

*August 1 to 7, 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.

## Rabbi Sherre Hirsch • August 3 and 4

Explore life's uncertainties and infinite promise with Canyon Ranch's dear friend, author and inspiring speaker Rabbi Sherre Hirsch.

## 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 *August 1, 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** (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** Front Spa Desk
- 8:15 m \* **BIKE SPECIAL: LEVEL 2:** (4.5 hr.) Front Spa Desk  
 Ride the Ashuwillitook Rail Trail with Reggie Cooper. *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** Rockwell 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 3** Front Spa Desk
- 10 am **NIA** \* Gym 1  
 ▼ **MUSCLE CONDITIONING** \* Gym 2  
**KARDIO KOMBAT** III Sports Court  
**SUN SALUTATIONS/MEDITATION** III Yoga Studio  
**H<sub>2</sub>O 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. *Reggie Cooper will arrive at 12:45 pm. Brunch is 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.*
- **STRESS SOLUTIONS** Tanglewood Room  
 Eek! Is life getting to you? Join a Canyon Ranch life management therapist and learn the physiology behind stress and gain some techniques to manage the stresses in your life.

## 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 2** 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  
**TRAIL CHALLENGE** II/III Lower Spa Lounge
- 2:30 pm \* **TANGLEWOOD EXCURSION: SIBELIUS, ELGAR & MUGGORGSKY – BOSTON SYMPHONY ORCHESTRA FEATURING YO-YO MA** Front Spa Desk  
*A limited number of complimentary lawn tickets are available for this excursion. Sign-up: Cultural Coordinator, ext. 5504.*
- 3 pm **ZUMBA**® \* Gym 1  
**PILATES ESSENTIALS** \* Gym 2  
**CANYON RANCH YOGA II** Yoga Studio  
**ALL TERRAIN CYCLE I/II** Limit 17 Cycling Studio  
**CORE POOL** \* Indoor Pool
- **SECRETS TO YOUTHFUL SKIN** Rockwell 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 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
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** Lenox Room

## EVENING

- 6 pm ■ **SIMPLY PAINFUL** *Tanglewood 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** *Rockwell 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.
- 7:30 pm \* **ON-PROPERTY SUNSET HIKE & CAMPFIRE** *Front Spa Desk*
- 8 pm ■ **GAME NIGHT** *Hotel Pavilion*  
 Join your fellow guests for a self-guided friendly game of dominoes, Scrabble® and other game favorites.
- **DEMYSTIFYING ASTROLOGY** *Berkshire 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.

## My Schedule

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# MONDAY *August 2, 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
- 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** 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** Tanglewood 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: LEVEL 3** (3.5 hr.) Front Spa Desk  
 Two mile hike, vertical rise 400' and a two mile canoe trip.  
 Must be able swimmer. Limit 20; Sign-up: Spa Activity Boards.
- 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  
**H<sub>2</sub>O POWER HOUR** \* Indoor Pool  
**VINYASA FLOW III** (90 min.) Yoga Studio  
**BIKE: LEVEL 3** (weather permitting) Front Spa Desk
- **AYURVEDIC MEDICINE** Berkshire 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.

- 11 am cont. ■ **WHAT'S IN YOUR PANTRY?** Tanglewood 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 Tilapia with  
 Avocado Sauce 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** Tanglewood 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** Rockwell 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 2** 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  
**TRX STRENGTH**® II/III Limit 20 Sports Court  
**TRAIL CHALLENGE II/III** Lower Spa Lounge
- **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** Berkshire 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  
**CORE POOL \*** Indoor Pool  
**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.*
- \*■ **CROQUET WITH REGGIE COOPER\*,** Goldfish Pond, Spa  
**MANAGING DIRECTOR**  
 Prizes for all participants. *Limit 12; weather permitting.*
- 4 pm **DEFINE YOUR MIDLINE II/III** Limit 20 Gym 2  
**BASIC AEROBIC CIRCUIT WEIGHTS I** Limit 18 Gym 5  
**WALLYBALL II/III** Racquet Court  
**RESTORATIVE YOGA \*** Limit 25 Yoga Studio
- 5 pm ▼ **MEDITATION \*** (25 min.) Yoga Studio  
**STRETCH & RELAX \*** (25 min.) Gym 2
- \*■ **ULTRALONGEVITY** Stockbridge 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** Lenox 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.) Tanglewood Room  
 Relax and create your own beautiful beaded bracelet. *Limit 10; Sign-up: Program Advising; Complimentary.*
- \*■ **FAREWELL DINNER:** (90 min.) Dining Room  
**HOSTED BY REGGIE COOPER, MANAGING DIRECTOR**  
*Seating is limited; Call ext. 5310 to reserve a seat.*
- 7:30 pm ■ **TOM CARROLL ROMANTIC GUITAR** Fieldstone Lounge
- 8:30 pm ■ **BINGO** Stockbridge Room  
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

## My Schedule

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# TUESDAY *August 3, 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*  
■ **LIVING YOUNGER LONGER** *Berkshire 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*  
**H<sub>2</sub>O 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** *Tanglewood 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 Curried Chicken with Cucumber Raita 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 pm ■ **ARE WE OBLIGATED TO BE HAPPY?** *Berkshire Room*  
Join Rabbi Sherre Hirsch for an exploration of the societal pressure to be happy, and a discussion of whether or not we should strive for happiness.
- 1:15 pm **HIKE: LEVEL 1** *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*  
**TRAIL CHALLENGE** II/III *Lower Spa Lounge*  
▼ **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** *Tanglewood 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 **ZUMBA**® \* *Gym 1*  
**PILATES ESSENTIALS I** *Gym 2*  
**YOGA FOR ATHLETES II** *Yoga Studio*  
**ALL TERRAIN CYCLE I/II** *Limit 17 Cycling Studio*  
**CORE POOL** \* *Indoor Pool*  
■ **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** *Berkshire 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** *Limit 20* 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** *Tanglewood 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.) *Rockwell 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** Lenox 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 CREATE MIRACLES IN YOUR LIFE** *Berkshire Room*  
 Miracles happen ... how about creating your own? Join Jerry Posner, author of "Attention Late Bloomers: You're Right On Time!" for a newly revised, entertaining and practical approach to miracle making, including a three-step process to help increase the probability of specific goals and desired outcomes in your life.
- 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.) *Stockbridge 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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6:30 am \_\_\_\_\_

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7:30 am \_\_\_\_\_

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# WEDNESDAY August 4, 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 5** 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** Limit 17 Cycling Studio  
**YOGA FOUNDATIONS \*** Yoga Studio
- **TAKING IT HOME WITH YOU** Tanglewood 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  
**H<sub>2</sub>O 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** Berkshire 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** Tanglewood 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** Berkshire 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 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.*
- 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  
**TRAIL CHALLENGE II/III** Lower Spa Lounge
- **ASTROLOGY & SYNCHRONICITY** Rockwell 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	<b>ZUMBA® *</b>	Gym 1
	<b>PILATES ESSENTIALS *</b>	Gym 2
	<b>CORE POOL *</b>	Indoor Pool
	<b>ALL TERRAIN CYCLE I/II</b>	Cycling Studio
	<b>CANYON RANCH YOGA II</b>	Yoga Studio
	■ <b>COLLAGE ART (90 min.)</b>	Sargent Brook Lounge
	Use found images from graphic art, photos or print materials to create a unique expression through collage. <i>Limit 8; Complimentary; Sign-up: Program Advising.</i>	
	■ <b>BUILDING BETTER BONES</b>	Berkshire 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.	
4 pm	<b>DEFINE YOUR MIDLINE II/III</b>	Gym 2
	<b>BASIC AEROBIC CIRCUIT WEIGHTS I</b>	Gym 5
	<b>RESTORATIVE YOGA *</b>	Yoga Studio
	<b>WALLYBALL II/III</b>	Racquet Court
	■ <b>TRANQUILITY MEDITATION (100 min.)</b>	Tanglewood Room
	<b>WORKSHOP</b>	
	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. <i>Limit 12; Fee: \$140; Sign-up: Program Advising.</i>	
5 pm	✓ <b>MEDITATION * (25 min.)</b>	Yoga Studio
	<b>STRETCH &amp; RELAX * (25 min.)</b>	Gym 2
5:30 pm	■ <b>FRIENDS OF BILL W. MEETING</b>	Lenox Room

## EVENING

6 pm	■ <b>ENERGY BALANCE</b>	Rockwell 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	■ <b>SIMPLY PAINFUL</b>	Berkshire Room
	Join a neuromuscular therapist and learn how we unknowingly put our bodies in painful positions and how this therapy can help.	
	■ <b>WE PLAN, GOD LAUGHS</b>	Tanglewood Room
	Join Rabbi Sherre Hirsch as she discusses this ancient Yiddish proverb and explores how true it is, or is not, in our own lives.	
	■ <b>COFFEEHOUSE ACOUSTIC GUITAR</b>	Mansion Library
8:30 pm	■ <b>BINGO</b>	Stockbridge Room
	Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.	

## My Schedule

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# THURSDAY *August 5, 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 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*  
**DIRTY DOZEN RELAY III** *Sports Court*  
**VINYASA FLOW III** (90 min.) *Yoga Studio*  
**H<sub>2</sub>O 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** *Tanglewood 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 Crispy Coconut Chicken while sharing our trade secrets. *Complimentary.*
- 1 pm ■ **BEAUTY SECRETS** *Rockwell Room*  
Learn tips & tricks with our salon design team to bring out the best you can be.  
■ **BEADWELL – BOOKMARKS** (50 min.) *Stockbridge 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*  
**ALL TERRAIN CYCLE** I/II *Limit 17 Cycling Studio*  
**TRAIL CHALLENGE** II/III *Lower Spa Lounge*  
▼ **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** *Berkshire 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 **ZUMBA**® \* *Gym 1*  
**PILATES ESSENTIALS I** *Gym 2*  
**CORE POOL** \* *Indoor Pool*  
**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.) *Tanglewood 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 (90 min.) MANDALA** *Stockbridge 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*
- **PROACTIVE PHYSICAL THERAPY: TREAT YOUR OWN ACHES AND PAINS** *Berkshire Room*  
 Join a physical therapist and explore some of the causes and solutions to common aches and pains.
- 5:30 pm ■ **FRIENDS OF BILL W. MEETING** *Lenox Room*

## EVENING

- 6 pm ■ **BOOSTING YOUR BRAIN POWER** *Rockwell 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** *Berkshire 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 *August 6, 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.
- 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**
- 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** Tanglewood 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  
**H<sub>2</sub>O POWER HOUR** \* Indoor Pool  
**KARDIO KOMBAT III** Limit 20 Sports Court  
**BIKE: LEVEL 4** (weather permitting) Front Spa Desk
- **INSANITY OF DIETING** Berkshire Room  
All too often people are frustrated that their actions are not creating their desired results. Please join Lori Reamer, RD for an entertaining and informative look at where people often go wrong on the topic of dieting.
- 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** Tanglewood 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
- **LUNCH & LEARN** Demonstration Kitchen  
Watch, learn and dine as our chef prepares Spice Crusted Mahi with Lime Mojo Sauce while sharing our trade secrets. Complimentary.
- 12:10 pm ■ **SHAKESPEARE & COMPANY** Café Jardin  
Join actors for an open-air sampling of one of the finest theatrical offerings of the season from Shakespeare & Company, our internationally-acclaimed neighbor. Seating is limited; non-diners are welcome but table seating is reserved for diners only. 30 minutes. If Café Jardin is closed due to inclement weather this performance will take place in the Mansion Library.
- 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.
- **THE ART OF MINDFULNESS** Berkshire 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 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.
- INTRO TO MOUNTAIN BIKING: LEVEL 3** (90 min.) Limit 4. 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  
**TRAIL CHALLENGE II/III** Lower Spa Lounge
- **HANDS-ON COOKING: SPEED CUISINE** Demo Kitchen  
(90 min.) Fee: \$125; Sign-up: Program Advising.
- **SECRETS TO YOUTHFUL SKIN** Rockwell Room  
Join a Canyon Ranch esthetician and deepen your knowledge of products best for your skin. Learn to keep your skin healthy and glowing.
- **CHINESE MEDICINE FOR STRESS AND EXHAUSTION** Tanglewood Room  
Join a Canyon Ranch acupuncturist to learn Chinese Medicine's approach to treating stress problems. Learn simple "home remedies" as well as Chinese Medicine solutions for managing modern ailments.

## My Schedule

- 3 pm **YAMUNA® BODY ROLLING \*** *Gym 2*  
**CORE POOL \*** *Indoor Pool*  
**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** *Tanglewood 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** *Lenox Room*

## EVENING

- 6 pm ■ **ACCESSING HIGHER KNOWLEDGE:** *Berkshire Room*  
**NUMEROLOGY & THE METAPHYSICAL ARTS**  
 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.
- 7:30 pm ■ **PIANO FAVORITES WITH PETER BREYKIN** *Fieldstone Lounge*
- 8 pm ■ **HANDS-ON COOKING:** *Demo Kitchen*  
**BREAD BAKING WITH ROLANDO** (90 min.)  
*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.
- **WAYS TO MAKE 'THE BUTTERFLY EFFECT'** *Berkshire Room*  
**WORK FOR YOU**  
 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.

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# SATURDAY August 7, 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
- 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
- 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 **H<sub>2</sub>O 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** Berkshire 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** Rockwell 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.*
- **LUNCH & LEARN** Demonstration Kitchen  
Watch, learn and dine as our chef prepares Salmon with Blueberry Mango Salsa while sharing our trade secrets. Complimentary.
- 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 2** 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  
**TRAIL CHALLENGE II/III** Lower Spa Lounge
- **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** Berkshire 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  
**CORE POOL \*** Indoor Pool
- **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.)** Tanglewood 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** Lenox 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.
- 8:30 pm ■ **BINGO** Stockbridge Room  
 Bingo mania hits the Ranch! Come join the fun, with a chance to win wonderful prizes.

## My Schedule

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

6:30 am \_\_\_\_\_

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

7:30 am \_\_\_\_\_

8 am \_\_\_\_\_

8:30 am \_\_\_\_\_

9 am \_\_\_\_\_

9:30 am \_\_\_\_\_

10 am \_\_\_\_\_

10:30 am \_\_\_\_\_

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

11:30 am \_\_\_\_\_

12 Noon \_\_\_\_\_

12:30 pm \_\_\_\_\_

1 pm \_\_\_\_\_

1:30 pm \_\_\_\_\_

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

2:30 pm \_\_\_\_\_

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

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

4:30 pm \_\_\_\_\_

5 pm \_\_\_\_\_

5:30 pm \_\_\_\_\_

6 pm \_\_\_\_\_

6:30 pm \_\_\_\_\_

7 pm \_\_\_\_\_

7:30 pm \_\_\_\_\_

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 Su,Tu,W,Th 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 3 p.m. - \***

**DEFINE YOUR MIDLINE** – (*Limit 20*) 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 2 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.**

