

THURSDAY DECEMBER 14, 2006

FRIDAY DECEMBER 15, 2006

SATURDAY DECEMBER 16, 2006

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
7:45	<b>Zion National Park Excursion</b> <i>Return by 2:00 p.m. Fee Applies. Sign-up required, ask the front desk for details.</i>	GH
10:00	<b>Tai Chi</b>	S1
11:15	<b>Aquacise</b>	IP
12:00 - 1:30	<b>Lunch</b>	DR
1:00	<b>Meditation</b> <i>Guided imagery is used for serenity and self-connection.</i>	SC
2:00	<b>Stretch</b>	S1
3:00	<b>Upper Body Conditioning</b>	S2
4:00	<b>Power Board Circuit</b> <i>(feat. the new Life Fitness Equipment)</i>	S2
4:00	<b>Spa Tennis</b> <i>Intermediate and up - Sign up at the kiosk - Fee applies</i>	IT
5:00	<b>Yoga</b>	S1
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>Green Valley Book Discussion</b> <i>An overview of some of our best selling non-fiction books, focused on their powerful message and especially their application to living. You don't have to have read the books to participate. Presented by Dr. Jane Miner</i>	CR

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
10:00	<b>"Spin" Reebok Cycle</b>	S2
11:15	<b>Aquacise</b>	IP
12:00 - 1:30	<b>Lunch</b>	DR
1:00	<b>Labyrinth Orientation &amp; Walk</b> <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
2:00	<b>Stretch</b>	S1
3:00	<b>Cardio La Cha Cha</b>	S2
4:00	<b>Mat Pilates</b>	S1
5:00	<b>Tai Chi</b>	S1
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>"Basic Floral Design Workshop"</b> <i>Centerpiece Arrangement Presented by Vicky Category</i>	TC

**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.**

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
7:45-12:00	<b>Green Valley Adventure</b> <i>Hiking with rock climbing, rappelling and zip lines. (More difficult heights than Challenge \$110 per person, see details and sign up at kiosk)</i>	GH
10:00	<b>Mat Pilates</b>	S1
11:15	<b>Aquacise</b>	IP
12:00 - 1:30	<b>Lunch</b>	DR
2:00	<b>Spa Cooking Made Easy</b>	DR
2:00	<b>Stretch</b>	S1
3:00	<b>"Spin" Reebok Cycle</b>	S2
4:00	<b>Tone with Fitball</b>	S2
4:00	<b>Spa Tennis</b> <i>Beginner - Low Intermediate - Sign up at the kiosk - Fee applies</i>	IT
5:00	<b>Spa Tennis</b> <i>Intermediate and up - Sign up at the kiosk - Fee applies</i>	IT
5:00	<b>Yoga</b>	S1
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>GV Movie Night</b> <i>"The Secret"</i>	CR

**Appointments**



**GREEN VALLEY  
RESORT & SPA**

**DECEMBER 10-16, 2006**

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.

**SUNDAY DECEMBER 10, 2006**

**MONDAY DECEMBER 11, 2006**

**TUESDAY DECEMBER 12, 2006**

**WEDNESDAY DECEMBER 13, 2006**

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
7:45	<b>Fitness Hike with Rappel</b>	GH
10:00	<b>Total Body Conditioning</b>	S2
11:15	<b>Aquacise</b>	IP
12:00 -1:30	<b>Lunch</b>	DR
2:00	<b>Stretch</b>	S1
3:00	<b>Cardio Boxing</b>	S2
4:00	<b>Circuit</b> <i>Featuring new LifeFitness Equipment</i>	S2
5:00	<b>Tai Chi</b>	S1
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>"Four Choices That Can Change Everything"</b> <i>You consistently make four choices that determine your experiences. Changing these choices can change your life, work and relationships. Dr. Miner leads you through how these choices are affecting you now and how new choices can result in desired change.</i> <i>Presented by Dr. Jane Miner</i>	CR

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
10:00	<b>Absolutely Abs</b>	S2
11:15	<b>Aquacise</b>	IP
12:00 -1:30	<b>Lunch</b>	DR
1:00	<b>Meditation</b> <i>Breathing, progressive tensing/relaxing, autogenics techniques for experiencing serenity and self-connection.</i>	SC
2:00	<b>Stretch</b>	S1
3:00	<b>Power Board Circuit</b> <i>(feat. the new Life Fitness Equipment)</i>	S2
4:00	<b>Yoga</b>	S1
5:00	<b>"Your Body Structure"</b> <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>	CR
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>"Are Your Hormones Balanced?"</b> <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.</i> <i>Presented by Dr. Gordon Reynolds</i>	CR

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
7:45-11:30	<b>Green Valley Quest</b> <i>An abbreviated version of the Green Valley Challenge. (\$69 per person, see details and sign up at the front desk)</i>	GH
10:00	<b>Circuit Power Board</b>	S2
11:15	<b>Aquacise</b>	IP
12:00 -1:30	<b>Lunch</b>	DR
1:00	<b>Meditation</b> <i>Heart Meditation</i>	SC
2:00	<b>"Spa Cooking Made Easy"</b> <i>Learn how to cook chicken and fish with some great marinades and make fat free fruit yogurt. Sampling included.</i>	DR
3:00	<b>Stretch</b>	S1
4:00	<b>Spa Tennis</b> <i>Beginner &amp; Adv. Beginner - Sign up at the kiosk - Fee applies</i>	IT
4:00	<b>"Spin" Reebok Cycle</b>	S2
5:00	<b>Pilates</b>	S1
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>"Your Life in the Stars"</b> <i>Sue Upwall presents this lecture on understanding how the arrangement of stars and planets are affecting your life.</i>	CR

7:00-10:00	<b>Breakfast</b>	DR
7:45	<b>Hikes depart</b>	GH
7:45-11:30	<b>Green Valley Challenge</b> <i>Hiking with rock climbing, rappelling and zip lines. (Less difficult heights than Adventure - \$99 per person, see details and sign up at kiosk)</i>	GH
10:00	<b>Fun with Fitball</b>	S2
11:15	<b>Aquacise</b>	IP
12:00 -1:30	<b>Lunch</b>	DR
1:00	<b>Meditation</b> <i>Learn about your energy field, chakras and keeping in balance.</i>	SC
2:00	<b>Stretch</b>	S1
3:00	<b>Cardio Boxing</b>	S2
4:00	<b>Mat Pilates</b>	S1
5:00	<b>Tai Chi</b>	S1
6:00	<b>Dinner (prompt)</b>	DR
7:00	<b>"What's New? Systemic Inflammation"</b> <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.</i> <i>Presented by Dr. Gordon Reynolds</i>	CR

**LOCATION GUIDE**

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

**Appointments**

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