

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Health Screening	Body Comp/ Metabolic Assess.	Beach Walk			
7:30 AM	Love Your Workout	Breakfast				
8:00 AM						
8:30 AM		Body Basics	Meditation	Body Basics	Meditation	Body Basics
9:00 AM	Orientation (1st week) Treading 20/20/4 Cardio Hydro Circuit (Pool)	Treading Cardio Boxing Aqua Zumba (Pool)	Treading Aqua Intervals (Pool) Big Band Cardio Blast	Treading Zumba Hydro Circuit (Pool)	Morning Stretch Barre Fit Aqua Resistance (Pool)	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	Nutrition Assessment	Deep Water Conditioning (Pool)	Nautical Noodle (Pool) Mat Pilates TRX Circuit	Deep Water Intervals (Pool) Yoga for Bone Health Medicine Ball	Pilates on the Ball Treading Cardio Boxing	Aqua Zumba (Pool) Low Impact Aerobics
10:30 AM	Life Balance Assessment	Cardio Core Circuit Cardio Boxing				
11:00 AM	Gait/Foot Assessment	FitBite™ - Meditation				FitBite™
11:30 AM	Mastering Motivation	Setting Yourself Up for Success	Nutrition for Health	Portion Control	Staying on Track	Water Class Pilates Posture
12:00 PM						
12:30 PM	LUNCH Thermal Walk™					
1:00 PM						
1:30 PM	ABC's of Moving Well	Lecture Application				
2:00 PM		Exercise Prescription	Tabata Fitness	TRX Tabata	Setup for Success	Recreational Activity
2:30 PM	Fitness Assessment	Intro to Myofascial Release	Work-Life Balance Consultation	Nutrition Consultation	Wellness Lecture Low Impact Aerobics	
3:00 PM						
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit Open House: Recovery	Tips to Curb Nighttime Eating	Beach Walk Deep Water Conditioning (Pool) Roll It Out	Beach Walk Yoga in the Pool Fitball Strength	Beach Walk Barre Aqua Aerobics (Pool)	
4:00 PM						
4:30 PM	Habits of Successful Weight Managers	Cooking Demo	Top 3 Ignored Health Factors	Stress Management Meat Series	Tone & Stretch Power Yoga	Spa Credit**
5:00 PM						
5:30 PM						
6:00 PM	Dinner Thermal Walk™					
6:30 PM			Spa Credit**			