

THURSDAY JANUARY 4, 2007			FRIDAY JANUARY 5, 2007			SATURDAY JANUARY 6, 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, ask the front desk 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 \$110 per person, see details and sign up at kiosk)</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	“Basic Floral Design Workshop” <i>Centerpiece Arrangement Presented by Vicky Category</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



DECEMBER 31, 2006 -
 JANUARY 6, 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.

SUNDAY DECEMBER 31, 2006

MONDAY JANUARY 1, 2007

TUESDAY JANUARY 2, 2007

WEDNESDAY JANUARY 3, 2007

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
7:45	Fitness Hike with Rappel	GH
10:00	Total Body Conditioning	S2
11:15	Aquacise	IP
12:00 -1:30	Lunch	DR
2:00	Stretch	S1
3:00	Cardio Boxing	S2
4:00	Circuit Featuring new LifeFitness Equipment	S2
5:00	Tai Chi	S1
6:00	News Years Eve Dinner (prompt) A dining experience you will not want to miss.	DR
7:00	“Sucessful New Years Resolutions” Presented by Dr. Jane Miner	CR
8:30	New Year Labyrinth Walk “Burning of our Obstacles”. Gwen Moon leads a drumming journey of renewal.	LA

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
10:00	Absolutely Abs	S2
11:15	Aquacise	IP
12:00 -1:30	Lunch	DR
1:00	Meditation Breathing, progressive tensing/ relaxing, autogenics techniques for experiencing serenity and self-connection.	SC
2:00	Stretch	S1
3:00	Power Board Circuit (feat. the new Life Fitness Equipment)	S2
4:00	Pilates	S1
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 (prompt)	DR
7:00	“Are Your Hormones Balanced?” Hormone inbalance 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	CR

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
1:00 - 4:00	Green Valley Quest An abbreviated version of the Green Valley Challenge. (\$69 per person, see details and sign up at the front desk)	GH
10:00	Circuit Power Board	S2
11:15	Aquacise	IP
12:00 -1:30	Lunch	DR
1:00	Meditation Heart Meditation	SC
2:00	“Spa Cooking Made Easy” 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	DR
3:00	Stretch	S1
4:00	Spa Tennis Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies	IT
4:00	“Spin” Reebok Cycle	S2
5:00	Yoga	S1
6:00	Dinner (prompt)	DR
7:00	“Your Life in the Stars” Sue Upwall presents this lecture on understanding how the arrangement of stars and planets are affecting your life.	CR

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

LOCATION GUIDE

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

Appointments

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