

July 25 to 31, 2010

This Week

at Canyon Ranch • Lenox Massachusetts

*Your guide to creating the perfect stay
with fitness classes, daily talks, workshops
and evening programs – including appointments.*

CANYONRANCH®

The Power of Possibility®

(413) 637-4100

**For Pre-Arrival Bookings,
please call 800-877-0404**

Best of the Berkshires with Reggie Cooper • July 30 to August 2

Hit the insider's favorite spots this summer with Reggie Cooper, Managing Director of Canyon Ranch in Lenox. Reggie will be your host for special activities including hikes, excursions, a Yo-Yo Ma concert at Tanglewood and ever-popular lawn croquet. These activities are noted by the * symbol.

Been Here, Done This?

DISCOVER METAPHYSICAL

Inner wisdom is available to each of us; learning how to find it is part of the journey. Metaphysical consultations are fun, and offer intriguing alternate pathways to self-awareness. While you're at the Ranch, try taking a guided walk within with these services: Astrology, Numerology, Clairvoyant Reading, Tarot Card Reading, and Handwriting Analysis. Call your Program Advisor at Ext. 5439.

PERFORMANCE ORTHOTICS ASSESSMENT

Feet are subject to enormous forces and small abnormalities can cause big problems. Ninety percent of all foot pain and a great deal of knee, hip and back pain is caused by abnormal biomechanics of the feet. This quick, precise, computerized assessment of the way you stand and walk is used to prescribe orthotics – inserts for shoes – that can correct these problems simply and prevent further wear and tear, and greatly reducing pain. 25 minutes. Call your Program Advisor at Ext. 5439.

Main Dining Room Hours

BREAKFAST: 7:30 to 9:30 a.m.

LUNCH: Noon to 2 p.m.

DINNER: Reservations are required for dinner seatings at: 5:30, 6, 6:30, 7, 7:30, 8 & 8:30 p.m. by calling Ext. 5310.

Café Tasse

Enjoy Canyon Ranch cuisine at this intimate café.

BREAKFAST: 7 to 10 a.m.

LUNCH: 11:30 a.m. to 2 p.m.

REFRESHMENTS: 2:30 to 4:30 p.m.

Café Jardin

Canyon Ranch outdoor dining.
Weather permitting.

LUNCH: 11:30 a.m. to 2 p.m.

Demonstration Kitchen

BRUNCH: Sunday, 10:30 a.m. to 1:30 p.m.

LUNCH & LEARN: Monday, Tuesday, Thursday, Friday, Saturday, Noon to 1 p.m.

HANDS-ON-COOKING: Please check the daily schedule for exact times and events. Please see page 23 for detailed information.

SUPERFOODS DINNER:

Monday, 6:30 p.m. Sign-up Ext. 5310

TASTE OF THE BERKSHIRES DINNER:

Tuesday, 6:30 p.m. Sign-up Ext. 5310

First Time At Canyon Ranch?

Join our host and other guests at the Captain's Table for our daily Ranch Savvy breakfast at 8 a.m. and lunch starting at Noon. Another way to learn the ropes at Canyon Ranch!

Memberships For the Health of It!

Did you know that Canyon Ranch offers Membership opportunities? Learn more about this enduring commitment to health. Visit our Membership Sales office in the Spa, or call Ext. 5411.

Spa Hours

6:30 a.m. to 10 p.m.

Change Happens

Please check activity boards in Health and Healing, Dining Room and Front Desk for last-minute changes to this printed schedule.

SUNDAY *July 25, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

🦋 Up Where the Air is Clear Event

⚡ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21. Sign up: Spa Activity Board

- 7 am **MORNING WALK** *Front Spa Desk*
KAYAK SEMI-PRIVATE (2.5 to 3 hr.) *Front Spa Desk*
Fee: \$90; Must be able swimmer.
- 7:45 am **OUTDOOR MORNING TAI CHI** *Front Spa Desk*
- 8 am ⚡ **WAKE-UP WARM-UP STRETCH** * (25 min.) *Gym 2*
 🦋 **HIKE: LEVEL 4:** (5 hr. 30 min.) *Front Spa Desk*
ROUNDS ROCK
Lunch included
- 8:15 am **BIKE SPECIAL: LEVEL 2** (4.5 hr.) *Front Spa Desk*
Ashuwillitook Rail Trail. Limit 4.
- 8:30 am **A.B.S. ON THE BALL** * (20 min.) *Limit 20* *Gym 2*
MORNING RUN *Front Spa Desk*
- 9 am **LO IMPACT AEROBICS** * *Gym 1*
MORNING STRETCH * *Gym 2*
YOGA FOUNDATIONS * *Yoga Studio*
SERIOUS CYCLE III *Limit 17* *Cycling Studio*
 ■ **ENERGY HEALING** *Room*
 Explore new pathways to health, wellness & prevention by diffusing blockages in the energy field that surrounds and permeates your body.
- 9:15 am 🦋 **HIKE: LEVEL 2:** (3 hr. 30 min.) *Front Spa Desk*
FLAG ROCK
- 10 am **NIA*** * *Gym 1*
 ⚡ **MUSCLE CONDITIONING** * *Gym 2*
KARDIO KOMBAT III *Sports Court*
SUN SALUTATIONS/MEDITATION III *Yoga Studio*
H₂O POWER HOUR * *Indoor Pool*
BIKE: LEVEL 3 (weather permitting) *Front Spa Desk*
- 10:30 am **SUNDAY BRUNCH** *Demonstration Kitchen*
 Enjoy our bountiful brunch with a wide range of culinary delights. Take the recipes home with you.
Available until 1:30 pm; Complimentary.
- 11 am **PILATES PLUS PROPS** II/III *Gym 1*
 ⚡ **WOMEN'S STRETCH** * *Gym 2*
 ⚡ **MEN'S STRETCH** * *Gym 3*
STRIDE II/III *Gym 5*
KETTLEBELL ESSENTIALS II *Limit 15* *Sports Court*
 ⚡ **AQUA STRENGTH** * *Indoor Pool*
 ⚡ **LABYRINTH WALK** * (weather permitting) *Lower Spa Lounge*
 ■ **CARDIO TENNIS** *Outdoor Tennis Courts*
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
 ■ **SHAMANIC JOURNEY** *Room*
 Learn about this spiritual practice that uses guided imagery, music and breath to transport you to a higher state of consciousness.

AFTERNOON

- 12 pm **ROCK 'N' BOSU**® II/III *Gym 1*
 ⚡ **YAMUNA**® FOOT FITNESS * (25 min.) *Limit 20* *Gym 2*
 ⚡ **BASIC BALANCE** * (25 min.) *Gym 3*
 ⚡ **POWER OF BREATH** * (25 min.) *Yoga Studio*
- 1 pm ■ **INTERMEDIATE TO ADVANCED TENNIS CLINIC** *Outdoor Tennis Courts*
 Enhance your level of play with pointers from an expert Canyon Ranch tennis pro. *Limit 4; Fee: \$60; Sign-up: Program Advising.*
- 1:15 pm **HIKE: LEVEL 1** *Front Spa Desk*
- 1:30 pm **KAYAK SEMI-PRIVATE** *Front Spa Desk*
Fee: \$90; Must be able swimmer.
BIKE: LEVEL 2 (weather permitting) *Front Spa Desk*
- 2 pm **GOTTA DANCE!** * *Gym 1*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
 ⚡ **CHAIR YOGA** I *Limit 10* *Yoga Studio*
TRX STRENGTH® II/III *Limit 20* *Sports Court*
CORE POOL * *Indoor Pool*
- 3 pm **PILATES ESSENTIALS** * *Gym 2*
CANYON RANCH YOGA II *Yoga Studio*
ALL TERRAIN CYCLE I/II *Limit 17* *Cycling Studio*
TRAIL CHALLENGE II/III *Lower Spa Lounge*
 ■ **SECRETS TO YOUTHFUL SKIN** *Room*
 Join a Canyon Ranch esthetician and deepen your knowledge of products best for your skin. Learn to keep your skin healthy and glowing.
 ■ **HANDS-ON COOKING: CHICKEN CHARM** *Demo Kitchen*
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- 4 pm **DEFINE YOUR MIDLINE** II/III *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Limit 18* *Gym 5*
RESTORATIVE YOGA * *Limit 25* *Yoga Studio*
WALLYBALL II/III *Racquet Court*
- 5 pm ⚡ **MEDITATION** * (25 min.) *Yoga Studio*
STRETCH & RELAX * (25 min.) *Gym 2*
 ■ **DEMISTIFYING ASTROLOGY** *Room*
 Learn how to bring the planets down to earth and create tools to enhance your daily life. Astrology is a vast and ancient science that can seem overwhelming. This lecture will help simplify Astrology without diluting it. Discover how your natal chart provides insight into your personal strengths and weaknesses and how this information can be helpful in navigating your future.
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Room*

EVENING

- 6 pm ■ **SIMPLY PAINFUL** *Room*
Join a neuromuscular therapist and learn how we unknowingly put our bodies in painful positions and how this therapy can help.
- 7 pm ■ **CHINESE HERBS** *Room*
Join a traditional Chinese medicine practitioner in a discussion about how Chinese Herbal Medicine brings harmony to imbalances in the body and addresses specific conditions such as asthma, menopause, high cholesterol, arthritis and cancer.
- 8 pm ■ **GAME NIGHT** *Hotel Pavilion*
Join your fellow guests for a self-guided friendly game of dominoes, Scrabble® and other game favorites.

My Schedule

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MONDAY *July 26, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

▼ Exercise and Vitality at Any Age ■ Daily discussions and workshops

MORNING

	HIKES & OUTDOOR SPORTS	
	Descriptions available on page 21. Sign up: Spa Activity Board	
7 am	MORNING WALK	Front Spa Desk
	SCULLING (2 hr. 30 min.)	Front Spa Desk
	Fee: \$135; Limit 2; Must sign-up by 4 pm day prior.	
7:30 am	BREAKFAST BIKE RIDE: LEVEL 2 (2 hr.)	Front Spa Desk
7:45 am	OUTDOOR MORNING TAI CHI	Front Spa Desk
8 am	▼ WAKE-UP WARM-UP STRETCH * (25 min.)	Gym 2
	HIKE: LEVEL 4	Front Spa Desk
8:30 am	A.B.S. ON THE BALL * (20 min.)	Limit 20 Gym 2
	MORNING RUN	Front Spa Desk
9 am	LO IMPACT AEROBICS *	Gym 1
	MORNING STRETCH *	Gym 2
	▼ FITNESS FIRST I	Gym 3
	YOGA FOUNDATIONS *	Yoga Studio
	SERIOUS CYCLE III	Limit 17 Cycling Studio
	■ LIVING WELL LECTURE	Room
	It's the possibilities you choose that make all the difference. Begin your day and simply take pleasure in being well.	
9:15 am	CANOE/HIKE COMBO (3.5 hr.)	Front Spa Desk
9:30 am	■ WATERCOLOR EN PLEIN AIRE (2.5 hr.)	Front Spa Desk
	Hike and become inspired by nature's beauty. Beginners welcome. Fee: \$90; Sign-up: Spa Activity Boards.	
10 am	ZUMBA *	Gym 1
	▼ MUSCLE CONDITIONING *	Gym 2
	KARDIO KOMBAT III	Limit 20 Sports Court
	H₂O POWER HOUR *	Indoor Pool
	VINYASA FLOW III (90 min.)	Yoga Studio
	BIKE: LEVEL 3 (weather permitting)	Front Spa Desk
	■ AYURVEDIC MEDICINE	Room
	Ayurveda, the "science of life", is an ancient healing system. Join Nina Molin, M.D., to discover how Ayurveda can be used for prevention, diagnosis, and treatment of illness, as well as, stress reduction and overall vitality.	
11 am	PILATES PLUS PROPS II/III	Gym 1
	▼ WOMEN'S STRETCH *	Gym 2
	▼ MEN'S STRETCH *	Gym 3
	STRIDE II/III	Gym 5
	KETTLEBELL ESSENTIALS II	Limit 15 Sports Court
	▼ AQUA STRENGTH *	Indoor Pool
	■ CARDIO TENNIS	Outdoor Tennis Courts
	A fun new approach to tennis in a great group aerobic workout. Fee: \$60; Sign-up: Program Advising.	
	■ WHAT'S IN YOUR PANTRY?	Room
	Join a Canyon Ranch nutritionist as they stroll through great food choices, recommended brands, and key ingredients. This lecture will keep your kitchen functional for your health as well as your shelves.	

AFTERNOON

Noon	ROCK 'N' BOSU ® II/III	Gym 1
	▼ YAMUNA ® FOOT FITNESS * (25 min.)	Limit 20 Gym 2
	▼ BASIC BALANCE * (25 min.)	Gym 3
	■ PILATES FOR OSTEOPOROSIS WORKSHOP	Gym 4
	Pilates can provide an excellent means for supporting our skeletal system, strengthening muscles around the spine and hip to improve posture and balance. In this 50-minute workshop you will be instructed in Pilates exercises specifically designed for osteoporosis from both the Mat and Reformer series. Limit 4; Fee: \$90; Sign-up: Program Advising.	
	■ LUNCH & LEARN	Demonstration Kitchen
	Watch, learn and dine as our chef prepares Blackened Tilapia Venezuelan Salsa while sharing our trade secrets. Complimentary.	
1 pm	HIGH ROPES COURSE	Fee: \$220 Front Spa Desk
	Sign-up by noon on day of activity is required.	
	■ BREATHING FOR HEALTH & VITALITY	Room
	Do you experience chronic tightness in your upper body? This may be caused by incorrect breathing patterns. A mind/body instructor teaches you how to relax and breathe properly.	
	■ BEAUTY SECRETS	Room
	Learn tips & tricks with our salon design team to bring out the best you can be.	
	■ THE ART OF FENCING: SWORDPLAY	Gym 1
	En garde! Challenge your legs and butt in this fun workout. Satisfy the dream of exploring the art of fencing. Limit 8; Fee: \$90; Sign-up: Program Advising.	
1:15 pm	HIKE: LEVEL 1	Front Spa Desk
1:30 pm	BIKE: LEVEL 2 (weather permitting)	Front Spa Desk
	KAYAK SEMI-PRIVATE	Front Spa Desk
	Fee: \$90; Must be able swimmer.	
2 pm	STEP POWER II/III	Gym 1
	▼ CHAIR YOGA I	Limit 10 Yoga Studio
	AEROBIC CIRCUIT WEIGHTS II/III	Gym 5
	CORE POOL *	Indoor Pool
	TRX STRENGTH ® II/III	Limit 20 Sports Court
	■ BEGINNER TENNIS CLINIC	Outdoor Tennis Courts
	An introduction to the game of tennis, from how to grip a racquet to basic elements of the swing. Limit 4; Complimentary; Sign-up: Program Advising.	
	■ HANDS-ON COOKING: DELICIOUS FISHES	Demo Kitchen
	(90 min.) Fee: \$125; Sign-up: Program Advising.	
	■ FAMILY COMMUNICATION	Room
	Join a life management therapist to learn strategies for healthy communication. In this interactive format, you will learn how to increase self-awareness and become more proactive toward enhancing family relationships.	

- 3 pm **YAMUNA® BODY ROLLING *** *Gym 2*
TRAIL CHALLENGE II/III *Lower Spa Lounge*
ALL TERRAIN CYCLE I/II *Limit 17* *Cycling Studio*
CANYON RANCH YOGA II *Yoga Studio*
- **ARE YOU LIVING AS CREATIVELY AS YOU COULD BE? (90 min.)** *Sargent Brook Lounge*
 Explore and discover how to increase creativity in all areas of your life. *Limit 10; Complimentary; Sign-up: Program Advising.*
- 4 pm **DEFINE YOUR MIDLINE II/III** *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Limit 18* *Gym 5*
WALLYBALL II/III *Racquet Court*
RESTORATIVE YOGA * *Limit 25* *Yoga Studio*
- **CROQUET WITH REGGIE COOPER*, MANAGING DIRECTOR** *Goldfish Pond, Spa*
 Prizes for all participants. *Limit 12; weather permitting.*
- 5 pm ▼ **MEDITATION * (25 min.)** *Yoga Studio*
STRETCH & RELAX * (25 min.) *Gym 2*
- **ULTRALONGEVITY** *Room*
 Dr. Mark Liponis, corporate medical director, presents his book *UltraLongevity* and tells you why boosting your immune system may be a bad idea. Discover the 7-step program to harness the power of your immune system and slow down – even reverse – the process of aging.
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Room*

EVENING

- 6:30 pm ■ **SUPERFOODS DINNER (60 min.)** *Demonstration Kitchen*
 Enjoy a great tasting meal rich in antioxidants. *Complimentary; Space is limited; Sign-up: Program Advising.*
- 7 pm ■ **BEAD WELL – BRACELETS (90 min.)** *Room*
 Relax and create your own beautiful beaded bracelet. *Limit 10; Sign-up: Program Advising; Complimentary.*
- 7:30 pm ■ **TOM CARROLL ROMANTIC GUITAR** *Fieldstone Lounge*
- 8:30 pm ■ **BINGO** *Room*
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

My Schedule

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TUESDAY *July 27, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

▼ Exercise and Vitality at Any Age ■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21. Sign up: Spa Activity Board

- 7 am **MORNING WALK** *Front Spa Desk*
KAYAK SEMI-PRIVATE *Front Spa Desk*
Fee: \$90; Must be able swimmer.
- 8 am ▼ **WAKE-UP WARM-UP STRETCH** * (25 min.) *Gym 2*
HIKE: LEVEL 5 *Front Spa Desk*
- 8:15 m **BIKE SPECIAL: LEVEL 2** (4.5 hr.) *Front Spa Desk*
Ashuwillitook Rail Trail. Limit 4.
- 8:30 am **A.B.S. ON THE BALL** * (20 min.) *Limit 20 Gym 2*
PHOTOGRAPHY HIKE (3.5 hr.) *Fee \$90 Front Spa Desk*
- 9 am **LO IMPACT AEROBICS** * *Gym 1*
MORNING STRETCH * *Gym 2*
SERIOUS CYCLE III *Limit 17 Cycling Studio*
▼ **GENTLE YOGA FLOW** * *Yoga Studio*
■ **LIVING YOUNGER LONGER** *Room*
Bring a "younger" healthier you into each new decade. Every day counts as you increase your vitality through exercise which improves not only physical conditioning, but also mental acuity and the actual "age" of your cells. A Canyon Ranch expert shares specifics.
- 9:15 am **HIKE: LEVEL 3** *Front Spa Desk*
- 9:30 am **OFF PROPERTY TAI CHI WALK** (2.5 hr.) *Front Spa Desk*
- 10 am **NIA**® * *Gym 1*
▼ **MUSCLE CONDITIONING** * *Gym 2*
H₂O POWER HOUR * *Indoor Pool*
DIRTY DOZEN RELAY III *Sports Court*
VINYASA FLOW III (90 min.) *Yoga Studio*
BIKE: LEVEL 3 (weather permitting) *Front Spa Desk*
- 11 am **PILATES PLUS BOSU**® II/III *Gym 1*
▼ **WOMEN'S STRETCH** * *Gym 2*
▼ **MEN'S STRETCH** * *Gym 3*
STRIDE II/III *Gym 5*
▼ **AQUA STRENGTH** * *Indoor Pool*
■ **CARDIO TENNIS** *Outdoor Tennis Courts*
A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
■ **SECRETS TO SLEEPING SOUNDLY** *Room*
Why do we sleep? Join an expert to learn more about why we spend one third of our life sleeping and how we can improve the quality and quantity of sleep.

AFTERNOON

- Noon **ROCK 'N' BOSU**® II/III *Gym 1*
▼ **YAMUNA**® FOOT FITNESS * (25 min.) *Limit 20 Gym 2*
▼ **BASIC BALANCE** * (25 min.) *Gym 3*
▼ **POWER OF BREATH** * (25 min.) *Yoga Studio*
■ **LUNCH & LEARN** *Demonstration Kitchen*
Watch, learn and dine as our chef prepares Asian Marinated Flank Steak while sharing our trade secrets. *Complimentary.*
- 12:30 pm ■ **SHOPPING TRIP: Prime Outlets, Lee, MA** *Pavilion Lobby*
Sign-up: Guest Services; Picked up at the Outlets at 2:30 pm.
- 1:15 pm **HIKE: LEVEL 2** *Front Spa Desk*
- 1:30 pm **INTRO TO MOUNTAIN BIKING: LEVEL 3** (90 min.) *Limit 4 Front Spa Desk*
CANOE (2.5 hr.) *Must be able swimmer. Front Spa Desk*
- 2 pm **GOTTA DANCE!** * *Gym 1*
MUSCLE MAX II/III *Limit 15 Gym 2*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
CORE POOL * *Indoor Pool*
▼ **CHI ENERGY** * *Yoga Studio*
■ **INTERMEDIATE TO ADVANCED TENNIS CLINIC** *Outdoor Tennis Courts*
Enhance your level of play with pointers from an expert Canyon Ranch tennis pro. *Limit 4; Fee: \$60; Sign-up: Program Advising.*
■ **CLEARING ENERGY BLOCKS** *Room*
What's your connection with energy (chi)? Join a Canyon Ranch acupuncturist and learn to make it a friend that heals, informs and enlivens you.
■ **HANDS-ON COOKING: SPEED CUISINE** *Demo Kitchen*
(90 min.) *Fee: \$125; Sign-up: Program Advising.*
- 3 pm **PILATES ESSENTIALS I** *Gym 2*
YOGA FOR ATHLETES II *Yoga Studio*
ALL TERRAIN CYCLE I/II *Limit 17 Cycling Studio*
TRAIL CHALLENGE II/III *Lower Spa Lounge*
■ **ROUND ROBIN DOUBLES** *Outdoor Tennis Courts*
A doubles tournament in a round-robin format. (2.5 skill level required.) *Sign-up: Spa Activity Board.*
■ **HOW HEALTHY IS YOUR HEART** *Room*
Many people with normal cholesterol and blood pressure learn the hard way that they have heart disease. Don't get caught by surprise – our physicians discuss the latest tests and strategies to reduce and reverse cardiovascular disease.

- 4 pm **DEFINE YOUR MIDLINE II/III** *Gym 2*
MIND YOUR MUSCLE II/III *Limit 14* *Gym 5*
RESTORATIVE YOGA * *Limit 25* *Yoga Studio*
WALLYBALL II/III *Racquet Court*
- **SPIRITUAL TOOLS FOR STRESS RESILIENCE** *Room*
 Explore your spiritual resources with a Canyon Ranch life management therapist. Learn ways to replenish body, mind and spirit while making an action plan to bring more spiritual abundance into your life.
- **BEAD WELL – BRACELETS** (90 min.) *Room*
 Relax and create your own beautiful beaded bracelet. *Limit 10; Complimentary; Sign up: Program Advising.*
- 5 pm ▼ **MEDITATION *** (25 min.) *Yoga Studio*
STRETCH & RELAX * (25 min.) *Gym 2*
BASKETBALL PICK-UP GAME *Sports Court*
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Room*

EVENING

- 6:30 pm ■ **TASTE OF THE BERKSHIRES DINNER** *Demonstration Kitchen*
 Enjoy this special dinner with seasonal fresh and nutritious ingredients. *Complimentary; Space is limited; Sign up: Program Advising.*
- 8 pm ■ **WAYS TO MAKE “THE BUTTERFLY EFFECT” WORK FOR YOU** *Room*
 Small changes ... huge results! Can seemingly minor events in the present result in significant destiny-changing outcomes in the future? Jerry Posner, author of “Attention Late Bloomers: You're Right On Time!” will share some fun (and powerful) tools and techniques you can use right now.
- 8:30 pm ■ **FILM NIGHT** *Sargent Brook Lounge*
 Come and enjoy a specially chosen movie and popcorn to enhance your Canyon Ranch experience.
- **PORTRAIT DRAWING** (90 min.) *Room*
 Artist Morris Bennett focuses mostly on line techniques, providing tricks of the trade in this non-traditional studio experience. “Talent” is not necessary! *Limit 10; Complimentary; Sign-up: Program Advising.*

My Schedule

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WEDNESDAY *July 28, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

▼ Exercise and Vitality at Any Age ■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21. Sign up: Spa Activity Board

- 7 am **MORNING WALK** *Front Spa Desk*
SCULLING (2 hr. 30 min.) *Front Spa Desk*
Fee: \$135; Limit 2; Must sign-up by 4 pm day prior.
- 7:30 am **BREAKFAST BIKE RIDE: LEVEL 2** (2 hr.) *Front Spa Desk*
- 7:45 am **OUTDOOR MORNING TAI CHI** *Front Spa Desk*
- 8 am ▼ **WAKE-UP WARM-UP STRETCH *** (25 min.) *Gym 2*
HIKE: LEVEL 4 *Front Spa Desk*
- 8:30 am **A.B.S. ON THE BALL *** (20 min.) *Limit 20* *Gym 2*
MORNING RUN *Front Spa Desk*
- 9 am **LO IMPACT AEROBICS *** *Gym 1*
MORNING STRETCH * *Gym 2*
▼ **FITNESS FIRST I** *Gym 3*
SERIOUS CYCLE III *Cycling Studio*
YOGA FOUNDATIONS * *Yoga Studio*
- **TAKING IT HOME WITH YOU** *Room*
Let us guide you through our take home packet of tools and tactics to help you go home with a realistic plan to achieve your healthy intentions.
- 9:15 am **CANOE/HIKE COMBO** (3.5 hr.) *Front Spa Desk*
- 9:30 am ■ **WATERCOLOR EN PLEIN AIRE** (2.5 hr.) *Front Spa Desk*
Hike and become inspired by nature's beauty. Beginners welcome. *Fee: \$90; Sign-up: Spa Activity Boards.*
- 10 am **STRIP FIT *** *Gym 1*
▼ **MUSCLE CONDITIONING *** *Gym 2*
H₂O POWER HOUR * *Indoor Pool*
KARDIO KOMBAT III *Sports Court*
SUN SALUTATIONS/MEDITATION III *Yoga Studio*
BIKE: LEVEL 4 *Front Spa Desk*
Off-road ride; weather permitting.
- **INTERMEDIATE TO ADVANCED** *Outdoor Tennis Courts*
TENNIS CLINIC
Enhance your level of play with pointers from an expert Canyon Ranch tennis pro. *Limit 4; Fee: \$60; Sign-up: Program Advising.*
- **MULTIVITAMIN WISE** *Room*
A Canyon Ranch nutritionist's guide to assembling a basic supplement protocol.
- 11 am **PILATES PLUS PROPS II/III** *Gym 1*
▼ **WOMEN'S STRETCH *** *Gym 2*
▼ **MEN'S STRETCH *** *Gym 3*
STRIDE II/III *Gym 5*
KETTLEBELL ESSENTIALS II *Limit 15* *Sports Court*
▼ **AQUA STRENGTH *** *Indoor Pool*
▼ **LABYRINTH WALK *** (weather permitting) *Lower Spa Lounge*
- 11 am cont. ■ **CARDIO TENNIS** *Outdoor Tennis Courts*

A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*

■ DETOXIFICATION

Room

Do you know your body's total toxic load? Learn about the science of detoxification, how and why toxins affect us, where toxins come from and how you can best assess and address health issues that may be the result of a toxic burden on the body.

AFTERNOON

- Noon **ROCK 'N' BOSU® II/III** *Limit 20* *Gym 1*
▼ **YAMUNA® FOOT FITNESS *** (25 min.) *Gym 2*
▼ **BASIC BALANCE *** (25 min.) *Gym 3*
- 1 pm ■ **THE ART OF FENCING: SWORDPLAY** *Gym 1*
Enguard! Challenge your legs and butt in this fun workout. Satisfy the dream of exploring the art of fencing. *Limit 8; Fee: \$90; Sign-up: Program Advising.*
- **EXERCISE FOR HEALTHY WEIGHT** *Room*
Come and get solid answers to the age old discussion on weight, health and aging. An expert Canyon Ranch exercise physiologist invites you to get to the bottom of your down sizing dilemma.
- 1:15 pm **HIKE: LEVEL 1** *Front Spa Desk*
- 1:30 pm **CENTENNIAL MEMBERSHIPS** *Spa Lobby*
Learn the benefits of membership and how you can make a long-term commitment to healthy living. In addition to this scheduled info session, the membership office is open daily.
KAYAK SEMI-PRIVATE *Front Spa Desk*
Fee: \$90; Must be able swimmer.
BIKE: LEVEL 2 *weather permitting* *Front Spa Desk*
- 2 pm **STEP POWER II/III** *Gym 1*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
▼ **CHAIR YOGA I** *Limit 10* *Yoga Studio*
TRX STRENGTH® II/III *Limit 20* *Sports Court*
CORE POOL * *Indoor Pool*
- **ASTROLOGY & SYNCHRONICITY** *Room*
Modern astrology uses the innate human connection with energies of the cosmos to make predictions about personal, political and financial matters. Celeste Longacre, Astrologist for the Old Farmers' Almanac, explains the meaning of these connections.
- 3 pm **ZUMBA® *** *Gym 1*
PILATES ESSENTIALS * *Gym 2*
TRAIL CHALLENGE II/III *Lower Spa Lounge*
ALL TERRAIN CYCLE I/II *Cycling Studio*
CANYON RANCH YOGA II *Yoga Studio*
- **COLLAGE ART** (90 min.) *Sargent Brook Lounge*
Use found images from graphic art, photos or print materials to create a unique expression through collage. *Limit 8; Complimentary; Sign-up: Program Advising.*
- **BUILDING BETTER BONES** *Room*
Bone health is an important biomarker. And, bone density has been linked to the risk of breast cancer, depression & anxiety and heart disease. A physician tells you how to get the most out of your bone density test results.

My Schedule

- 4 pm **DEFINE YOUR MIDLINE II/III** *Limit 20* Gym 2
 BASIC AEROBIC CIRCUIT WEIGHTS I Gym 5
 RESTORATIVE YOGA * *Limit 25* Yoga Studio
 WALLYBALL II/III Racquet Court
- **TRANQUILITY MEDITATION** (100 min.) Room
 WORKSHOP
 Join a behavioral therapist to learn to create a sacred space of tranquility and inner peace through visualization and meditative techniques. This practice can help you to detach from turbulent demands while you dwell in the midst of stillness and gain peace of mind. *Limit 12; Fee: \$140; Sign-up: Program Advising.*
- 5 pm ▼ **MEDITATION *** (25 min.) Yoga Studio
 STRETCH & RELAX * (25 min.) Gym 2
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** Room

EVENING

- 6 pm ■ **ENERGY BALANCE** Room
 Healing energy is a non-invasive creative and caring practice designed to establish balance, health and wellness. Join a healing energy practitioner and discover for yourself the wonder of energy medicine as it applies to common ailments of the body, mind and spirit.
- 7 pm ■ **SIMPLY PAINFUL** Room
 Join a neuromuscular therapist and learn how we unknowingly put our bodies in painful positions and how this therapy can help.
- **COFFEEHOUSE ACOUSTIC GUITAR** Mansion Library
- **CAREER OR FAMILY?** Room
 A WOMAN'S CHOICE TO DO BOTH
 When asked how she maintained this delicate balance between her career and passions, and her family life, Marjorie Margolies-Mezvinsky will tell you it was no easy feat. While you can certainly do it all, she says, not everything can always be done with the same intensity. On the one hand, Mrs. Margolies-Mezvinsky has dedicated herself to a lifetime of leadership and public service as a teacher, trainer, member of Congress, journalist, and author, and has served as mentor and role model to countless young women. At the same time, she is a devoted mother who has raised a combined family of 11 children and, with the refugee families she has been sponsoring over the years, has taken care of 25 children in total. You are invited to join Mrs. Margolies-Mezvinsky as she recounts this riveting experience, shedding light on the universal struggle of reconciling professional career and family life.
- 8:30 pm ■ **BINGO** Room
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

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THURSDAY *July 29, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

▼ Exercise and Vitality at Any Age ■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21. Sign up: Spa Activity Board

- 7 am **MORNING WALK** *Front Spa Desk*
KAYAK SEMI-PRIVATE *Front Spa Desk*
Fee: \$90; Must be able swimmer.
- 8 am ▼ **WAKE-UP WARM-UP STRETCH** * (25 min.) *Gym 2*
HIKE: LEVEL 4 *Front Spa Desk*
- 8:15 m **BIKE SPECIAL: LEVEL 2** (4.5 hr.) *Front Spa Desk*
Ashuwillitook Rail Trail. Limit 4.
- 8:30 am **A.B.S. ON THE BALL** * (20 min.) *Limit 20 Gym 2*
PHOTOGRAPHY HIKE (3.5 hr.) *Fee \$90 Front Spa Desk*
- 9 am **LO IMPACT AEROBICS** * *Gym 1*
MORNING STRETCH * *Gym 2*
SERIOUS CYCLE III *Limit 17 Cycling Studio*
▼ **GENTLE YOGA FLOW** * *Yoga Studio*
- 9:15 am **HIKE: LEVEL 2** *Front Spa Desk*
- 9:30 am **OFF PROPERTY TAI CHI WALK** (2.5 hr.) *Front Spa Desk*
- 10 am **NIA**® * *Gym 1*
▼ **MUSCLE CONDITIONING** * *Gym 2*
DIRTY DOZEN RELAY III *Sports Court*
VINYASA FLOW III (90 min.) *Yoga Studio*
H₂O POWER HOUR * *Indoor Pool*
BIKE: LEVEL 2 (weather permitting) *Front Spa Desk*
- 11 am **PILATES PLUS BOSU**® II/III *Gym 1*
▼ **WOMEN'S STRETCH** * *Gym 2*
▼ **MEN'S STRETCH** * *Gym 3*
STRIDE II/III *Gym 5*
▼ **AQUA STRENGTH** * *Indoor Pool*
■ **CARDIO TENNIS** *Outdoor Tennis Courts*
A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
■ **THE SCIENCE OF WEIGHT LOSS** *Room*
Gain freedom from the "battle of the bulge"! A physician discusses weight loss management strategies that improve health, boost metabolism & raise energy levels.

AFTERNOON

- Noon **ROCK 'N' BOSU**® II/III *Gym 1*
▼ **YAMUNA**® FOOT FITNESS * (25 min.) *Limit 20 Gym 2*
▼ **BASIC BALANCE** * (25 min.) *Gym 3*
▼ **POWER OF BREATH** * (25 min.) *Yoga Studio*
■ **LUNCH & LEARN** *Demonstration Kitchen*
Watch, learn and dine as our chef prepares Tandoori Chicken while sharing our trade secrets. *Complimentary.*
- 1 pm ■ **BEAUTY SECRETS** *Room*
Learn tips & tricks with our salon design team to bring out the best you can be.
■ **BEADWELL – BOOKMARKS** (50 min.) *Room*
Relax and create your own decorative beaded bookmark. *Limit 10; Complimentary; Sign-up: Program Advising.*
- 1:15 pm **HIKE: LEVEL 1** *Front Spa Desk*
- 1:30 pm **CANOE** (2.5 hr.) *Front Spa Desk*
Must be able swimmer.
BIKE: LEVEL 2 (weather permitting) *Front Spa Desk*
- 2 pm **GOTTA DANCE!** * *Gym 1*
MUSCLE MAX II/III *Limit 15 Gym 2*
AEROBIC CIRCUIT WEIGHTS II/III *Gym 5*
CORE POOL * *Indoor Pool*
▼ **CHI ENERGY** * *Yoga Studio*
■ **TENNIS: AFTERNOON DRILLS** *Outdoor Tennis Courts*
Sharpen your skills and learn to hit the sweet spot every time. *Fee: \$60; Sign-up: Program Advising.*
■ **HANDS-ON COOKING: SEASONAL SOUPS** *Demo Kitchen*
(90 min.) *Fee: \$125. Sign-up: Program Advising.*
■ **CHANGE YOUR THOUGHTS, CHANGE YOUR WORLD** *Room*
Are you driving yourself crazy with negative thoughts? Learn to stop beating yourself up with unhealthy messages and replace them with healthy thoughts that enhance your mood and functioning. Join a Canyon Ranch therapist to learn the secret to creating your own authentic life, one thought at a time.
- 3 pm **PILATES ESSENTIALS I** *Gym 2*
TRAIL CHALLENGE II/III *Lower Spa Lounge*
ALL TERRAIN CYCLE I/II *Limit 17 Cycling Studio*
CANYON RANCH YOGA II *Yoga Studio*
■ **BELLEFONTAINE GARDEN TOUR** *Goldfish Pond, Spa*
Enjoy a tour with Ben Fieman, Landscape Architect.
■ **SELF-EMPOWERMENT, SELF-FORGIVENESS** (110 min.) *Room*
Release yourself from decisions that create blocks, and choose those that foster empowerment and forgiveness. Join a Canyon Ranch expert to acquire a compelling approach to surmount life's obstacles. *Minimum: 2; Limit: 12; Fee: \$140; Sign-up: Program Advising.*

4 pm **DEFINE YOUR MIDLINE II/III** *Limit 20* *Gym 2*
MIND YOUR MUSCLE II/III *Limit 14* *Gym 5*
RESTORATIVE YOGA * *Limit 25* *Yoga Studio*
WALLYBALL II/III *Racquet Court*

■ **CREATE A PERSONAL MANDALA (90 min.)** *Room*
 A mandala is a circular design traditionally used as a tool to aid in meditation. Enjoy crafting this meditation aid while increasing access to deeper aspects of yourself. Class presented by Morris Bennett. *Limit 10; Complimentary; Sign-up: Program Advising.*

5 pm ▼ **MEDITATION *** (25 min.) *Yoga Studio*
STRETCH & RELAX * (25 min.) *Gym 2*

■ **EMPOWERING WOMEN** *Room*
 Drawing from her countless exchanges with women leaders around the world and her own lifetime of leadership which goes far beyond her years in Congress, Mrs. Margolies-Mezvinsky will delve into an eye-opening, worldwide comparison of women through the lens of women's empowerment and the many questions it raises: Does it make a difference when women sit at political tables? How is social and economic policy, as well as the political landscape impacted when women are involved? Studies consistently point to the fact that a woman's increased participation betters the community as a whole. You are invited to join Mrs. Margolies-Mezvinsky as she addresses the questions that one needs to ask in order to achieve this goal.

■ **CAREER OR FAMILY? A WOMAN'S CHOICE TO DO BOTH** *Room*
 When asked how she maintained this delicate balance

5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Room*

EVENING

6 pm ■ **BOOSTING YOUR BRAIN POWER** *Room*
 Join a physician to hear about the latest research on the underlying causes of Alzheimer's & other brain disorders. Learn to prevent abnormal aging through lifestyle change, diet & supplements.

7 pm ■ **ACUPUNCTURE FOR HEALTHY WEIGHT** *Room*
 Come learn about this modern style of acupuncture for supporting healthy weight. Used in hospitals throughout China, it is now here at Canyon Ranch and may just provide the natural boost needed to enhance your healthy weight program.

8 pm ■ **HANDS-ON COOKING: CHOCOLATE** *Demo Kitchen*
 (90 min.) *Fee: \$125. Sign-up: Program Advising.*

8:30 pm ■ **FILM NIGHT** *Sargent Brook Lounge*
 Come and enjoy a specially chosen movie and popcorn to enhance your Canyon Ranch experience.

My Schedule

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FRIDAY *July 30, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

* Best of the Berkshires with Reggie Cooper

✓ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21. Sign up: Spa Activity Board

- 7 am **MORNING WALK** Front Spa Desk
KAYAK SEMI-PRIVATE Front Spa Desk
Fee: \$90; Must be able swimmer.
- 7:30 am **BREAKFAST BIKE RIDE: LEVEL 2** (2 hr.) Front Spa Desk
- 7:45 am **OUTDOOR MORNING TAI CHI** Front Spa Desk
- 8 am ✓ **WAKE-UP WARM-UP STRETCH** * (25 min.) Gym 2
HIKE: LEVEL 5 Front Spa Desk
- 8:30 am **A.B.S ON THE BALL.** * (20 min.) Limit 20 Gym 2
MORNING RUN
- 9 am **LO IMPACT AEROBICS** * Gym 1
MORNING STRETCH * Gym 2
 ✓ **FITNESS FIRST I** Gym 3
SERIOUS CYCLE III Limit 17 Cycling Studio
YOGA FOUNDATIONS * Yoga Studio
- **LIVING WELL LECTURE** Room
 It's the possibilities you choose that make all the difference. Begin your day and simply take pleasure in being well.
- 9:15 am **CANOE/HIKE COMBO** (3.5 hr.) Front Spa Desk
- 9:30 am ■ **WATERCOLOR EN PLEIN AIRE** (2.5 hr.) Front Spa Desk
 Hike and become inspired by nature's beauty. Beginners welcome. *Fee: \$90; Sign-up: Spa Activity Boards.*
- 10 am **ZUMBA** * Gym 1
 ✓ **MUSCLE CONDITIONING** * Gym 2
SUN SALUTATIONS/MEDITATION III Yoga Studio
H₂O POWER HOUR * Indoor Pool
KARDIO KOMBAT III Limit 20 Sports Court
BIKE: LEVEL 4 (weather permitting) Front Spa Desk
- **IS STRESS MAKING ME FAT?** Room
 Do you eat more when stressed out? Are you craving certain foods? Do you feel like all your weight is going to your middle? Join a Canyon Ranch nutritionist to help you "de-stress" the stress and eating issue.
- 11 am **PILATES PLUS PROPS II/III** Gym 1
 ✓ **WOMEN'S STRETCH** * Gym 2
 ✓ **MEN'S STRETCH** * Gym 3
STRIDE II/III Gym 5
 ✓ **AQUA STRENGTH** * Indoor Pool
 ✓ **LABYRINTH WALK** * (weather permitting) Lower Spa Lounge
- **CARDIO TENNIS** Outdoor Tennis Courts
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
- **WOMEN'S HEALTH: AN INTEGRATIVE APPROACH** Room
 Join a Canyon Ranch physician to learn how we can maintain and regain health and balance throughout our lives.

AFTERNOON

- Noon **ROCK 'N' BOSU**® II/III Gym 1
 ✓ **YAMUNA**® FOOT FITNESS * (25 min.) Limit 20 Gym 2
 ✓ **BASIC BALANCE** * Gym 3
- 1 pm * **AERIAL ADVENTURE** *Fee: \$90* Front Spa Desk
Sign-up: Spa Activity Board; Sign-up by noon on day of activity is required.
- **INTERMEDIATE TO ADVANCED TENNIS CLINIC** Outdoor Tennis Courts
 Enhance your level of play with pointers from an expert Canyon Ranch tennis pro. *Limit 4; Fee: \$60; Sign-up: Program Advising.*
- **THE ART OF MINDFULNESS** Room
 The art of living mindfully involves waking up from our habitual patterns to a life that is vibrant, meaningful and truly alive. A behavioral therapist explores cultivating this enriching life skill to live life as if it really matters.
- 1:15 pm **HIKE: LEVEL 2** Front Spa Desk
- 1:30 pm **CENTENNIAL MEMBERSHIPS** Spa Lobby
 Learn the benefits of membership and how you can make a long-term commitment to healthy living. In addition to this scheduled info session, the membership office is open daily.
- KAYAK SEMI-PRIVATE** Front Spa Desk
Fee: \$90; Must be able swimmer.
- INTRO TO MOUNTAIN BIKING: LEVEL 3** (90 min.) Limit 4. Front Spa Desk
- 2 pm * **HIGH ROPES COURSE** *Fee: \$220* Front Spa Desk
Sign-up: Spa Activity Board; Sign-up by noon on day of activity is required.
- GOTTA DANCE!** * Gym 1
AEROBIC CIRCUIT WEIGHTS II/III Gym 5
- ✓ **CHAIR YOGA I** Limit 10 Yoga Studio
TRX STRENGTH® II/III Limit 20 Sports Court
CORE POOL * Indoor Pool
- **HANDS-ON COOKING: SPEED CUISINE** Demo Kitchen
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- **SECRETS TO YOUTHFUL SKIN** Room
 Join a Canyon Ranch esthetician and deepen your knowledge of products best for your skin. Learn to keep your skin healthy and glowing.
- **THE YIN WITHIN** Room
 Join an acupuncturist & herbalist in exploring Chinese medicine and the female being (or Yin). Discuss basic constitutional types & learn how to effectively treat female health issues.
- 3 pm **YAMUNA**® BODY ROLLING * Gym 2
TRAIL CHALLENGE II/III Lower Spa Lounge
ALL TERRAIN CYCLE I/II Limit 17 Cycling Studio
CANYON RANCH YOGA II Yoga Studio
- **PAINT & PLAY** (90 min.) Sargent Brook Lounge
 "Breaking the rules" allows the seed of creativity to grow inside. Experiment with a variety of mediums as artist Colleen Kiger guides you through the process. *Limit 8; Complimentary; Sign-up: Program Advising.*

- 4 pm **DEFINE YOUR MIDLINE II/III** *Limit 20* *Gym 2*
BASIC AEROBIC CIRCUIT WEIGHTS I *Limit 18* *Gym 5*
RESTORATIVE YOGA * *Limit 25* *Yoga Studio*
* **WALLYBALL II/III** *Racquet Court*
- 5 pm ✓ **MEDITATION *** (25 min.) *Yoga Studio*
STRETCH & RELAX * (25 min.) *Gym 2*
- 5:15 pm ■ **BUILDING A BETTER YOU** *Room*
Join a physical therapist for simple ways to perfect the wondrous machine that is your body.
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Room*

EVENING

- 6 pm ■ **ACCESSING HIGHER KNOWLEDGE:
NUMEROLOGY & THE METAPHYSICAL ARTS** *Room*
Numbers play an important role in balancing our lives. Learn more on how numbers can provide insight into your character and how other metaphysical readings can explore the uniqueness of you.
- 7 pm * **WELCOME DINNER:** (90 min.) *Dining Room*
HOSTED BY REGGIE COOPER, MANAGING DIRECTOR
Seating is limited; Call ext. 5310 to reserve a seat.
- 7:30 pm ■ **PIANO FAVORITES WITH PETER BREYKIN** *Fieldstone Lounge*
- 8 pm ■ **HANDS-ON COOKING:
BREAD BAKING WITH ROLANDO** (90 min.) *Demo Kitchen*
Fee: \$125; Sign-up: Program Advising.
- **GAME NIGHT** *Hotel Pavilion*
Join your fellow guests for a self-guided friendly game of dominoes, Scrabble® and other game favorites.
- **PRACTICING THE PRACTICAL POWER
OF GRATITUDE** *Room*
Experience the fulfillment of expressing and receiving gratitude! Spend an entertaining and inspiring hour with Jerry Posner, author of "Attention Late Bloomers: You're Right On Time!" and learn to use "grati-tools" to increase happiness, improve relationships, achieve balance in life ...and have some fun, as well!

My Schedule

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SATURDAY *July 31, 2010*

FITNESS LEVEL I (Beginner) II (Intermediate) III (Advanced) * (All Levels)

* Best of the Berkshires with Reggie Cooper

✓ Exercise and Vitality at Any Age

■ Daily discussions and workshops

MORNING

HIKES & OUTDOOR SPORTS

Descriptions available on page 21. Sign up: Spa Activity Board

- 7 am **MORNING WALK** Front Spa Desk
SCULLING (2 hr. 30 min.) Front Spa Desk
Fee: \$135; Limit 2; Must sign-up by 4 pm day prior.
- 7:30 am **BREAKFAST BIKE RIDE: LEVEL 2** (2 hr.) Front Spa Desk
- 8 am ✓ **WAKE-UP WARM-UP STRETCH *** (25 min.) Gym 2
 * **FIVE SUMMITS HIKE: LEVEL 6:** (7.5 hr.) Front Spa Desk
 A challenging hike to the summit of Mount Greylock, with many beautiful views. *Limit 10; Sign-up: Spa Activity Boards; Lunch included*
- 8:30 am **A.B.S. ON THE BALL *** (20 min.) Limit 20 Gym 2
- 9 am **LO IMPACT AEROBICS *** Gym 1
MORNING STRETCH * Gym 2
SERIOUS CYCLE III Cycling Studio
 ✓ **GENTLE YOGA FLOW *** Yoga Studio
KAYAK SEMI-PRIVATE (2.5 to 3 hr.) Front Spa Desk
Fee: \$90; Must be able swimmer.
- 9:15 am **HIKE: LEVEL 3** Front Spa Desk
- 9:30 am **OFF PROPERTY TAI CHI WALK** (2.5 hr.) Front Spa Desk
- 10 am **H₂O POWER HOUR *** Indoor Pool
STRIP FIT * Gym 1
 ✓ **MUSCLE CONDITIONING *** Gym 2
DIRTY DOZEN RELAY III Sports Court
VINYASA FLOW III (90 min.) Yoga Studio
BIKE: LEVEL 4 (2.5 hr.) Front Spa Desk
Off-road ride; weather permitting.
- **GRACEFUL AGING** Room
 Join a Canyon Ranch acupuncturist to contrast Chinese and American cultural norms around aging. Discuss inspiring ways we can improve our chances of living a long and healthy life and aging more gracefully. Learn to see every stage in life as a reason for celebration!
- 11 am **PILATES PLUS BOSU® II/III** Gym 1
 ✓ **WOMEN'S STRETCH *** Gym 2
 ✓ **MEN'S STRETCH *** Gym 3
STRIDE II/III Gym 5
 ✓ **AQUA STRENGTH *** Indoor Pool
KETTLEBELL ESSENTIALS II Limit 15 Sports Court
- **CARDIO TENNIS** Outdoor Tennis Courts
 A fun new approach to tennis in a great group aerobic workout. *Fee: \$60; Sign-up: Program Advising.*
- **ULTRAPREVENTION: THE CAUSE AND PREVENTION OF ILLNESS** Room
 Join a Canyon Ranch physician to learn how you can take advantage of this revolution in the science of medicine to prevent and cure most common diseases.

AFTERNOON

- Noon **ROCK 'N' BOSU® II/III** Gym 1
 ✓ **YAMUNA® FOOT FITNESS *** (25 min.) Limit 20 Gym 2
 ✓ **BASIC BALANCE *** Gym 3
BASKETBALL PICK-UP GAME Sports Court
- **PILATES FOR OSTEOPOROSIS WORKSHOP** Gym 4
 Pilates can provide an excellent means for supporting our skeletal system, strengthening muscles around the spine and hip to improve posture and balance. In this 50-minute workshop you will be instructed in Pilates exercises specifically designed for osteoporosis from both the Mat and Reformer series. *Limit 4; Fee: \$90; Sign-up: Program Advising.*
- 12:30 pm ■ **NORMAN ROCKWELL MUSEUM TOUR** (2 hr.) Pavilion Lobby
Fee paid at Museum: \$15.00 (cash only). Sign up: Ext. 5525.
- 1 pm **HIGH ROPES COURSE** Fee: \$220 Front Spa Desk
Sign-up by noon on day of activity is required.
- **THE ART OF FENCING: SWORDPLAY** Gym 1
 Enguard! Challenge your legs and butt in this fun workout. Satisfy the dream of exploring the art of fencing. *Limit 8; Fee: \$90; Sign-up: Program Advising.*
- 1:15 pm **HIKE: LEVEL 1** Front Spa Desk
- 1:30 pm **BIKE: LEVEL 2** (weather permitting) Front Spa Desk
CANOE (2.5 hr.) Front Spa Desk
Must be able swimmer.
- 2 pm **STEP POWER II** Gym 1
MUSCLE MAX II/III Limit 15 Gym 2
AEROBIC CIRCUIT WEIGHTS II/III Gym 5
CHI ENERGY * Yoga Studio
CORE POOL * Indoor Pool
- **TENNIS: AFTERNOON DRILLS** Outdoor Tennis Courts
 Sharpen your skills and learn to hit the sweet spot every time. *Fee: \$60; Sign-up: Program Advising.*
- **HANDS-ON COOKING: DELICIOUS FISHES** Demo Kitchen
 (90 min.) *Fee: \$125; Sign-up: Program Advising.*
- **TAKING IT HOME WITH YOU** Room
 Let us guide you through our take home packet of tools and tactics to help you go home with a realistic plan to achieve your healthy intentions.
- 3 pm **BAREFOOT BOOGIE *** Gym 1
PILATES ESSENTIALS I Gym 2
ALL TERRAIN CYCLE I/II Cycling Studio
CANYON RANCH YOGA II Yoga Studio
TRAIL CHALLENGE II/III Lower Spa Lounge
- **TENNIS: ROUND ROBIN DOUBLES** Outdoor Tennis Courts
 A doubles tournament in a round-robin format. (2.5 skill level required.) *Complimentary. Sign up: Spa Activity Board.*
- **MINDFUL MEDITATION** (90 min.) Room
WORKSHOP
 Learn to use Mindfulness Meditation to enhance your peace of mind. A behavioral therapist guides you through focused awareness activities to develop stress management skills. *Fee: \$110; Sign-up: Program Advising.*

4 pm **DEFINE YOUR MIDLINE II/III** *Limit 20* Gym 2
MIND YOUR MUSCLE II/III *Limit 14* Gym 5
RESTORATIVE YOGA * *Limit 25* Yoga Studio
WALLYBALL II/III Racquet Court

■ **WEST AFRICAN DRUMMING** Gym 1
 Experience the healing power of the drum! You'll learn basic hand drumming techniques and specific rhythms as we make music together.

5 pm ▼ **MEDITATION *** (25 min.) Yoga Studio
STRETCH & RELAX * (25 min.) Gym 2

5:30 pm ■ **FRIENDS OF BILL W. MEETING** Room

EVENING

7 pm ■ **HEALING ENERGY SELF CARE** (90 min.) Yoga Studio
 Learn simple, do-it-yourself techniques to help relax, open energy centers (chakras), and strengthen the immune system by opening your heart center. *Please arrive promptly as the class begins with essential instruction. No admittance after 7:10 pm.*

8 pm * **JACOB'S PILLOW EXCURSION: CND2** Room
Fee: \$58.50; A limited number of tickets are available for this dance performance; seats may not be in a single block. Sign-up: Cultural Coordinator, ext. 5504.

8:30 pm ■ **BINGO** Room
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

My Schedule

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11:30 am _____

12 Noon _____

12:30 pm _____

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8 pm _____

8:30 pm _____

9 pm _____

Find Your Level

We encourage you to get fit and have fun! 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. 5472.

We offer classes in six categories:

**CARDIO • FLEXIBILITY • MIND-BODY • SPECIALTY
STRENGTH • DANCE**

Within these categories are four fitness levels:

**I (BEGINNER) • II (INTERMEDIATE) • III (ADVANCED)
* (ALL LEVELS)**

A complete and well-balanced program will ideally include a combination of cardio, strength and flexibility.

BEGINNER: ALL LEVELS, 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 to 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, 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

REMINDERS:

- For your safety, no admittance 10 minutes after the hour.
- Cell phones are not permitted in classes, in the weight room or on hikes.
- For your safety, earphones are not permitted in classes.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise the use of aqua socks or athletic socks in the pool.
- Please note that lap swimming is not allowed during pool classes.
- Please call Ext. 5567 after 6 a.m. for morning walk cancellations.

WEIGHT ROOM SUPERVISION:

Gym 5

8 a.m. to 1 p.m. and 2 to 5 p.m. – Classes held in the weight room have priority use of equipment. Begins on the hour until 10 minutes before the hour.

CARDIO

AEROBIC CIRCUIT WEIGHTS – (*Limit 24*) A total body workout alternating strength training and aerobic activity. Prior lifting experience required. **Daily 2 p.m.** - II/III

ALL TERRAIN CYCLE – (*Limit 17*) This ride will give you a taste of outdoor cycling with a simulated peak, valley and mixed-terrain experience. **Daily 3 p.m.** - I/II

BASIC AEROBIC CIRCUIT WEIGHTS – (*Limit 18*) This class is designed for the beginner who desires a total body workout. **Su,M,W,F 4 p.m.** - I

SERIOUS CYCLE – (*Limit 17*) A ride for the experienced cyclist. **Daily 9 a.m.** - III

LO IMPACT AEROBICS – An invigorating cardiovascular workout that stimulates heart rate without high impact movements. **Daily 9 a.m.** - *

STRIDE – (*Limit 18*) A motivating group treadmill workout incorporating interval training. **Daily 11 a.m.** - II/III

DANCE

BAREFOOT BOOGIE – A lively, energizing, and deeply moving class to dance fully from your heart, your spirit and your whole body! **Sa 3 p.m.** - *

GOTTA DANCE! – A creative, contemporary combination of funk, jazz, Broadway, afro and latin dance styles to increase your heart rate and lift your spirits! **Su,Tu,Th,F 2 p.m.** - *

NIA® – The Nia® Technique, created by Debbie and Carlos Rosas in 1983, is a language/sensory based and personalized movement practice that blends dance, martial arts and healing arts. A fun class with inspiring music suitable for all fitness levels. **Su,Tu,Th 10 a.m.** - *

STRIP FIT – (*Limit 30*) Come and play with some of the basic moves of striptease for a fun, sexy workout. **W,Sa 10 a.m.** - *

ZUMBA® – A Latin-inspired international dance fitness class that is dynamic, exciting, fun and effective! **M,F 10 a.m. and W 3 p.m.** - *

FLEXIBILITY

✓ **MEN'S STRETCH** – Designed for men to improve total body flexibility and awareness. No shoes. **Daily 11 a.m.** - *

MORNING STRETCH – A gentle warm-up followed by a series of stretches for the entire body. No shoes. **Daily 9 a.m.** - *

STRETCH & RELAX – A 25 minute stretch class to promote flexibility and decrease muscle soreness with guided relaxation at the end of class. No shoes. **Daily 5 p.m.** - *

✓ **WAKE-UP WARM-UP STRETCH** – A 25-minute standing stretch class to prepare you for your daily activities – a great morning starter! **Daily 8 a.m.** - *

✓ **WOMEN'S STRETCH** – Designed for women to improve total body flexibility and awareness. No shoes. **Daily 11 a.m.** - *

MIND-BODY

CANYON RANCH YOGA – For yoga lovers. This class focuses on posture, breathing and alignment; bringing the mind and body into balance. No shoes. **Su,M,W,Th,F 3 p.m.** - II

✓ **CHAIR YOGA** – (*Limit 10*) A gentle yoga class in a chair. Improve body and breath awareness, relax your mind and reconnect yourself to your spirit. **Su,M,W,F 2 p.m.** - I

✓ **CHI ENERGY** – A moving meditation based on ancient martial arts, designed to harmonize the natural flow of life energy. Weather permitting class may go outside. **Tu,Th,Sa 2 p.m.** - *

✓ **GENTLE YOGA FLOW** – Take your foundational practice to a new level. You will experience the flow principle as you connect breath and postures in a simple sequence. **Tu,Th,Sa 9 a.m.** - I

✓ **LABYRINTH WALK** – Discover the calmness of nature as you escape life's stresses and enjoy a silent walk in the labyrinth. **Su,W,F 11 a.m.** - *

✓ **MEDITATION** – A 25-minute quieting of the mind and body using basic meditative and relaxation techniques. No shoes. **Daily 5 p.m.** - *

✓ **POWER OF BREATH** – A 25-minute educational and experiential class to learn the fundamentals of breathing in yoga, cardiovascular and strength training activities. **Su,Tu,Th Noon** - *

RESTORATIVE YOGA – (*Limit 25*) An antidote to stress. This class presents nurturing yoga postures by supporting the body with props. An "active relaxation." No shoes. **Daily 4 p.m.** - *

SUN SALUTATIONS/MEDITATION – Enjoy the ancient tradition of "gathering sun energy" to heat your body, then calm your mind with 20 minutes of meditation. **Su,W,F 10 a.m.** - III

VINYASA FLOW – A full 90-minute class for intermediate and advanced practitioners. Incorporating pranayama, asana and meditation. **M,Tu,Th,Sa 10 a.m.** - III

YOGA FOR ATHLETES – Flowing athletic moves and yoga postures to improve your strength, balance and flexibility. **Tu,Sa 3 p.m.** - II

YOGA FOUNDATIONS – The perfect class for those new to yoga and those wanting to review key alignment principles. **Su,M,W,F 9 a.m.** - *

SPECIALTY

A.B.S. ON THE BALL – (*Limit 20*) Join us for an abdominal and back stabilization workout using Physioballs. **Daily 8:30 a.m. (20 min.)**

✓ **AQUA STRENGTH** – A water workout emphasizing total body conditioning using a variety of water equipment. **Daily 11 a.m. - ***

CORE POOL – Jump into fitness and learn to create strength through your core. Incorporate cardiovascular and strength moves to get the body you want. **Daily 2 p.m. - ***

DEFINE YOUR MIDLINE – A class focusing on exercises to develop core strength, balance and definition for your midsection. **Daily 4 p.m. - II/III**

DIRTY DOZEN RELAY – Eliminate your baker's dozen. Challenge your strength and endurance with speed drills. **Tu,Th,Sa 10 a.m. - III**

✓ **FITNESS FIRST** – Start your lifestyle changes with an easy to follow low impact aerobic routine for 20 minutes followed by 20 minutes of basic strength training. **M,W,F 9 a.m. - I**

H2O POWER HOUR – This challenging indoor water workout includes 25 to 30 minutes of aerobics followed by stretching. **Daily 10 a.m. - ***

KARDIO KOMBAT – (*Limit 20*) Test your skills in Kombat. Jump ropes, ladders, and boxing drills will prepare you for the fight. **Su,M,W,Fr 10 a.m. - III**

MIND YOUR MUSCLE – (*Limit 14*) Using basic yoga postures and strength training exercises with stability challenges, this total body workout provides you with a mindful approach to strength training. **Tu,Th,Sa 4 p.m. - ***

ROCK 'N' BOSU® – A workout that will sculpt the lower body and chisel your abdominals using your body weight and the BOSU® **Daily Noon - ***

STEP POWER – An intermediate athletic style cardio workout with total strength work using resistance bands, medicine balls and/or body weight exercises. **M,Sa 2 p.m. - II**

TRAIL CHALLENGE – Workouts do not have to be indoors. Join us on property for strength, aerobic and agility skills that will get your heart pounding. *Weather permitting.* **Daily 3 p.m. - II/III**

WALLYBALL – Volleyball goes “off the wall” in this fun team sport. **Daily 4 p.m. - II/III**

YAMUNA® BODY ROLLING – (*Limit 20*) Elongate muscles, release your spine, improve alignment, deepen your breathing and increase your relaxation response. **M,Fr 3 p.m. - ***

YAMUNA® FOOT FITNESS – (*Limit 20*) 25 minutes of routines that strengthen your feet, improve function and flexibility. **Daily Noon - ***

STRENGTH

BASIC BALANCE – This 25 minute class helps maintain and improve balance with simple exercises. **Daily noon - ***

KETTLEBELL ESSENTIALS – (*Limit 15*) Use the classic Kettlebell to integrate total core strength essentials in your body. **Su,M,W,Sa 11 a.m. - II**

MUSCLE MAX – (*Limit 15*) Advance to the next level of fitness! Use a physioball, and combination of medicine balls, bands, and hand weights to integrate strength and core stabilization skills in a total body workout. **Tu,Th,Sa 2 p.m. - II**

✓ **MUSCLE CONDITIONING** – Learn basic strength and muscular endurance exercises using hand weights and bands. A total body workout. **Daily 10 a.m. - ***

PILATES ESSENTIALS – Learn essential Pilates mat technique with exercises that challenge strength and flexibility to create a strong and healthy body. **Su,Tu,W,Th,Sa 3 p.m. - I**

PILATES PLUS BOSU® – Expand your pilates mat workout by incorporating the Bosu® and enhance your core training with balance and stability. **Tu,Th,Sa 11 a.m. - II/III**

PILATES PLUS PROPS – Take your Pilates knowledge and your body to the next level with a more challenging mat workout utilizing various Pilates props for improved awareness and coordination. **Su,M,W,F 11 a.m. - II/III**

TRX® STRENGTH – Total body strength program using TRX cables and gravity. A challenging workout to build muscle tone and stamina. **Su,M,W,Fr 2 p.m. - II/III**

Outdoor Sports

ALL ACTIVITIES MEET AT THE FRONT SPA DESK
SIGN-UP BOARDS ARE LOCATED IN THE UPPER SPA

HIKING

For hiking dress in layers with hat, gloves, sunglasses, waterproof windbreaker and good hiking boots. Be sure to wear sunscreen. Clothing made of wicking fabrics preferred. Please bring your water bottle.

Level 1 - 1.5 to 2.5 miles, 1.5–2.5 hours, rolling terrain

Level 2 - 1.5 to 3.5 miles, 2–3 hours, vertical rise 250' to 900'

Level 3 - 2.5 to 5 miles, 2–4.5 hours, vertical rise 350' to 1200'

Level 4 - 4 to 10 miles, 2.5–6 hours, vertical rise 880' to 2000'

Level 5 - 6.5 to 12 miles, 5–6.5 hours, vertical rise 1200' to 2900'

Level 6 - 8 to 15 miles, 6–8 hours, vertical rise 2500' to 4000'

Pole Hiking - Hiking with ski poles for a full body workout

Tai Chi Walk - Level 1 - Learn simple movements of Tai Chi in an outdoor setting

Watercolor En Plein Aire - Level 1 - Hike and become inspired by nature's beauty. Beginners welcome. *Fee: \$90.*

Morning Run - 2 to 3 mile road run

Trail Walk - Level 1 - 2 mile brisk walk on Canyon Ranch woodland trails.

BIKING

Aerobic fitness required for all bike rides.

ROAD RIDES

Level 2: 5 to 7.5 miles, 1.5–2 hours, moderate hills; *Limit 7*

Level 3: 8 to 14 miles, 2–2.5 hours, moderate to steep hills; *Limit 7*

Level 4: 15 to 20 miles, 2.5 hours, moderate to long and steep hills; *Limit 7*

Ashwillticook Rail Trail: Level 2 - 10 to 23 miles scenic bike ride on a flat, paved path; *Limit 4*

MOUNTAIN BIKING

Intro To Mountain Biking - Learn basic mountain biking skills on property trails. *Limit 7.*

Off-Road Mountain Bike Ride - 10 miles on roads & local trails, moderate to long, steep hills. Some experience necessary. *Limit 7.*

WATER SPORTS

Must be an able swimmer to participate in all water sports activities.

Canoe Trip - 2 to 3 miles scenic flat water, active paddling

Canoe/Hike Combo - 2 mile hike, vertical rise 400' and a 2 mile canoe trip.

Semi-Private Kayak - 2 to 3 hours with instruction in the basic techniques of kayaking on one of our local lakes. *Fee: \$90*

Semi-Private River Kayak - 3.5 hour seven-mile flat-water paddle on the Housatonic River. Previous kayaking experience is necessary for this scenic trip. *Fee: \$90*

PRIVATE OUTDOOR SPORTS SERVICES

Private hiking, biking and water sport tours can also be arranged.

Photography Hike - Level 1 - Woodland walk including instruction in outdoor photography. *Fee: \$235*

Pool Kayaking - Indoor Pool, paddling and rolling instruction. *Fee: \$150*

Hike & Paint Private - Level 1 - 90 min. - Woodland walk followed by indoor watercolor lesson. *Fee: \$180*

Sculling Private - Single shell rowing instruction for all levels, 2 guest maximum. *Fee: \$135*

Body Work

HOW TO RECEIVE A MASSAGE

- Give yourself plenty of time before your massage so you can enjoy the steam room, sauna or whirlpool. Warm muscles benefit most from body work.
- A warm shower just before your massage is relaxing and washes away any salts, minerals or chemicals that could clog pores when mixed with massage oils. Then put on your robe and meet your therapist in the locker room waiting area.
- You can choose to remain quiet or talk during your service. The therapist will follow your lead.
- Unless the service description specifies that your massage will be received clothed, undress completely and wear a robe to your massage. You will be able to take your robe off and cover yourself in privacy. You will be draped with a sheet throughout the service to preserve modesty. For services that are received clothed, light, loose fitting clothes are ideal. Please leave valuables in your room as you do not want these items left behind.
- Oils with fragrance are applied. Fragrance-free massage oil is available upon request.
- Communication is the key to getting the massage you want. During your massage, let your therapist know if you feel any discomfort.
- Because every body is different, our superb massage staff is eclectic, multi-talented and devoted to giving you a massage that satisfies your needs. Please communicate your expectations and medical conditions with your therapist and listen to your body.
- Close your eyes and allow your mind and body to be quiet. Focus on how you feel. Breathe deeply and let tension slip away with each breath. Remember, this time is for you.
- Can't decide between the Canyon Ranch Massage or Deep Tissue Massage? See differences below:

Canyon Ranch Massage

- Light to medium pressure
- Relaxing massage

Deep Tissue Massage

- Strong, firm pressure
- Focus on specific areas or knots

Consult Program Advising, Ext. 5439, about the availability of appointments.

