

# LIVING WELL

## Sample Weekly Schedule

Fall 2016



	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	Jarvis Park Circuit (H3\$) Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM - 9:50 AM	Treading Aqua Zumba (Pool)	Aqua Cardio (Pool) Body Sculpting Intro to Pilates	Treading Aqua Interval (Pool) Sun Salutations Yoga Kayaking / Excursion (H3\$)	Treading Zumba ULTRA Circuit	Aqua Resistance (Pool) Morning Stretch Barre Fit SUP / Excursion (H3\$)	Treading Yoga on the Beach Bands, Balls & Bar	
10:00 AM - 10:50 AM	Barre Fit Aqua Tabata (Pool)	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates TRX Circuit	Standing Yoga Medicine Ball Deep Water Intervals (Pool)	Pilates on the Ball Treading Cardio Boxing	Aqua Zumba (Pool) Low Impact Aerobics Island Historical Tour (H3\$)	Treading Morning Stretch
11:00 AM	True Dining / FitBite™	FitBite™	FitBite™	FitBite™	FitBite™	FitBite™	Butts & Guts Aquatic Calisthenics
11:30 AM - 12:30 PM	Core Strength Shoe Seminar Healthy Kitchen Seminar	Outdoor Crosstraining Hip Hop Dance I Culinary Skills & Methods	Myofascial Release Hip Hop Dance II Recipe Makeover	Kettlebell Challenge Yoga Nidra Fast & Fresh Demo	H3 Awesome Race	Water Class Pilates Posture	Tailgate Fitness
12:30 PM - 1:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 PM - 2:20 PM	Beach Walk Ultra Circuit Mastering Motivation	Rock Bottom Discovering Your Best Self	Stand Up Paddleboarding (H3\$) Fitball Stretch Nutrition for Health	Pure Strength Line Dancing Portion Control	TRX/Yoga Combo (H3\$) Staying on Track	Recreation Activity (varies weekly)	
2:30 PM - 3:20 PM	Intro to Yoga Aqua Resistance (Pool)	Aqua Fit (Pool) Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit	Low Impact Aerobics Chronic Inflammation	Dance Fit Water Fitness (Pool)	
3:30 PM - 4:20 PM	Fitball Strength Cardio Core Circuit Positive Thinking Open House: Recovery	H2O Bootcamp (Pool) Habits of Successful Weight Managers	Deep Water Conditioning (Pool) Roll it Out	Standing Yoga Fitball Strength	Zumba Aqua Aerobics (Pool)	Aqua Barre (Pool)	
4:30 PM - 5:20 PM	Hands On Cooking (H3\$) Nautical Noodle (Pool)	Poolside HK Event Gentle Yoga	Water Fitness (Pool) How to Win the Restaurant Game	Hands on Cooking (H3\$) Breaking Up With Sugar	Tone & Stretch Yoga in the Pool		
5:00 PM - 5:50 PM	Rock, Roll & Release			Self-Defense (H3\$)	Chef's Table (H3\$)		
5:30 PM - 7:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 PM	Stretch & Relaxation			Salsa Dancing on the Beach			

See flyer to select your Living Well Package.  
Individual Fitness, Behavioral, Nutritional and Spa Services also available using your H3\$

\*Subject to change.