

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Beach Walk					
7:30 AM	BREAKFAST					
8:00 AM						
8:30 AM		Body Basics	Morning Meditation	Body Basics	Morning Meditation	
9:00 AM	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)	Treading Barre Fit Aqua Resistance (Pool)	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	Aqua Tabata (Pool) Barre Fit Resistance Band	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates TRX Circuit	Deep Water Intervals (Pool) Yoga Nidra Medicine Ball	Pilates on the Ball Cardio Boxing Body Sculpting	Aqua Zumba (Pool) Low Impact Aerobics
10:30 AM						
11:00 AM	Gait/Foot Assessment	FitBite				FitBite
11:30 AM	Mastering Motivation	Nutrition for Health	Portion Control	Staying on Track	Finding Your Middle Ground	Developing Your Fitness Strategy
12:00 PM						
12:30 PM	LUNCH Thermal Walk					
1:00 PM						
1:30 PM	Outdoor Walk	Lecture Application	RD's Tip of The Day	Shoulder Mobility	Hip Mobility	Cooking Demo (H3\$)
2:00 PM	Goal Setting Aqua Resistance (Pool)	Tips to Curb Nighttime Snacking 3-Mile Walk	Increasing Energy & Stamina Cardio Core Circuit	Meal Planning Kayaking (H3\$)	Prioritizing Self Care Marching Band	Recreation Activity (H3\$) <i>varies weekly</i>
2:30 PM						Water Fitness (Pool)
3:00 PM	FitBite					
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit	Beach Walk Resistance Band Yoga in The Pool	Beach Walk Deep Water Conditioning (Pool) Roll It Out	Beach Walk Fitball Strength Aqua Aerobics	Cardio Strength Circuit Barre Fit Pool Volleyball	Dance Fit Absolute Aqua (Pool)
4:00 PM						
4:30 PM	Habits of Successful Weight Managers Intro To Yoga	Prioritizing Self Care Cooking Demo (H3\$) Yoga for Bone Health	Cooking Demo (H3\$)	Cooking Demo (H3\$)	Tone & Stretch Power Yoga	
5:00 PM						
5:30 PM	DINNER Thermal Walk					
6:00 PM						
6:30 PM						