

# HEALTHY GETAWAY | Sample Weekly Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Beach Walk	Beach Walk	Beach Walk	Beach Walk	Beach Walk	Beach Walk	
7:30 AM	Breakfast	Breakfast	Beach Bootcamp(\$) Breakfast	Breakfast	Bootcamp Submersion(\$) Breakfast	Breakfast Yoga on the Beach (\$)	Breakfast
9:00 AM - 9:50 AM	Treading Aqua Zumba (Pool) Retro Dance <i>Living Well Orientation</i>	Aqua Cardio (Pool) Strength & Conditioning Intro to Pilates	Treading Aqua Interval Training (Pool)	Treading Zumba Strength & Conditioning	Aqua Resistance Training (Pool) Morning Stretch	Treading Park Circuit Bands, Balls & Bar	
10:00 AM - 10:50 AM	Barre Fit Water Fitness (Pool) Body Sculpting	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates Tabata Fitness	Yoga in the Pool (Pool) Dance Fit Medicine Ball	Aqua Barre (Pool) Cardio Core Circuit Cardio Boxing	Aqua Zumba (Pool) Low Impact Aerobics	Treading Morning Stretch
11:00 AM	FitBite™	FitBite™	FitBite™	FitBite™	FitBite™	FitBite™	Butts & Guts Pool Class
11:30 AM - 12:30 PM	Core Strength	Free Time	Free Time	Free Time	Free Time	Water Class Pilates Posture	
12:30 PM - 1:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 PM - 2:20 PM	Beach Walk Ultra Circuit	3.5 Mile Loop Walk	Beach Walk Fitball Stretch	3.5 Mile Loop Walk Line Dancing Kayaking / Excursion(\$)	Beach Walk TRX/Yoga Combo Class(\$)	Recreation Activity	
2:30 PM - 3:20 PM	Intro to Yoga Aqua Resistance Training	Aqua Aerobics (Pool) Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance Training (Pool)	Beginner Step Aerobics <i>Chronic Inflammation</i>		
3:30 PM - 4:20 PM	Fitball Strength Cardio Core Circuit <i>Positive Thinking</i>	Resistance Band <i>Habits of Successful Weight Managers</i>	Water Fitness (Pool) TRX Circuit 2 Chefs...2 Stations(\$)	Standing Yoga Fitball Strength	Zumba Aqua Aerobics (Pool)	TRX Circuit Nautical Noodle (Pool)	
4:30 PM - 5:20 PM	Strength Training Circuit Nautical Noodle (Pool)	HK Event(\$) Yoga in the Pool (Pool)	Water Fitness (Pool) <i>Winning the Restaurant Game</i>	Hands on Cooking(\$) <i>Breaking Up With Sugar</i>	Tone & Stretch Gentle Yoga		
5:00 PM - 5:50 PM	Rock, Roll & Release				Chef's Table(\$)		
5:30 PM - 7:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM	Stretch & Relaxation						

3-4 day Healthy Getaways can check in any Sunday, Wednesday or Thursday. Call 800-292-2440 for availability.

(\$) - additional cost

\*Subject to change.