

Dr. Fuhrman Red Mountain Spa Trip Activities
June 24, 2007 - June 29, 2007

Sunday, June 24, 2007	Time
Breakfast	6:30a-8:30a
Trekker 3 Hike	6:30a - 10a
Trekker 1&2 Hike	7a-10a
Fitness Walk	7a-9a
Private Tennis Lessons w/ Candace Cotten	8a-5p
Horesback Riding	8a-10a
Rock Climbing	8a-12p
Continental Breakfast	8:30a-10:30a
Awareness Walk	9a-11a
Aqua Asana	10a-10:45a
Morning Stretch	10a-10:45a
Accupuncture Sessions	10a-5p
Blast from the Past	11a-11:45a
Flexibility Classes	11a-11:45a
Lunch	11:30a-1:30p
Kayaking	1p-5p
Hip Hop	2:30p-3:15p
Downward Dog Yoga	2:30p-3:15p
Core Conditioning	3:30p-4:15p
Evening Stretch	4:30p-5:15p
An Insiders Guide to Red Mountain	5p-5:45p
Dr. Fuhrman Welcome Reception/Dinner	5:30p-7:30p
Horseback Riding	7p-9p
Sunset Bike Ride	7:30p-9p
Sacred Spiral Walk	7:30p-9p
Be the Change w/ Motivational Coach Jay Snyder	8p-9p
Movie: The Secret	8p-10p
Monday, June 25, 2007	
Breakfast	6:30a-8:30a
Trekker 3 Hike	6:30a-10a
Adventure Trip to Zion Nation Park	7a-5p
Trekker 1&2 Hike	7a-10a
Private Tennis Lessons w/ Candace Cotten	8a-5p
Bear Claw Poppy Bike Tour	7a-11a
Horesback Riding	8a-10a
Family Hike	8:30a-9:30a
Continental Breakfast	8:30a-10:30a
Kundalini Yoga	10a-10:55a
Acupuncture Sessions	10a-5p
Balletone Express	11a-11:45a
Flexibility Classes	11a-11:45a
Lunch	11:30a-1:30p
Pilates Ball Express	11:30a-12p

*Activity schedule subject to modification

Cooking Class: <i>Sensational Salads and Smoothies</i>	11a-12p
Dr. Fuhrman Seminar: <i>The Top 10 Foods Essential to Your Diet</i>	1:30p-2:30p
Core Conditioning	2:30p-3:15p
Kidette Bootcamp	3:30p-4:15p
NIA: The Joy of Movement	3:30p-4:15p
Discussion Group with Dr. Fuhrman: <i>Sharing Our Success</i>	3p-4p
Ai Chi Water Workout Express	4:30p-5p
Sharing Tips & Tricks with Lisa Fuhrman	4:30p-5:30p
An Insiders Guide to Red Mountain	5p-5:45p
Aqua Express (Ai Chi or Asana)	5p-5:30p
Dinner	5:30p-7:30p
Family Movie Night	6:30p-8:00p
Horsback Riding	7p-9p
Latin Dancing w/ Costa Rican Instructor Yeimy Henke	8p-8:45p
Are you ready for a Life Do-Over? w/ Life Coach Cindy Clemens	8p-9p
Sunset Celebration	8:30p-9:30p
Movie: The Secret	8p-10p
Tuesday, June 26, 2007	Time
Breakfast	6:30a-8:30a
Trekker 3 Hike	6:30a-10a
Trekker 1&2 Hike	7a-10a
Red Cliffs Hike	7:30a-10:30a
Private Tennis Lessons w/ Candace Cotten	8a-5p
Horseback Riding	8a-10a
Gunlock Kayak and Hike	7a-1p
Chiball Express	10a-10:30a
Family Hike	8:30a-9:30a
Continental Breakfast	8:30a-10:30a
Active Yoga	10a-10:45a
Acupuncture Sessions	10a-5p
Total Body Conditioning Express	10:30a-11a
Cooking Class: <i>Simple Weeknight Dinners</i>	11a-12p
Flexibility Classes	11a-11:45a
Lunch	11:30a-1:30p
Frache Mineral Makeover	1p-3p
Dr. Fuhrman Seminar: <i>Nutritional Supplements while Eating to Live</i>	1:30p-2:30p
Pilates	2:30p-3:15p
Find & Follow Your Life Compass w/ Life Coach Cindy Clemens	3p-4:30p
NIA Dance Party	3:30p-4:15p
Downward Dog Yoga	3:30p-4:15p
Water Workout Express	4:30p-5p

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Discussion Group with Dr. Fuhrman: <i>Fine Tuning Your Nutrition for Optimal Health</i>	4:30p-5:30p
Aqua Express (Ai Chi or Asana)	5p-5:30p
Dinner	5:30p-7:30p
Horesback Riding	7p-9p
A Good Night's Sleep w/ Ian White	8p-9p
Red Feather Fire Ceremony w/ Cindy Clemens	8p-9p
An Evening with the Stars	8:30p-10p
Movie: The Secret	8p-10p
Wednesday, June 27, 2007	Time
Breakfast	6:30a-8:30a
Trekker 3 Hike	6:30a-10a
Trekker 1&2 Hike	7a-10a
Bryce Canyon Adventure Trip	7a-7p
Private Tennis Lessons w/ Candace Cotten	8a-5p
Horseback Riding	8a-10a
Family Hike	8:30a-9:30a
Continental Breakfast	8:30a-10:30a
Yoga on the Ball	10a-10:55a
Morning Stretch Express	10a-10:30a
EAT TO LIVE Cooking Class: <i>Fantastic Desserts</i>	11a-12p
NIA: The Joy of Movement	11a-11:45a
Flexibility Claseses	11a-11:45a
Lunch	11:30a-1:30p
Dr. Fuhrman Seminar: <i>Keeping the Weight Off for Good: Never Diet Again</i>	2p-3p
Hip Hop	2:30p-3:15p
Kids Beats	3:30p-4:15p
Water Workout Express	4:30p-5p
Sharing Tips & Tricks with Lisa Fuhrman	4:30p-5:30p
An Insiders Guide to Red Mountain	5p-5:45p
Aqua Express (Ai Chi or Asana)	5p-5:30p
Dinner	5:30p-7:30p
Family Movie Night	6:30p-8:00p
Discussion Group with Dr. Fuhrman: <i>Knowledge Sharing: Social Situations & Other Events</i>	7p-8p
Horesback Riding	7p-9p
Sunset Bike Ride	7p-9p
An Evening with the Stars	8p-10p
Meditation Workshop w/ Ian White	8:30p-10:00p
Energy Therapy w/ Carolyn Cooper	8p-9p
Movie: The Secret	8p-10p
Thursday, June 28, 2007	
Breakfast	6:30a-8:30a
Trekker 3 Hike	6:30a-10a

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Trekker 1&2 Hike	7a-10a
Cedar Breaks/Ashdown Gorge	7a-5p
Private Tennis Lessons w/ Candace Cotten	8a-5p
Horseback Riding	8a-10a
Journey through Time Geology	8a-11a
Family Hike	8:30a-9:30a
Continental Breakfast	8:30a-10:30a
Yoga	10a-10:55a
Chiball Express	10a-10:45a
Acupuncture Sessions	10a-5p
Balletone Express	11a-11:45a
Lunch	11:30a-1:30p
EAT TO LIVE Cooking Class: <i>Soups for All Seasons</i>	11a-12p
NIA: The Joy of Movement	11a-11:45a
Flexibility Classes	11a-11:45a
Franche Mineral Makeover	1p-3p
Kayaking	1p-5p
Dr. Fuhrman Seminar: <i>Recent Developments in Nutritional Excellence</i>	2:30p-3:30p
Cardio Salsa	2:30p-3:15p
Total Body Conditioning	3:30p-4:15p
Kidette Bootcamp	3:30p-4:15p
Discussion Group with Dr. Fuhrman: <i>Your Comments & Questions</i>	4p-5p
Private Life Coaching Sessions w/ Life Coach Cindy Clemens	4p-7p
Ai Chi Water Workout Express	4:30p-5:15p
Tai Chi	4:30p-5:15p
Evening Stretch	4:30p-5:15p
An Insiders Guide to Red Mountain	5p-5:45p
Farewell Dinner Dance	6:30p-8:30p
Pottery School	6:45p-9:15p
Horesback Riding	7p-9p
Make Room for YOU in Your Life w/ Life Coach Cindy Clemens	7p-8:30p
Meditation Rituals w/ Ian White	8p-8:45p
Movie: The Secret	8p-10p
Friday, June 29, 2007	
Breakfast	6:30a-8:30a
Trekker 3 Hike	6:30a-10a
Trekker 1&2 Hike	7a-10a
Adventure Trip Zion National Park	7a-5p
Private Tennis Lessons w/ Candace Cotten	8a-5p
Horseback Riding	8a-10a
Bear Claw Poppy Bike Tour	7a-11a
Family Hike	8:30a-9:30a
Continental Breakfast	8:30a-10:30a

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Golf Clinic at the Ledges	9a-11a
Morning Stretch	10a-10:45a
Tai Chi w/ Carolyn Cooper	10a-10:45a
Acupuncture Sessions	10a-5p
Seafood Cooking Demo	11a-12p
Pilates Ball Express	11a-11:30a
Yoga	10a-10:55a
Cross Cardio Training	11a-11:45a
Flexibility Classes	11a-11:45a
Lunch	11:30a-1:30p
Drums Alive	2:30p-3:15p
Smart Shopping: Health Food Tour w/ Dr. Ralph Ofcarcik	3p-5p
Core Conditioning	3:30p-4:15p
Kids Beats	3:30p-4:15p
Water Workout Express	4:30p-5:00p
An Insiders Guide to Red Mountain	5p-5:45p
Aqua Express (Ai Chi or Asana)	5p-5:30p
Captain's Table	5:30p-7p
Horesback Riding	7p-9p
Tuacah Presents	7:45p-11p
Movie: The Secret	8a-10p
An Evening with the Stars	8p-10p

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