



## Red Mountain Resort

Please arrive 15 minutes early for hikes and adventures, schedule subject to change.

### Tuesday, February 13, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
7:30am	10:30am	Daily Guided Hike: Endurance Level	Yes	Glen Canyon Gazebo	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
9am	11:30am	Desert Nature Walk	Yes	Glen Canyon Gazebo	
9:30am	10:30am	Yoga for Detox	Yes	Fitness Studio 2	
9:30am	10:15am	Zumba®	No	Fitness Studio 3	
10am	4pm	Canyoneering	Yes	Red Rock Lounge	\$250
11am	11:45am	Morning Stretch	No	Fitness Studio 3	
11am	11:50am	Yoga MELT® Fusion	No	Fitness Studio 2	
11am	11:45am	Cooking Demonstration	Yes	Canyon Breeze	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12pm	12:45pm	Lunch with Astrologer Leslie McGuirk	Yes	Canyon Breeze	
12:15pm	1:15pm	MELT® Anti-Aging	Yes	Fitness Studio 2	\$35
12:30pm	3:30pm	Horseback Riding	Yes	Red Rock Lounge	\$150

#### FEATURED EVENT

### Rebounding Workshop

Tuesday, February 13, 1:30 – 2:20pm

Location: Fitness Studio 3

There has been a surge in popularity over the fun and unique benefits of the mini trampoline workout which include increases in bone density, lymphatic and cardiovascular function, weight loss, detoxification and an improved immune system. This workshop will teach you how to obtain the benefits of and utilize that mini tramp you've been holding on to for decades.

Limited Space Available, Sign up with Concierge at ext 5724



1:30pm	2:15pm	Align and Define: Strategies for Improved Posture	No	Bryce Canyon Room	
1:30pm	2:15pm	Meet The Stones	No	Fitness Studio 2	
2:30pm	3:15pm	Drums Alive®	No	Fitness Studio 2	
2:30pm	3:15pm	TRX® Boot Camp	No	Fitness Studio 3	
3:30pm	6pm	Bird Watching Oasis	Yes	Red Rock Lounge	\$60
3:30pm	3:50pm	Core 20	No	Fitness Studio 2	
3:30pm	4:15pm	Ultimate Barre	No	Fitness Studio 3	
4pm	4:20pm	Tank Top Arms	No	Fitness Studio 2	
4:30pm	5:15pm	MELT® Hand and Foot	No	Fitness Studio 2	
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	

## FEATURED EVENT

**The Quest for Inspiration with Leslie McGuirk**

Tuesday, February 13, 8 – 8:45pm

Location: Bryce Canyon Room

“Where does inspiration come from?” asks writer and illustrator Leslie McGuirk. The process she uses to “take a blank page, and make something out of nothing” can be of immense value to others, no matter what their profession. McGuirk believes “creativity lies in how you see the world, and not whether you can draw or write.”

McGuirk’s goal is to increase one’s sense of wonder, and get people out of the zombie-like “numb zone” where modern life leads most of us. The end result is an increased amount of freshness in one’s own life, so that more and more episodes of enchantment naturally follow.

**Wednesday, February 14, 2018**

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
8am	4pm	Zion National Park- Hiking	Yes	Red Rock Lounge	\$200
9am	11:30am	Red Hills Desert Garden Walk	Yes	Glen Canyon Gazebo	
9:30am	12:30pm	Kayenta Bike Ride	Yes	Glen Canyon Gazebo	

9:30am	10:25am	Heart Centered Kundalini Yoga	No	Fitness Studio 3	
11am	11:45am	Full Body MELT®	No	Fitness Studio 2	
11am	11:45am	Morning Stretch	No	Fitness Studio 3	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12pm	12:50pm	Posture Workshop	Yes	Fitness Studio 2	\$35
12pm	12:45pm	Lunch with Shaman Spirit Guide	Yes	Canyon Breeze	
1pm	5pm	Rock Climbing	Yes	Red Rock Lounge	\$250
1pm	5pm	Tuacahn Saddle	Yes	Red Rock Lounge	\$95
1:30pm	4pm	Where Heart MEETS Horse	Yes	Red Rock Lounge	\$150
1:30pm	2:20pm	Kettle Bell Essentials	Yes	Fitness Studio 1	
1:30pm	2:15pm	Experience Chakra Balancing	No	Fitness Studio 3	
2:30pm	2:50pm	Core 20	No	Fitness Studio 2	
2:30pm	3:15pm	Cupid Cardio (Dance your heart out)	No	Fitness Studio 3	
2:30pm	4:15pm	Yoga in Snow Canyon	Yes	Wellness Building	\$55
3pm	5:30pm	Rappelling	Yes	Red Rock Lounge	\$155
3pm	3:20pm	Cardio Express	No	Fitness Studio 2	
3:30pm	4:15pm	Hydro Challenge	No	Indoor Pool	
3:30pm	4:15pm	Total Body Barbell	No	Fitness Studio 2	
3:30pm	5:30pm	Complimentary Make-up Application	Yes	Sagestone Spa	
4:30pm	6pm	Successful Meditation	Yes	Fitness Studio 3	\$55
4:30pm	5:15pm	Total Stretch	No	Fitness Studio 2	
5pm	7pm	EARTHING Meet Your Totem Animal	Yes	Glen Canyon Gazebo	\$100
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
6pm	8pm	Music in Canyon Breeze	No	Canyon Breeze	

## FEATURED EVENT

## Elemental Astrology: All About Mercury with Leslie McGuirk

Wednesday, February 14, 8 – 8:45pm

Location: Bryce Canyon Room

Join Leslie McGuirk to learn all about Mercury! Mercury in someone's chart describes their communication style. Finding out what your Mercury sign is, can often be more telling than one's Sun sign. It is also the biggest indicator of emotional harmony between people. Discover what to do if you are in a relationship with someone with a Mercury sign that clashes with yours!



## Thursday, February 15, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
7:30am	10:30am	Daily Guided Hike: Endurance Level	Yes	Glen Canyon Gazebo	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
9am	11:30am	Morning Walk in Snow Canyon	Yes	Glen Canyon Gazebo	
9:30am	10:15am	Nordic Walking to Snow Canyon	No	Fitness Studio 2	
9:45am	10:45am	Yoga for the Spine and Hips	Yes	Fitness Studio 3	
10am	4pm	Canyoneering	Yes	Red Rock Lounge	\$250
11am	11:45am	Chiball Stretch®	No	Fitness Studio 2	
11am	11:55am	Yoga Flow	No	Fitness Studio 3	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
11:30am	12:45pm	Transforming Loss-A Documentary & Talk Back	No	Bryce Canyon Room	
12pm	12:45pm	Lunch with Astrologer Leslie McGuirk	Yes	Canyon Breeze	
12:30pm	1:20pm	Intro to QiGong	Yes	Lava View Lawn	\$35
1:30pm	2:15pm	Intro to Meditation	No	Fitness Studio 3	
2:30pm	3:15pm	Beginning TRX	No	Fitness Studio 3	
2:30pm	3:15pm	Core and More (Back and Booty)	No	Fitness Studio 2	
3pm	5pm	New Moon Tai Chi on the Rocks	Yes	Wellness Center Lobby	\$55
3:30pm	4:15pm	Cardio Strength Circuit	No	Fitness Studio 1	
3:30pm	4:15pm	Zumba®	No	Fitness Studio 3	
4pm	6pm	Lava Tubes	Yes	Red Rock Lounge	\$60

4pm	5pm	Snapshot Walk	Yes	Wellness Lobby	
4:30pm	5:15pm	MELT® Hand and Foot	No	Fitness Studio 3	
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
5:45pm	7:15pm	Restorative Yoga	Yes	Fitness Studio 3	\$55

## FEATURED EVENT

## Elemental Astrology: All About The Four Elements with Leslie McGuirk

Thursday, February 15, 8 – 8:45pm

Location: Bryce Canyon Room

Join Leslie McGuirk to learn all about the four elements of astrology: Air, Water, Fire, and Earth. Each of us is made of these four elements. In this session, it will be as if we are looking at your wiring system, and finding out your different levels of each element. Imagine if you are all Water, and you live with someone who is all Fire? Once we understand our elemental styles, it is easier to be accepting of others since we are all born with certain tendencies.



## Friday, February 16, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	

## FEATURED EVENT

## Zion National Park- Hiking

Friday, February 16, 8am – 4pm

Location: Red Rock Lounge

One of the scenic natural wonders of the world, Zion National Park is famous for its deep canyons, sandstone cliffs and stunning vistas. Experience firsthand the beauty lush forestland with the towering majesty of colorful mountain peaks.

Registration Required, Sign up with Concierge at ext. 5724

Cost: \$200



9:30am	11:30am	Pound Puppy Walk	Yes	Red Rock Lounge	
9:30am	10:15am	Nordic Walking to Snow Canyon	No	Fitness Studio 2	

11am	11:45am	Full Body MELT®	No	Fitness Studio 2	
11am	11:55am	Gentle Yoga	No	Fitness Studio 3	
11am	11:45am	Cooking Demonstration	Yes	Canyon Breeze	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12pm	1:30pm	Walk the Slackline Demo	No	Front of Canyon Breeze Dining Room	
12:30pm	3:30pm	Horseback Riding	Yes	Red Rock Lounge	\$150
1pm	5pm	Rock Climbing	Yes	Red Rock Lounge	\$250
1pm	4pm	Complimentary Make-up Application	Yes	Sagestone Spa	
2:30pm	3:15pm	Drums Alive®	No	Fitness Studio 2	
2:30pm	3:15pm	TRX® Boot Camp	No	Fitness Studio 3	

## FEATURED EVENT

## Yoga in Snow Canyon

Friday, February 16, 2:30 – 4:15pm

Location: Wellness Building

Experience yoga among the red rock cliffs, brilliant blue skies, and petrified sand dunes of Snow Canyon State Park. Guests practice and embody the Ancient Theories of Postures (Asanas), Yoga Breathing (Pranayama) and Meditation. Bring enclosed shoes and a full water bottle. Sunscreen is recommended. Limited space available, sign up with Concierge at ext 5724



Cost: \$55

3:30pm	4:15pm	Boot Camp	No	Fitness Studio 3	
3:30pm	3:50pm	Core 20	No	Fitness Studio 2	
4pm	4:20pm	Tank Top Arms	No	Fitness Studio 2	
4:30pm	5:15pm	Chiball Stretch®	No	Fitness Studio 2	
4:30pm	6pm	Successful Meditation	Yes	Fitness Studio 3	\$55
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
6pm	8pm	Music in Canyon Breeze	No	Canyon Breeze	
8pm	8:45pm	An Evening with an Intuitive	No	Bryce Canyon Room	

## Saturday, February 17, 2018



Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
7:30am	10:30am	Daily Guided Hike: Endurance Level	Yes	Glen Canyon Gazebo	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
9am	11:30am	Morning Walk in Snow Canyon	Yes	Glen Canyon Gazebo	
9:45am	10:45am	Yoga for the Spine and Hips	Yes	Fitness Studio 2	
10am	4pm	Canyoneering	Yes	Red Rock Lounge	\$250
10am	10:45am	Zumba®	No	Fitness Studio 3	
11am	11:45am	Post Hike MELT® for Legs and Feet	No	Fitness Studio 2	
11am	11:55am	Yoga Flow	No	Fitness Studio 3	
11am	11:45am	Cooking Demonstration	Yes	Canyon Breeze	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12pm	12:45pm	Hydro Challenge	No	Indoor Pool	
12pm	12:45pm	Lunch with a Yoga Instructor	Yes	Canyon Breeze	

## FEATURED EVENT

**Historical Saint George Art Tour**

Saturday, February 17, 1 – 3:30pm

Location: Red Rock Lounge

Explore downtown Saint George & all the wonderful history it has to offer. This Tour features:

- Town Square Park & Gazebo
- Opera House
- Social Hall
- Art Museum
- Main Street
- Judd's General Store

Registration Required-Sign up with Concierge at ext 5724

Cost: \$60



1:30pm	4pm	Where Heart MEETS Horse	Yes	Red Rock Lounge	\$150
1:30pm	2:15pm	A Good Night's Sleep	No	Fitness Studio 3	
2:30pm	3:15pm	Cardio Strength Circuit	No	Fitness Studio 1	
2:30pm	3:15pm	Total Body Conditioning	No	Fitness Studio 2	

3pm	5:30pm	Rappelling	Yes	Red Rock Lounge	\$155
3pm	5pm	Anasazi Pottery Workshop	Yes	Snow Canyon Room	\$120
3pm	5pm	Digital Photos in the Field Workshop	Yes	Wellness Lobby	\$100
3:30pm	4:15pm	All in One	No	Fitness Studio 3	
3:30pm	4:15pm	Pilates®	No	Fitness Studio 2	
4:30pm	5:25pm	Gentle Yoga	No	Fitness Studio 3	
5:30pm	7pm	Successful Meditation	Yes	Fitness Studio 3	\$55
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
6pm	8pm	Music in Canyon Breeze	No	Canyon Breeze	
8pm	8:50pm	Drumming from the Heart	No	Fitness Studio 2	

## Sunday, February 18, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
9am	11:30am	The Bountiful Desert Walk	Yes	Glen Canyon Gazebo	
9:30am	12:30pm	Kayenta Bike Ride	Yes	Glen Canyon Gazebo	
9:30am	10:25am	Yoga for Better Posture	No	Fitness Studio 3	
11am	11:45am	Full Body MELT®	No	Fitness Studio 2	
11am	11:55am	Gentle Yoga	No	Fitness Studio 3	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12pm	12:45pm	Lunch with Tai Chi Instructor	Yes	Canyon Breeze	
12:15pm	1:15pm	MELT® Anti-Aging	Yes	Fitness Studio 2	\$35
12:30pm	3:30pm	Horseback Riding	Yes	Red Rock Lounge	\$150
1pm	5pm	Rock Climbing	Yes	Red Rock Lounge	\$250

### FEATURED EVENT

## Tuacahn Saddle

Sunday, February 18, 1 – 5pm



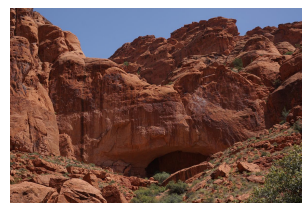
Location: Red Rock Lounge

Tuacahn Saddle:

Just minutes from the resort, this five-mile hike gains nearly 2,000 feet of total elevation and offers some of the most dramatic views of Snow Canyon State Park. Diverse terrain includes long stretches of sand, rocky ascents and descents, and a formation we call Wall Street

Registration Required, Sign up with Concierge at ext. 5724

Cost: \$95



1:30pm	2:20pm	Intro to Tai Chi & the Art of Mindfulness	Yes	Lava View Lawn	\$35
2:30pm	3:15pm	HIIT the Core	No	Fitness Studio 2	
2:30pm	3:15pm	Hydro Challenge	No	Indoor Pool	
3pm	5pm	Mother Earth Meditation	Yes	Wellness Center Lobby	\$55
3:30pm	4:15pm	Drums Alive®	No	Fitness Studio 2	

#### FEATURED EVENT

### MMA Boot Camp

Sunday, February 18, 3:30 – 4:15pm

Location: Fitness Studio 3

MMA Boot Camp is the one stop body shock! This total body, high-intensity style workout utilizes battle ropes, sandbags, tractor tires and body weight along with the components of mixed martial arts training. Stimulate different energy systems and muscles in each segment, changing the focus and activity every few minutes along with driving different emphasis, so your body never gets accustomed to the constantly changing format. You will jam through MMA boot camp with a smile, determination and strength. This is an indoor and outdoor class.

4:30pm	5:15pm	Total Stretch	No	Fitness Studio 2	
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
6pm	8pm	Music in Canyon Breeze	No	Canyon Breeze	

## Monday, February 19, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
8am	4pm	Zion National Park- Hiking	Yes	Red Rock Lounge	\$200

9am	11am	The Zen of Bird Watching	Yes	Red Rock Lounge
9:30am	10:15am	Yoga on the Fitball	No	Fitness Studio 2
11am	11:45am	Chiball Stretch®	No	Fitness Studio 2
11am	11:45am	Pilates®	No	Fitness Studio 3
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze
12pm	12:45pm	Lunch with a Hiking Guide	Yes	Canyon Breeze

## FEATURED EVENT

**Gila Loop**

Monday, February 19, 1 – 4pm

Location: Red Rock Lounge

Join us on one of our red rock hiking adventures. This hike traverses miles of sandstone, sand, and basalt along the eastern ridge and through the backcountry of Snow Canyon State Park. The petroglyphs and vistas will be sure to leave you breathless.

Registration Required, Sign up with Concierge at ext. 5724

Cost: \$95



1:30pm	4pm	Where Heart MEETS Horse	Yes	Red Rock Lounge	\$150
1:30pm	2:20pm	Kettle Bell Essentials	Yes	Fitness Studio 1	
1:30pm	3:30pm	Complimentary Make-up Application	Yes	Sagestone Spa	
1:30pm	2:15pm	Discovering Keys to Successful Weight Loss	No	Bryce Canyon Room	
2:30pm	3:15pm	All in One	No	Fitness Studio 3	
2:30pm	3:15pm	Total Body Barbell	No	Fitness Studio 2	
3pm	5:30pm	Rappelling	Yes	Red Rock Lounge	\$155
3pm	5pm	Tai Chi on the Rocks	Yes	Wellness Center Lobby	\$55
3:30pm	4:15pm	Hydro Challenge	No	Indoor Pool	
3:30pm	4:15pm	NIA®	No	Fitness Studio 3	
4:30pm	5:15pm	Full Body MELT®	No	Fitness Studio 2	
4:30pm	5:15pm	Am I Hungry? Understanding The Mindful Eating Cycle	No	Bryce Canyon Room	
4:30pm	6pm	Smartphone Photography	Yes	Wellness Lobby	\$55
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	

8pm	8:55pm	Candle Light Yoga	No	Fitness Studio 3
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## Tuesday, February 20, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
7:30am	10:30am	Daily Guided Hike: Endurance Level	Yes	Glen Canyon Gazebo	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
9am	11:30am	Desert Nature Walk	Yes	Glen Canyon Gazebo	
9:30am	10:30am	Yoga for Detox	Yes	Fitness Studio 2	
9:30am	10:15am	Zumba®	No	Fitness Studio 3	
10am	4pm	Canyoneering	Yes	Red Rock Lounge	\$250
11am	11:45am	Morning Stretch	No	Fitness Studio 3	
11am	11:50am	Yoga MELT® Fusion	No	Fitness Studio 2	
11am	11:45am	Cooking Demonstration	Yes	Canyon Breeze	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12:15pm	1:15pm	MELT® Anti-Aging	Yes	Fitness Studio 2	\$35
12:30pm	3:30pm	Horseback Riding	Yes	Red Rock Lounge	\$150
1:30pm	2:20pm	Rebounding Workshop	Yes	Fitness Studio 3	
1:30pm	2:15pm	Align and Define: Strategies for Improved Posture	No	Bryce Canyon Room	
1:30pm	2:15pm	Meet The Stones	No	Fitness Studio 2	
2:30pm	3:15pm	Drums Alive®	No	Fitness Studio 2	
2:30pm	3:15pm	TRX® Boot Camp	No	Fitness Studio 3	

### FEATURED EVENT

## Bird Watching Oasis

Tuesday, February 20, 3:30 – 6pm

Location: Red Rock Lounge

Take more time to listen to nature's song and count how many different birds you can see. We'll take you to the Tonaquint Nature Center is a green oasis in the middle of St. George that attracts over 200 species of birds seasonally. This trip

includes a review of skills necessary to bird watch, so no experience necessary!  
This tour is handicapped accessible.

Registration Required, Sign up with Concierge at ext. 5724

Cost: \$60



3:30pm	3:50pm	Core 20	No	Fitness Studio 2
3:30pm	4:15pm	Ultimate Barre	No	Fitness Studio 3
4pm	4:20pm	Tank Top Arms	No	Fitness Studio 2
4:30pm	5:15pm	MELT® Hand and Foot	No	Fitness Studio 2
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze
8pm	8:50pm	You Can Ukulele	Yes	Bryce Canyon Room

## Wednesday, February 21, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
8am	4pm	Zion National Park- Hiking	Yes	Red Rock Lounge	\$200
9am	11:30am	Red Hills Desert Garden Walk	Yes	Glen Canyon Gazebo	
9:30am	12:30pm	Kayenta Bike Ride	Yes	Glen Canyon Gazebo	
9:30am	10:25am	Kundalini Yoga	No	Fitness Studio 3	
11am	11:45am	Full Body MELT®	No	Fitness Studio 2	
11am	11:45am	Morning Stretch	No	Fitness Studio 3	
11:30am	1:30pm	Lunch Buffet	No	Canyon Breeze	
12pm	12:50pm	Posture Workshop	Yes	Fitness Studio 2	\$35
12pm	12:45pm	Lunch with Shaman Spirit Guide	Yes	Canyon Breeze	
1pm	5pm	Rock Climbing	Yes	Red Rock Lounge	\$250
1pm	5pm	Tuacahn Saddle	Yes	Red Rock Lounge	\$95

1:30pm	4pm	Where Heart MEETS Horse	Yes	Red Rock Lounge	\$150
1:30pm	2:20pm	Kettle Bell Essentials	Yes	Fitness Studio 1	
1:30pm	2:15pm	Experience Chakra Balancing	No	Fitness Studio 3	
2:30pm	2:50pm	Core 20	No	Fitness Studio 2	
2:30pm	4:15pm	Yoga in Snow Canyon	Yes	Wellness Building	\$55
2:30pm	3:15pm	Zumba®	No	Fitness Studio 3	
3pm	5:30pm	Rappelling	Yes	Red Rock Lounge	\$155
3pm	3:20pm	Cardio Express	No	Fitness Studio 2	
3:30pm	4:15pm	Hydro Challenge	No	Indoor Pool	
3:30pm	4:15pm	Total Body Barbell	No	Fitness Studio 2	
3:30pm	5:30pm	Complimentary Make-up Application	Yes	Sagestone Spa	
4:30pm	6pm	Successful Meditation	Yes	Fitness Studio 3	\$55
4:30pm	5:15pm	Total Stretch	No	Fitness Studio 2	
5pm	7pm	EARTHING Meet Your Totem Animal	Yes	Glen Canyon Gazebo	\$100
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
8pm	8:45pm	Discover Your Intuitive Gifts	No	Bryce Canyon Room	

## Thursday, February 22, 2018

Start	End	Event	Sign-up Required	Location	Fee
6:30am	10am	Breakfast	No	Canyon Breeze	
7:30am	10:30am	Daily Guided Hike: Endurance Level	Yes	Glen Canyon Gazebo	
8am	11am	Daily Guided Hike: Explorer or Challenge Level	Yes	Glen Canyon Gazebo	
9am	11:30am	Morning Walk in Snow Canyon	Yes	Glen Canyon Gazebo	
9:30am	10:15am	Nordic Walking to Snow Canyon	No	Fitness Studio 2	
9:45am	10:45am	Yoga for the Spine and Hips	Yes	Fitness Studio 3	
10am	4pm	Canyoneering	Yes	Red Rock Lounge	\$250
11am	11:45am	Chiball Stretch®	No	Fitness Studio 2	
11am	11:55am	Yoga Flow	No	Fitness Studio 3	

11:30am 1:30pm Lunch Buffet

No

Canyon Breeze

## FEATURED EVENT

**Transforming Loss-A Documentary & Talk Back**

Thursday, February 22, 11:30am – 12:45pm

Location: Bryce Canyon Room

The award-winning film, Transforming Loss, follows six families through the grief process. These ordinary, yet remarkable people have not only survived profound loss, but through perseverance, faith and determination are transforming. Participate in a talk back with grief specialist, Judith Burdick, MA,LLP following the film



12:30pm	1:20pm	Intro to QiGong	Yes	Lava View Lawn	\$35
1:30pm	2:15pm	Intro to Meditation	No	Fitness Studio 3	
2:30pm	3:15pm	Beginning TRX	No	Fitness Studio 3	
2:30pm	3:15pm	Core and More (Back and Booty)	No	Fitness Studio 2	
3pm	5pm	Tai Chi on the Rocks	Yes	Wellness Center Lobby	\$55
3pm	7pm	Private Life Coaching Sessions with Cindy Clemens	Yes	Wellness Lobby	\$125
3:30pm	4:15pm	Cardio Strength Circuit	No	Fitness Studio 1	
3:30pm	4:15pm	Zumba®	No	Fitness Studio 3	
4pm	6pm	Lava Tubes	Yes	Red Rock Lounge	\$60
4:30pm	5:15pm	MELT® Hand and Foot	No	Fitness Studio 3	
5:30pm	7:30pm	Evening Dining	Yes	Canyon Breeze	
5:45pm	7:15pm	Restorative Yoga	Yes	Fitness Studio 3	\$55

## FEATURED EVENT

**Food for Thought with Life Coach Cindy Clemens**

Thursday, February 22, 8 – 9pm

Location: Bryce Canyon Room

Join Life Coach Cindy Clemens for a good conversation and exchange of ideas for how to make self-care a priority. Cindy will share suggestions for building resilience, saying yes and no with clarity, and dealing with energy vampires. Come prepared to listen and share your thoughts.





Events calendar powered by Trumba  
Calendar events displayed in Mountain Standard Time

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