

Wellness & Life Coaching Retreat



SAMPLE WEEKLY SCHEDULE

Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Health & FMS Screenings*	Beach Walk				
7:30 AM		BREAKFAST				BREAKFAST
8:00 AM	BREAKFAST	Body Basics			Breakfast & Lecture: Orient Your Life Around Your Core Values & Passion	BREAKFAST
8:30 AM						
9:00 AM	Treading 20/20/4 Cardio Hydro Circuit (Pool)	Treading Cardio Boxing Aqua Zumba	Treading Aqua Intervals (Pool)	Treading Zumba Big Band Cardio Blast	Aqua Resistance (Pool) Morning Stretch Barre Fit	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	FitBite	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates TRX Circuit	FitBite		
10:30 AM						
11:00 AM	True Dining: The H3 Way	FitBite - Meditation		Finding Your True Calling in Life: Discover Your Natural Abilities	Understanding Your Personal and Emotional Needs	Irresistible Attraction and Extreme Self-Care
11:30 AM	Mastering Motivation	Finding Your Flow with Food & Fitness	Nutrition for Health			
12:00 PM						
12:30 PM	LUNCH Thermal Walk			Group Lunch with Discussion Thermal Walk		
1:00 PM						
1:30 PM	ABC's of Moving Well	Lecture Application		TRX Tabata	Setup for Success	Developing Your Fitness Strategy Recreation Activity (H3\$) varies weekly
2:00 PM		30 Minute Core	Tabata Fitness			
2:30 PM	Understanding your FMS Results	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit	Wellness Lecture Low Impact Aerobics	Water Fitness (Pool) Dance Fit
3:00 PM	Mindful Eating Course					
3:30 PM	FitBite Fitball Strength Cardio Core Circuit Open House: Recovery	What Are You Really Hungry For? FitBite Resistance Band	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	Habits of Successful Weight Managers	Prioritizing Self Care Cooking Demo (H3\$) Yoga Nidra	Maximizing Metabolism Water Fitness (Pool)	Creating Your Stress.O.S. Toolbox	Tone & Stretch Power Yoga	Cooking Demo (H3\$)
5:00 PM						
5:30 PM						
6:00 PM	DINNER Thermal Walk		Welcome Dinner Thermal Walk	Group Dinner with Discussion Thermal Walk		
6:30 PM						

See supplemental schedule for additional activities.
Individual Fitness, Behavioral, Nutritional and Spa Services also available.