

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00 AM		FitBite			Weekly Weigh In* FitBite	Individual Workout Provided by Fitness Coach		
7:30 AM	BREAKFAST <i>Thermal Walk</i>	LoseWell: Small Group Training						
8:00 AM								
8:30 AM								
9:00 AM	Orientation & Introduction	BREAKFAST <i>Thermal Walk</i>						
9:30 AM								
10:00 AM	LoseWell: Lecture Series					Treading Aqua Zumba <i>(Pool)</i> Low Impact Aerobics	Fitness Options	
10:30 AM								
11:00 AM	Gait/Foot Assessment	Stretch & Reform*	FitBite		Individual Fitness Coaching Sessions*	FitBite		
11:30 AM	Mastering Motivation		Myofascial Rolling/Cold Therapy*			PNF Stretch/ Heat Therapy*		Aqua Zumba Pilates Posture Drums Alive
12:00 PM	Deep Water Balance <i>(Pool)</i>							
12:30 PM	LUNCH <i>Thermal Walk</i>							
1:00 PM								
1:30 PM	LoseWell: Comprehensive Fitness Assessment*	RD's Tip of The Day	Group Coaching Workshop	Wellness Counseling*	Registered Dietitian Consultation*	Cooking Demo: Recreation Activity (#3\$) <i>varies weekly</i>	Recreation Activity (H3\$) <i>varies weekly</i>	
2:00 PM								
2:30 PM	LoseWell: Small Group Training					Water Fitness <i>(pool)</i> Dance Fit		
3:00 PM								
3:30 PM	FitBite		FitBite Roll It Out Aqua Tabata	FitBite Restorative Yoga Aqua Fit	Water Fitness Barre Fit	FitBite		
4:00 PM	Health Consultation*							
4:30 PM	Yoga In The Pool		Cooking Demo: <i>(H3\$)</i> Yoga	Hands on Cooking <i>(H3\$)</i>	Tone & Stretch Pool Volleyball			
5:00 PM		LoseWell: Cooking Demo						
5:30 PM					Chef's Table <i>(H3\$)</i>	DINNER <i>Thermal Walk</i>		
6:00 PM	DINNER <i>Thermal Walk</i>			DINNER <i>Thermal Walk</i>				
6:30 PM								

*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.