

Hilton Head Health - Healthy Lifestyle™ Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:00AM</b>		Sunrise Beach Walk Screenings	Sunrise Beach Walk Gentle Pilates	Sunrise Beach Walk	Sunrise Beach Walk Pilates Posture	Sunrise Beach Walk Screenings	Sunrise Beach Walk	
<b>7:30 - 9:00 AM</b>	Breakfast/Thermal Walk™	Breakfast/Thermal Walk™	Breakfast/Thermal Walk™	Breakfast/Thermal Walk™	Breakfast/Thermal Walk™	Breakfast/Thermal Walk™	Breakfast/Thermal Walk™	
<b>8:30AM</b>		Mini Orientation Diabetes Education Shoe Seminar Hydrdo Circuit Core Strength	Treading Cardio Boxing Aqua Resistance	Step Aerobics Hydro Circuit Body Sculpt	Treading FitBall Aerobics Aqua Boxing	Outdoor Circuit Water Walk/Jog FitBall Strength	Treading Water Fitness	9:00AM Breakfast/ Thermal Walk™
<b>9:30AM</b>		Planning your H3 Fitness Experience Treading FitBall Strength	Lowcountry Treading Belly Dancing Core Strength	Treading Nautical Noodle Intermediate Pilates	Lowcountry Treading Tai Chi Step Aerobics	Treading Core Strength Medicine Ball	Cardio Boxing Body Sculpt	Lowcountry Treading
<b>10:30AM</b>	Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™ / Putting	Metabo Meal™	Metabo Meal™	Metabo Meal™	10:00 Check-Out
<b>11:00AM</b>		Nutrition for Health	Exercise Prescription	Restaurant Game	Stress Eating	Relaxation Techniques	Staying Motivated	Medicine Ball
		Work Stress	Alcohol & Weight Control	Body Image	Increasing Energy & Stamina	Building a Better Body		
<b>12:00PM</b>	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™
<b>1:00PM</b>		Intro to Fitness Equipment	Tennis at Van Der Meer*	Shelter Cove Kayaking*	Ultra Circuit	Pinckney Island Bike Ride*	Recreation: Dolphin Adventure*	Pilates
			Wii Sports	Open Gym	Wii Sports	Open Gym		
<b>2:00PM</b>		Cooking Demonstration	Body Image Reflections	Life Transition	Cooking Demonstration	Developing Your Week One Action Plan		
		Beach Boot camp	Planning Healthy Meals	Goal Setting	Portion Control	Re-Evaluating Your Goals		
<b>3:30PM</b>	Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™	Round Table	Metabo Meal™	Metabo Meal™
<b>4:00PM</b>	Welcome Reception	Cardio Boxing Resistance Band Body Sculpt	Zumba Latin Dance Low Body Condition Nautical Noodle	Beginner Kickboxing Outdoor Drills Raise the Bar	DRUMS Alive Restorative Yoga 70s Dance	Putting it All Together H3 Boot Camp	Machine Pump	
<b>5:00PM</b>	Orientation	Shoe Pick-up Core Strength	Senior Fitness Machine Pump	Yoga for Abs Hip Hop Dance	Raise the Bar Low Body Condition	Zumba Latin Dance Gentle Yoga	Roll It Out	
<b>6:00PM</b>	Dinner/Thermal Walk™	Dinner/Thermal Walk™	Dinner/Thermal Walk™	Dinner/Thermal Walk™	Dinner/Thermal Walk™	Gourmet Dinner	Dinner/Thermal Walk™	Dinner/Thermal Walk™
<b>7:00PM</b>		Stretch & Relaxation	Stretch & Relaxation	Stretch & Relaxation	Stretch & Relaxation			

\*Additional fees apply