

THURSDAY NOVEMBER 30, 2006			FRIDAY DECEMBER 1, 2006			SATURDAY DECEMBER 2, 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		



NOVEMBER 26 -
DECEMBER 2, 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 NOVEMBER 26, 2006

MONDAY NOVEMBER 27, 2006

TUESDAY NOVEMBER 28, 2006

WEDNESDAY NOVEMBER 29, 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	4:00	“Spin” Reebok Cycle	S2	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	5:00	Pilates	S1	6:00	Dinner (prompt)	DR
						6:00	Dinner (prompt)	DR	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
						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			

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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