

Hilton Head Health *Fit Week* Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Assessments	Sunrise Beach Walk Pilates Posture	Sunrise Beach Walk	Sunrise Beach Walk	Sunrise Beach Walk Assessments	Sunrise Beach Walk	
7:30 AM – 9 AM	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	Breakfast/ Thermal Walk	
8:30 AM		Fit Week Opening Session	Treading Yoga in a Chair Deep Water Conditioning Cardio-Boxing	Treading Medicine Ball Nautical Noodle FitBall Strength	FIT Circuit Treading Belly Dancing	Team Triathlon	Beach Yoga Treading Hydro Circuit	9 AM Breakfast/ Thermal Walk
9:30 AM		Determining Your Baseline	Shipyards Challenge	Beach Blast Boot camp Machine Pump Aqua Resistance	Cont: Fit Circuit Hip Hop Dance Deep Water Conditioning		Cardio-Boxing FitBall Strength Nautical Noodle	
10:30 AM	Metabo Meal	Group Metabo Meal	Metabo Meal	Metabo Meal	Group Metabo Meal		Metabo Meal	10 AM Check Out
11 AM		ULTRA Circuit FitBall Aerobics Nautical Noodle Fitness for the Traveler	Cont: Shipyards Challenge	Cont: Beach Blast Boot camp Overcoming the Fear of the Gym	Nutrition for Fitness		Exercise Adherence	
12 PM	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk	Lunch/ Thermal Walk
1 PM		Kayaking (1-4pm) Intro to Fitness Equipment Water Fitness	Forest Preserve Trek (1-4pm) Body Sculpting Aqua Resistance	Cycling at Pinckney (1-5pm) Low Body Conditioning Hydro Circuit	Beaufort Rock Wall Climbing (1-6pm) Resistance Band Water Fitness	Step Aerobics Beach Walk Core Strength Aqua Resistance	Tai-Chi	
2 PM		The Good, the Bad and the Ugly	Supplements	Exercising with Limitations	Making Time for Exercise	Designing Your Fitness Plan	North Forest Bike Ride	
3:30 PM	Welcome Reception	Metabo Meal	Metabo Meal	Metabo Meal	Metabo Meal	Group Metabo Meal		FitBall Strength* Step Aerobics
4 PM	Registration/ Check-in	Intro To Yoga Beginner Step Beach Walk	Water Fitness Core Strength Beach Walk	Zumba – Latin Dance Restorative Yoga Pilates	Yoga Sculpt ULTRA Circuit Core Strength	Tai Chi Medicine Ball Cardio-Boxing		
5 PM	Orientation	Shoe Fitting Water Walk/Jog	Stretch & Relaxation Power Yoga	Stretch & Relaxation Yoga in a Chair	Yoga for Abs/Low Back Low Impact Aerobics	Break	Stretch & Relaxation	
6 PM	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Courtyard BBQ Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk	Gourmet Dinner	Dinner/ Thermal Walk	Dinner/ Thermal Walk
7 PM		Stretch & Relaxation		Bingo Night	Comedy Club Night	Awards Ceremony		

FIT Week Fitness Activities

Determining Your Baseline

This unique class will test your functional fitness level. Challenge yourself through a variety of fitness assessments that include strength, endurance, flexibility and aerobic fitness. Boost your motivation while enhancing your fitness ability.

Kayaking at Broad Creek

Challenge your cardiovascular and muscular endurance while enjoying fresh air and coastal marsh views. This guided fitness activity begins with basic kayak instructions and continues with warm-up, interval training, nature tour, cool down and guided stretch.

Shipyards Challenge

Commit your body *and* your brain to this team competition for this action packed session that will keep you entertained while you get a great workout!

Sea Pines Forest Preserve Trek Preserve

Take time to admire nature while enjoying an invigorating, guided hike through the trails of the beautiful Forest Preserve in Sea Pines Plantation of Hilton Head Island.

“Beach Blast” Boot Camp

A slight twist on our traditional “boot camp,” you will experience the thrill of inspirational fitness and team-building activities on our incredible beach.

Cycling at Pinckney Island

Challenge your cardiovascular and muscular endurance on the trails of the pristine area of Pinckney Island Wildlife Refuge. Previous bicycle experience is required.

FIT Circuit

This outdoor circuit training session is a moderately paced walk/jog that combines interval strength training and calisthenics movements. An H3I Fitness Specialist will lead you through various drills throughout Shipyards Plantation.

Team Triathlon Competition

Empower yourself *and* your team in this triathlon

competition. Whether you tackle the water, the road or the sand, we will support your efforts in this swim-bike-walk/jog/run competition. This may be your first triathlon, but it definitely may not be the last!

Beaufort Rock Climb

Travel with our staff to conquer the 35 foot climbing wall in beautiful Beaufort. Supervision is provided by trained professionals, making this perfect for all fitness levels.

FIT Week Seminars

Nutrition for Fitness

Confused about carbohydrate, proteins and fat? With all the information on nutrition published over the years, it can be challenging to develop a meal-plan of action. Get the facts and understand how food relates to your fitness and health goals.

The Truth Behind Diet Pills and Supplements

With the market full of “fat blaster” pills, protein shakes and other performance enhancers, it can be difficult to decide what may be helpful, harmful or just a hoax. Learn the facts so you can make an educated decision on what you put into your body.

The Good, the Bad, and the Ugly

Home exercise equipment: the good, the bad, and the ugly
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Making Time for Exercise

Love to exercise but just can't find the time? Discuss time limitations as a roadblock to your success and search for a path around it.

Overcoming the Fear of the Gym

For many individuals, fitness centers can cause feelings of insecurity, disappointment, ignorance and even failure. Don't be overwhelmed – develop a mission that will conquer your fear and create success for you in your personal fitness goals.

Designing Your Fitness Plan

During this seminar, you will gain the knowledge and tools

to develop a proactive plan for when you return home, and more importantly the motivation you need to maintain it.

Exercise Adherence

In this session you will discuss the obstacles you have faced with sustaining your exercise routine and learn tips that will support your plan in the future



Hilton Head Health

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