MONDAY 3

BEACH WALK  Impact 1
7:00am - 8:00am  Stephanie Prostko  (Porch)

FITNESS OPTION: Early Morning Aquatics  Impact 1  *Requires Sign Up
8:45am - 11:15am  David Chesworth  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua bells, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

LIVINGWELL ORIENTATION & INTRODUCTION  Impact 1
9:00am  (Lecture Hall)

FITNESS OPTION: Treading  Impact 1  *Requires Sign Up
9:00am - 9:50am  Avery Sheehan and Stephanie Prostko  (Cardio)
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

FITNESS OPTION: Fitball Aerobics  Impact 1F  *Requires Sign Up
9:00am - 9:50am  Judy Caramello  (Fitness Studio)
Go ballistic in this high intensity but low impact workout. Utilizing fitballs, discover a new method to improve your cardiovascular fitness, develop muscle tone, and increase aerobic endurance. Beginners are welcome!

CORE LECTURE: “TRUE” DINING: The H3 Way
9:30am - 10:00am  Elizabeth Huggins  (Lecture Hall)
This class, encouraged for first time and return guests, will educate about the à la carte menus in H3’s new restaurant, True. Guests will leave this session with a better understanding of how to make the most out of their dining experience as well as how to order if one has food allergies and/or specific nutritional needs. (*offered weekly)

INTRO TO STRENGTH EQUIPMENT
10:00am - 10:30am  Ty Bostic  (Strength Gym)
Introduces guests to the fitness room and provides demonstration for correct use of fitness equipment.

FITNESS OPTION: TRX Circuit  Impact 1F  *Requires Sign Up
10:10am - 11:00am  Matt Barrack  (Functional Gym)
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

SHOE SEMINAR: Gait and Foot Type Assessment
10:45am - 11:30am  Al Olivetti  (Lecture Hall)
The H3 Athletic Consultant will explain how to pick the best shoe for your individual foot type and favorite activity. For guests interested in a personal shoe fitting, the shoe consultant will be available 2:30pm with shoes to meet your specific needs.

FITNESS OPTION: Late Morning Aquatics  Impact 1  *Requires Sign Up
10:50am - 12:45pm  Avery Sheehan  (Pool)
Refer to Early Morning Aquatics for description.

CORE LECTURE: Mastering Motivation
11:30am - 12:20pm  Erin Risius  (Lecture Hall)
On your journey to wellness, you’ll have to stay motivated to continuously make the right choices that move you toward your goal. This session shows you ways to tap into your inner motivation to keep you going even when times get tough. Meet your greatest ally in your quest for health – you! (*offered weekly)

WELLNESS LECTURE: Hot Topics in Nutrition
11:30am - 12:20pm  Elizabeth Huggins  (Conference Room)
Hot Topics and trends are a constant presence in the nutrition landscape and what they look like shifts and morphs, sometimes repeats over time. This week we will dive into the following topics: Non-alcoholic fatty liver disease, pros and cons of ketogenic diets, fasting diets, and IV Nutrition therapy.

FITNESS OPTION: Roll It Out  Impact 1F
11:30am - 12:20pm  Matt Barrack  (Body+Mind Studio)
This class will allow participants to engage in various movements using round foam rollers to focus on relieving muscle tension as well as improving strength, flexibility and balance. Note: Class will be centered around floor exercises.

FITNESS OPTION: Afternoon Aquatics  Impact 1  *Requires Sign Up
1:30pm - 2:15pm  Judy Caramello  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua bells, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

CORE LECTURE: Personalizing Your H3 Fitness
1:30pm - 2:20pm  Matt Barrack  (Lecture Hall)
As the title suggests, this class is all about personalizing your fitness journey. This is an all-encompassing fitness tutorial—telling you about every type of class and how it fits your needs. (*offered weekly)

FITNESS OPTION: 30 minute Dumbbells  Impact 1
1:30pm - 2:00pm  David Chesworth  (Functional Gym)
In this 30 minute class we will take you through a full body strength routine using nothing but dumbbells.

FITNESS OPTION: Shoulder Mobility  Impact 1
2:00pm - 2:30pm  David Chesworth  (Functional Gym)
Learn myofascial release and stretching techniques to facilitate improved movement and flexibility in your shoulders. These techniques can be done at home in 5-10 minutes to provide relief from chronic pain, and improved movement in the upper extremities. This session is a follow-up for guests who have had a Functional Movement Screening (FMS).

SHOE FITTING
2:30pm - 3:20pm  Al Olivetti  (Hallway near Cardio)
For guests who attended the shoe seminar and are interested in a personal shoe fitting, Al will be available with shoes to meet your specific needs.

FITNESS OPTION: Intro to Yoga  Impact 1F
2:30pm - 3:20pm  Karen Verechia  (Body+Mind Studio)
Gentle poses and breathing exercises to promote strength, flexibility and energy.

FITNESS OPTION: Ultra Circuit  Impact 1F  *Requires Sign Up
2:30pm - 3:20pm  David Chesworth and Stephanie Prostko  (Strength Gym)
Get your weight training and cardio all in one class. This energy filled class works you in 2-3 minute stations to maximize your calorie burn.

CORE LECTURE: Habits of Successful Weight Managers
3:30pm - 4:20pm  Bob Wright  (Lecture Hall)
Successful weight management is not an accident. Find out what factors will increase your probability of managing your weight successfully. (*offered weekly)

OPEN HOUSE: Recovery Services
3:30pm - 4:00pm  (Pilates)
Learn all the ways to recover your muscles. You’ll explore a variety of group recoveries: Pilates Reformers, Thai Yoga, PNF Stretching, and Myofascial Rolling.

FITNESS OPTION: Breathing for Better Health  Impact 1F
4:00pm - 4:30pm  Karen Verechia  (Body+Mind Studio)
Regular practice of intentional breathing has shown to benefit your health by decreasing anxiety and depression, lowering blood pressure, aiding in muscle relaxation, and increasing energy. Learn how you can use your breath as a conduit to improved health.

WELCOME RECEPTION: Mix & Mingle the H3 Way
4:30pm - 5:00pm  (Healthy Kitchen)
Let’s gather together to celebrate our common intention towards healthy living! Nourishments provided by H3 Healthy Kitchen.

FITNESS OPTION: Evening Stretch  Impact 1
4:30pm - 5:20pm  Karen Verechia  (Body+Mind Studio)
Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

LECTURE: Foundations of Fabulous Style
6:30pm - 7:15pm  Kathryn Mademann  (Conference Room)
You are waiting to lose weight to shop for new clothing? Well, not at H3. Mademann, international fashion stylist, wants you to enjoy looking great now. She will help you tame the chaos in your closet, discover your unique style, and wear colors that best flatter you. This fun lecture will have you excited to go shopping!

NOTE: $35 H3 can be used towards private sessions.
TUESDAY 4

BEACH WALK OF MINDFULNESS  Impact 1
7:00am - 8:00am  Doreen Kuenzler  (Porch)

MEDITATION
8:30am - 9:00am  Erin Risius  (Indigo Spa)
Make the mind-body connection and reduce your stress. Add this guided meditation to your H3 schedule and enjoy the relaxation of this session to start your day.  Note: Session will begin promptly at 8:30am

FITNESS OPTION: Outdoor Circuit  Impact 2
8:30am - 9:20am  Doreen Kuenzler  (Porch)
A moderately paced walk/jog in conjunction with interval strength training and calisthenics. Instructor will lead guests throughout Shipyard Plantation.

Body Basics  Impact 1
8:45am - 9:40am  Avery Sheehan  (Fitness Studio)
A 10 minute daily practice that is used to improve quality of life and reduce risk factors. This will be made up of cardio, strength, and flexibility exercises.  There will also be a focus on posture and skin tone.

FITNESS OPTION: Early Morning Aquatics  Impact 1  *Requires Sign Up
8:45am - 9:15am  Gretchen Spiridopoulos  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua belts, resist-a-balls, spines, and many more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

FITNESS OPTION: Treading  Impact 1  *Requires Sign Up
9:00am - 9:30am  Avery Sheehan and Stephanie Prostko  (Cardio)
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

FITNESS OPTION: Zumba  Impact 2
9:00am - 9:50am  Alyssa Petro  (Body+Mind Studio)
Aerobic based class that incorporates dance moves into fun and easy to follow repetitions.

FITNESS OPTION: Drums ALIVE  Impact IF  *Requires Sign Up
9:00am - 9:50am  Julia Drake  (Fitness Studio)
Drums ALIVE is a holistic workout that joins the dynamic movements of aerobic dance with the powerful beat and pulsating rhythms of the drums. Utilizing bodyweight movements and a stability ball, you will find Drums ALIVE is an aerobic and strength workout for the entire body, as well as a stress reduction and mental balance for the mind and spirit.

RECREATION: Sea Pines Forest Preserve Walk  *Requires Sign Up
10:00am - 11:30am  Stephanie Prostko  (Porch)
Tucked away on the interior of Sea Pines Resort lays this pristine wilderness with winding nature trails and an abundance of wildlife. With 605 acres to explore, and a 4,000 year old Native American shell ring, there is no better destination to hike on the island!

FITNESS OPTION: TRX Circuit  Impact IF  *Requires Sign Up
10:10am - 11:00am  Doreen Kuenzler  (Functional Gym)
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

FITNESS OPTION: Intro to Pilates  Impact IF
10:10am - 11:00am  Chris Varano  (Body+Mind Studio)
A unique system of stretching and strengthening exercises focused at the core of the body. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind.

FITNESS OPTION: Body Sculpting  Impact IF
10:10am - 11:00am  Alyssa Petro  (Fitness Studio)
A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

CORE LECTURE: Finding Your Middle Ground  11:30am - 12:20pm  Erin Risius  (Lecture Hall)
It’s easy to get stuck in all-or-nothing patterns with food and exercise, yet learning to find your middle ground with behaviors is where consistency, sustainability, and enjoyment reside. This class will explore eating and exercise psychology and the components needed for ensuring short and long-term success.  (offered weekly)

WELLNESS LECTURE: Heart Health  11:30am - 12:20pm  Bob Wright  (Conference Room)
The heart is the most important muscle in the human body. This class will help you learn ways to help prevent heart disease, as well as recognize a serious cardiac event. Learn simple lifestyle and behavioral changes that can improve your heart health.

FITNESS OPTION: Fitness Studio Circuit  Impact 2  *Requires Sign Up
11:30am - 12:20pm  Doreen Kuenzler  (Fitness Studio)
If you enjoyed her outdoor circuit, you’ll enjoy her Fitness Studio Circuit! Come join Doreen for another fun time with her spin on an H3 classic, Ultra Circuit.

FITNESS OPTION: Myofascial Release  Impact IF
11:30am - 12:00pm  Julia Drake  (Functional Gym)
A manipulative treatment that brings connective tissue to a healthier state of being. This is helpful for reducing inflammation, releasing tension, and promoting healthier recovery, post trauma, and for a reduction in scar tissue.

FITNESS OPTION: Afternoon Aquatics  Impact 1
1:00pm - 1:15pm  Julia Drake  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua belts, resist-a-balls, spines, and many more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

H3 ALUMNI CHECK-IN
Note: Session will begin promptly at 8:30am
1:30pm - 2:00pm  Bob Wright and Erin Risius  (Lecture Hall)
This 30-minute interactive class is for the H3 alumni who have returned for a visit. This class was created so that we can hear how it’s been going for you at home, including the challenges and the ‘wins’, along with what motivated you to return to H3 so that we can best assist you with your goals.

FITNESS OPTION: TRX Tabata  Impact 2  *Requires Sign Up
1:30pm - 2:00pm  Matt Barrack  (Functional Gym)
Intervals and TRX come together for an ultimate fitness experience.

FITNESS OPTION: Fitball Aerobics  Impact IF  *Requires Sign Up
1:30pm - 2:00pm  Louise Lund  (Fitness Studio)
Utilizing fitballs, discover a new method to improve your cardiovascular fitness, develop muscle tone, and increase aerobic endurance. Beginners are welcome!

FITNESS OPTION: Corrective Exercises  Impact IF
2:00pm - 2:30pm  Matt Barrack  (Functional Gym)
A routine of exercises and practices that can help improve posture, balance, core stability, and overall mobility.

FITNESS OPTION: 30 minute Resistance Band Training  Impact 1
2:30pm - 3:00pm  Avery Sheehan  (Body+Mind Studio)
Designed for muscle conditioning and toning using the resistance of a dynaband. Includes exercises for the upper and lower body. Great for frequent travelers!

WELLNESS LECTURE: Understanding and Managing Relationship with Food  3:30pm - 4:20pm  Erin Risius  (Lecture Hall)
This interactive class will explore past and current influences on our relationship with food. Plus, what real hunger(s) are often defined, and strategies provided to be able to better identify and honor our hunger(s) in the moment.

FITNESS OPTION: Step Aerobics  Impact 1  *Requires Sign Up
3:30pm - 4:20pm  Julia Drake and Stephanie Prostko  (Functional Gym)
A high energy, exciting and motivating workout! This class is a cardiovascular workout that will leave you invigorated!

BEACH WALK  Impact 1
3:30pm - 5:20pm  Stephanie Prostko  (Porch)
A high energy, exciting and motivating workout! This class is a cardiovascular workout that will leave you invigorated!

FITNESS OPTION: Slow Flow  Impact IF
4:30pm - 5:20pm  Karen Verechia  (Body+Mind Studio)
This class still has the feel of a typical vinyasa class while slowing down the pace of class. You will move mindfully while building both strength and balance on the yoga mat. Enjoy slowing down, moving gracefully but powerfully, and breathing deeply. Open to all levels.

MINDFUL CREATIONS: Craft Your Way Through Stress  6:30pm - 7:30pm  Brandi Streeter  (Lecture Hall)
Practice crafting as a way to relieve and prevent stress as you get in touch with your creative side! Join us to design your own vision board, stress toolbox, inspiration stones, signs, journals and scrapbook pages in this hands-on workshop.

MOVIE NIGHT  *Requires Sign Up  ($ Pay Vendor)
6:30pm - 9:30pm  Kayla Huntington  (Porch)
We leave from the front porch and drop you off at Park Plaza Movie Theater. We provide transportation back after the movie. See sign-up sheet to see what movies are playing.
**Wednesday 5**

**MEDITATION**
8:30am - 8:45am  *Lissette Cifaldi* (Indigo Spa)

Make the mind-body connection and reduce your stress. Add this guided meditation to your H3 schedule and enjoy the relaxation of this session to start your day.

**Note:** Session will begin promptly at 8:30am

**Body Basics**  Impart 1
8:45am - 9:00am  *Ty Bostic* (Fitness Studio)

A 10-minute daily practice that is used to improve quality of life and reduce risk of joint pain and injury through development of posture and longevity. Similar to the “thermal walk” and “fit-bite”, this is designed to be a simple, yet effective, habit that can be taken home with you and is applicable to all levels of fitness.

**FITNESS OPTION: Early Morning Aquatics**  Impact 1
*Requires Sign Up*
7:00am - 8:00am  *Julia Drake* (Pool)

A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua balls, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

**FITNESS OPTION: TRX Strength Circuit**  Impact 1F
*Requires Sign Up*
9:00am - 9:30am  *Doreen Kuenzler* (Functional Gym)

No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**FITNESS OPTION: Treading**  Impact 1
*Requires Sign Up*
9:00am - 10:00am  *David Chesworth* (Cardio)

High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

**FITNESS OPTION: TRX Stretch and Balance**  Impact 1
*Requires Sign Up*
10:10am - 11:00am  *Ty Bostic* (Functional Gym)

This class is sure to give you a new appreciation for stretching. Use the TRX straps to assist you in more effectively accomplishing both the classic and the modern stretching and balancing exercises!

**FITNESS OPTION: Mat Pilates**  Impact 2
10:10am - 11:00am  *Chris Varano* (Body+Mind Studio)

Development of awareness of your body, how you move, stand and breathe. A series of movements designed to promote strength, flexibility and energy.

**FITNESS OPTION: Lower Body Strength and Mobility Circuit**  Impact 1
10:10am - 11:00am  *Avery Sheehan* (Strength Gym)

A circuit that emphasizes the importance of strengthening and lengthening of the lower body muscles using a variety of stretching exercises and strength equipment.

**FITNESS OPTION: Late Morning Aquatics**  Impact 1
*Requires Sign Up*
10:50am - 12:45pm  *Doreen Kuenzler* (Pool)

Refer to Early Morning Aquatics for description.

**CORE LECTURE:** Nutrition for Health
11:30am - 12:20pm  *Bob Wright* (Lecture Hall)

Confused by the never-ending onslaught of media reports promoting often-contradictory nutritional recommendations? This session will help you sort through all the clutter. You’ll then be able to lay the foundation for a sound nutritional plan that will help manage your weight, lower your risk for chronic disease, and increase your energy. (*offered weekly*

**WELLNESS LECTURE:** Focus on Flexibility
11:30am - 12:30pm  *David Chesworth* (Conference Room)

Do you suffer from joint aches and pains? Flexibility not only helps to fight against this but, can also reduce the risk of future injury as well as improve recovery time from workouts and injuries. Come participate in this interactive lecture as we explore a variety of techniques that will complement your daily routine.

**FITNESS OPTION: Afternoon Aquatics**  Impact 1
*Requires Sign Up*
1:15pm - 2:15pm  *Matt Barrack* (Pool)

Refer to Early Morning Aquatics for description.

**RECREATION:** Kayaking - South Beach
*Sign Up Required by 12:00pm Tuesday*  $60
1:15pm - 4:00pm  *Kayla Huntington* (Porch)

Challenge your cardiovascular and muscular endurance while enjoying fresh air and coastal views. This guided fitness activity begins with basic kayak instructions and continues with warm-up, interval training, nature tour, cool down and guided stretch. Kayaks are stable and comfortable. Fitness level recommended: Moderate to High. *MINIMUM 2 GUESTS REQUIRED*

**CORE LECTURE APPLICATION:** Nutrition for Health
1:30pm - 2:00pm  *Bob Wright* (Lecture Hall)

Apply what you learned in Nutrition for Health.

**FITNESS OPTION: 30 Minute Ultra Circuit**  Impact 1
*Requires Sign Up*
2:00pm - 2:30pm  *Julia Drake and Stephanie Prostko* (Strength Gym)

Get your weight training and cardio all in one class. This energy filled class works you in 2-3 minute stations to maximize your calorie burn.

**FITNESS OPTION: Cardio on the Ball**  Impact 1F
2:30pm - 3:20pm  *Louise Lund* (Fitness Studio)

Utilizing fitballs, discover a new method to improve your cardiovascular fitness, develop muscle tone, and increase aerobic endurance. Beginners are welcome!

**FITNESS OPTION: 30 minute Resistance Band Training**  Impact 1
3:30pm - 4:00pm  *Avery Sheehan* (Functional Gym)

Designed for muscle conditioning and toning using the resistance of a dynaband. Includes exercises for the upper and lower body. Great for frequent travelers!

**FITNESS OPTION: Standing Yoga**  Impact 1
*Requires Sign Up*
3:30pm - 4:20pm  *Karen Verechta* (Body+Mind Studio)

A standing flow sequence developed to receive the benefits of a complete yoga practice without the strain on your wrists, shoulders or knees. Build strength and increase flexibility without having to get up or down on the floor. Session ends with a seated chair meditation.

**HAND’S ON COOKING DEMONSTRATION:** Chicken Trifecta
*Sign Up Required by 2pm Tuesday*  $85
4:00pm - 5:00pm  *Healthy Kitchen Chef* (Healthy Kitchen)

Chicken salad, chicken soups, healthy chicken and fish dishes... chicken in almost every form has tremendous health benefits... unless, of course, you’re the chicken! Besides being low in fat and calories, this plucky protein is also jam-packed with essential nutrients and vitamins. The bird is the word in the Healthy Kitchen where you will learn delicious new recipes with this weekly menu staple. *Recipes Included: Orange Chicken, Walnut Encrusted Chicken, Chicken Cordon Bleu*

**WELLNESS LECTURE:** Surviving Restaurants
4:30pm - 5:20pm  *Bob Wright* (Lecture Hall)

The purpose of this session is to help guests make healthful choices in restaurants and leave with a feeling of satisfaction, not deprivation.

**BEACH WALK**  Impact 1
4:30pm - 5:20pm  *Kayla Huntington* (Porch)

**FITNESS OPTION: Stretch and Relaxation**  Impact 1F
4:30pm - 5:20pm  *Julia Drake* (Fitness Studio)

Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

**RECREATION:** Board Game Night
6:30pm - 7:30pm  *Kayla Huntington* (Lecture Hall)

Get some friends together and join in the fun for a recreational Board Game night!

**RECREATION:** Silent Disco
6:30pm - 7:20pm  *Jody Evans* (Fitness Studio)

This is a fun get together to be social. In this event, feel free to come and go while listening to fun music that makes you want to tap your feet. There is only one rule at this event; have fun! The only way to truly understand the joy of Silent disco is to come and experience it for yourself!
THURSDAY 6

BEACH WALK  Impact 1
7:00am - 8:00am  Kayla Huntington  (Porch)

MEDITATION
8:30am - 8:45am  Brandi Streeter  (Indigo Spa)
Make the mind-body connection and reduce your stress. Add this guided meditation to your H3 schedule and enjoy the relaxation of this session to start your day.  Note:  Session will begin promptly at 8:30am

BODY BASICS  Impact 1
8:45am - 9:00am  Julia Drake  (Fitness Studio)
A 10 minute daily practice that is used to improve quality of life and reduce risk of joint pain and injury through development of posture and longevity. Similar to the “thermal walk” and “fit-bite”, this is designed to be a simple, yet effective, habit that can be taken home with you and is applicable to all levels of fitness.

FITNESS OPTION: Early Morning Aquatics  Impact 1  
*Requires Sign Up
8:45am - 11:15am  Kristel Kretchmer  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua balls, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

FITNESS OPTION: Treading  Impact 1  
*Requires Sign Up
9:00am - 9:50am  Matt Barrack and Kayla Huntington  (Cardio)
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers. Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

FITNESS OPTION: Cardio Boxing  Impact 2  
*Requires Sign Up
9:00am - 9:50am  Julia Drake and Kayla Huntington  (Functional Gym)
A high energy, exciting and motivating workout!  This class is a cardiovascular workout that will leave you invigorated!

FITNESS OPTION: 80’s/90’s Retro Pump  Impact 1
9:00am - 9:50am  Ty Bostic  (Fitness Studio)
A full body burn of a workout using low resistance and high repetitions while listening to some of your favorite 80’s/90’s themed songs!

CORE LECTURE: Planning for Home  
10:10am - 10:40am  Andrew Evans  (Lecture Hall)
Heading home can be intimidating. Attend this session to gain several resources to ease the transition. This open discussion session also explains our structured follow-up wellness coaching program, H3 at Home.  (*offered weekly)

FITNESS OPTION: Marching Band Cardio Blast  Impact 1
10:10am - 11:00am  David Chesworth  (Functional Gym)
Listen to up-beat music, learn the ways of the band director while also getting your heart rate up -- marching band style!

FITNESS OPTION: Yoga for Bone Health  Impact 1F
10:10am - 11:00am  Karen Verechia  (Body+Mind Studio)
Learn 12 simple poses that have been proven through research to increase bone strength and bone density.

FITNESS OPTION: Upper Body Strength and Mobility Circuit  Impact 1
10:10am - 11:00am  Ty Bostic  (Strength Gym)
A circuit that emphasizes the importance of strengthening and lengthening of the upper body muscles using a variety of stretching exercises and strength equipment.

FITNESS OPTION: Late Morning Aquatics  Impact 1  
*Requires Sign Up
10:50am - 12:45pm  Julia Drake  (Pool)
Refer to Early Morning Aquatics for description.

CORE LECTURE: Portion Control  
11:30am - 12:20pm  Bob Wright  (Lecture Hall)
Without portion control there is not weight control. This class will discuss what has led to the dramatic increase in portion sizes and provide strategies on how to better manage food and beverage portions for optimal health and weight management. (*offered weekly)

WELLNESS LECTURE: Carbohydrates: The Good, The Bad and The Ugly  
11:30am - 12:20pm  Elizabeth Huggins  (Conference Room)
This lecture reviews the important role that Carbohydrates play in our health and metabolism. You will leave with a better understanding of the various types of carbohydrates, “the good, the bad and the ugly” and discuss various ranges that promote health and help you control blood glucose and weight.

FITNESS OPTION: Body Sculpting  Impact 1F
11:30am - 12:20pm  Kristel Kretchmer  (Fitness Studio)
A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

FITNESS OPTION: Afternoon Aquatics  Impact 1  
*Requires Sign Up
1:15pm - 3:15pm  David Chesworth  (Pool)
Refer to Morning Aquatics for description.

CORE LECTURE APPLICATION: Portion Control  
1:30pm - 2:00pm  Bob Wright  (Lecture Hall)
Apply what you learned in Portion Control.

FITNESS OPTION: TRX Tabata  Impact 2  
*Requires Sign Up
1:30pm - 2:00pm  Matt Barrack  (Functional Gym)
Intervals and TRX come together for an ultimate fitness experience.

FITNESS OPTION: Low Impact Aerobics  Impact 1
1:30pm - 2:20pm  Louise Lund  (Fitness Studio)
Low to moderate intensity cardio workout. This class integrates classic aerobic steps with the cadence of the music. All levels can participate.

FITNESS OPTION: 30 Minute Cardio Machine Circuit  Impact 1
2:30pm - 3:00pm  Julia Drake  (Cardio)
A fun cardio workout that exposes you to all of the different varieties of cardio equipment!

FITNESS OPTION: Country Heat Live  Impact 1
2:30pm - 3:20pm  Kristel Kretchmer  (Fitness Studio)
Jump right in and have fun with a country dance inspired workout that’s perfect for all impact levels.

FITNESS OPTION: Butts and Guts  Impact 1F
2:30pm - 3:20pm  Louise Lund  (Body+Mind Studio)
A very comprehensive mix of old and new exercises - effectivly sequenced - to keep the fat burning and muscles responding. Glute, floor and core exercises, followed by a stretch. Appropriate for all fitness levels.

CORE LECTURE: Meal Planning  
3:30pm - 4:20pm  Elizabeth Huggins  (Lecture Hall)
One of the most important factors for achieving a healthy weight involves nutritional discipline, and having a plan is planning for success. This lecture focuses on positive food choices that provide a balance of nutrition, energy, and creating the metabolic jumpstart you’re looking for. (*offered weekly)

WELLNESS LECTURE: Stress Management for Optimal Health  
3:30pm - 4:20pm  Bob Wright  (Conference Room)
Stress can have a major impact on our health and quality of life. While there is no way to completely avoid stress, during this class we will discuss strategies to help you better manage stress and its effects.

FITNESS OPTION: Restorative Yoga  Impact 1F
3:30pm - 4:20pm  Karen Verechia  (Body+Mind Studio)
A yoga sequence supported by props that allows you to completely relax. The poses have the ability to leave you nourished and well rested.

FITNESS OPTION: TRX Circuit  Impact 1F  
*Requires Sign Up
3:30pm - 4:20pm  Julia Drake  (Functional Gym)
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

COOKING DEMONSTRATION: “A TRUE Breakfast”  
*Sign up Required by 2pm Wednesday*  $65
4:00pm - 5:00pm  Healthy Kitchen Chef  (Healthy Kitchen)
It is truly real that breakfast is the most important meal of the day. Come join us in the Healthy Kitchen as we demonstrate how your favorite TRUE breakfast items are created. Recipes Included: Apple Cinnamon Oatmeal, Sunshine Hollandaise, Eggs Benedict

BEACH WALK  Impact 1
4:30pm - 5:20pm  Kayla Huntington  (Porch)

FITNESS OPTION: Yoga Nidra  Impact 1F
4:30pm - 5:20pm  Kayla Huntington  (Healthy Kitchen)
A full body burn of a workout using low resistance and high repetitions while listening to some of your favorite 80’s/90’s themed songs!

SUPPORTING YOUR HEALTHY LIFESTYLE
Visit Kat at the Concierge desk in the Lobby anytime TODAY between 3-5pm. Already have something planned? Let us know and we’ll schedule another time for you to connect.
Walk out of this class feeling better than when you came in!

Body Basics: Walking

8:45am - 9:00am Ty Bostic (Fitness Studio)
A 10 minute daily routine that is used to improve quality of life and reduce risk of joint pain and injury through development of posture and longevity. Similar to the “thermal walk” and “fit-bite”, this is designed to be a simple, yet effective habit that can be taken home with you and is applicable to all levels of fitness.

RECREATION: Cycle Bar Spin Class

8:45am - 10:15am Kayla Huntington (Porch)
Adding a new “Spin” to a classic, Cycle Bar is an experience that mixes in some upper body strength to your lower body cardio routine. Designed for both the beginner and the long time exerciser, Cycle Bar is sure to provide a good workout in a fun, high energy environment.

Fitness Option: Early Morning Aquatics

*Requires Sign Up
9:00am - 9:50am Judy Caramello (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua bells, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note: this pool does NOT have a ramp entrance.

Fitness Option: Treading

*Requires Sign Up
9:00am - 9:50am Matt Barrack (Cardio)
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, handcycling, arc trainers, and bikes are available for low impact or adding variety to your routine.

Fitness Option: Country Heat Live

9:00am - 9:50am Kristel Kretchmer (Fitness Studio)
A circuit that emphasizes the importance of body awareness and joint stability using a variety of exercises and a variety of equipment.

Fitness Option: TRX Circuit

*Requires Sign Up
10:10am - 11:00am Matt Barrack (Functional Gym)
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

Fitness Option: Pilates Burn

10:10am - 11:00am Julia Drake (Body+Mind Studio)
A mat based class incorporating essential Pilates exercises to strengthen and lengthen all muscles in the body, but with a fun dance twist to upbeat music. It’s a dance on the mat!

Fitness Option: 80’s/90’s Retro Pump

10:10am - 11:00am Ty Bostic (Fitness Studio)
A full body burn of a workout using low resistance and high repetitions while listening to some of your favorite 80’s/90’s themed songs!

Fitness Option: Late Morning Aquatics

*Requires Sign Up
10:50am - 12:45pm Kristel Kretchmer (Pool)
Refer to Early Morning Aquatics for description.

Core Lecture: Staying on Track

11:30am - 12:20pm Bob Wright (Lecture Hall)
Even the most motivated person “slips” from time to time. What’s important is how you recover. The best approach for minimizing the frequency of relapses and how to manage them when they do occur will be discussed in this essential lecture. *(Offered weekly)*

Wellness Lecture: Blue Zones: Secrets to Longevity

11:30am - 12:20pm Brandi Streeter (Conference Room)
The Blue Zones are five areas around the world where people tend to live not only the longest, but the happiest! Come to this lecture to learn the secrets to living to 100!

Fitness Option: Hip Mobility

11:30am - 12:00pm Ty Bostic (Functional Gym)
Learn myofascial release and stretching techniques to facilitate improved movement and flexibility in your legs and hips. These techniques can be done at home in 5-10 minutes to provide relief from chronic pain, and improved movement in the lower extremities. You will walk out of this class feeling better than when you came in!

Fitness Option: Afternoon Aquatics

*Requires Sign Up
1:15pm - 3:15pm Kristel Kretchmer (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as: noodles, aqua bells, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note: this pool does NOT have a ramp entrance.

Core Lecture Application: Staying on Track

1:30pm - 2:00pm Bob Wright, Erin Risius, Brandi Streeter, David Chesworth, Apply what you learned in Staying on Track.

Fitness Option: Tabata Cardio

1:00pm - 2:30pm Ty Bostic (Functional Gym)
The interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

Fitness Option: Corrective Exercises

1:00pm - 2:30pm Matt Barrack (Fitness Studio)
A routine of exercises and practices that can help improve posture, balance, core stability, and overall mobility.

Fitness Option: Low Impact Strength

1:30pm - 2:30pm David Chesworth (Strength Gym)
The ultimate travel routine. This class teaches all fitness levels how to complete a full body strength routine without needing any equipment!

Fitness Option: Body Sculpting

1:30pm - 2:30pm Ty Bostic (Functional Gym)
A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

Fitness Option: Drums ALIVE

*Requires Sign Up
2:00pm - 3:20pm Julia Drake (Fitness Studio)
This is a full body, low impact cardio workout featuring stations. You will move from one station to the next completing a full circuit! A fun and challenging workout!

Fitness Option: Corrective Exercises

2:00pm - 3:20pm Matt Barrack (Fitness Studio)
A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

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Fitness Option: Corrective Exercises

2:00pm - 3:20pm Matt Barrack (Fitness Studio)
A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

Wellness Lecture: Tech 101

3:30pm - 4:20pm David Chesworth (Conference Room)
There is an app for that! There are many resources, gadgets, and apps available to help build and maintain a healthy lifestyle. Come learn how to let new technology help you become an H3 success story.

Fitness Option: Fit Barre

*Requires Sign Up
3:30pm - 4:20pm Alyssa Petro (Body+Mind Studio)
This class combines light weight exercises, interval training, flexibility, and balance using dance movements and the strength of Pilates.

Fitness Option: Low Impact Cardio Circuit

1:30pm - 4:20pm Kristel Kretchmer (Fitness Studio)
This is a full body, low impact cardio workout featuring stations. You will move from one station to the next completing a full circuit! A fun and challenging workout!

Fitness Option: Step Aerobics

4:30pm - 5:20pm Kristel Kretchmer (Fitness Studio)
Cardiovascular workout, moderate-high intensity. This class will focus on basic step moves and combinations. Designed for beginners with no pre-existing joint and back problems. Note: Class can be done with or without the step.

Fitness Option: Yoga Tune Up

4:30pm - 5:20pm Matt Barrack (Body+Mind Studio)
This class introduces the tools of self-massage that will ease pain and improve performance by using a combination of a therapy ball and yoga postures. Move better and recover faster, so that you can continue to be active and do what you love to do.

Chef’s Table: A Night in France

5:30pm - 7:00pm Healthy Kitchen Chef (Healthy Kitchen)
Forbes is known for its indulgent cuisine and wine. Come join us in the Healthy Kitchen as we transform into a French restaurant and offer dishes of classical and traditional French cuisine paired with the regional wines of France. It is sure to be a night you will never forget.
Menu: Fennel and Grapefruit Soup, Shrimp Cocktail, Poulet Provençale, Pistachio Financier
NOTES

Stretch. Appropriate for all fitness levels.

Gentle postures and breathing exercises to promote strength, flexibility and energy while enjoying the calm surroundings of the sand and surf. Wear flip flops!

A super thorough, super effective, lower body workout. If you’re looking for results delivered in a fun new way, then you’ll love this workout. Very comprehensive, with a great mix of old and new exercises - effectively sequenced - to keep the fat burning and muscles responding. Glute, floor and core exercises, followed by a stretch. Appropriate for all fitness levels.
CHECKING OUT?

Check out is 10:00am. Please see Guest Services to review your room account and for any travel meals or transportation needs.

WISH YOU COULD STAY?
Speak with a Program Concierge about extending your visit.

STAYING NEXT WEEK?
See Guest Services for next week’s Program Guide.

THINKING ABOUT A RETURN VISIT?
Book Now with a Program Concierge to ensure the best rates for your return visit.

FITNESS OPTION: Early Morning Aquatics  Impact 1
*Rquires Sign Up
8:45am - 11:15am  Judy Caramello  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as; noodles, aqua bells, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

FITNESS OPTION: Treading  Impact 1
*Rquires Sign Up
9:00am - 9:50am  Kristel Kretchmer  (Cardio)
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

FITNESS OPTION: Butts and Guts  Impact 1F
10:10am - 11:00am  Kristel Kretchmer  (Fitness Studio)
A super thorough, super effective, lower body workout. If you are looking for results delivered in a fun new way, then you'll love this workout. Very comprehensive, with a great mix of old and new exercises - effectively sequenced - to keep the fat burning and muscles responding. Glute, floor and core exercises, followed by a stretch. Appropriate for all fitness levels.

FITNESS OPTION: Stretch  Impact 1F
11:30am - 12:20pm  Judy Caramello  (Body+Mind Studio)
Incorporate flexibility into your workouts! Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

FITNESS OPTION: Afternoon Aquatics  Impact 1
*Rquires Sign Up
1:15pm - 3:15pm  Kristel Kretchmer  (Pool)
A small group aquatic fitness routine that is unique and customized to the group each and every time utilizing various modalities such as; noodles, aqua bells, medicine balls, and more! This routine will be a sure way to get a good mix of cardio, resistance training, as well as flexibility! The pool is heated and saltwater and has a stairway entrance. Please note, this pool does NOT have a ramp entrance.

FITNESS OPTION: Cardio Boxing  Impact 2
*Rquires Sign Up
1:30pm - 2:20pm  Avery Sheehan  (Functional Gym)
A high energy, exciting and motivating workout! This class is a cardiovascular workout that will leave you invigorated!

RECREATION: Board Games
1:30pm - 7:30pm  (Body+Mind Studio)
Get some friends together and join in the fun for recreational Board Games!

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