

Thursday Sept 15, 2005			Friday Sept 16, 2005			Saturday Sept 17, 2005		
6:00-10:00	Breakfast	DR	6:00-10:00	Breakfast	DR	6:00-10:00	Breakfast	DR
7:00	Hikes depart	GH	7:00	Hikes depart	GH	7:00-12:00	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
7:00	Zion National Park Excursion Return by 2:00 p.m. Fee Applies. Sign-up required, ask the front desk for details.	GH	10:00	“Spin” Reebok Cycle	S2			
			11:00	Aquacise	MP			
10:00	Tai Chi Stretch	S1	12:00 - 1:30	Lunch	DR	7:00	Hikes depart	GH
11:00	Aquacise	MP	1:00	Meditation (heart meditation)	SC	10:00	Mat Pilates	S1
12:00 - 1:30	Lunch	DR	2:00	Stretch	S1	11:00	Aquacise	MP
1:00	Meditation Guided imagery is used for experiencing serenity and self-connection.	SC	3:00	Cardio La Cha Cha	S2	12:00 - 1:30	Lunch	DR
			4:00	Mat Pilates	S1	2:00	Stretch	S1
2:00	Stretch	S1	5:00	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	CR	3:00	Cardio Boxing	S2
3:00	Upper Body Conditioning	S2				4:00	Yoga	S1
4:00	Tennis Lessons - Intermediate & up (Sign up at the kiosk - Fee applies)	IT				6:00	Dinner (prompt)	DR
4:00	Yoga	S1	6:00	Dinner (prompt)	DR	7:00	Rest and Relax	
6:00	Dinner (prompt)	DR		Appointments				
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						Appointments		



Sept 11 - Sept 17, 2005

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.

- 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 Sept 11, 2005			Monday Sept 12, 2005			Tuesday Sept 13, 2005			Wednesday Sept 14, 2005		
6:00-10:00	Breakfast	DR	6:00-10:00	Breakfast	DR	6:00-10:00	Breakfast	DR	6:00-10:00	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. (\$69 per person, see details and sign up at the front desk)	GH	7:00-11:00	Green Valley Challenge Hiking with rock climbing, rappeling and zip lines. (Less difficult heights than Adventure - \$99 per person, see details and sign up at kiosk)	GH
7:00	Fitness Hike with Rappel	GH	10:00	Pilates	S1						
10:00	Total Body Conditioning	S2	11:00	Aquacise	MP	7:00	Hikes depart	GH			
11:00	Aquacise	MP	12:00 - 1:30	Lunch	DR	10:00	Circuit Power Board	S2	7:00	Hikes depart	GH
12:00 - 1:30	Lunch	DR	1:00	Meditation Breathing, progressive tensing/relaxing, autogenics techniques for experiencing serenity and self-connection.	SC	11:00	Aquacise	MP	10:00	Fun with Fitball	S2
2:00	Stretch	S1				12:00 - 1:30	Lunch	DR	11:00	Aquacise	MP
3:00	“Spin” Reebok Cycle	S2	2:00	Stretch	S1				12:00 - 1:30	Lunch	DR
4:00	Tai Chi	S1	3:00	Circuit Power Board	S2	1:00	Labyrinth Meditation Walk to reconnect yourself	SC	1:00	Meditation Meditation strategies using breathing and chakras.	SC
6:00	Dinner (prompt)	DR	4:00	Yoga	S1	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			
7:00	“Get More Energy with Stronger Boundaries” 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 boundaries. 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	2:00	Stretch	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	3:00	Cardio Boxing	S2
						6:00	Dinner (prompt)	DR	4:00	Tennis Lessons - Beg to Adv. Beginner (Sign up at the kiosk - Fee applies)	IT
Appointments			6:00	Dinner (prompt)	DR	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	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	“Healthy Longevity” New research evidence is changing our approach to detecting and managing heart disease and stroke. Presented by Dr. Gordon Reynolds	CR
						Appointments					
Location Guide			Appointments						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.								