

THURSDAY MAY 3, 2007			FRIDAY MAY 4, 2007			SATURDAY MAY 5, 2007		
7:00-10:00	Breakfast	DR	7:00-10:00	Breakfast	DR	7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH	7:45	Hikes depart	GH	7:45	Hikes depart	GH
7:45	Zion National Park Excursion <i>Return by 2:00 p.m. Fee Applies. Sign-up required, see Adventure Center for details.</i>	GH	10:00	“Spin” Reebok Cycle	S2	1:00 - 6:00	Green Valley Adventure <i>Hiking with rock climbing, rappeling and zip lines. (More difficult heights than Challenge. Fee applies, sign up at the Adventure Center)</i>	GH
			11:15	Aquacise	IP			
10:00	Tai Chi	S1	12:00 - 1:30	Lunch	DR			
11:15	Aquacise	IP	1:00	Labyrinth Orientation & Walk <i>Learn the history of the Green Valley Labyrinth and how to use it for meditation and self direction Presented by Mike Rice</i>	SC	10:00	Mat Pilates	S1
12:00 - 1:30	Lunch	DR				11:15	Aquacise	IP
1:00	Meditation <i>Guided imagery is used for serenity and self-connection.</i>	SC	2:00	Stretch	S1	12:00 - 1:30	Lunch	DR
2:00	Stretch	S1	3:00	Cardio La Cha Cha	S2	2:00	Spa Cooking Made Easy <i>Learn how to cook your favorite fish and duck recipes from our menu. Please sign-up in the dining room by 9:00am the day of class</i>	DR
3:00	Upper Body Conditioning	S2	4:00	Mat Pilates	S1			
4:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S2	5:00	Tai Chi	S1	2:00	Stretch	S1
4:00	Spa Tennis <i>Intermediate and up - Sign up at the kiosk - Fee applies</i>	IT	6:00	Dinner (prompt)	DR	3:00	“Spin” Reebok Cycle	S2
5:00	Yoga	S1	7:00	Candlelight Yoga <i>Relax and unwind with gentle postures that assist with digestion.</i>	S1	4:00	Tone with Fitball	S2
6:00	Dinner (prompt)	DR				4:00	Spa Tennis <i>Beginner - Low Intermediate - Sign up at the kiosk - Fee applies</i>	IT
7:00	Book Discussion - Our Favorites <i>An introduction and summary of ideas in some of the books by our biggest selling authors. Presented by Dr. Jane Miner</i>	CR				5:00	Spa Tennis <i>Intermediate and up - Sign up at the kiosk - Fee applies</i>	IT
						5:00	Yoga	S1
						6:00	Dinner (prompt)	DR
						7:00	GV Movie Night <i>“The Secret”</i>	CR

Appointments

AND one more special experience...
 Throughout your stay relax and renew your body, mind and spirit by enjoying some of our world famous TLC in our Spa Treatment Center. Visit them to sign up for one of our 70 special treatments.

Appointments



APRIL 29 - MAY 5, 2007

Schedule is subject to change without notice.

Please check the front desk daily schedule for changes.

Only the trail hike may return in time for the 11:00 class.

7:00-10:00	Breakfast	D
7:45	Hikes depart	G
7:45	Fitness Hike with Rappel	G
10:00	Total Body Conditioning	S
11:15	Aquacise	I
12:00 -1:30	Lunch	D
2:00	Stretch	S
3:00	Cardio Boxing	S
4:00	Circuit <i>Featuring new LifeFitness Equipment</i>	S
4:00	Yoga	S
5:00	Tai Chi	S
6:00	Dinner (prompt)	D
7:00	“Six Truths for a Powerful Life” <i>Six truths create our lives and experiences, whether we know them or not. In this presentation the Six Truths will be highlighted and suggestions offered for how they can be used to live a more powerful life. Presented by Dr. Jane Miner</i>	C

7:00-10:00	Breakfast	D
7:45	Hikes depart	C
10:00	Absolutely Abs	S
11:15	Aquacise	S
12:00 -1:30	Lunch	D
1:00	Meditation <i>Breathing, progressive tensing/ relaxing, autogenics techniques for experiencing serenity and self-connection.</i>	S
2:00	Stretch	S
3:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S
4:00	Yoga	S
5:00	"Your Body Structure" <i>Knowing your body structure can help you maximize nutrition and exercise to get the most healthy body. Marium Kroff helps you identify your body structure.</i>	C
6:00	Dinner (prompt)	D
7:00	"Are Your Hormones Balanced?" <i>Hormone imbalance accelerates aging, causes excess body fat, increases the risk for heart disease, cancer, osteoporosis, depression, and other serious diseases in BOTH men and women at any age. Presented by Dr. Gordon Reynolds</i>	C

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
1:00 - 4:00	Green Valley Quest <i>An abbreviated version of the Green Valley Challenge. Fee applies. Sign up at Adventure Center.</i>	GH
10:00	Circuit Power Board	S2
11:15	Aquacise	IP
12:00 -1:30	Lunch	DR
1:00	Meditation <i>Heart Meditation</i>	SC
2:00	“Spa Cooking Made Easy” <i>Learn how to cook your favorite fish and soup recipes from our menu and make fat free fruit yogurt. Sampling included. Please sign-up in the dining room by 9:00am the day of class</i>	DR
3:00	Stretch	S1
4:00	Spa Tennis <i>Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies</i>	IT
4:00	“Spin” Reebok Cycle	S2
5:00	Pilates	S1
6:00	Dinner (prompt)	DR
7:00	“Your Life in the Stars” <i>Sue Upwall presents this lecture on</i>	CR

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
1:00 - 5:00	Green Valley Challenge <i>Hiking with rock climbing, rappeling and zip lines. (Less difficult heights than Adventure). Fee applies. Sign up at Adventure Center.</i>	GH
10:00	Fun with Fitball	S2
11:15	Aquacise	IP
12:00 -1:30	Lunch	DR
1:00	Meditation <i>Learn about your energy field, chakras and keeping in balance.</i>	SC
2:00	Stretch	S1
3:00	Cardio Boxing	S2
3:00	Yoga	S1
4:00	Mat Pilates	S1
5:00	Tai Chi	S1
6:00	Dinner <i>(prompt)</i>	DR
7:00	“What’s New? Systemic Inflammation” <i>Now considered to be the primary cause of most disease, stroke, cancer, Alzheimer’s, arthritis, diabetes, others, and is a major factor in managing body fat metabolism. Presented by Dr. Gordon Reynolds</i>	CR

CR	Conference Room	MC	Mission Center
DR	Dining Room	MN	Medical Center
GC	Golf Center	MP	Mission Pool
GH	Grand Hall	CP	Coyote Pool
IP	Indoor Pool	S1	Studio 1
IT	Indoor Tennis Courts	S2	Studio 2
LA	Labyrinth	SC	Spiritual Center
		TC	Tennis Classroom