

HEALTHY GETAWAY

Sample Weekly Schedule
Subject to Change



	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	Breakfast	Breakfast	Breakfast	Breakfast
8:00 AM							
8:30 AM							
9:00 AM	Orientation Treading 20/20/4 Cardio Hydro Circuit (Pool)	Treading Cardio Boxing Hydro Circuit (Pool)	Treading Hydro Circuit (Pool) <i>Kayaking/Excursion (H3\$)</i>	Treading Zumba Big Band Cardio Blast Hydro Circuit (Pool)	Morning Stretch Barre Fit Hydro Circuit (Pool)	Treading Yoga on the Beach Bands, Balls & Bar	
9:30 AM							
10:00 AM	Aqua Tabata (Pool) Barre Fit	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates TRX Circuit	Deep Water Intervals (Pool) Yoga for Bone Health Medicine Ball	Pilates on the Ball Treading Cardio Boxing	Aqua Zumba (Pool) Low Impact Aerobics	
10:30 AM							
11:00 AM	FitBite™ Meditation	FitBite™ Meditation	FitBite™ Meditation	FitBite™ Meditation	FitBite™ Meditation	FitBite™	
11:30 AM	Deep Water Balance (Pool) Gait/Foot Assessment ABC's of Moving Well	Intro to Swimming (Pool) Wellness Lecture	H2O Seminar <i>Recipe Makeover (H3\$)</i>	Aqua Obstacles (Pool) Yoga Nidra Wellness Lecture	Intro to Meditation Pilates for Back Strength	Water Class Pilates Posture	Butts & Guts Water Fitness
12:00 PM							
12:30 PM	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>
1:00 PM							
1:30 PM	Ultra Circuit Mastering Motivation	Setting Yourself Up for Success	Fitball Stretch Nutrition for Health	Pure Strength Portion Control	Staying on Track	<i>Recreation Activity (H3\$)</i> <i>varies weekly</i> Developing Your Fitness Strategy	
2:00 PM							
2:30 PM	Aqua Resistance (Pool) Intro to Yoga	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit	Low Impact Aerobics <i>Wellness Lecture</i>	Water Fitness (Pool) Dance Fit	<i>Recreation Activity (H3\$)</i> <i>varies weekly</i>
3:00 PM							
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit Open House: Recovery	Beach Walk Resistance Band <i>Wellness Lecture</i>	Beach Walk 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	<i>Cooking Demo (H3\$)</i> Nautical Noodle	Yoga Nidra Wellness Lecture	Water Fitness (Pool) Wellness Lecture	<i>Hands on Cooking (H3\$)</i> Wellness Lecture	Tone & Stretch Power Yoga	<i>Cooking Demo (H3\$)</i>	
5:00 PM							
5:30 PM	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	<i>Chef's Table (H3\$)</i> Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>
6:00 PM							
6:30 PM							

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