

THURSDAY MAY 11, 2006

FRIDAY MAY 12, 2006

SATURDAY MAY 13, 2006

6:15-10:00	Breakfast	DR	6:15-10:00	Breakfast	DR	6:15-10:00	Breakfast	DR
7:00	Hikes depart	GH	7:00	Hikes depart	GH	7:00	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	7:30-12:00	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	MP			
10:00	Tai Chi	S1	12:00 - 1:30	Lunch	DR	10:00	Mat Pilates	S1
11:15	Aquacise	MP	1:00	Meditation <i>(heart meditation)</i>	SC	11:15	Aquacise	MP
12:00 - 1:30	Lunch	DR	2:00	Stretch	S1	12:00 - 1:30	Lunch	DR
1:00	Meditation <i>Guided imagery is used for serenity and self-connection.</i>	SC	3:00	Cardio La Cha Cha	S2	2:00	Stretch	S1
2:00	Stretch	S1	4:00	Mat Pilates	S1	3:00	Cardio Boxing	S2
3:00	Upper Body Conditioning	S2	5:00	Tai Chi	S1	4:00	Spa Tennis <i>Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies</i>	IT
4:00	Spa Tennis <i>Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies</i>	IT	5:00	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>	LA	4:00	Tone with Fitball	S2
4:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S2	6:00 & 7:15	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR	5:00	Spa Tennis - Intermed./Advanced	IT
5:00	Yoga	S1				5:00	Yoga	S1
6:00 & 7:15	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR				6:00 & 7:15	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR
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						

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



MAY 7 - 13, 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 MAY 7, 2006			MONDAY MAY 8, 2006			TUESDAY MAY 9, 2006			WEDNESDAY MAY 10, 2006		
6:15-10:00	Breakfast	DR	6:15-10:00	Breakfast	DR	6:15-10:00	Breakfast	DR	6:15-10:00	Breakfast	DR
7:00	Hikes depart	GH	7:00	Hikes depart	GH	7:00	Hikes depart	GH	7:00	Hikes depart	GH
7:45	Fitness Hike with Rappel	GH	10:00	Absolutely Abs	S2	7:30-11:30	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	7:30-11:30	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	MP						
11:15	Aquacise	MP	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	MP	11:15	Aquacise	MP
2:00	Stretch	S1				12:00 -1:30	Lunch	DR	12:00 -1:30	Lunch	DR
3:00	Spin	S2	2:00	Stretch	S1	1:00	Labyrinth Meditation <i>Walk to reconnect yourself using the Labyrinth as a walking meditation</i>	LA	1:00	Meditation <i>Learn about your energy field, chakras and keeping in balance.</i>	SC
4:00	Cardio Circuit <i>(feat. the new Life Fitness 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 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	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 to Advanced Beginner - Sign up at the kiosk - Fee applies</i>	IT	4:00	Mat Pilates	S1
7:00	“Hormones & Aging” <i>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</i>	CR	6:00 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR	5:00	Pilates	S1	5:00	Tai Chi	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 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR	6:00 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR
						7:00	“Your Life in the Stars” <i>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</i>	TC	7:00	“Healthy Longevity” <i>New research evidence is changing our approach to detecting and managing heart disease and stroke. 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	Spiritual Center							
			TC	Tennis Classroom							