

# JUMPSTART

Sample Weekly Schedule  
Subject to Change



|          | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |  |  |  |  |  |
|----------|---|--|--|--|---|---|--|--|--|--|--|--|
| 7:00 AM  | Health & FMS Screenings*  | Beach Walk   | Beach Walk   | Beach Walk   | Beach Walk  | Beach Walk  |  |  |  |  |  |  |
| 7:30 AM  |   | Breakfast  | Breakfast  | Breakfast  | Breakfast   | Breakfast   | Breakfast<br><i>Thermal Walk™</i>                  |  |  |  |  |  |
| 8:00 AM  | Breakfast   | Gait/Foot Assessment   |  |  |   |   |  |  |  |  |  |  |
| 8:30 AM  |   | Body Basics  | Body Basics  | Body Basics  | Body Basics   |   |  |  |  |  |  |  |
| 9:00 AM  | Orientation & Introduction  | Treading Cardio Boxing<br>Aqua Zumba                                   | Treading Aqua Interval (Pool)                          | Treading Zumba<br>Big Band Cardio Blast                              | Aqua Resistance (Pool)<br>Morning Stretch<br>Barre Fit    | Treading Yoga on the Beach<br>Bands, Balls & Bar                                  |  |  |  |  |  |  |
| 9:30 AM  |   |  |  |  |   |   |  |  |  |  |  |  |
| 10:00 AM | FitBite™  | Deep Water Conditioning (Pool)<br>Cardio Core Circuit<br>Cardio Boxing | Nautical Noodle (Pool)<br>Mat Pilates<br>TRX Circuit   | Deep Water Intervals (Pool)<br>Yoga for Bone Health<br>Medicine Ball | Pilates on the Ball<br>Treading<br>Cardio Boxing          | FitBite™  |  |  |  |  |  |  |
| 10:30 AM |   |  |  |  |   |   |  |  |  |  |  |  |
| 11:00 AM | True Dining: The H3 Way   | FitBite™   | FitBite™   | FitBite™<br>H3 at Home Info. Session                                 | FitBite™  | JumpStart Small Group Training:<br>Recreation Workout<br>FMS Corrective Exercises |  |  |  |  |  |  |
| 11:30 AM | JumpStart:<br>Mastering Motivation  | JumpStart:<br>Finding Your Flow with Food & Fitness                    | JumpStart:<br>Nutrition for Health                     | JumpStart:<br>Portion Control  | JumpStart:<br>Staying on Track                            |   | Core & Balance<br>Water Fitness                    |  |  |  |  |  |
| 12:00 PM |   |  |  |  |   |   |  |  |  |  |  |  |
| 12:30 PM | LUNCH<br><i>Thermal Walk™</i>   | LUNCH<br><i>Thermal Walk™</i>  | LUNCH<br><i>Thermal Walk™</i>                          | LUNCH<br><i>Thermal Walk™</i>  | LUNCH<br><i>Thermal Walk™</i>                             | LUNCH<br><i>Thermal Walk™</i>   | LUNCH<br><i>Thermal Walk™</i>                      |  |  |  |  |  |
| 1:00 PM  |   |  |  |  |   |   |  |  |  |  |  |  |
| 1:30 PM  | ABC's of Moving Well  | Lecture Application  | Lecture Application                                    | Lecture Application  | Lecture Application                                       | JumpStart:<br>Developing Your Fitness Strategy                                    |  |  |  |  |  |  |
| 2:00 PM  |   | JumpStart Small Group Training:<br>Upper Body Strength                 | JumpStart Small Group Training:<br>Lower Body Strength | JumpStart Small Group Training:<br>Recreation Workout                | JumpStart Small Group Training:<br>Full Body Strength     |   |  |  |  |  |  |  |
| 2:30 PM  | Understanding your FMS Results  |  |  |  |   |   |  |  |  |  |  |  |
| 3:00 PM  | Mindful Eating Course   | Core   | Recovery: Stretch                                      | FMS Corrective Exercises   | FMS Corrective Exercises                                  | FitBite™  | Recreation Activity (H3\$)<br><i>varies weekly</i> |  |  |  |  |  |
| 3:30 PM  | FitBite™<br>Fitball Strength<br>Cardio Core Circuit<br>Open House: Recovery | What Are You Really Hungry For?<br>FitBite™<br>Resistance Band         | Deep Water Conditioning (Pool)<br>Roll It Out          | Jumpstart:<br>Meal Planning with FitBite™                            | FitBite™<br>Aqua Aerobics (Pool)<br>Barre                 | Absolute Aqua (Pool)  |  |  |  |  |  |  |
| 4:00 PM  |   |  |  |  |   |   |  |  |  |  |  |  |
| 4:30 PM  | Habits of Successful Weight Managers  | Prioritizing Self Care<br>Yoga Nidra                                   | Maximizing Metabolism<br>Water Fitness (Pool)          | Wellness Lecture<br>Self Defense (H3\$)<br>Hands on Cooking (H3\$)   | Tone & Stretch<br>Power Yoga                              | Cooking Demo (H3\$)   |  |  |  |  |  |  |
| 5:00 PM  |   | Jumpstart:<br>Cooking Demo   |  |  |   |   |  |  |  |  |  |  |
| 5:30 PM  | Dinner<br><i>Thermal Walk™</i>  | Dinner<br><i>Thermal Walk™</i>   | Dinner<br><i>Thermal Walk™</i>                         | Dinner<br><i>Thermal Walk™</i>                                       | Chef's Table (H3\$)<br><br>Dinner<br><i>Thermal Walk™</i> | Dinner<br><i>Thermal Walk™</i>  | Dinner<br><i>Thermal Walk™</i>                     |  |  |  |  |  |
| 6:00 PM  |   |  |  |  |   |   |  |  |  |  |  |  |
| 6:30 PM  |   |  |  |  |   |   |  |  |  |  |  |  |

See supplemental schedule for additional activities.  
Individual Fitness, Behavioral, Nutritional and Spa Services also available.