

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00 AM	Health Screening* FMS Screening*	FitBite			Weekly Weigh In* FitBite	Individual Workout Provided by Fitness Coach		
7:30 AM	BREAKFAST Thermal Walk	LoseWell: Small Group Training						
8:00 AM								
8:30 AM								
9:00 AM	Orientation & Introduction	BREAKFAST Thermal Walk						
9:30 AM								
10:00 AM	LoseWell: Lecture Series					Aqua Zumba (Pool) 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 Deep Water Balance (Pool)		Myofascial Rolling/Cold Therapy*	Pool Yoga Recovery	PNF Stretch/ Heat Therapy*	Water Class Pilates Posture		
12:00 PM								
12:30 PM	LUNCH Thermal Walk							
1:00 PM								
1:30 PM	LoseWell: Comprehensive Fitness Assessment*	Group Coaching Workshop		Wellness Counseling*	Registered Dietitian Consultation*	Developing Your Fitness Strategy: Recreation Activity (H3\$) <i>varies weekly</i>		
2:00 PM								
2:30 PM	LoseWell: Small Group Training					Water Fitness (pool) Dance Fit	Recreation Activity (H3\$) <i>varies weekly</i>	
3:00 PM								
3:30 PM	FitBite	Gentle Yoga	FitBite Beach Walk Roll It Out	FitBite Beach Walk Restorative Yoga	Sending out a Stress.O.S. Water Fitness	FitBite		
4:00 PM	Health Consultation*							
4:30 PM			Increasing Energy & Stamina Water Fitness (Pool)	Creating Your Stress.O.S. Hands on Cooking (H3\$)	Tone & Stretch Power Yoga	Cooking Demo (H3\$)		
5:00 PM	Mix & Mingle the H3 Way	LoseWell: Cooking Demo						
5:30 PM					Cooking Demo (H3\$)			
6:00 PM	DINNER Thermal Walk				DINNER Thermal Walk	DINNER Thermal Walk		
6:30 PM								

*Individual Sessions to be scheduled, times vary

**Finishing the Journey: Departure Health Screening; Departure Fitness Assessment; Fitness Coach Progress Review*;

See Supplemental schedule for additional activities. Individual Fitness, Behavioral, Nutritional and Spa services are also available.