

LOSEWELL

Sample Weekly Schedule
Subject to Change



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Health Screening* FMS Screening*	FitBite™	FitBite™	FitBite™	Weekly Weigh In* FitBite™	Individual Workout Provided by Fitness Coach	Individual Workout Provided by Fitness Coach
7:30 AM	Breakfast Thermal Walk™	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training		
8:00 AM							
8:30 AM							
9:00 AM	Orientation & Introduction	Breakfast Thermal Walk™	Breakfast Thermal Walk™	Breakfast Thermal Walk™	Breakfast Thermal Walk™	Breakfast Thermal Walk™	Breakfast Thermal Walk™
9:30 AM							
10:00 AM	LoseWell: Lecture Series	LoseWell: Lecture Series	LoseWell: Lecture Series	LoseWell: Lecture Series	LoseWell: Lecture Series	Aqua Zumba (Pool) Low Impact Aerobics	
10:30 AM							
11:00 AM	Shoe Seminar	Stretch & Reform*	FitBite™	FitBite™	Individual Fitness Coaching Sessions*	FitBite™	
11:30 AM	Mastering Motivation		Myofascial Rolling/ Cold Therapy*	Pool Yoga Recovery	PNF Stretch/ Heat Therapy*	Water Class Pilates Posture	
12:00 PM	Deep Water Balance (Pool)						
12:30 PM	LUNCH Thermal Walk™	LUNCH Thermal Walk™	LUNCH Thermal Walk™	LUNCH Thermal Walk™	LUNCH Thermal Walk™	LUNCH Thermal Walk™	LUNCH Thermal Walk™
1:00 PM							
1:30 PM	LoseWell: Comprehensive Fitness Assessment*		Group Counseling	Wellness Counseling*		Developing Your Fitness Strategy Recreation Activity (H3\$) <i>varies weekly</i>	
2:00 PM							
2:30 PM	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	Water Fitness (Pool) Dance Fit	Recreation Activity (H3\$) <i>varies weekly</i>
3:00 PM							
3:30 PM	FitBite™	Gentle Yoga	FitBite™ Beach Walk Roll It Out	FitBite™ Beach Walk Restorative Yoga	Sending out a Stress.O.S. Water Fitness	FitBite™	
4:00 PM	Health Consultation*						
4:30 PM			Increasing Energy & Stamina Water Fitness (Pool)	Creating Your Stress.O.S. Toolbox Hands on Cooking (H3\$)	Tone & Stretch Yoga in the Pool	Cooking Demo (H3\$)	
5:00 PM	Mix & Mingle the H3 Way	LoseWell: Cooking Demo	Dinner Thermal Walk™	Dinner Thermal Walk™	Chef's Table (H3\$) Dinner Thermal Walk™	Dinner Thermal Walk™	Dinner Thermal Walk™
5:30 PM							
6:00 PM	Dinner Thermal Walk™	Dinner Thermal Walk™	Dinner Thermal Walk™	Dinner Thermal Walk™	Dinner Thermal Walk™	Dinner Thermal Walk™	Dinner Thermal Walk™
6:30 PM							

* Individual Sessions to be scheduled, times vary

** Finishing the Journey: Departure Health Screening; Departure Fitness Assessment; Fitness Coach Progress Review*; Metabolic Assessment; H3 at Home coaching support 4-weeks post-stay.

See supplemental schedule for additional activities

Individual Fitness, Behavioral, Nutritional, and Spa services are also available