

Thursday April 7, 2005			Friday April 8, 2005			Saturday April 9, 2005		
6:30-8:30	Breakfast	DR	6:30-8:30	Breakfast	DR	6:30-8:30	Breakfast	DR
7:45	Hikes depart	GH	7:45	Hikes depart	GH	7:45	Hikes depart	GH
7:45	Zion National Park Excursion Return by 2:00 p.m. Fee Applies. Ask for details.	GH	10:00	“Spin” Reebok Cycle	S2	10:00	Mat Pilates	S1
			11:00	Aquacise	IP	11:00	Aquacise	IP
10:00	Tai Chi Stretch	S1	12:00	Lunch	DR	12:00	Lunch	DR
11:00	Aquacise	IP	1:00-6:00	Green Valley Adventure - Hiking with rock climbing, rappeling and zip lines. (More difficult heights than Challenge \$99 per person, see details and sign up at kiosk)	MN	2:00	Stretch	S2
12:00	Lunch	DR				3:00	Cardio Boxing	S2
1:00	Meditation Guided imagery is used for experiencing serenity and self-connection.	SC	1:00	Meditation (heart meditation)	SC	4:00	Yoga	S1
2:00	Stretch	S1	2:00	Stretch	S1	6:00	Dinner	DR
3:00	Upper Body Conditioning	S2	3:00	Cardio La Cha Cha	S2	7:00	Rest and Relax	
4:00	Tennis Lessons - Intermediate & up (Sign up at the kiosk - Fee applies)	IT	4:00	Mat Pilates	S1			
4:00	Yoga	S1	6:00	Dinner	DR			
6:00	Dinner	DR	7:00	Labyrinth Walk	CR			
7:00	Green Valley Book Discussion An overview of some of our best selling books about happiness. You don't have to have read the books to participate.	CR						
Appointments			Appointments			Appointments		



April 3 - 9, 2005

Please Note

- Schedule is subject to change. Please check the front desk daily schedule for changes.
- Only the trail hike may return in time for the 11:00 class.

*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 48 special treatments.*

Sunday April 3, 2005			Monday April 4, 2005			Tuesday April 5, 2005			Wednesday April 6, 2005		
6:30-8:30	Breakfast	DR	6:30-8:30	Breakfast	DR	6:30-8:30	Breakfast	DR	6:30-8:30	Breakfast	DR
7:45	Hikes depart	GH	7:45	Hikes depart	GH	7:45	Hikes depart	GH	7:45	Hikes depart	GH
7:45	Fitness Hike with Rappel	MN	10:00	Mat Pilates	S1	10:00	Circuit Power Board	S2	10:00	Total Body Conditioning w/Fitball	S2
10:00	Total Body Conditioning	S2	11:00	Aquacise	IP	11:00	Aquacise	IP	11:00	Aquacise	IP
11:00	Aquacise	IP	12:00	Lunch	DR	12:00	Lunch	DR	12:00	Lunch	DR
12:00	Lunch	DR	1:00	Meditation Breathing, progressive tensing/relaxing, autogenics techniques for experiencing serenity and self-connection.	SC	1:00-4:00	Green Valley Quest An abbreviated version of the Green Valley Challenge. (\$65 per person, see details and sign up at kiosk)	MN	1:00-5:00	Green Valley Challenge Hiking with rock climbing, rappeling and zip lines. (Less difficult heights than Adventure - \$89 per person, see details and sign up at kiosk)	MN
2:00	Stretch	S1	2:00	Stretch	S1	1:00	Labyrinth Meditation Walk to reconnect yourself	SC	1:00	Meditation Meditation strategies using breathing and chakras.	SC
3:00	“Spin” Reebok Cycle	S2	3:00	Circuit Power Board	S2	2:00	“Spa Cooking Made Easy” Learn how to cook chicken and fish with some great marinades and make fat free fruit yogurt. Sampling included.	DR	2:00	Stretch	S1
4:00	Tai Chi	S1	4:00	Yoga	S1	3:00	Stretch	S1	3:00	Cardio Boxing	S2
6:00	Dinner	DR	4:00-6:00	Golf Lessons - All levels (1 hour, sign up at the kiosk - Fee app;ies)	GC	4:00	“Spin” Reebok Cycle	S2	4:00	Tennis Lessons - Beg to Adv. Beginner (Sign up at the kiosk - Fee applies)	IT
7:00	“Recreate Your Life” Our life coach, Jane Miner, discusses how to use your thoughts and the Law of Attraction to recreate your life.	CR	5:00	“Your Body Structure” 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.	CR	6:00	Dinner	DR	6:00	Dinner	DR
Appointments			6:00	Dinner	DR	7:00	“Your Life in the Stars” Have some fun and be surprised as our delightful astrologer Sue Upwall shows you how the arrangement of stars and planets are affecting your life. Presented by Sue Upwall	TC	7:00	“Healthy Longevity” New research evidence is changing our approach to detecting and managing heart disease and stroke. Presented by Dr. Gordon Reynolds	CR
			7:00	“Hormones & Aging” Hormone imbalance can be responsible for serious diseases and increased risk for disease as you age. New studies reveal what you can do to correct and prevent these imbalances. Presented by Dr. Gordon Reynolds	CR						

Location Guide			
GH	Grand Hall	MP	Mission Pool
GC	Golf Center	MC	Medical Center
S1	Studio 1	DR	Dining Room
S2	Studio 2	MN	Mission
CR	Conference Room	LA	Labryrinth
IP	Indoor Pool	SC	Spiritual Center
TC	Tennis Classroom	IT	Indoor Tennis Cts.

Appointments

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