

THURSDAY SEPTEMBER 7, 2006

6:15-10:00	Breakfast	DR
7:00	Hikes depart	GH
7:00	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	Tai Chi	S1
11:15	Aquacise	MP
12:00 - 1:30	Lunch	DR
1:00	Meditation <i>Guided imagery is used for serenity and self-connection.</i>	SC
2:00	Stretch	S1
3:00	Upper Body Conditioning	S2
4:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S2
4:00	Spa Tennis <i>Intermediate and up - Sign up at the kiosk - Fee applies</i>	IT
5:00	Yoga	S1
6:00 & 7:15 Seatings	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

FRIDAY SEPTEMBER 8, 2006

6:15-10:00	Breakfast	DR
7:00	Hikes depart	GH
10:00	"Spin" Reebok Cycle	S2
11:15	Aquacise	MP
12:00 - 1:30	Lunch	DR
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
2:00	Stretch	S1
3:00	Cardio La Cha Cha	S2
4:00	Mat Pilates	S1
5:00	Tai Chi	S1
6:00 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR

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.

SATURDAY SEPTEMBER 9, 2006

6:15-10:00	Breakfast	DR
7:00	Hikes depart	GH
7:00-12:00	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
10:00	Mat Pilates	S1
11:15	Aquacise	MP
12:00 - 1:30	Lunch	DR
2:00	Stretch	S1
3:00	Cardio Boxing	S2
4:00	Tone with Fitball	S2
4:00	Spa Tennis <i>Beginner - Low Intermediate - Sign up at the kiosk - Fee applies</i>	IT
5:00	Spa Tennis <i>Intermediate and up - Sign up at the kiosk - Fee applies</i>	IT
5:00	Yoga	S1
6:00 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR

Appointments



GREEN VALLEY
RESORT & SPA

SEPTEMBER 3 - 9, 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 SEPTEMBER 3, 2006

MONDAY SEPTEMBER 4, 2006

TUESDAY SEPTEMBER 5, 2006

WEDNESDAY SEPTEMBER 6, 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
7:00	Fitness Hike with Rappel	GH	10:00	Absolutely Abs	S2	7:00-11:30	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	7:00-11:30	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						
12:00 -1:30	Lunch	DR	1:00	Meditation <i>Breathing, progressive tensing/relaxing, autogenics techniques for experiencing serenity and self-connection.</i>	SC	10:00	Circuit Power Board	S2	10:00	Fun with Fitball	S2
2:00	Stretch	S1				11:15	Aquacise	MP	11:15	Aquacise	MP
3:00	Spin	S2				12:00 -1:30	Lunch	DR	12:00 -1:30	Lunch	DR
4:00	Cardio Circuit <i>(feat. the new Life Fitness Equipment)</i>	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
5:00	Tai Chi	S1	3:00	Power Board Circuit <i>(feat. the new Life Fitness Equipment)</i>	S2						
6:00 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR	4:00	Yoga	S1	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
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	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	3:00	Stretch	S1	3:00	Cardio Boxing	S2
			6:00 & 7:15 Seatings	Dinner (prompt) - Two Seatings at 6pm & 7:15pm	DR	4:00	Spa Tennis <i>Beginner & Adv. Beginner - Sign up at the kiosk - Fee applies</i>	IT	4:00	Mat Pilates	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	5:00	Tai Chi	S1
						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>Sue Upwall presents this lecture on understanding how the arrangement of stars and planets are affecting your life.</i>	CR	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

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	Spiritual Center
		TC	Tennis Classroom

Appointments

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