

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Health Screening* FMS Screening*	FitBite			Weekly Weigh In* FitBite	Individual Workout Provided by Fitness Coach	
7:30 AM	LoseWell: Small Group Training						
8:00 AM							
8:30 AM	BREAKFAST Thermal Walk						
9:00 AM						Orientation & Introduction	
9:30 AM	LoseWell: Lecture Series					Aqua Zumba (Pool) Low Impact Aerobics	Fitness Options
10:00 AM							
10:30 AM	FitBite					FitBite	
11:00 AM						Gait/Foot Assessment	Stretch & Reform*
11:30 AM	Mastering Motivation Deep Water Balance (Pool)		Myofascial Rolling/Cold Therapy*	Pool Yoga Recovery	PNF Stretch/ Heat Therapy*	LUNCH Thermal Walk	
12:00 PM							
12:30 PM	LoseWell: Small Group Training						
1:00 PM							
1:30 PM	LoseWell: Comprehensive Fitness Assessment*		Group Coaching Workshop	Wellness Counseling*	Registered Dietitian Consultation*	Developing Your Fitness Strategy: Recreation Activity (H3\$) <i>varies weekly</i>	
2:00 PM							
2:30 PM	FitBite					Water Fitness (pool) Dance Fit	Recreation Activity (H3\$) <i>varies weekly</i>
3:00 PM							
3:30 PM	FitBite	Gentle Yoga	FitBite Beach Walk Roll It Out	FitBite Beach Walk Restorative Yoga	Sending out a Stress.O.S. Water Fitness	FitBite	
4:00 PM	Health Consultation*	LoseWell: Cooking Demo					
4:30 PM							
4:30 PM		Increasing Energy & Stamina Water Fitness (Pool)		Creating Your Stress.O.S. Hands on Cooking (H3\$)	Tone & Stretch Power Yoga	Cooking Demo (H3\$)	
5:00 PM	Mix & Mingle the H3 Way	DINNER Thermal Walk					
5:30 PM							
5:30 PM	DINNER Thermal Walk				Cooking Demo (H3\$)	DINNER Thermal Walk	
6:00 PM							
6:30 PM	DINNER Thermal Walk				DINNER Thermal Walk		

*Individual Sessions to be scheduled, times vary

**Finishing the Journey: Departure Health Screening; Departure Fitness Assessment; Fitness Coach Progress Review*; Metabolic Assessment; H3 at Home coaching support 4-weeks post-stay.

See Supplemental schedule for additional activities. Individual Fitness, Behavioral, Nutritional and Spa services are also available.