

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
7:00 AM	Beach Walk											
7:30 AM	BREAKFAST											
8:00 AM												
8:30 AM							Gait/Foot Assessment Body Basics		Body Basics			
9:00 AM	<b>Orientation</b> (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	Aqua Tabata (Pool) Barre Fit	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	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												
11:00 AM	FitBite - Meditation					FitBite						
11:30 AM	<b>Mastering Motivation</b> Deep Water Balance (Pool)	<b>Setting Yourself Up for Success</b> Intro to Swimming (Pool)	<b>Nutrition for Health</b> Recipe Makeover (H3\$)	<b>Portion Control</b> Yoga Nidra	<b>Staying on Track</b> Intro to Meditation Pilates for Back Strength	Water Class Pilates Posture						
12:00 PM												
12:30 PM	LUNCH Thermal Walk											
1:00 PM												
1:30 PM	<b>ABC's of Moving Well</b> Ultra Circuit	Lecture Application				<b>Developing Your Fitness Strategy</b> Recreation Activity (H3\$) varies weekly						
2:00 PM		30 Minute Core	Tabata Fitness	TRX Tabata	Setup for Success							
2:30 PM	Aqua Resistance (Pool) Intro to Yoga	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit	<b>Wellness Lecture</b> Low Impact Aerobics	Water Fitness (Pool) Dance Fit						
3:00 PM												
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit Open House: Recovery	<b>Tips to Curb Nighttime Eating</b> Beach Walk Resistance Band	Beach Walk Deep Water Conditioning (Pool) Roll It Out	Beach Walk Yoga in the Pool Fitball Strength	Beach Walk Barre Aqua Aerobics (Pool)	Absolute Aqua (Pool)						
4:00 PM												
4:30 PM	<b>Habits of Successful Weight Managers</b> Water Balance & Stretch	<b>Prioritizing Self Care</b> Cooking Demo (H3\$) Yoga Nidra	<b>Increasing Energy &amp; Stamina</b> Water Fitness (Pool)	<b>Creating Your Stress.O.S. Toolbox</b>	Tone & Stretch Power Yoga	<b>Cooking Demo</b> (H3\$)						
5:00 PM												
5:30 PM	DINNER Thermal Walk											
6:00 PM												
6:30 PM												