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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Beach Walk					
7:30 AM	BREAKFAST					
8:00 AM						
8:30 AM		Gait/Foot Assesment Body Basics	Body Basics			
9:00 AM	Orientation Treading 20/20/4 Cardio Hydro Circuit <i>(Pool)</i>	Treading Cardio Boxing Aqua Zumba <i>(Pool)</i>	Treading Aqua Intervals <i>(Pool)</i> Big Band Cardio Blast	Treading Zumba Hydro Circuit <i>(Pool)</i>	Morning Stretch Barre Fit Aqua Resistance <i>(Pool)</i>	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	Aqua Tabata <i>(Pool)</i> Barre Fit	Deep Water Conditioning <i>(Pool)</i> Cardio Core Circuit Cardio Boxing	Nautical Noodle <i>(Pool)</i> Mat Pilates TRX Circuit	Deep Water Intervals <i>(Pool)</i> Yoga for Bone Health Medicine Ball	Pilates on the Ball Treading Cardio Boxing	Aqua Zumba <i>(Pool)</i> Low Impact Aerobics
10:30 AM						
11:00 AM	FitBite					
11:30 AM	Mastering Motivation Deep Water Balance <i>(Pool)</i>	Setting Yourself Up for Success Intro to Swimming <i>(Pool)</i>	Nutrition for Health Recipe Makeover <i>(H3\$)</i>	Portion Control Yoga Nidra	Staying on Track Intro to Meditation Pilates for Back Strength	Water Class Pilates Posture
12:00 PM						
12:30 PM	LUNCH <i>Thermal Walk</i>			Mindful Meal	LUNCH <i>Thermal Walk</i>	
1:00 PM						
1:30 PM	ABC's of Moving Well Ultra Circuit	Lecture Application				Developing Your Fitness Strategy Recreation Activity <i>(H3\$)</i> <i>varies weekly</i>
2:00 PM		30 Minute Core	Tabata Fitness	TRX Tabata	Setup for Success	
2:30 PM	Aqua Resistance <i>(Pool)</i> Intro to Yoga	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance <i>(Pool)</i> Cardio Strength Circuit	Wellness Lecture Low Impact Aerobics	Water Fitness <i>(Pool)</i> Dance Fit
3:00 PM						
3:30 PM	Open House: Recovery Fitball Strength Cardio Core Circuit <i>Beach Walk</i>	Tips to Curb Nighttime Eating Resistance Band <i>Beach Walk</i>	Deep Water Conditioning <i>(Pool)</i> Roll It Out <i>Beach Walk</i>	Yoga in the Pool Fitball Strength <i>Beach Walk</i>	Barre Aqua Aerobics <i>(Pool)</i> <i>Beach Walk</i>	Absolute Aqua <i>(Pool)</i>
4:00 PM						
4:30 PM	Welcome & Self- Compassion 101	Eat to Love: Getting Started	Befriend Hunger: Distinguishing Between Physical & Emotion Hunger	Am I Full Yet?	Where Do I Go From Here?	Cooking Demo <i>(H3\$)</i>
5:00 PM						
5:30 PM	DINNER <i>Thermal Walk</i>					
6:00 PM						
6:30 PM						