shares wisdom & insights for treating stress. Learn simple home remedies from this ancient healing practice for managing modern ailments.

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

HANDS-ON COOKING:

SEASONAL SOUPS Limit: 4 Demonstration Kitchen

1 hr. 30 min. \$165 Sign up: Program Advising, Ext. 5439

CARDIO TENNIS Tennis Courts

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

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

10:30 AM

MID-MORNING STRETCH I Limit: 20 Gym 1

NEW YOGA SCULPT II/III Limit: 13 Yoga Studio

TUBES & LOOPS I/II Limit: 13 Gym 2

11:30 AM

FE ENERGY HEALING: OPENING PATHWAYS TO WELLNESS & PREVENTION Rockwell 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

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.

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® I Limit: 18 Gym 2

25 min.

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

25 min.

1:00 PM

PICKLEBALL INTRO CLINIC Limit: 4 Tennis Courts

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

HIGH ROPES CHALLENGE

COURSE Limit: 2 Front Spa Lobby

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

1:15 PM

HIKE: LEVEL 2 Front Spa Lobby

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

1:30 PM

EVIDENCE-BASED QI GONG & TAI CHI WORKSHOP WITH TOM ANDREWS Limit: 6 Rockwell Room

Led by certified EBGQ & Tai Chi instructor Tom Andrews, this workshop shows you movements & meditations that can improve immunity, enhance sleep and reduce pain from arthritis, fibromyalgia and more.

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

KAYAK: SEMIPRIVATE Limit: 4 Front Spa Lobby

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

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** – Your Path To A Peaceful Night's Sleep

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

LONG & LEAN BARRE WORKOUT II Limit: 16 Gym 1

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

3:00 PM

NEW HARVEST HAYRIDES Limit: 4 per ride 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

AQUA STRENGTH CIRCUIT I/II Limit: 10 Indoor Pool

RESTORATIVE YOGA I Limit: 13 Yoga Studio

4:00 PM

FE WAKE-UP CALL: SLEEP FOR GOOD HEALTH WITH NOAH SIEGEL, MD Rockwell Room

There's nothing like a good night's sleep - and inadequate sleep can negatively impact your lifestyle. Take a closer look with Dr. Noah Siegel, Director of Otolaryngology at Mass. Eye & Ear Infirmary.

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

8:00 PM

FOR CHOCOLATE LOVERS WITH FRANCINE SEGAN Rockwell Room

Join TV host Francine Segan, author of *Dolci: Italy's Sweets*, for a take-home tasting of fine chocolate. Discover how chocolate goes from bean to bar and its many health benefits.

Seating is limited. Please sign up with Program Advising, Ext. 5439

FE YOGA NIDRA: YOGIC SLEEP WITH LAURIE CARROLL 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 and ready for a good night's rest.

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 SATURDAY

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

SUNDAY | NOVEMBER 1, 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.

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

SUN SALUTATIONS II Limit: 13 Yoga Studio
25 min.

9:00 AM

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

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

YOGA FOUNDATIONS I Limit: 13 Yoga Studio

CARDIO KICKBOXING II Limit: 16 Gym 1

JOY JOURNALS Limit: 3 Creative Expression Studio
2 hr. *\$100 Sign up: Program Advising, Ext. 5439*

9:15 AM

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

10:00 AM

BIKE RIDE: LEVEL 3/4 Front Spa Lobby
2 - 2.5 hr. See Outdoor Sports Board for details and to sign up.

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

10:30 AM

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 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

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.

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

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

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.

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

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

ZUMBA™ I/II Limit: 16 Gym 1

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

YOGA FOR A HEALTHY BACK I Limit: 13 Yoga Studio

3:30 PM

NEW GOOD VIBRATIONS I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 13 Yoga Studio

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

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

7:00 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

8:00 PM

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

MY SCHEDULE SUNDAY

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 _____

MONDAY | NOVEMBER 2, 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.

NEW VIBE I Limit: 20 Gym 2
25 min.

SUN SALUTATIONS II Limit: 13 Yoga Studio
25 min.

9:00 AM

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

CURB CRAVINGS & HABITS

WITH ACUPUNCTURE Berkshire Room

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

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

H2O POWER I/II Limit: 10 Indoor Pool

TUBES & LOOPS I/II Limit: 13 Gym 2

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

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

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

25 min.

NEW BOSU HIIT II Limit: 20 Sports Court

1:00 PM

BEAUTY SECRETS

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 | *Featured Events:* **FE** – Guest Speaker: Jessica Lahey

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

YOGA FOR A HEALTHY BACK I Limit: 13 Yoga Studio

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

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

BEGINNER TENNIS CLINIC Limit: 4 Tennis Courts

Sign up: Program Advising, Ext. 5439

LONG & LEAN BARRE WORKOUT II Limit: 16 Gym 1

3:30 PM

NEW POWER ROW II/III Limit: 6 Rowing Studio

FOAM ROLL & STRETCH I Limit: 20 Gym 2

RESTORATIVE YOGA I Limit: 13 Yoga Studio

4:00 PM

FE THE ADDICTION INOCULATION: PREVENTING CHILDHOOD SUBSTANCE ABUSE Rockwell Room

Writer & educator, Jessica Lahey outlines the risk factors, positive intervention and actionable tools for raising kids who will be less likely to turn to addictive substances in stressful situations.

Book signing to follow. Space is limited. Sign up: Program Advising, Ext. 5439

7:00 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 with the password: Serenity20

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

JAZZ CLASSICS: BLUES TO BOSSANOVA Fieldstone Lounge

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

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

MY SCHEDULE MONDAY

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

TUESDAY | NOVEMBER 3, 2020

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

8:00 AM

ADVANCED LEVEL HIKE Front Spa Lobby

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

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

MEDITATION I Limit: 13 Yoga Studio
25 min.

TRX FLOW II Limit: 8 Sports Court

9:00 AM

CHAIR YOGA I Limit: 13 Yoga Studio

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

STRIDE II/III Limit: 8 Gym 5

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

ZUMBA® I/II Limit: 16 Gym 1

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 Lower 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

ROCK YOUR FLOW II Limit: 13 Yoga Studio

MID-MORNING STRETCH I Limit: 20 Gym 1

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

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.

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

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

KAYAK: SEMIPRIVATE Limit: 4 Front Spa Lobby

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

2:00 PM

KETTLE-BAR II Limit: 20 Sports Court

GENTLE FLOW YOGA I/II Limit: 13 Yoga Studio

BATTLING ROPES II/III Limit: 6 Gym 1

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 | **Featured Events:** **FE** – Guest Speaker: Jessica Lahey

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

Rockwell 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

INDOOR CYCLING II Limit: 7

Cycling Studio

AQUA STRENGTH CIRCUIT I/II Limit: 10

Indoor Pool

RESTORATIVE YOGA I Limit: 13

Yoga Studio

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

6:00 PM

FE THE GIFT OF FAILURE: PARENTING LIFELONG LEARNERS, WITH AUTHOR JESSICA LAHEY

Rockwell Room

Hear the research on motivation, resilience and learning, and how autonomy-supportive parenting and teaching not only boosts kids' motivation, but improves educational outcomes

Book signing to follow. Space is limited. Sign up: Program Advising, Ext. 5439

7:00 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

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

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 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 TechnoGymÆ SkillRowō 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 TRXÆ 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

ZUMBAÆ

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

ZUMBAÆ 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

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, Sa 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, 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

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, 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

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, Tu 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, 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

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

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:
October 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 Workshop	50 min.....	\$150
Semi-Private Workshop.....	50 min.....	90/person
Private Group Workshop (3+ people).....	110 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 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		
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 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
Colortimes & 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 NEW	50 min.....	185
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.

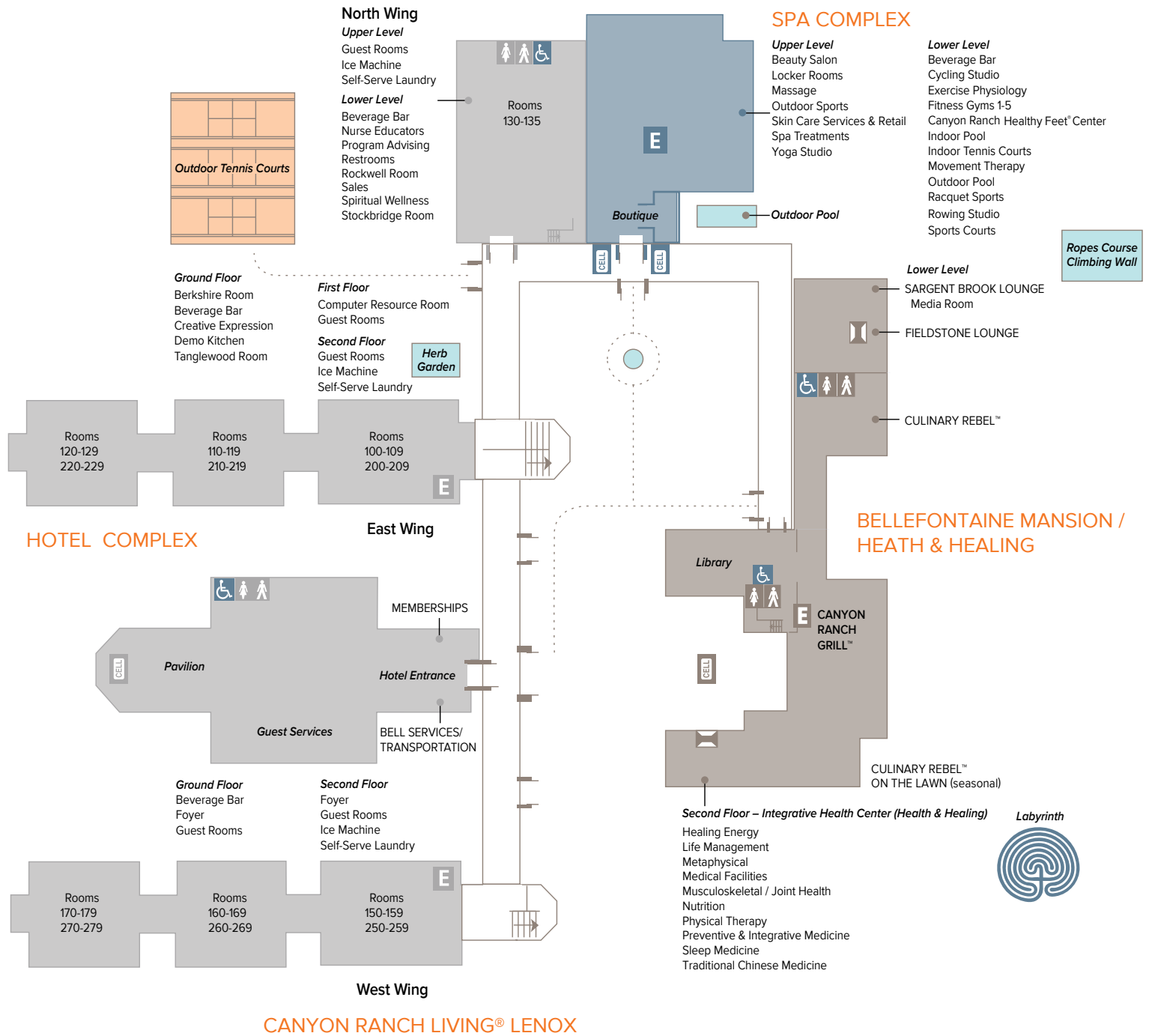
For a list of channels, press the Ch List button on your remote.

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