

THURSDAY DECEMBER 28, 2006

FRIDAY DECEMBER 29, 2006

SATURDAY DECEMBER 30, 2006

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
7:45	Zion National Park Excursion <i>Return by 2:00 p.m. Fee Applies. Sign-up required, ask the front desk for details.</i>	GH
10:00	Tai Chi	S1
11:15	Aquacise	IP
12:00 - 1:30	Lunch	DR
1:00	Meditation <i>Guided imagery is used for serenity and self-connection.</i>	SC
2:00	Stretch	S1
3:00	Upper Body Conditioning	S2
4:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S2
4:00	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	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

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
10:00	“Spin” Reebok Cycle	S2
11:15	Aquacise	IP
12:00 - 1:30	Lunch	DR
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
2:00	Stretch	S1
3:00	Cardio La Cha Cha	S2
4:00	Mat Pilates	S1
5:00	Tai Chi	S1
6:00	Dinner (prompt)	DR
7:00	“Basic Floral Design Workshop” <i>Centerpiece Arrangement Presented by Vicky Category</i>	S1
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	Breakfast	DR
7:45	Hikes depart	GH
1:00 - 6:00	Green Valley Adventure <i>Hiking with rock climbing, rappeling and zip lines. (More difficult heights than Challenge \$110 per person, see details and sign up at kiosk)</i>	GH
10:00	Mat Pilates	S1
11:15	Aquacise	IP
12:00 - 1:30	Lunch	DR
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
2:00	Stretch	S1
3:00	“Spin” Reebok Cycle	S2
4:00	Tone with Fitball	S2
4:00	Spa Tennis <i>Beginner - Low Intermediate - Sign up at the kiosk - Fee applies</i>	IT
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



DECEMBER 24-30, 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 24, 2006			MONDAY DECEMBER 25, 2006			TUESDAY DECEMBER 26, 2006			WEDNESDAY DECEMBER 27, 2006		
7:00-10:00	Breakfast	DR	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	Hikes depart	GH
7:45	Fitness Hike with Rappel	GH	10:00	Absolutely Abs	S2	1:00 - 4:00	Green Valley Quest <i>An abbreviated version of the Green Valley Challenge. (\$69 per person, see details and sign up at the front desk)</i>	GH	1:00 - 5:00	Green Valley Challenge <i>Hiking with rock climbing, rappeling and zip lines. (Less difficult heights than Adventure - \$99 per person, see details and sign up at kiosk)</i>	GH
10:00	Total Body Conditioning	S2	11:15	Aquacise	IP						
11:15	Aquacise	IP	12:00 -1:30	Lunch	DR	10:00	Circuit Power Board	S2	10:00	Fun with Fitball	S2
12:00 -1:30	Lunch	DR	1:00	Meditation <i>Breathing, progressive tensing/relaxing, autogenics techniques for experiencing serenity and self-connection.</i>	SC	11:15	Aquacise	IP	11:15	Aquacise	IP
2:00	Stretch	S1				12:00 -1:30	Lunch	DR	12:00 -1:30	Lunch	DR
3:00	Cardio Boxing	S2	2:00	Stretch	S1	1:00	Meditation <i>Heart Meditation</i>	SC	1:00	Meditation <i>Learn about your energy field, chakras and keeping in balance.</i>	SC
4:00	Circuit <i>Featuring new LifeFitness Equipment</i>	S2	3:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S2	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	2:00	Stretch	S1
5:00	Tai Chi	S1	4:00	Yoga	S1				3:00	Cardio Boxing	S2
5:00	Labyrinth Walk	LA	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>	CR	3:00	Stretch	S1	4:00	Absolutely Abs	S2
6:00	Dinner (prompt)	DR				4:00	Spa Tennis <i>Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies</i>	IT	5:00	Tai Chi	S1
7:00	GV Movie Night “The Secret”	CR	6:00	Green Valley Christmas Dinner <i>(prompt) A dining experience you will not want to miss</i>	DR	4:00	“Spin” Reebok Cycle	S2	6:00	Dinner (prompt)	DR
			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. Kris Hansen</i>	CR	5:00	Pilates	S1	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. Kris Hansen</i>	CR
			8:00	Christmas Movie “It’s a Wonderful Life” <i>Swiss Roll & Hot Apple Cider served</i>	CR	6:00	Dinner (prompt)	DR			
						7:00	“Your Life in the Stars” <i>Sue Upwall presents this lecture on understanding how the arrangement of stars and planets are affecting your life.</i>	CR			
LOCATION GUIDE			Appointments						Appointments		
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	Spritual Center								
		TC	Tennis Classroom								