THE GROUNDS

THE PAVILION

Hotel Entrance
Registration
Guest Services
Bell Services/Valet

THE HOTEL

West Wing
Rooms 150-179
and Rooms 250-279

East Wing
Rooms 100-129
and Rooms 200-229
Demonstration Kitchen
Meditation Room
Computer Room
Meeting Rooms

North Wing
Rooms 130-135
Health & Fitness Assessment Center
Meeting Rooms

THE SPA COMPLEX

See inside pamphlet for details

OUTDOOR TENNIS AND POOL

Weather Permitting

THE MANSION

The First Floor
Dining Room
Library
East Solarium Dining Room
Fieldstone Lounge
Sargent Brook Lounge (Lower Level)

The Second Floor
Health & Healing Reception
Nutrition
Behavioral Health
Medical Facilities
Exercise Physiology
Acupuncture
Movement Therapy

The Third Floor
Creative Arts Center

THE OLD CARRIAGE TRAIL:

Begins Behind the East Wing
A beautiful scenic walk around the spacious grounds of Canyon Ranch
1. Front Spa Desk, Spa Directors
2. Memberships
3. Women’s Locker Room
4. Men’s Locker Room
5. Activities Sign-Up (Outdoor Sports Activities)
6. Class Schedule Posting
7. Skin Care
8. Herbal/Aroma Wraps
9. Body Treatments
10. Massage
11. Gym 6
12. Entrance to Sports Courts
13. Sports Courts
15. Running Track (Upper Level)
16. Beauty Salon
17. Showcase Boutique

Elevator
First Aid
Handicap Accessible
House Phones
Medical Emergency: Call 666
Restrooms
SPA LOWER LEVEL

18 Beverage Bar
19 Class Schedule Posting
20 Gym 1
21 Gym 2
22 Gym 3
23 Gym 4
24 Gym 5, Video Privates
25 Indoor Pool
26 Outdoor Pool
27 Pool Shower

CELLULAR PHONE USAGE
As a courtesy to all our guests, please use cellular phones in house phone locations only. Thank you.

FITNESS CLASS HIGHLIGHTS
- Please be on time to class. For your safety, no admittance 10 minutes after the hour.
- Remember to pace yourself - choose activities appropriate to your fitness level.
- We advise the use of aqua socks or athletic socks in the pool.
- Please avoid wearing perfume and cologne in the gyms.
- Meet at the Back Spa Desk for all Outdoor Sports activities 15 minutes prior to activity departure time.
Breakfast

Fruits & Juices
- Cantaloupe (1/4) 50/tr/2
- Honeydew (1/8) 60/tr/2
- Grapefruit (1/2) 40/tr/2
- Banana (1/2) 60/tr/2

*The serving size of all juices is 4 oz.*
- Cranberry Juice Blend 50/tr/2
- Grape Juice 55/tr/2
- Grapefruit Juice (Fresh-squeezed) 50/tr/2
- Apple Juice 50/0/tr
- Orange Juice (Fresh-squeezed) 55/tr/2
- Tomato Juice 20/tr/2
- Prune Juice 90/tr/1

Breads
- Fresh Muffin of the Day *
- Canyon Ranch Bread 100/1/4
- 1/2 Sprouted-Grain Bagel 130/tr/2
- Wheat-Bran Raisin Muffin 125/4/5
- Golden Flaxseed Bread 145/3/2
- Sprouted Multi-Grain Bread 110/tr/2

Accompaniments
- Sunrise Tofu 95/4/1
  - Lightly sautéed seasoned tofu steaks
- Nonfat Cottage Cheese 35/tr/0
- Nonfat Yogurt
  - Plain 55/0/0
  - Fruit 75/0/0
- Peanut Butter Delight 70/3/tr
  - A blend of peanut butter, fat-free ricotta, vanilla and honey
- Low-Fat Cream Cheese 70/6/0
- Unprocessed Wheat Bran 15/tr/3
- Wheat Germ 50/1/2
- American Spoon Fruit Preserves 30/tr/1
- Apple Butter 50/tr/tr
- Prunes (3) 60/tr/1
- Salsa 10/tr/tr

Spinach Eggs Benedict 310/12/6
  - With yucon gold potatoes
- Lox and Bagel 225/5/3
  - With low-fat cream cheese
- Hot Seven-Grain Cereal 200/2/6
- Hot Steel-Cut Oats 340/6/8
- Three Egg-White Omelet
  - With vegetable filling 85/3/2
  - and low-fat cheese 120/5/2
  - Poached or Hard-Boiled Egg 75/5/0

Entrees

Key
Calories/Fat Grams/Fiber Grams
tr = trace (less than 1 gram)
• Contains a trace of alcohol
• Vegetarian (contains no animal products)
• Spicy

Balanced Selection
The perfect combination of great taste and good nutrition
• Generous amounts of vegetables and fruits
• A variety of fiber-rich foods, such as whole grains and beans
• Foods high in protein at each meal

<table>
<thead>
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<th>Calories</th>
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<tbody>
<tr>
<td>With yucon gold potatoes</td>
<td>310</td>
<td>12</td>
<td>6</td>
</tr>
<tr>
<td>Nonfat Fruit Yogurt</td>
<td>75</td>
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Total 385 12 6
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Balanced Selection
The perfect combination of
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• Generous amounts of vegetables and fruits
• A variety of fiber-rich foods, such as whole
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• Foods high in protein at each meal
• Small amounts of healthy fats such as olive oil,
  nuts and seeds
• Delicious and satisfying portions

Key
Calories/Fat Grams/Fiber Grams
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• Contains a trace of alcohol
• Vegetarian (contains no
  animal products)
• Spicy
• Please ask your server for today's
  selection, its calorie count,
  fat grams and fiber grams.
  Please let your server know your
  time restrictions.
  If you have food allergies and
  are interested in an ingredient
  list, please ask your server.

Healthy Weight
Healthy weight is based on a balanced lifestyle. When you eat healthy, low-fat
food (not too much or too little), exercise regularly (including strength training),
and have a positive sense of well-being, healthy weight naturally follows.

We respectfully request all cellular phones be turned off while in the Dining Room.
Lunch

Entrees

- Asian Noodle Salad  220/6/2
- Souvlakia & Greek Salad  280/13/4
  With cucumber tzatziki
- Spicy Grilled Shrimp  385/15/4
- Eggplant Parmesan  460/11/6

Soups & Chili

- Mulligatawny Soup  70/1/2
- Miso Soup  40/1/tr
- Consommé  15/tr/tr
- Gazpacho  40/tr/2
- Hearty Vegetarian Bean Chili  180/2/7

Daily Fare

- Fresh Vegetable Platter  *  Preparation varies
- Pizza of the Day  *
- Veggie Burger of the Day  *
  Served with lettuce and tomato on a sprouted multi-grain roll
- CLT  330/4/4
  Grilled chicken breast, lettuce and tomato on a sprouted multi-grain roll
- Pasta Marinara  245/1/2
  With Parmesan cheese  270/3/2

Accompaniments

- Marinated Tofu  70/5/tr
- Tuna (1 ounce)  30/tr/0
- Chicken (1 ounce)  45/1/0
- Nonfat Cottage Cheese  35/tr/0
- Fresh Steamed Vegetable Basket  100/tr/8
- Baked Sweet Potato  160/tr/5
- Baked Potato  170/tr/3
- Seasoned Brown Rice  80/1/1

Dessert of the Day

- Baked Fruity Pear  130/2/4
  With tuille cookie
- Canyon Ranch Homemade Ice Cream  *
- Seasonal Fresh Fruit  *

Balanced Selection

The perfect combination of great taste and good nutrition

- Generous amounts of vegetables and fruits
- A variety of fiber-rich foods, such as whole grains and beans
- Foods high in protein at each meal
- Small amounts of healthy fats such as olive oil,

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LL4-6/19/00