

UPCOMING

Canyon Ranch Events



Gotta Dance at the Ranch

June 19 - 22, 2025

Lenox, MA



Awaken Yoga Festival

July 17 - 20, 2025

Tucson, AZ



Family Summer Camp

JULY 20 - 24, 2025

Lenox, MA



Gotta Dance at the Ranch

AUGUST 3 - 8

Tucson, AZ



To learn more, scan the QR code or
contact Reservations at (800) 742-9000.

POWERUP

A Canyon Ranch Sports Health Immersion



June 1 - 4, 2025

CANYONRANCH.

FROM OUR MANAGING DIRECTOR



Greetings,
We're delighted to have you in our inspiring corner of the world. Think of Canyon Ranch Lenox as your own healthy haven, the place for renewal, wellness, and happiness.

We applaud you for prioritizing personal growth. On your immersion, you'll dive into expert-led programs, curriculum, and materials that help you master proven methods alongside highly skilled experts.

Designed for an intimate group, immersions bring together a community of like-minded individuals to inspire and support each other throughout your stay — and beyond.

Between scheduled activities, we encourage you to explore our scenic landscape, connect with nature, and try something you've never done before. Right now, you're in the perfect place for refreshing your spirit, setting goals, and reducing stress. This is a time to move ahead with optimism and renewed appreciation for each day.

Yours in Health,

Mindi Morin

Managing Director

EVENT DESCRIPTION



PowerUp: A Sports Health Immersion

June 1 - 4, 2025

Join us for PowerUp, an exclusive sports health immersion at Canyon Ranch Lenox, featuring Dr. Ankit Shah. This dynamic program blends expert lectures, fitness sessions, and personalized testing and evaluation to enhance your athletic performance and overall well-being. Whether you're looking to optimize your fitness routine, prevent injury, or improve recovery, PowerUp offers a comprehensive approach to sports health. Gain valuable insights from Dr. Shah, engage in hands-on fitness activities, and receive tailored assessments to elevate your physical potential. Perfect for athletes and active individuals seeking to unlock peak performance and long-term health.

FEATURED SPEAKER

Dr. Ankit Shah



Ankit B. Shah, MD, MPH, FACC, is a nationally recognized sports cardiologist who has completed a dedicated fellowship in sports cardiology at the Massachusetts General Hospital/Harvard University. He is team cardiologist for USA Swimming, cardiology consultant for the United States Olympic and Paralympic Committee, and on the NBA Cardiac Advisory Committee. He has also served as team cardiologist / cardiologist consultant for teams in the NFL, NBA, NHL, MLB, MLS, and WNBA. He is an editorial board member for ACC.org, member of the Sports & Exercise Leadership Council and recognized as Top Doctor by Baltimore Magazine. arch and education, providing mentorship to residents and fellows.

CANYON RANCH EXPERTS



Heather Giordano

MS, Senior Performance Scientist

Heather works one-on-one with our guests to develop strategic exercise plans that fit their lifestyles and help reduce the rate at which their bodies age.



Dan Marko

MA, Senior Spiritual Wellness Provider

Dan helps guests explore how developing or deepening a spiritual practice can enhance personal and professional relationships. He provides individual consultations, group lectures, and workshops.



Jennifer Baker-Porazinski

MD, Physician

Dr. Baker-Porazinski helps guests define and achieve their health goals, while treating the whole person: mind, body, and spirit. This personalized approach to wellness and prevention may involve ordering and interpreting screening tests, coordinating care with other Canyon Ranch health experts, or any aspect of health a guest wants to explore.



Eric Williamson

PhD, RD, CSSD, Nutritionist, Director of Nutrition

Dan helps guests explore how developing or deepening a spiritual practice can enhance personal and professional relationships. He provides individual consultations, group lectures, and workshops.



Julien Ardouin

Executive Chef, Lenox

Julien is dedicated to creating exquisite cuisine for guests at Lenox. His Paris-trained experience in two Michelin-Star restaurants, and later as an Executive Chef at high-end restaurants, gives him the depth of experience to cater to refined tastes and to infuse luxurious meals and ingredients into the Canyon Ranch wellness experience.



Rachel Portnoy

Demonstration Chef / Instructor

Chef Rachel leads cooking and baking classes for guests at Canyon Ranch Lenox in the Berkshires. Her specialties include bread baking, gluten-free and vegan baking, vegetarian and vegan cooking, low-glycemic cooking, and international cuisines.



Learn more about our experts over on our website.

Power Up: Sports Health with Dr. Ankit Shah

SCHEDULE OF ACTIVITIES

	SUN JUNE 1	MON JUNE 2
7 AM		
7:30		
8 AM		7:45 - 8:45 AM
8:30		On-Property Pole Hike/Nordic Walk
9 AM		Outdoor Sports Boards
9:30		
10 AM		9 - 10 AM
10:30		VO2 & You
11 AM		With Heather Giordano
11:30		Sargent Brook Lounge
12 PM	Travel Day & Arrive at Canyon Ranch	
12:30	Free time for lunch, services, assessments and activities	
1 PM		NOON - 1 PM
1:30		Lunch & Learn: Exercise Fueling Foods with Dr. Shah & Nutritionist
2 PM		Demo Kitchen
2:30		
3 PM		2 - 3 PM
3:30		The Athlete's Heart with Dr. Shah
4 PM		Sargent Brook Lounge
4:30		3 - 4 PM
5 PM	4:30 - 5:30 PM	
5:30	Meet & Greet Welcome Circle with Dan, Heather & Dr. Shah	
6 PM	Sargent Brook Lounge	
6:30	5:30 PM - 7 PM	
7 PM	Group Welcome Dinner	
	CR Grill	

Presentation

Class

Group Meals

Dr. Ankit Shah

Outdoor Sports

	TUES JUNE 3	WED JUNE 4
7 AM		
7:30		
8 AM	7:45 - 8:45 AM	
8:30	On-Property Pole Hike/Nordic Walk	
9 AM	Outdoor Sports Boards	
9:30		9 - 11 AM
10 AM		Hike: Level 3 - Healthy Heart & Bones
10:30		Outdoor Sports Board
11 AM	11 AM - NOON	
11:30	TnT: Tabata 'N' TRX	11 AM - NOON
12 PM	Sports Court	Panel Discussion & Q&A Dr. Shah, Heather, Eric
12:30		Sargent Brook Lounge
1 PM		NOON - 1 PM
1:30		Heart Health for Athletes: Risks & Prevention
2 PM	1 - 2 PM	
2:30	CPR / AED Informational Training with Dr Shah	1 - 2 PM
3 PM	H&P Reception	Farewell Lunch with Dr. Shah
3:30		Canyon Ranch Grill
4 PM		
4:30		Depart Canyon Ranch or begin extended stay
5 PM		
5:30		
6 PM		
6:30		
7 PM		

SUNDAY | JUNE 1ST

8am-4:30pm | Travel Day & Arrive at Canyon Ranch Lenox

4:30pm-5:30pm | Meet & Greet Welcome Circle

Sargent Brook Lounge

PRESENTATION

5:30pm-7pm | Group Welcome Dinner

CR Grill

Get to know each other and chat about the week ahead over a delicious, healthful group meal alongside our experts.

GROUP MEALS

MONDAY | JUNE 2ND

7:45 - 8:45 am | On-Property Pole Hike/ Nordic Walk

Outdoor Sports Board

Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning

OUTDOOR SPORTS

9 - 10 am | VO2 & You with Heather Giordano

Sargent Brook Lounge

PRESENTATION

12- 1 pm | Lunch & Learn: Exercise Fueling Foods

Demo Kitchen

Discover the best foods to fuel your workouts! Enjoy a three-course meal while our chef demos a nutrient-rich entrée, paired with expert tips on optimizing energnd recovery. First come, first served.

DR. ANKIT SHAH **GROUP MEALS**

2 - 3 pm | The Athlete’s Heart with Dr. Ankit Shah

Sargent Brook Lounge

Explore how intense exercise shapes the athlete's heart, its health impacts, and how it differs from similar conditions. Perfect for athletes, fitness enthusiasts, and anyone curious about the body's unique adaptations to physical demands.

DR. ANKIT SHAH

3 - 4 pm | Navigating Diet Trends

Sargent Brook Lounge

With a nutritionist, dive into the claims and science behind today's biggest diet trends. From keto to intermittent fasting and more, learn how different diet trends impact health and performance.

PRESENTATION

4 - 4:45 pm | Endurance Ride

Cycling Studio

Zone 2 training is moderate, steady exercise. A Performance Science expert shares the benefits of training in Zone 2 for aerobic efficiency. Receive your personalized Functional Threshold Power assessment, followed by a endurance indoor cycling ride.

FITNESS CLASS

TUESDAY | JUNE 3RD

7:45 - 8:45 am | On-Property Pole Hike/ Nordic Walk

Outdoor Sports Board

Join us for a brisk, energizing walk on woodland trails using poles for extra aerobic conditioning

OUTDOOR SPORTS

11 - 11:45 am | TnT: Tabata ‘N’ TRX

Sports Court

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

FITNESS CLASS

WEDNESDAY | JUNE 4TH

9 - 11 am | Hike Level 3 - Healthy Heart & Bones

Outdoor Sports Board

Use your wearable and hike with a weighted pack or just come as yourself and enjoy a hike! Performance Science experts will show how to use your wearable, add a ruck to burn more calories than walking and less impact than running.

OUTDOOR SPORTS

11 a m - Noon | Panel Discussion & Q&A

Sargent Brook Lounge

Join the experts to review the information from the week and answer your outstanding questions.

PRESENTATION

1 - 2 pm | CPR/AED Informational Training with Dr. Ankit Shah

Sargent Brook Lounge

DR. ANKIT SHAH

3 -4 pm | Exercise & Longevity with Dr. Shah

Sargent Brook Lounge

Discover how exercise boosts longevity, heart health, mental wellness, and reduces chronic disease risks. Learn the best types and amounts for aging well, plus practical tips to stay active for a healthier, vibrant life!

DR. ANKIT SHAH

Noon - 1 pm | Heart Health for Athletes: Risks & Prevention

Sargent Brook Lounge

Peak fitness doesn’t guarantee immunity from heart issues. Learn to manage risks like high blood pressure and cholesterol, recognize key symptoms, and distinguish training strain from potential problems for optimal health and performance.

DR. ANKIT SHAH

1 - 2 pm | Farewell Lunch with Dr. Shah

Canyon Ranch Grill

DR. ANKIT SHAH **GROUP MEALS**

In addition to the Immersion experience, enjoy any of the daily activities in our complete Ranch Schedule by scanning here.



- VO₂ Max (2 sessions),
- Labs and MD Consult ((2) 25 min. sessions)
- 2 days of Vitality Access



Book your services with the Canyon Ranch App
or contact a Wellness Guide.