

JumpStart



SAMPLE WEEKLY SCHEDULE

Subject to Change

	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				JumpStart: Developing Your Fitness Strategy
11:30 AM	JumpStart: Mastering Motivation	JumpStart: Nutrition for Health	JumpStart: Portion Control	JumpStart: Staying On Track	JumpStart: Finding Your Middle Ground	FMS Corrective Exercises
12:00 PM						
12:30 PM	Lunch - Thermal Walk					
1:00 PM	Lunch - Thermal Walk					
1:30 PM	Outdoor Walk	Health Consultation	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	Personal Training	Kayaking (H3\$) Aqua Resistance (Pool)	Prioritizing Self Care Marching Band	Recreation Activity (H3\$) varies weekly
2:30 PM						Water Fitness (Pool)
3:00 PM	FitBite					
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit	Exercise Prescription	Beach Walk Deep Water Conditioning (Pool) Roll It Out	JumpStart: Meal Planning	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	JumpStart: Cooking Demo	Cooking Demo (H3\$)	Cooking Demo (H3\$)	Tone & Stretch Power Yoga	
5:00 PM	DINNER Thermal Walk					
5:30 PM						
6:00 PM						
6:30 PM						

See supplemental schedule for additional activities. Individual Fitness, Behavioral, Nutritional and Spa Services also available.

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