

# LIVING WELL

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 <i>Thermal Walk™</i>
8:00 AM							
8:30 AM		Gait/Foot Assessment Body Basics	Body Basics	Body Basics	Body Basics		
9:00 AM	Orientation (1 <sup>st</sup> week) Treading 20/20/4 Cardio Hydro Circuit (Pool)	Treading Cardio Boxing Aqua Zumba (Pool)	Treading Aqua Intervals (Pool) Big Band Cardio Blast	Treading Zumba Hydro Circuit (Pool)	Morning Stretch Barre Fit Aqua Resistance (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	Mastering Motivation Deep Water Balance (Pool)	Setting Yourself Up for Success Intro to Swimming (Pool)	Nutrition for Health <i>Recipe Makeover (H3\$)</i>	Portion Control Yoga Nidra	Staying on Track Intro to Meditation Pilates for Back Strength	Water Class Pilates Posture	Core & Balance 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	ABC's of Moving Well Ultra Circuit	Lecture Application	Lecture Application <i>Kayaking/Excursion (H3\$)</i>	Lecture Application	Lecture Application	Developing Your Fitness Strategy <i>Recreation Activity (H3\$) varies weekly</i>	
2:00 PM		30 Minute Core	Tabata Fitness	TRX Tabata	Setup for Success		
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	Wellness Lecture Low Impact Aerobics	Water Fitness (Pool) Dance Fit	<i>Recreation Activity (H3\$) varies weekly</i>
3:00 PM							
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit Open House: Recovery	Tips to Curb Nighttime Eating Beach Walk Resistance Band	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	Habits of Successful Weight Managers Water Balance & Stretch	Prioritizing Self Care <i>Cooking Demo (H3\$)</i> Yoga Nidra	Increasing Energy & Stamina Water Fitness (Pool)	Creating Your Stress.O.S. Toolbox	Tone & Stretch Power Yoga	<i>Cooking Demo (H3\$)</i>	
4:30 PM							
5:00 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>
5:30 PM							
6:00 PM							
6:30 PM							

Individual Fitness, Behavioral, Nutritional and Spa Services also available.