

THURSDAY DECEMBER 7, 2006

FRIDAY DECEMBER 8, 2006

SATURDAY DECEMBER 9, 2006

| | | | | | | | | |
|--------------|---|----|--------------|---|----|--------------|---|----|
| 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 | 7:45-12:00 | 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 | DR |
| 3:00 | Upper Body Conditioning | S2 | 4:00 | Mat Pilates | S1 | 2:00 | Stretch | S1 |
| 4:00 | Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i> | S2 | 5:00 | Tai Chi | S1 | 3:00 | “Spin” Reebok Cycle | S2 |
| 4:00 | Spa Tennis <i>Intermediate and up - Sign up at the kiosk - Fee applies</i> | IT | 6:00 | Dinner (prompt) | DR | 4:00 | Tone with Fitball | S2 |
| 5:00 | Yoga | S1 | 7:00 | “Basic Floral Design Workshop” <i>Centerpiece Arrangement Presented by Vicky Category</i> | TC | 4:00 | Spa Tennis <i>Beginner - Low Intermediate - Sign up at the kiosk - Fee applies</i> | IT |
| 6:00 | Dinner (prompt) | DR | | | | 5:00 | Spa Tennis <i>Intermediate and up - Sign up at the kiosk - Fee applies</i> | IT |
| 7:00 | Green Valley Book Discussion <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 | | | | 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 3 - 9, 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 3, 2006 | | | MONDAY DECEMBER 4, 2006 | | | TUESDAY DECEMBER 5, 2006 | | | WEDNESDAY DECEMBER 6, 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 | 7:45-11:30 | 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 | 7:45-11:30 | Green Valley Challenge <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 | 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 chicken and fish with some great marinades and make fat free fruit yogurt. Sampling included.</i> | DR | 2:00 | Stretch | S1 |
| 5:00 | Tai Chi | S1 | 4:00 | Yoga | S1 | 3:00 | Stretch | S1 | 3:00 | Cardio Boxing | S2 |
| 6:00 | Dinner (prompt) | DR | 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 | 4:00 | Spa Tennis <i>Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies</i> | IT | 4:00 | Mat Pilates | S1 |
| 7:00 | “Four Choices That Can Change Everything” <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. Presented by Dr. Jane Miner</i> | CR | 6:00 | Dinner (prompt) | DR | 5:00 | Pilates | S1 | 5:00 | Tai Chi | S1 |
| | | | 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> | CR | 6:00 | Dinner (prompt) | DR | 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 | 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 |
| LOCATION GUIDE | | | Appointments | | | 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 | | | | | | | |