

Dr. Fuhrman's Healthy Getaway Activities

June 24, 2007 - June 29, 2007

All Dr. Fuhrman Discussion Groups and Seminars will be held in the Snow Canyon Room.

All Dr. Fuhrman Cooking Demonstrations will be held in the Anasazi Canyon Room.

Sunday, June 24, 2007	Time	Fee	Sign-up	Location	Additional Information
Hip Hop	3:30p-4:15p			Fitness Studio #3	
Downward Dog Yoga	3:30p-4:15p			Fitness Studio #2	Open to children & all guests
Evening Stretch	4:30p-5:15p			Fitness Studio #2	
An Insiders Guide to Red Mountain	5p-5:45p			Red Rock Lounge	
Dr. Fuhrman Welcome Reception	5:30p			Zion Canyon Patio	
Dinner	6:30p			Canyon Breeze Restaurant	
Snow Canyon Bike Ride	7p-9p	\$30 *		Meet at Outdoor Rec.	
Summer Solstice Sacred Spiral Walk	7:30p-9p			Meet at the Gazebo	
Dr. David Bullock's Persuasive Talk to Get You to "Eat To Live" with Dr. Fuhrman	8p-9:30p			Snow Canyon Room	
Movie: The Secret	8p-10p			Red Rock Lounge	

*Activity schedule subject to modification

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June 24, 2007 - June 29, 2007

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Monday, June 25, 2007	Time	Fee	Signup	Location	Additional Information
Breakfast	6:00 a-8:30 a			Canyon Breeze Restaurant	
Trekker 3 Hike	6:30a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Trekker 1&2 Hike	7a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Bear Claw Poppy Bike Tour	7a-11a	\$90	*	Meet at Outdoor Recreation	
Family Walk	8:30a-9:30a			Meet at the Gazebo	Open to children & all guests
Continental Breakfast	8:30a-10:30a			Canyon Breeze Restaurant	
Total Stretch	10a-10:45a			Fitness Studio #2	
Acupuncture Sessions	10a-5p	\$125	*	Book at Sagestone Spa	
Yoga	11a-11:45a			Fitness Studio #3	
Lunch	11:30a-1:30p			Canyon Breeze Restaurant	
Cooking Demonstration: Sensational Salads and Smoothies	11a-12p			Anasazi Canyon Room	
Dr. Fuhrman Seminar: <i>The Top 10 Foods Essential to Your Diet</i>	1:30p-2:30p			Snow Canyon Room	
Core Conditioning	2-2:45 p			Fitness Studio #2	
Kidette Bootcamp	3:30p-4:15p			Fitness Studio #3	Open to children & all guests
Discussion Group with Dr. Fuhrman: <i>Sharing Our Success</i>	3p-4p			Snow Canyon Room	
Water Workout	4:30p-5:15p			Red Cliffs Outdoor Pool	
Sharing Tips & Tricks with Lisa Fuhrman	4:30p-5:30p			Snow Canyon Room	
An Insiders Guide to Red Mountain	5p-5:45p			Red Rock Lounge	
Dinner	5:30p-7:30p		*	Canyon Breeze Restaurant	Reservations Required call 5728
Horseback Riding	7p-9p	\$75	*	Meet at Outdoor Recreation	
Are you ready for a Life Do-Over? w/ Life Coach Cindy Clemens	8p-9p			Snow Canyon Room	
Movie: <i>The Secret</i>	8p-10p			Red Rock Lounge	

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Tuesday, June 26, 2007	Time	Fee	Signup	Location	Additional Information
Breakfast	6-8:30 a			Canyon Breeze Restaurant	
Trekker 3 Hike	6:30a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Trekker 1&2 Hike	7a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Slickrock Hike	7:00 a-10 a	\$55	*	Meet at Outdoor Rec.	
Gunlock Kayak and Hike	7a-1p	\$135	*	Meet at Outdoor Rec.	
Rock Climbing	8 a-12 p	\$135	*	Meet at Outdoor Rec.	
Family Walk	8:30 a-9:30 a			Meet at the Gazebo	Open to children & all guests
Continental Breakfast	8:30 a-10:30 a			Canyon Breeze Restaurant	
Dinosaur Tracks Adventure	10a-2p	\$2	*	Meet at Guest Services	Open to children & parents
Chiball	10a-10:45a			Fitness Studio #2	
Acupuncture Sessions	10a-5p	\$125	*	Book at Sagestone Spa	
Cooking Demonstration: Simple Weeknight Dinners	11a-12p			Anasazi Canyon Room	
Total Body Conditioning	11a-11:45a			Fitness Studio #2	
Lunch	11:30a-1:30p			Canyon Breeze Restaurant	
Dr. Fuhrman Seminar: <i>Nutritional Supplements while Eating to Live</i>	1:30p-2:30p			Snow Canyon Room	
Pilates	2:30p-3:15p			Fitness Studio #2	
Find & Follow Your Life Compass w/ Life Coach Cindy Clemens	3p-4:30p	\$75	*	Bryce Canyon Room	
Water Workout	3-3:45 pm			Red Cliffs Outdoor Pool	
NIA Dance Party	3:30p-4:15p			Fitness Studio #3	Open to children & all guests
Discussion Group with Dr. Fuhrman: <i>Fine Tuning Your Nutrition for Optimal Health</i>	4:30p-5:30p			Snow Canyon Room	
Dinner	5:30p-7:30p		*	Canyon Breeze Restaurant	Reservations Required Call 5728
Horseback Riding	7p-9p	\$75	*	Meet at Outdoor Rec.	
Tuacah presents My Fair Lady	7:30p-11:30p	\$varies	*	Meet at RM Outfitters	Sign-up through the Concierge
A Good Night's Sleep w/ Ian White	8p-9p			Fitness Studio #3	
An Evening with the Stars	8:30p-10p	\$75	*	Meet at RM Outfitters	
Movie: The Secret	8p-10p			Red Rock Lounge	

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Wednesday, June 27, 2007	Time	Fee	Signup	Location	Additional Information
Breakfast	6:00-8:30 a			Canyon Breeze Restaurant	
Trekker 3 Hike	6:30a-10a	*		Meet at the Gazebo	Sign-up by 8 pm the evening before
Adventure Trip to Zion National Park	7a-5p	\$149	*	Meet at Kolob Canyon Room	
Trekker 1&2 Hike	7a-10a	*		Meet at the Gazebo	Sign-up by 8 pm the evening before
Family Walk	8:30a-9:30a			Meet at the Gazebo	Open to children & all guests
Continental Breakfast	8:30a-10:30a			Canyon Breeze Restaurant	
Morning Stretch	10a-10:45a			Fitness Studio# 2	
Cooking Demonstration: Fantastic Desserts or Eat to Live Goes Gourmet	11a-12p			Anasazi Canyon Room	
NIA: The Joy of Movement	11a-11:45a			Fitness Studio #3	
Lunch	11:30a-1:30p			Canyon Breeze Restaurant	
Dr. Fuhrman Seminar: <i>Keeping the Weight Off for Good: Never Diet Again</i>	2p-3p			Snow Canyon Room	
Hip Hop	3:30-4:15 p			Fitness Studio #3	
Kids Beats	3:30p-4:15p			Fitness Studio #2	Open to children & all guests
Eat Right America(tm): Help Dr. Fuhrman Deliver his Message to the Nation. By Kevin Leville, CEO Nutritional Excellence, LLC	3:30p-4:30p			Snow Canyon Room	
Ai Chi Water Workout	4:30p-5:15p			Red Cliffs Outdoor Pool	
Sharing Tips & Tricks with Lisa Fuhrman	4:30p-5:30p				
Dinner	5:30p-7:30p	*		Canyon Breeze Restaurant	Reservations Required Call 5728
Discussion Group with Dr. Fuhrman: <i>Knowledge Sharing: Social Situations & Other Events</i>	7p-8p			Snow Canyon Room	
Horseback Riding	7p-9p	\$75	*	Meet at Outdoor Rec.	
Snow Canyon Bike Ride	7p-9p	\$30	*	Meet at Outdoor Rec.	
Tuacahn presents Cinderella	7:30p-11:30 p	\$varies	*	Meet at RM Outfitters	Buy tickets through the Concierge
Attraction in Action with Cindy Clemens	8-9p			Bryce Canyon Room	
An Evening with the Stars	8p-10p	\$75	*	Meet at RM Outfitters	
Meditation Rituals with Ian White	8p-9:30p			Fitness Studio #3	

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Thursday, June 28, 2007	Time	Fee	Signup	Location	Additional Information
Breakfast	6-8:30 a			Canyon Breeze Restaurant	
Trekker 3 Hike	6:30a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Adventure Trip Zion National Park	7a-5 p	\$149	*	Meet at Kolob Canyon Room	
Trekker 1&2 Hike	7a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Red Cliffs Hike	7 a-10 a	\$55	*	Meet at Outdoor Rec.	
Journey through Time Geology	8a-11a	\$55	*	Meet at Outdoor Rec.	
Family Walk	8:30a-9:30a			Meet at the Gazebo	Open to children & all guests
Continental Breakfast	8:30a-10:30a			Canyon Breeze Restaurant	
Yoga	10a-10:55a			Fitness Studio #3	
Acupuncture Sessions	10a-5p	\$125	*	Book through Sagestone Spa	
Chiball	11a-11:45a			Fitness Studio #2	
Lunch	11:30a-1:30p			Canyon Breeze Restaurant	
EAT TO LIVE Cooking Demonstration: Soups for All Seasons	11a-12p			Anasazi Canyon Room	
NIA: The Joy of Movement	11a-11:45a			Fitness Studio #3	
Kayaking	1p-5p	\$110	*	Meet at Outdoor Rec.	
Dr. Fuhrman Seminar: <i>Recent Developments in Nutritional Excellence</i>	2:30p-3:30p			Snow Canyon Room	
Kidette Bootcamp	3:30 p-4:15 p			Fitness Studio #2	Open to children & all guests
Cardio Salsa	4-4:45 p			Fitness Studio #3	
Discussion Group with Dr. Fuhrman: <i>Your Comments & Questions</i>	4p-5p			Snow Canyon Room	
Water Workout	4:30p-5:15p			Red Cliffs Outdoor Pool	
Farewell Dinner Dance	6:30p-8:30p			Canyon Breeze Restaurant	
Tuacahn Presents My Fair Lady	7:30p-11:30p	\$varies	*	Meet at RM Outfitters	Buy tickets through the Concierge

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Friday, June 29, 2007	Time	Fee	Signup	Location	Additional Information
Breakfast	6-8:30a			Canyon Breeze Restaurant	
Trekker 3 Hike	6:30a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Trekker 1&2 Hike	7a-10a		*	Meet at the Gazebo	Sign-up by 8 pm the evening before
Bear Claw Poppy Bike Tour	7a-11a	\$90	*	Meet at Outdoor Rec.	
Rock Climbing	8-12 p	\$135	*	Meet at Outdoor Rec.	
Family Walk	8:30a-9:30a			Meet at the Gazebo	Open to children & all guests
Continental Breakfast	8:30a-10:30a			Canyon Breeze Restaurant	
Morning Stretch	10a-10:45a			Fitness Studio #2	
Acupuncture Sessions	10a-5p	\$125	*	Book through Sagestone Spa	
Yoga	10a-10:55a			Fitness Studio #3	
Cross Cardio Training	11a-11:45a			Fitness Studio #2	
Lunch	11:30a-1:30p			Canyon Breeze Restaurant	
Checkout & Departure	12:00p			Guest Services	

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