THURSDAY NOVEMBER 16, 2006

FRIDAY NOVEMBER 17, 2006

SATURDAY NOVEMBER 18, 2006

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
7:45	Zion National Park Excursion Return by 2:00 p.m. Fee Applies. Sign-up required, ask the front desk for details.	GH
10:00	Tai Chi	S1
11:15	Aquacise	IP
12:00 - 1:30	Lunch	DR
1:00	Meditation Guided imagery is used for serenity and self-connection.	SC
2:00	Stretch	S1
3:00	Upper Body Conditioning	S2
4:00	Power Board Circuit (feat. the new Life Fitness Equipment)	S2
4:00	Spa Tennis Intermediate and up - Sign up at the kiosk - Fee applies	IT
5:00	Yoga	S1
6:00	Dinner (prompt)	DR
7:00	Green Valley Book Discussion 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	CR

Miner

7:00-10:00	Breakfast	DR
7:45	Hikes depart	GH
10:00	"Spin" Reebok Cycle	S2
11:00	"Healthy Longevity" New research evidence is changing our approach to detecting and managing heart disease and stroke. Presented by Dr. Gordon Reynolds	CR
11:15	Aquacise	IP
12:00 - 1:30	Lunch	DR
1:00	Labyrinth Orientation & Walk Learn the history of the Green Valley Labyrinth and how to use it for meditation and self direction Presented by Mike Rice	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" Centerpiece Arrangement Presented by Vicky Calegory	ТС
Appointmer	nts	

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
7:45-12:00	Green Valley Adventure Hiking with rock climbing, rappeling and zip lines. (More difficult heights than Challenge \$110 per person, see details and sign up at kiosk)	GH
10:00	Mat Pilates	S1
11:15	Aquacise	IP
12:00 - 1:30	Lunch	DR
2:00	Spa Cooking Made Easy	DR
2:00	Stretch	S1
3:00	"Spin" Reebok Cycle	S2
4:00	Tone with Fitball	S2
4:00	Spa Tennis Beginner - Low Intermediate - Sign up at the kiosk - Fee applies	IT
5:00	Spa Tennis Intermediate and up - Sign up at the kiosk - Fee applies	IT
5:00	Yoga	S1
6:00	Dinner (prompt)	DR
7:00	GV Movie Night "The Secret"	CR

Appointments



NOVEMBER 12-18, 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.

Breakfast										
	DR	7:00-10:00	Breakfast	DR	7:00-10:00	Breakfast	DR	7:00-10:00	Breakfast	D
Hikes depart	GH	7:45	Hikes depart	GH	7:45	Hikes depart	GH	7:45	Hikes depart	Gł
Fitness Hike with Rappel	GH	10:00	Absolutely Abs	S2	7:45-11:30		GH	7:45-11:30	Green Valley Challenge Hiking with rock climbing, rappeling	GI
Total Body Conditioning	S2	11:15	Aquacise	IP					and zip lines. (Less difficult heights than Adventure - \$99 per person, see	
Aquacise	IP	12:00 -1:30	Lunch	DR	10.00	Circuit Dever Deerd	60		details and sign up at kiosk)	
Lunch	DR	1:00	Meditation	SC	10:00	Circuit Power Board	52	10:00	Fun with Fitball	S
	S1		Breathing, progressive tensing/		11:15	Aquacise	IP			IF
			experiencing serenity and self-connection.		12:00 -1:30	Lunch	DR			DF
-		2:00	Stretch	S1	1:00	Meditation Heart Meditation	SC			SC
Featuring new LifeFitness Equipment	52					neurementation		1.00	Learn about your energy field,	
Tai Chi	S1	5.00	(feat. the new Life Fitness Equipment)	52	2:00	"Spa Cooking Made Easy"	DR	2.00	. 2	S
Dinner (prompt)	DR	4:00	Yoga	S1		with some great marinades and make				S
	CR	5:00	"Your Body Structure"	CR		included.			-	
You consistently make four choices			you maximize nutrition and exercise		3:00	Stretch	S1			S
Changing these choices can change			to get the most healthy body. Marium Kroff helps you identify your body		4:00	Spa Tennis	IT			S
Miner leads you through how these			structure.			Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies		6:00		D
		6:00	Dinner (prompt)	DR	1.00	"Curies" Death als Curies	62	7:00		C
		7:00	"Are Your Hormones Balanced?"	CR	4:00	Spin" Reebok Cycle	52		Now considered to be the primary	
Presented by Dr. Jane Miner			Hormone inbalance accelerates aging, causes excess body fat,		5:00	Pilates	S1		cause of most disease, stroke, cancer, Alzheimer's, arthritis, diabetes, others	,
			increases the risk for heart disease,		6:00	Dinner (prompt)	DR		and is a major factor in managing body fat metabolism.	
			other serious diseases in BOTH men and women at any age. Presented by Dr. Gordon Reynolds		7:00	"Your Life in the Stars" Sue Upwall presents this lecture on understanding how the arrangement	CR		Presented by Dr. Gordon Reynolds	
CATION <u>GUIDE</u>						of stars and planets are affecting your life.				
		Appointme	nts							
								Appointme	ents	
	Tai Chi Dinner (prompt) "Four Choices That Can Change Everything" 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 Presented by Dr. Jane Miner	Total Body Conditioning S2 Aquacise IP Lunch DR Stretch S1 Cardio Boxing S2 Circuit S2 Featuring new LifeFitness Equipment S1 Tai Chi S1 Dinner (prompt) DR "Four Choices That Can Change Everything" CR 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 Presented by Dr. Jane Miner MN MN Medical Center g Room MP Mission Pool Hall CP Coyote Pool or Pool S1 Studio 1	Total Body ConditioningS211:15AquaciseIP12:00-1:30LunchDR1:00StretchS1Cardio BoxingS2Cardio BoxingS22:00Featuring new LifeFitness EquipmentS13:00Tai ChiS1S13:00Dinner (prompt)DR4:00"Four Choices That Can Change Everything" You consistently make four choices that determine your expreinces. 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 MinerAppointmeCATION GUIDE rence Room g Room Hall CP Coyote Pool or PoolMC S1Mission Center S1Appointme	Total Body Conditioning S2 11:15 Aquacise Aquacise IP 12:00 -1:30 Lunch Lunch DR 1:00 Meditation Breathing, progressive tensing/ relaxing, autogenics techniques for experiencing serenity and self-connection. Cardio Boxing S2 2:00 Stretch Cardio Boxing S2 2:00 Stretch Featuring new LifeFitness Equipment S1 3:00 Power Board Circuit (feat. the new Life Fitness Equipment) Dinner (prompt) DR 4:00 Yoga "Four Choices That Can Change Everything" CR 5:00 "Your Body Structure" Knowing your body structure can help you maximize nutrition and exercise to aget the most healthy body. Marium Kroff helps you identify your body structure. Opwer Roard Editorships. Dr. Miner leads you through how these choices are affecting you now and how new choices can result in desired change. 6:00 Dinner (prompt) 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. Jane Miner Mission Center g Room Mission Center MP Mission Center MP Appointments Halil CP Coyote Pool sr O	Total Body ConditioningS211:15AquaciseIPAquaciseIP12:00-1:30LunchDRLunchDR1:00Meditation Breathing, progressive tensing/ relaxing, autogenics techniques for experiencing serenity and self-connection.SCStretchS1S22:00StretchS1Cardio BoxingS22:00StretchS1Cardio BoxingS22:00StretchS1Tai ChiS1S13:00Power Board Circuit (feat. the new Life Fitness Equipment)S2Tai ChiS1S13:00Your 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"Four Choices are affecting you now and how new choices can result in desired change. Presented by Dr. Jane MinerCRTence Room entreeMCMission Center MMission Center MCRPrence Room entreeMCMission Center MS1MarcialCPCoyote Pool repoolS1Prence Room HallMCMission Center MKep Coyote Pool repoolCareto Room MMarcialCenter MPMission Center MAppointments	Total Body ConditioningS211:15AquaciseIPAquaciseIP12:00 -1:30LunchDR10:00LunchDR10:00Meditation relaxing, autogenics techniques for experiencing serenity and self-connection.SC11:15StretchS1S22:00StretchS112:00 -1:30Cardio BoxingS22:00StretchS11:00Circuit Featuring new LifeFitness EquipmentS22:00StretchS11:00Tai ChiS1S13:00Power Board Circuit (feat. the new Life Fitness Equipment)S22:00Dinner (prompt)DR4:00YogaS1513:00Vou Consistently make four choices that determine your experiences. Vou consistently make four choices that determine your experiences. S0:00"Your Body Structure" (feat. the new Life Fitness Equipment)CR (R (R (mosting your body structure can help you maximize nutrition and exercise to get the most healthy body. Marium Kroft helps you identify your body structure.CR (A:00Change how new choices can result in desired change. Presented by Dr. Jane MinerMission Center enter MP Mission Pool detail Center enterMission Pool Mission Pool enterCR Appointment word average set concer and worm on any age. Presented by Dr. Gordon ReynoldsCR (R (R) (R)Change enterMission Pool Hission Pool Hission Pool Hission PoolMission Pool Average set concers, depression, and other set ous diseases in BOTH men and worm on any	Catal Body Coultioning 52 11:15 Aquacise IP Value Challenge (569 per person, see details and sign up at the front desk) Aquacise IP 12:00-1:30 Lunch DR 10:00 Circuit Power Board Lunch S1 BR 10:00 Breathing, progressive tensing/ Breathing, progressive tensing/ Breathing, progressive tensing/ Breathing, seriencing serienty and self-connection. 52 11:15 Aquacise Cardio Boxing 52 2:00 Stretch 51 Meditation Circuit Featuring new LifeFitness Equipment 52 2:00 Stretch 51 Meditation Tai Chi 51 Stretch 51 Meditation Meditation Fraucing new LifeFitness Equipment 52 2:00 "Spa Cooking Made Easy" Life at the new Life Fitness Equipment 52 2:00 "Spa Cooking Made Easy" Life at the new Life Fitness Equipment 52 2:00 "Spa Cooking Made Easy" Life at the new Life Fitness Equipment 52 2:00 "Spa Cooking Made Easy" Life at the new Life Fitness Equipment 50 Spa Cooking Made Easy" Life at the new Life Application 53 53 53 53 53 53 53 53 53 53 54	An abbreviated version of the Green Volege Polenon, et al. 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LA Labyrinth

IT Indoor Tennis Courts

S2 Studio 2 **SC** Spritual Center

TC Tennis Classroom