

Thursday May 19, 2005

Friday May 20, 2005

Saturday May 21, 2005

6:15-8:30	<i>Breakfast</i>	DR
7:00	Hikes depart	GH
7:00	Zion National Park Excursion Return by 2:00 p.m. Fee Applies. Ask for details.	GH
10:00	Tai Chi Stretch	S1
11:00	Aquacise	MP
12:00	<i>Lunch (prompt)</i>	DR
1:00	Meditation Guided imagery is used for experiencing serenity and self-connection.	SC
2:00	Stretch	S1
3:00	Upper Body Conditioning	S2
4:00	Tennis Lessons - Intermediate & up (Sign up at the kiosk - Fee applies)	IT
4:00	Yoga	S1
6:00	<i>Dinner (prompt)</i>	DR
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. Presented by Dr. Jane Miner	CR

Appointments

6:15-8:30	<i>Breakfast</i>	DR
7:00	Hikes depart	GH
10:00	“Spin” Reebok Cycle	S2
11:00	Aquacise	MP
12:00	<i>Lunch (prompt)</i>	DR
1:00	Meditation (heart meditation)	SC
2:00	Stretch	S1
3:00	Cardio La Cha Cha	S2
4:00	Mat Pilates	S1
6:00	<i>Dinner (prompt)</i>	DR
7:00	Labyrinth Walk	LA

Appointments

6:15-8:30	<i>Breakfast</i>	DR
7:00-12:00	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
7:00	Hikes depart	GH
10:00	Mat Pilates	S1
11:00	Aquacise	MP
12:00	<i>Lunch (prompt)</i>	DR
2:00	Stretch	S2
3:00	Cardio Boxing	S2
4:00	Yoga	S1
6:00	<i>Dinner (prompt)</i>	DR
7:00	Rest and Relax	

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.

This week at



GREEN VALLEY SPA

May 15 - 21, 2005

Please Note

- 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 May 15, 2005			Monday May 16, 2005			Tuesday May 17, 2005			Wednesday May 18, 2005		
6:15-8:30	Breakfast	DR	6:15-8:30	Breakfast	DR	6:15-8:30	Breakfast	DR	6:15-8:30	Breakfast	DR
7:00	Hikes depart	GH	7:00	Hikes depart	GH	7:00-10:00	Green Valley Quest An abbreviated version of the Green Valley Challenge. (\$65 per person, see details and sign up at the front desk)	MN	7:00-11:00	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
7:00	Fitness Hike with Rappel	MN	10:00	Mat Pilates	S1						
10:00	Total Body Conditioning	S2	11:00	Aquacise	MP	7:00	Hikes depart	GH	7:00	Hikes depart	GH
11:00	Aquacise	MP	12:00	Lunch (prompt)	DR	10:00	Circuit Power Board	S2	10:00	Fun with Fitball	S2
12:00	Lunch (prompt)	DR	1:00	Meditation Breathing, progressive tensing/relaxing, autogenics techniques for experiencing serenity and self-connection.	SC	11:00	Aquacise	MP	11:00	Aquacise	MP
2:00	Stretch	S1				12:00	Lunch (prompt)	DR	12:00	Lunch (prompt)	DR
3:00	“Spin” Reebok Cycle	S2	2:00	Stretch	S1	1:00	Labyrinth Meditation Walk to reconnect yourself	LA	1:00	Meditation Meditation strategies using breathing and chakras.	SC
4:00	Tai Chi	S1	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
6:00	Dinner (prompt)	DR	4:00	Yoga	S1				3:00	Cardio Boxing	S2
7:00	“Get More Energy with Stronger Boundries” To get more energy you must have strong boundaries protecting and adding energy in your life, work, and relationships. Learn the process for setting and enforcing strong boundries. Presented by Dr. Jane Miner	CR	4:00-6:00	Golf Lessons - All levels (1 hour, sign up at the kiosk - Fee applies)	GC	3:00	Stretch	S1	4:00	Mat 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	4:00	“Spin” Reebok Cycle	S2	4:00	Tennis Lessons - Beg to Adv. Beginner (Sign up at the kiosk - Fee applies)	IT
Appointments			6:00	Dinner (prompt)	DR	6:00	Dinner (prompt)	DR	6:00	Dinner (prompt)	DR
			7:00	“Hormones & Aging” Hormone inbalance 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	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
						Appointments			Appointments		
Location Guide			Appointments								
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.								