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<th>MEALS</th>
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|  | | On your journey to wellness, you’ll have to stay moti...
TUESDAY 15

BEACH WALK (Porch) Impact 1 7:00am - 8:00am  Ashley Hall

BODY BASICS: (Fitness Studio) Impact 1 8:30am - 8:50am  Main Hall
A 15 minute daily practice that is used to improve quality of life and reduce risk of joint pain and injury through develop- ment of posture and longevity. Similar to the “thermal walk” and “fit-bite”, this is designed to be a simple, yet effective, habit that can be taken home with you and is applicable to all levels of fitness.

FITNESS OPTION: Treading Impact 1 *Requires Sign Up 9:00am - 9:50am  Ashley Hall (Cardio) High energy ‘HeartM’ workout using different speeds and elevations for 45 minutes. Other Cardio machines, such as elliptical trainers, Nu-Steps, are available and bikes are available for low impact or adding variety to your routine.

FITNESS OPTION: Barre Fit Impact 1F *Requires Sign Up 9:00am - 9:50am  Gretchen Spiridopoulos (Functional Training Gym) The class combines light weight exercises, interval training, flexibility, and balance using the grace of Ballet and the strength of Pilates.

FITNESS OPTION: Hydro Circuit Impact 1 9:00am - 9:45am  Alyssa Petro (Pool) A gentle.assertIn your four hand movements where water meets circuit training. Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

FITNESS OPTION: Retro Dance Impact 1 10:00am - 10:50am  Gretchen Spiridopoulos (Functional Training Gym) Aerobic based class that incorporates dance moves such as the cha cha, charleston, jitterbug, and tango into fun and easy choreography. This class is a true retro dance segment. Followed by dancing, and floor core work and more stretches for head-to-toe toning. This class is for everyone, dancers and non-dancers. Get your beat on!

FITNESS OPTION: Deep Water Conditioning Impact 1 10:00am - 10:45am  Casey Walker (Pool) Non-impact water workout without a flotation belt. NOTE: MUST BE ABLE TO SWIM IN DEEP WATER.

FITNESS OPTION: Tone and Stretch Impact 1F 10:00am - 10:50am  Alyssa Petro (Fitness Studio) A combination of music, pops and light weight training that focuses on toning and stretching the overall body. Class incorporates a variety of tools such as weights, straps, balls, and the balance bar.

FITNESS OPTION: Intro to Swimming Impact 1 11:30am - 12:15pm  Casey Walker (Pool) This class is designed for beginners to advanced swimmers. The focus of this class is to learn and improve the fundamentals of each stroke. You will learn the basic breathing and kicking techniques, as well as how to swim the four strokes. These techniques will help improve your performance and strength as a swimmer.

WELLNESS LECTURE: Feeding Cancer 11:30am - 12:30pm  Felicia Spence (Lecture Hall) A discussion of how cancer can leave people feeling hopeless but what if 20-40% of cancer cases and about half of cancer deaths can be prevented through lifestyle modifications? Come learn about the preliminary principles of nutrition to improve your chances for better health outcomes. Stop feeding cancer and start feeding your health.

FITNESS OPTION: Step Aerobics Impact 1 1:30pm - 2:20pm  Louise Lund (Fitness Studio) Cardiovascular workout, moderate-high intensity. This class will focus on dance, step moves and combinations. Designed for beginners with no pre-existing joint and back problems. Note: Class can be done with or without the step.

WELLNESS LECTURE: Setting Yourself Up for Success 1:30pm - 2:20pm  Erin Risius (Lecture Hall) It’s easy to get stuck in all-or-nothing patterns with food and exercise, yet learning to find your middle ground with behaviors is where consistency, sustainability, and enjoyment reside. This class will explore eating and exercise psychology and the components needed for ensuring short and long term success.

FITNESS OPTION: Aqua Fit Impact 1F 2:30pm - 3:20pm  Tanner Walters (Functional Training Gym A) This interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

FITNESS OPTION: Fitball Aerobics Impact 1 *Requires Sign Up 2:30pm - 3:30pm  Louise Lund (Fitness Studio) Go ballistic in this high intensity but low impact workout. Utilizing fitballs, discover a new method to improve your cardiovascular fitness, develop muscle tone, and increase aerobic endurance.

PERSONAL HEALTH BASELINE: Understanding Your FMS Results 1:30pm - 2:30pm  Matt Barrack (Lecture Hall) Guests in this lecture will receive their personalized results from the Functional Movement Screening. We will review these results and explain different options to improve movement. The class culminates with some hands on exercises to improve movement.

FITNESS OPTION: Myofascial Release Impact 1F 3:30pm - 4:00pm  Kayla Palm (Functional Training Gym) A unique system of stretching and strengthening exercises focused on the core of the body. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind.

FITNESS OPTION: Resistance Band Training Impact 1 3:30pm - 4:20pm  Matt Barrack (Functional Training Gym) Designed for muscle conditioning and toning using the resistance of a tapestry that is wound or unwound on the body. Great for frequent travelers!

WELLNESS LECTURE: Managing Food Cravings 4:30pm - 5:20pm  Erin Risius (Lecture Hall) Have you ever felt like you are at the mercy of your food craving? If so, this class will help you to better understand the underlying psychological and/or psychological contributors to your food craving(s) as well as provide strategies on how to better manage in the heat of the moment.

FITNESS OPTION: Yoga Nidra Impact 1F 4:30pm - 5:20pm  Karen Vecchia (Body+Mind Studio) Sometimes called “Yoga Sleep”, this type of yoga practice creates a state of conscious relaxation, allowing you to be in the moment and fully present in your body. This quiet and peaceful session will help relieve tension, anxiety, and even physical pain.

MOVIE NIGHT *Requires Sign Up 6:30pm  Tanner Walters (Porch) We leave from the front porch and drop you off at Park Plaza Movie Theater. We provide transportation back after the movie. See sign-up sheet to see what movies are playing.

MEALS

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| Fit Bite | Calories |

| Lunch | Calories |

| Dinner | Calories |

| Fit Bite | Calories |

EXERCISE

Cardio

Strength

Flexibility

BOZ. GLASS OF WATER

1 2 3 4 5 6 7 8 9 10 11 12

THE BEST PART OF MY DAY WAS:
**WEDNESDAY 16**

**BEACH WALK** *(Porch)* Impact 1
7:00am - 8:00am  **Ashley Hall**

**BODY BASICS** *(Fitness Studio)* Impact 1
8:30am - 9:30am  **Ty Bostic**

A 10 minute daily practice that is used to improve quality of life and reduce risk of joint pain and injury through development of posture and longevity. Similar to the “thermal walk” and “fit-bite”, this is designed to be a simple, yet effective, habit that can be taken home with you and is applicable to all levels of fitness.

**FITNESS OPTION: Hydro Circuit** Impact 1
9:00am - 9:45am  **Kayla Palm** *(Pool)*

A great workout in a low impact environment where water meets circuit training! Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

**FITNESS OPTION: Treading** Impact 2
9:00am - 9:50am  **Ashley Hall** *(Cardio)*

High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

**FITNESS OPTION: Hip Hop Fit** Impact 2
9:00am - 9:50am  **Allen Williams** *(Functional Training Gym)*

Cardio hip hop class with basic moves that will be used to form a dance routine.

**FITNESS OPTION: TRX Circuit** Impact 1
10:00am - 10:50am  **Ty Bostic** *(Functional Training Gym)*

No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**FITNESS OPTION: Aquatic Calisthenics** Impact 1
10:00am - 10:45am  **Casey Walker** *(Pool)*

Calisthenics have a low to no impact effect on the joints. This will be a full body strength and conditioning workout using nothing but your bodyweight and the water around you.

**FITNESS OPTION: Mat Pilates** Impact 2
10:00am - 10:50am  **Chris Varano** *(Body+Mind Studio)*

Development of awareness of your body, how you move, stand and breathe. A series of movements designed to promote strength, flexibility and energy.

**FITNESS OPTION: Water Fitness** Impact 1
10:00am - 11:00am  **Karen Verechia** *(Pool)*

Non-impact deep water workout using a flotation belt. NOTE: MUST BE ABLE TO SWIM IN DEEP WATER.

**FITNESS OPTION: Gentle Yoga** Impact 1F
3:30pm - 4:20pm  **Karen Verechia** *(Body+Mind Studio)*

Gentle postures and breathing exercises to promote strength, flexibility and energy.

**COOKING DEMONSTRATION:** Chinese Takeout $65
*Sign up Required by 2pm Tuesday*
4:00pm - 5:00pm  **Healthy Kitchen Chef** *(Healthy Kitchen)*

When you’re craving Chinese food do you find yourself going straight to the take out menus? Come join the Healthy Kitchen Chef and learn how to make your favorite Chinese foods in the comfort and convenience of your home. Oh, and did we mention, much healthier. Recipes Included: Asian orange chicken, Peanut sesame ginger shrimp, Egg roll

**WELLNESS LECTURE:** Habits of Successful Weight Managers
4:30pm - 5:20pm  **Bob Wright** *(Lecture Hall)*

Successful weight management is not an accident. Find out what factors will increase your probability of managing your weight successfully.

**FITNESS OPTION: Barre Fit** Impact 1F
3:30pm - 4:00pm  **Alyssa Petro** *(Functional Training Gym)*

Learn myofascial release and stretching techniques to facilitate improved movement and flexibility in your shoulders. These techniques can be done at home in 5-10 minutes to provide relief from chronic pain, and improved movement in the upper extremities.

**FITNESS OPTION:** Deep Water Conditioning Impact 1
3:30pm - 4:20pm  **Gretchen Spinadalos** *(Pool)*

Non-impact deep water workout using a flotation belt.

**FITNESS OPTION:** Beach Walk Impact 1F
3:30pm - 4:20pm  **Bob Wright** *(Porch)*

Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

**DANCE PARTY:** Intro to Ballroom Dancing
7:00pm - 7:50pm  **Alyssa Petro** *(Fitness Studio)*

Come learn the Foxtrot, Waltz, Rumba, and Swing Dance. We start by moving through the basic steps and becoming familiar with these dances. The rest of the night is yours to own the dance floor.
**THURSDAY 17**

**MEALS**

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<th>Time</th>
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<td><strong>Fit Bite</strong></td>
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<td><strong>EXERCISE</strong></td>
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<td>3 PM</td>
<td><strong>Low Impact Aerobics</strong></td>
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<td>3:30 PM</td>
<td><strong>Butts and Guts</strong></td>
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<td>5 PM</td>
<td><strong>Roll It Out</strong></td>
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<td>6 PM</td>
<td><strong>Low Impact Aerobics</strong></td>
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<td>7 PM</td>
<td><strong>Low Impact Aerobics</strong></td>
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**BOZ. GLASS OF WATER**

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**THE BEST PART OF MY DAY WAS:**

**THURSDAY**

**7 AM**

**8 AM**

**9 AM**

**10 AM Fit Bite**

**11 AM**

**12 PM**

**1 PM**

**THURSDAY 17**

**MEALS**

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**EXERCISE**

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<td><strong>Bootcamp!</strong></td>
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<td><strong>Low Impact Aerobics</strong></td>
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<td><strong>Low Impact Aerobics</strong></td>
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**BOZ. GLASS OF WATER**

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**THE BEST PART OF MY DAY WAS:**
FRIDAY

7 AM
8 AM
9 AM
10 AM Fit Bite™
11 AM
H3 Jump Start Strength & Conditioning: Full Body (Functional Training Gym) Tanner Walters
12 PM
H3 Jump Start: Corrective Exercises (Fitness Studio) Matt Barrack
12:30 PM
1 PM
3:30 PM
H3 Jump Start: Staying on Track (Lecture Hall) Bob Wright
Even the most motivated person “slips” from time to time. What’s important is how you recover. The best approach for minimizing the frequency of relapses and how to manage them when they do occur will be discussed in this essential lecture.

FITNESS OPTION: Low Impact Strength Impact 1
1:30pm - 2:30pm Matt Barrack (Functional Training Gym)
After reviewing a baseline exercise and ADL movement, these sessions include a social strength circuit, great for mind and body.

FITNESS OPTION: Hip Mobility Impact 1F
1:30pm - 4:00pm Chris Varano (Fitness Studio)
A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

FITNESS OPTION: Body Sculpt Impact 1F
1:30pm - 4:30pm Alyssa Petro (Pool)
Cardiovascular pool workout with dance movements.

H3 PROGRAM TOWN HALL (Conference Room) 4:00pm - 4:30pm Felicia Spence, Program Manager
The program department would like to hear your comments and suggestions to improve programming at H3. Programming includes fitness classes, lectures, and supplemental offerings. Please join us for this 30 minute guided town hall discussion to provide constructive feedback so that we can continually improve your stay.

COOKING DEMONSTRATION: Salmon 3 Ways $65
4:30pm - 5:00pm Healthy Kitchen Chef (Healthy Kitchen)
Come join us to learn new ways to include salmon in your weekly meal plan. We have three delicious recipes that let you maximize the flavor and health benefits of this nutrient-packed fish. Recipes Included: Dijon and pecan encrusted salmon, Salmon en papillote, Asian BBQ Sauce, Grilled Salmon

4:30pm - 5:20pm Alyssa Petro (Fitness Studio)
Aerobic based class that incorporates dance moves into fun and easy to follow repetitions.

FITNESS OPTION: Yoga for Balance Impact 1F
4:30pm - 5:20pm Karen Verechia (Body+Mind Studio)
This class will focus on the feet and positioning of body weight to create a tall, spacious, centered pose and to maintain healthy alignment throughout the body.

THE BEST PART OF MY DAY WAS:

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FRIDAY 18

MEALS

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EXERCISE

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<tbody>
<tr>
<td>Cardio</td>
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8OZ. GLASS OF WATER

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THE BEST PART OF MY DAY WAS:
SATURDAY

7 AM
8 AM
9 AM
H3 Jump Start: Hydro Circuit (Pool) Tanner Walters
10 AM Fit Bite™
11 AM
H3 Jump Start: Recreation (Functional Training Gym) Matt Barrack
12 PM
H3 Jump Start Recovery: Stretch (Functional Training Gym) Tanner Walters
12:30 PM
1:30 PM
H3 Jump Start: Developing Your Fitness Strategy (Lecture Hall) Matt Barrack
Finish up your week by designing a detailed exercise plan with your Fitness Coach in this hands-on, interactive seminar. Find out how to apply all that you’ve learned in your Cardio, Strength & Conditioning, Recovery sessions to create a personalized strategy that will enable you to continue your success at home.
3 PM
3:30 PM
H3 Jump Start: Absolute Aqua Session (Pool) Casey Walker
4:30 PM
5 PM
6 PM
7 PM

SATURDAY 19

MEALS

Breakfast: Calories

Fit Bite: Calories

Lunch: Calories

Fit Bite: Calories

Dinner: Calories

Fit Bite: Calories

EXERCISE

Cardio

Strength

Flexibility

BOZ. GLASS OF WATER

1 2 3 4 5 6 7 8 9 10 11 12

THE BEST PART OF MY DAY WAS:

SATURDAY

7:00am - 8:00am Tanner Walters

RECREATION: Savannah Day Cruise $250
“Sign up Required by 10am Friday” 10:00am - 4:00pm (Porch)
Explore the back water of the salt marshes, cruise the Inner Coastal Waterway and take in the view of Historic River Street. Arriving by boat to the heart of the South is the way to go, this is the perfect cruise to enjoy with your family or a small group of friends. You will have the opportunity to explore the famous cobblestone River Street or venture a little further to the historic city squares and fountains. Whether you want to shop, grab a bite to eat or just take in the history of Savannah, be ready to experience the beautiful Low Country excursion via boat. **4 person minimum/4 person maximum**

FITNESS OPTION: Aqua Cardio Conditioning Impact 1 11:30am - 12:15pm Casey Walker (Pool)
A low impact cardio workout that is going to get you jumping, hopping, and running through the water.

FITNESS OPTION: Pilates Posture Impact 1F 11:30am - 12:20pm Alyssa Petro (Body+Mind Studio)
This class begins with a brief description and demonstration of the two most basic and fundamental principles of Pilates: neutral spine and breathing technique. This is followed by a series of exercises that will promote healthy and pain free posture.

WELLNESS LECTURE: Developing Your Fitness Strategy 1:30pm - 3:00pm Matt Barrack (Lecture Hall)
Finish up your week by designing a detailed exercise plan with your Fitness Coach in this hands-on, interactive seminar. Find out how to apply all that you’ve learned in your Cardio, Strength & Conditioning, and Recovery sessions to create a personalized strategy that will enable you to continue your success at home.

FITNESS OPTION: Water Fitness Impact 1 2:30pm - 3:15pm Casey Walker (Pool)
Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

FITNESS OPTION: Dance Fit Impact 1 2:30pm - 3:20pm Louise Lund (Fitness Studio)
An accessible high-energy aerobic dance class. Dance fit incorporates easy to follow cardio-dance movement from jazz, Latin, oldies and hip hop.

FITNESS OPTION: Stretch Impact 1F 3:30pm - 4:20pm Matt Barrack (Body+Mind Studio)
Incorporate flexibility into your workouts. Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

BECHE WALK (Porch) Impact 1
7:00am - 8:00am Tanner Walters

RECREATION: Kayaking - South Beach Marina *4 person minimum/4 person maximum*
8:15am - 11:30am Tanner Walters (Porch)
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. Kayaks are stable and comfortable. Fitness level recommended: Moderate to High.

*MIMIMUM 2 GUESTS REQUIRED*

FITNESS OPTION: Yoga on the Beach Impact 1F “Sign up Required by 2pm Friday”
8:30am - 10:00am Karen Varecha (Porch)
Gentle postures and breathing exercises to promote strength, flexibility and energy while enjoying the calm surroundings of the sand and surf. Wear flip flops!

FITNESS OPTION: Treading Impact 1
9:00am - 9:50am Ashley Hall (Cardio)
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

FITNESS OPTION: Hydro Circuit Impact 1 9:00am - 9:45am Tanner Walters (Pool)
A great workout in a low impact environment where water meets circuit training! Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

FITNESS OPTION: Aqua Zumba Impact 1 10:00am - 10:45am Alyssa Petro (Pool)
Aqua Zumba is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.

FITNESS OPTION: Bands, Balls, and Bar Impact 1F 10:00am - 10:50am Casey Walker (Functional Training Gym)
The description should speak for itself! This class comprises movements from a variety of pieces of exercise equipment to allow attendees a full body strength training workout without any time to be bored. Stop by as the combinations between equipment are endless...

THE BEST PART OF MY DAY WAS:

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THE BEST PART OF MY DAY WAS:
SUNDAY

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

MEALS

Breakfast: Calories

Fit Bite: Calories

Lunch: Calories

Fit Bite: Calories

Dinner: Calories

EXERCISE

Cardio

Strength

Flexibility

8 OZ. GLASS OF WATER

1    2    3    4    5    6    7    8    9    10    11    12

THE BEST PART OF MY DAY WAS:

SUNDAY 20

FITNESS OPTION: Treading Impact 1
9:00am - 9:50am Kristel Kretchmer (Cardio)
High energy treadmill workout using different speeds and
elevations for 45 minutes. Other cardio machines, such as
elliptical trainers, Nu-Steps, Arc trainers, and bikes are available
for low impact or adding variety to your routine.

FITNESS OPTION: Butts & Guts Impact 1F
10:00am - 10:50am Kristel Kretchmer (Fitness Studio)
A super thorough, super effective, lower body workout. If
you’re looking for results delivered in a fun new way, then you’ll
love this workout. Very comprehensive, with a great mix of old
and new exercises - effectively sequenced - to keep the fat
burning and muscles responding. Glutes, floor and core
exercises, followed by a stretch. Appropriate for all fitness
levels.

FITNESS OPTION: Aqua Tabata Impact 1F
11:00am - 11:50am Kristel Kretchmer (Pool)
A High Intensity Interval Training style workout in the deep end
of the pool. Experience the benefits of interval style training in
a no-impact setting.

FITNESS OPTION: Stretch Impact 1F
11:00am - 11:50am Ashley Hall (Body+Mind Studio)
Incorporate flexibility into your workouts! Learn a variety of
stretching techniques that will improve performance and
decrease the risk of injuries.

CHECKING OUT?

Check out is 10:00am.
Please see Guest Services to review your room
account and for any travel meals or transportation
needs.

WISH YOU COULD STAY?
Speak with a Program Concierge about extending
your visit.

STAYING NEXT WEEK?
See Guest Services for next week’s Program Guide.

THINKING ABOUT A RETURN VISIT?
Book Now with a Program Concierge to ensure the
best rates for your return visit.

NOTES