

# JUMP START | 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	Breakfast	Morning Meditation Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM - 9:50 AM	Orientation & Introduction	Treading Cardio Boxing	Treading Aqua Interval (Pool) <i>Kayaking/ Excursion (H3\$)</i>	Treading Zumba Big Band Cardio Blast	Aqua Resistance (Pool) Morning Stretch Barre Fit	Treading Yoga on the Beach Bands, Balls & Bar	
10:00 AM	FitBite™	FitBite™	FitBite™	FitBite™	FitBite™	FitBite™	
10:30 AM		Small Group Training: Upper Body Strength	Small Group Training: Lower Body Strength	Small Group Training: Core & Balance	Small Group Training: Full Body Strength	Small Group Training: Core & Balance	Butts & Guts Water Fitness
11:00 AM	True Dining: The H3 Way						
11:30 AM	Shoe Seminar	Recovery: Mobility Balls	Recovery: Myofascial Release	Recovery: Foam Rollers	Recovery: Full Body	Recovery: Stretch	
12:00 PM							
12:30 PM - 1:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 PM - 2:20 PM	Beach Walk Ultra Circuit <i>Mastering Motivation</i>	Beach Walk <i>Discovering Your Best Self</i>	Beach Walk Fitball Stretch <i>Nutrition for Health</i>	Pure Strength <i>Portion Control</i>	Beach Walk <i>Staying on Track</i>	Recreation Activity (varies weekly) <i>Developing Your Fitness Strategy</i>	Recreation Activity (varies weekly)
2:30 PM - 3:20 PM	Intro to Yoga Aqua Resistance (Pool)	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit	Low Impact Aerobics <i>Emotional Eating</i>	Dance Fit Water Fitness (Pool)	
3:00 PM	Mindful Eating Course	Understanding Your FMS Results					
3:30 PM - 4:20 PM	Fitball Strength Cardio Core Circuit <i>Positive Thinking</i> Open House: Recovery	Resistance Band <i>Habits of Successful Weight Managers</i>	Deep Water Conditioning Roll it Out	Yoga in the Pool Fitball Strength	Barre Aqua Aerobics (Pool)	Aqua Barre (Pool)	Treat Yourself at The Indigo Spa
4:00 PM			Shoulder Mobility	H3 Jumpstart: Meal Planning	Hip Mobility	Healthy Kitchen Cooking Demonstration	
4:30 PM - 5:20 PM	Hands On Cooking (H3\$) Nautical Noodle (Pool)	ABC's of Moving Well Gentle Yoga	Water Fitness (Pool) <i>How to Win the Restaurant Game</i>	Hands On Cooking (H3\$) <i>Breaking Up With Sugar</i>	Tone & Stretch Power Yoga		
5:00 PM - 5:50 PM	Rock, Roll & Release				<i>Chef's Table (H3\$)</i>		
5:30 PM - 7:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM	Stretch & Relaxation	Don't Miss an Indigo Spa Service		Ballroom Dancing	Healthy Cocktails and Wine (\$)		

\*Subject to change.

## Additional Services:

Health Screening  
Goals & Strategy Assessment  
Functional Movement Screening