

# MONDAY 22

7 AM

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
7:00am - 8:00am **Jem Mihalek (Porch)**

8 AM

**CORE PRESENTATION: "TRUE" DINING: The H3 Way**  
*\*Requires Sign Up*  
9:00am - 9:30am **Bob Wright (Lecture Hall)**  
This class, encouraged for both first time and return guests, will introduce you to H3 nutrition principles and inform you on how to navigate menu options to make the most of your dining experience. It is especially helpful for those with food allergies and/or specific nutritional needs. This session provides the opportunity to ask culinary related questions and aims to leave you feeling more knowledgeable about selecting your meals.  
*(\*Offered weekly. Recommended for first time guests.)*

9 AM

**Cardio Program: Treading**  
*\*Requires Sign Up*  
9:00am - 9:45am **Julia Drake (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.

10:10 AM

11 AM **FitBite™**

**Strength & Cardio Program: Hydro Circuit**  
9:00am - 9:40am **Jem Mihalek (Pool)**  
A great workout in a low impact environment where water meets circuit training! Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

11:30 AM

12 PM / 1 PM

**Cardio Program: Aqua Tabata**  
10:10am - 10:50am **Karen Verechia (Pool)**  
Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

1:30 PM

**Cardio & Strength Program: Cardio/Core Conditioning \*Floor**  
*\*Requires Sign Up*  
10:10am - 10:50am **Julia Drake (Body+Mind Studio)**  
A class for all levels! Spike your heart rate and tone your core for a time efficient, calorie burning, and FUN workout!

2:15 PM

**Cardio Program: Refit Revolution**  
10:10am - 10:55am **Lori Kornulek (Fitness Studio)**  
This cardio focused class is effective and fun! Perfect for beginners and challenging for fitness enthusiasts! It's a workout designed for everyBODY! With positive music and fun movements, you'll discover an inspiring workout that taps into the body, mind and soul!

3 PM **FitBite™**

3:30 PM

**Strength Program: Full Body Free Weights**  
*\*Requires Sign Up*  
10:10am - 10:55am **Matt Covell (Functional Gym)**  
Come get your full body strength workout in using free weights!

4:30 PM

**Flexibility Program: 20 Minute Aqua Stretch**  
10:50am - 11:10am **Karen Verechia (Pool)**  
A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

5 PM

**Flexibility Program: 20 Minute Shoulder Mobility**  
*\*Requires Sign Up*  
11:05am - 11:30am **Jem Mihalek**  
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.

6 PM

**CORE PRESENTATION: Planning Your H3 Fitness**  
*\*Requires Sign Up*  
11:00am - 11:30am **Ty Bostic (Lecture Hall)**  
As the title suggests, this class is all about personalizing your fitness journey. This is an all-encompassing fitness tutorial, everything from deciding which types of classes are right for you, to optimizing your posture and most importantly: how to modify exercises during activities both here and at home.  
*(\*Offered weekly. Recommended for first time guests.)*

7 PM

8 PM

# MONDAY 22

**CORE PRESENTATION: Mastering Motivation**  
*\*Requires Sign Up*  
11:30am - 12:20pm **Lisette Cifaldi (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.  
*(\*Offered weekly. Recommended for first time guests.)*

**Wellness Presentation: How To Turn Your Kitchen Into The Healthy Kitchen**  
*\*Requires Sign Up*  
11:30am - 12:20pm **HK Chef (Healthy Kitchen)**  
This lecture will provide tips on healthy cooking techniques and ingredients to make delicious, healthy meals at home.

**11:30am - 1:30pm Mindful Pool Relaxation**  
Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)**  
*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

**1:00pm - CVS Trip for Essentials**  
*\*Requires Sign Up*

**WORKSHOP: Shoe Seminar: Gait and Foot Type Assessment**  
*\*Requires Sign Up*  
1:15pm - 2:00pm **Al Olivetti (Lecture Hall)**  
The H3 Athletic Shoe 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 at 3:00pm with shoes to meet your specific needs.

**Walking Program: Guided Thermal Walk**  
1:30pm - 1:50pm **Bob Wright (Porch)**

**CORE PRESENTATION: Habits of Successful Weight Managers**  
*\*Requires Sign Up*  
2:15pm - 3:05pm **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. Recommended for first time guests.)*

**Strength Program: Aqua Resistance Training**  
2:15pm - 3:00pm **Jem Mihalek (Pool)**  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.

**Strength Program: Upper Body Resistance Bands**  
*\*Requires Sign Up*  
2:15pm - 3:00pm **Matt Covell (Fitness Studio)**  
An upper body workout designed for muscle conditioning and toning using the resistance of a dynaband. Great for frequent travelers!

**Workshop: SHOE FITTING**  
3:00pm - 3:30pm **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.

**3:00pm - 3:30pm FitBite™ (TRUE Dining)**

**Cardio Program: Aqua Aerobics**  
3:30pm - 4:15pm **Kristel Kretchmer (Pool)**  
Cardiovascular pool workout with dance movements.

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
3:30pm - 4:15pm **Julia Drake (Porch)**

**Flexibility Program: Intro To Yoga \*Floor**  
*\*Requires Sign Up*  
4:30pm - 5:15pm **Karen Verechia (Body+Mind Studio)**  
Gentle postures and breathing exercises to promote strength, flexibility and energy.

**Wellness Presentation: Is Your Wardrobe Working for You?**  
*\*Requires Sign Up - Minimum of 2 guests required*  
6:15pm - 6:45pm **Kathryn Mademann (Lecture Hall)**  
Did you know the clothes you wear can be a key player in helping you lose weight? Let your wardrobe work for you! Kathryn 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: H3\$ does not apply to personal styling consultation. Minimum of 2 guests required.

## TUESDAY 23

7 AM

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
7:00am - 8:00am **Julia Drake** (Porch)

8 AM

**Recreation: Group Bike Ride**  
*\*Requires Sign Up*  
8:00am - 8:45am **Jem Mihalek** (Front Porch)  
This Group Bike Ride is a moderately paced ride through Shipyard Plantation and surrounding areas. **Guests must provide their own bicycle, please see Guest Services to rent a bike.**

9 AM

**Morning Ritual: Body Basics**  
8:30am - 8:45am **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.

10:10 AM

**Cardio Program: Treading**  
*\*Requires Sign Up*  
9:00am - 9:45am **Jem Mihalek** (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.

11 AM **FitBite™**

**Cardio Program: Aqua Tabata**  
9:00am - 9:40am **Karen Verechia** (Pool)  
A great workout in a low impact environment where water meets circuit training! Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

12 PM / 1 PM

**Cardio & Strength Program: Hydro Circuit**  
10:10am - 10:50am **Avery Sheehan** (Pool)  
A great workout in a low impact environment where water meets circuit training! Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

1:30 PM

**Flexibility & Strength Program: Yoga for Bone Health \*Floor**  
10:10am - 10:55am **Karen Verechia** (Body+Mind Studio)  
Learn 12 simple poses that have been proven through research to increase bone strength and bone density.

2:15 PM

**Flexibility Program: 20 Minute Aqua Stretch**  
10:50am - 11:10am **Avery Sheehan** (Pool)  
A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

11:00am - 11:30am **FitBite™** (TRUE Dining)

3 PM **FitBite™**

3:30 PM

4:30 PM

5 PM

6 PM

7 PM

8 PM

## TUESDAY 23

**CORE PRESENTATION: Nutrition For Health**

*\*Requires Sign Up*  
11:30am - 12:55pm **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. Recommended for first time guests.*)

**Wellness Presentation: Gratitude and Health**

*\*Requires Sign Up*  
11:30am - 12:20pm **Lisette Cifaldi** (Conference Room)  
Gratitude is a skill, that when mastered fully, makes us more spiritually aware. It provides us interconnectedness with all aspects of life, as well as our wellbeing, including physical, emotional, spiritual, and relational levels. Part of the virtue of cultivating gratitude is its health benefits. Join us as we expand our attitude of gratitude.

11:30am - 1:30pm **Mindful Pool Relaxation**

Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)

*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

**Walking Program: Audoban Forest Preserve**

*\*Requires Sign Up*  
1:30pm - 3:15pm **Jem Mihalek** (Porch)  
Tucked away on the south side of Hilton Head lays a hidden wilderness with winding nature trails and an abundance of wildlife. Enjoy the nature and wildlife that the lowcountry has to offer.

**Strength Program: 30-Minute Lower Body Conditioning \*Floor**

1:30pm - 2:00pm **Matt Covell** (Fitness Studio)  
A circuit that emphasizes the importance of strengthening and lengthening of the lower body muscles using a variety of exercises and strength equipment in 25 minutes.

**Cardio Program: Dance Fit**

1:30pm - 2:15pm **Karla Yesika** (Body+Mind Studio)  
An accessible high-energy aerobic dance class. Dance aerobics incorporates easy to follow cardio dance movement from jazz, Latin, oldies and hip hop.

**Wellness Presentation: Overcoming Emotional and Stress Eating**

*\*Requires Sign Up*  
2:15pm - 3:00pm **Lisette Cifaldi** (Lecture Hall)  
Do you find yourself regularly eating when not physically hungry to either cope with emotions or stress? This class will review key strategies for breaking free from the cycle of emotional and stress eating once and for all.

**Cardio Program: Water Fitness**

2:15pm - 2:55pm **Matt Covell** (Pool)  
Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

**Cardio Program: Cardio Boxing**

2:15pm - 3:00pm **Avery Sheehan** (Functional Gym)  
A high energy, exciting and motivating workout! This class is a cardiovascular workout that will leave you invigorated!

**Strength Program: Lower Body Loop Bands \*Floor**

*\*Requires Sign Up*  
2:15pm-3:00pm **Shelly Welch** (Fitness Studio)  
In this lower body workout, target your glutes, quads, hamstrings, hips and calves using the loop resistance bands!

3:00pm - 3:30pm **FitBite™** (TRUE Dining)

**Wellness Presentation: H3 at Home Information Session**

*\*Requires Sign Up*  
3:00pm - 3:15pm **Ty Bostic** (Conference Room)  
Are you leaving this week? Why go home alone when you can bring us along with you? Come find out how we can continue to support you on your wellness journey today!

**Cooking Demonstration:**

*\*Sign up Required by 8pm Monday\** **\$65**  
3:30pm - 4:30pm **Healthy Kitchen Chef** (Healthy Kitchen)  
*desc tbd*  
*Recipes included:*

**Flexibility Program: Yoga in the Pool**

*\*Requires Sign Up*  
3:30pm - 4:10pm **Karen Verechia** (Pool)  
Let the water support you while you experience the benefits of yoga poses, breathing fresh air and the peaceful feeling of being outdoors in the water.

**Stretch & Recover Program: Fix Your Feet**

3:30pm - 4:15pm **Shelly Welch** (Body+Mind Studio)  
This experiential and interactive foot wellness class/workshop is an introduction to foot health. You will "learn by doing" basic foot and ankle movement patterns that are designed to bring ease and freedom into your feet. Whether you are looking to improve your mobility or enhance your stability, this 45-minute session is for you.

**CORE PRESENTATION: Meal Planning**

*\*Requires Sign Up*  
4:30pm - 5:20pm **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. Recommended for first time guests.*)

**Flexibility Program: Stretch and Roll \*Floor**

*\*Requires Sign Up*  
4:30pm - 5:30pm **Ty Bostic** (Functional Gym)  
A great way to recover your muscles using a series of stretching and myofascial release techniques!

**Flexibility Program: Yoga Nidra \*Floor**

4:30pm - 5:15pm **Karen Verechia** (Body+Mind Studio)  
Sometimes called "Yoga Sleep," this type of yoga practice creates a state of conscious relaxation, allowing you to be in the moment and fully present in your body. This quiet and peaceful session will help relieve tension, anxiety, and even physical pain.

**Flexibility Program: Evening Stretch & Relaxation**

7:00pm - 7:45pm **Matt Covell** (Body+Mind Studio)  
Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

## WEDNESDAY 24

7 AM	<b>Walking Program: Beach Walk</b> <i>*Requires Sign Up</i> 7:00am - 8:00am <b>Bob Wright</b> (Porch)
8 AM	<b>Flexibility Program: Yoga Rise and Flow *Floor</b> <i>*Requires Sign Up</i> 7:30am - 8:15am <b>Karen Varechia</b> (Sweetgrass Inn Balcony) Rise & Flow is for our morning risers! An awakening experience that inspires you to move to the sweetness of the morning. Flow into wakefulness, beginning with calm, gentle movements that increasingly intensify. You'll feel energized, have amazing mental clarity and be ready to flow through your day with ease.
9 AM	<b>Cardio &amp; Strength Program: Beach FIT</b> <i>*Requires Sign Up</i> 8:00am - 9:30am <b>Jem Mihalek</b> (Front Porch) Fitness Fun in the sun! Is there any better place to break a sweat than the beach? Aside from all the energizing benefits of your workout, you'll get an extra boost just from being near the water. Research suggests the simple act of taking in an ocean vista is enough to improve your mental health. Bring a towel, plenty of water, and fit bites. All workouts can be scaled or modified to fit every fitness level. Join us!
10:10 AM	
11 AM	<b>FitBite™</b>
11:30 AM	<b>Morning Ritual: Morning Meditation</b> 8:30am - 8:45am <b>Lisette Cifaldi</b> (Body+Mind Studio) 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. <b>Note: Session will begin promptly at 8:30am</b>
12 PM / 1 PM	<b>Cardio Program: Treading</b> <i>*Requires Sign Up</i> 9:00am - 9:45am <b>Matt Covell</b> (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.
1:30 PM	<b>Cardio Program: H2O Bootcamp</b> 9:00am - 9:40am <b>Julia Drake</b> (Pool) Bootcamp! This is a fun time! Grit, integrity, laughter and teamwork are what you are going to experience in H2O Bootcamp. WARNING: your hair will get wet.
2:15 PM	<b>Strength Program: Full Body Strength &amp; Conditioning *Floor</b> <i>*Requires Sign Up</i> 9:00am - 9:45am <b>Ty Bostic</b> (Strength Gym) Improve your performance with the total body strength and conditioning class. Get a great workout while learning about proper body mechanics and injury prevention.
3 PM	<b>Cardio Program: Deep Water Conditioning</b> 10:10am - 10:50am <b>Matt Covell</b> (Pool) Non-impact deep water workout using a floatation belt. NOTE: MUST BE ABLE TO SWIM IN DEEP WATER.
3:30 PM	<b>Cardio &amp; Strength Program: Drums ALIVE</b> <i>*Requires Sign Up</i> 10:10am - 10:55am <b>Julia Drake</b> (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.
4:30 PM	<b>Strength Program: Full Body Resistance Bands</b> <i>*Requires Sign Up</i> 10:10am - 10:50am <b>Avery Sheehan</b> (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!
5 PM	
6 PM	
7 PM	
8 PM	

## WEDNESDAY 24

**Flexibility Program: 20 Minute Aqua Stretch**  
10:50am - 11:10am **Matt Covell** (Pool)  
A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

**Cardio Program: Hula Hoop 101**  
*\*Requires Sign Up*  
11:00am-11:20am **Jem Mihalek** (Fitness Studio)  
Hula Hooping is a fun and low impact way to get your heart rate up and your waist line down. Come learn (or re-learn) the simple techniques to keeping an adult size hula hoop going with this basic instructional workshop. Everyone can hoop!

**Flexibility Program: 20 Minute Full Body Stretch \*Floor**  
*\*Requires Sign Up*  
11:05am-11:25am **Avery Sheehan** (Functional Gym)  
Incorporate flexibility into your workouts! Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

11:00am - 11:30am **FitBite™** (TRUE Dining)

**CORE PRESENTATION: Mindful Eating 101**  
*\*Requires Sign Up*  
11:00am - 11:20am **Lisette Cifaldi** (Lecture Hall)  
Mindful eating is the key to eating less food while feeling more satisfied. This class will help you to better understand what physical satiety is and provide easy step-by-step instructions on how to achieve it. Bring your fit bite.  
(\*Offered weekly. Recommended for first time guests.)

**CORE PRESENTATION: Portion Control**  
*\*Requires Sign Up*  
11:30am - 12:55pm **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. Recommended for first time guests.)

**Wellness Presentation: Focus On Flexibility**  
*\*Requires Sign Up*  
11:30am - 12:20pm **Julia Drake** (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 you can incorporate into your daily life at home.

11:30 am **Focus on You**  
If it's your first time with us, we recommend our Core Lecture during this time, but don't forget to take advantage of personalizing your stay with your H3\$! In lieu of a lecture at this hour, consider a Private Cooking Lesson to kickstart your new meal plan, a 30-minute personal training session for a tailored workout, or fight off muscle soreness with one of our Recovery Services.

Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)  
*\*Requires Sign Up*

**Wellness Presentation: Nutrition Tips and Techniques Part 1**  
*\*Requires Sign Up*  
1:30pm - 2:00pm **Elizabeth Huggins** (Healthy Kitchen)  
Join our Registered Dietitian for a fun discussion on the nutrition tip of the day (changes weekly) with an emphasis on how to make healthy eating easy.

**Walking Program: Guided Thermal Walk**  
1:30pm - 1:50pm **Avery Sheehan** (Porch)

**Wellness Presentation: Living Young**  
*\*Requires Sign Up*  
2:15pm - 3:05pm **Bob Wright** (Lecture Hall)  
It is not how many years you live, but the life in your years that count. Our health has a profound effect on our quality of life, especially as we age. In this class we will discuss not only what it takes to live a long life, but an active, healthy, vibrant life as well.

**Strength Program: Aqua Resistance Training**  
2:15pm - 2:55pm **Jem Mihalek** (Pool)  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.

**Strength Program: Core Fitness \*Floor**  
2:15pm - 3:00pm **Avery Sheehan** (Body+Mind Studio)  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.

**Cardio Program: Water Fitness**  
3:30pm - 4:10pm **Avery Sheehan** (Pool)  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.

**Stretch & Recover Program: TRX Stretch \*Floor**  
*\*Requires Sign Up*  
3:30pm - 4:15pm **Julia Drake** (Functional Gym)  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.  
*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!*

**Recreation: Wildlife Cruise \$150**  
4:15pm - 6:45pm **Transportation**  
Come and enjoy beautiful Hilton Head Island from the water. Leave your troubles at the dock and sail into the wind.

**Flexibility Program: Stretch and Roll \*Floor**  
*\*Requires Sign Up*  
4:30pm - 5:30pm **Jem Mihalek** (Body+Mind Studio)  
A great way to recover your muscles using a series of stretching and myofascial release techniques!

**Recreation: CRAFT NIGHT - DIY Coasters**  
*\*Requires Sign Up*  
6:30pm - 7:30pm **Lindsay Willard** (Lecture Hall)  
Coasters are an easy and fun DIY craft! You can gift them to a friend or use them at home!

# THURSDAY 25

7 AM

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
7:00am - 8:00am **Avery Sheehan** (Porch)

8 AM

**RECREATION: Kayaking - Harbourtown \$75**  
*\*Sign up Required by 12:00pm Wednesday\**  
8:30am - 11:30am **Lindsay Willard** (Porch)  
Challenge your cardiovascular and muscular endurance while enjoying fresh air and coastal marsh 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\*

9 AM

**Morning Ritual: BODY BASICS**  
*\*Requires Sign Up*  
8:30am - 8:45am **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.

10:10 AM

11 AM **FitBite™**

**Cardio Program: Treading**  
*\*Requires Sign Up*  
9:00am - 9:45am **Julia Drake** (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.

11:30 AM

**Cardio Program: Aqua Cardio Conditioning**  
9:00am - 9:40am **Kristel Kretchmer** (Pool)  
A low impact cardio workout that is going to get you jumping, hopping, and running through the water.

12 PM / 1 PM

**Recreation & Cardio Program: Group Bike Ride**  
*\*Requires Sign Up*  
9:00am-9:50am **Avery Sheehan** (Porch)  
This Group Bike Ride is a moderately paced ride through Shipyard Plantation and surrounding areas. *Guests must provide their own bicycle, please see Guest Services to rent a bike.*

1:30 PM

**Cardio Program: Nautical Noodle**  
10:10am - 10:50am **Avery Sheehan** (Pool)  
Experience a noodle workout like never before. Various exercises will be used to sculpt the body. Good for all levels of fitness.

2:15 PM

**Cardio Program: Dance Fit**  
10:10am - 10:55am **Karla Yesika** (Body+Mind Studio)  
An accessible high-energy aerobic dance class. Dance aerobics incorporates easy to follow cardio dance movement from jazz, Latin, oldies and hip hop.

3 PM **FitBite™**

**Flexibility Program: 20 Minute Aqua Stretch**  
10:50am - 11:10am **Avery Sheehan** (Pool)  
A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

3:30 PM

**Flexibility Program: 25-Minute Upper Body Stretch**  
*\*Requires Sign Up*  
11:05am - 11:25am **Matt Covell** (Fitness Studio)  
Lengthen and recover your upper body muscles in order to keep your body primed for more activity in the week.

4:30 PM

5 PM

6 PM

7 PM

8 PM

# THURSDAY 25

**CORE PRESENTATION: Staying on Track**  
*\*Requires Sign Up*  
11:30am - 12:55pm **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 slips and how to manage them when they do occur will be discussed in this essential lecture. During the final 30 minutes,

**Wellness Presentation: Carbohydrates: The Good, The Bad and The Ugly**  
*\*Requires Sign Up*  
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.

**11:30am - 1:30pm Mindful Pool Relaxation**  
Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**Lunch seating times at 12:00pm and 1:00pm** (TRUE Dining)  
*\*Requires Sign Up*

**CORE PRESENTATION: Staying On Track Application**  
*\*Requires Sign Up*  
12:30pm - 12:55pm **Lisette Cifaldi** (Lecture Hall)  
Bob is joined by other program team members to help plan for and manage the “High Risk Situations” that may get in the way of achieving your goals.

**1:00pm - CVS Trip for Essentials & UPS**  
*\*Requires Sign Up*

**Cardio Program: Hula Hoop 101**  
1:00pm - 1:30pm **Jem Mihalek** (Fitness Studio)  
Hula Hooping is a fun and low impact way to get your heart rate up and your waist line down. Come learn (or re-learn) the simple techniques to keeping an adult size hula hoop going with this basic instructional workshop. Everyone can hoop!

**Flexibility Program: Upper Extremity Remedy**  
*\*Requires Sign Up*  
1:30pm - 2:10pm **Shelly Welch** (Lecture Hall)  
This 40 minute informational and experiential workshop will review overuse patterns and improper posture that can lead to increased pain and create “issues with your tissues.” Whether you have neck/shoulder/arm or wrist/hand discomfort, this therapeutic workshop has been designed especially for you! Come and learn simple ways to improve your range of motion and reduce discomfort all while having some fun.

**Wellness Presentation: Nutrition Tips and Techniques Part 2**  
*\*Requires Sign Up*  
1:30pm - 2:00pm **Healthy Kitchen Chef** (Healthy Kitchen)  
This class is all about moving from talk to action.

**Walking Program: Guided Thermal Walk**  
1:30pm - 1:50pm **Avery Sheehan** (Porch)

**CORE PRESENTATION: Goal Setting**  
*\*Requires Sign Up*  
2:15pm - 3:05pm **Ty Bostic** (Lecture Hall)  
It’s not enough to know what to do in order to be successful. It’s only once knowledge meets action that success is possible. Effective goal setting skills are essential to creating a healthy lifestyle that works best for you. (\*Offered weekly. Recommended for first time guests.)

**Strength Program: Upper Body Free Weights**  
*\*Requires Sign Up*  
2:15pm - 2:55pm **Matt Barrack** (Strength Gym)  
Strengthen and sculpt your upper body using free weights.

**Cardio Program: Aqua Tabata**  
2:15pm - 2:55pm **Shelly Welch** (Pool)  
Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

**3:00pm - 3:30pm FitBite™** (TRUE Dining)

**Presentation: Hilton Head Health at Home Info Session**  
*\*Requires Sign Up*  
3:00pm - 3:15pm **Ty Bostic** (Conference Room)  
This mini info session will provide information on Hilton Head Health OnDemand. You will learn what the service is, how to use it, where to use it, subscription options, and if it’s right for you.

**Cardio & Strength Program: Hydro Circuit**  
3:30pm - 4:10pm **Avery Sheehan** (Pool)  
A great workout in a low impact environment where water meets circuit training! Participants will rotate through various strength and aerobic stations utilizing both shallow and deep water.

**Strength Program: Upper Body Weights and Loop Bands**  
*\*Requires Sign Up*  
3:30pm - 4:15pm **Shelly Welch** (Fitness Studio)  
Mix and match free weights and loop bands to sculpt and tone your upper body.

**Wellness Presentation: Wake Up Call - The Connection Between Sleep, Health, and Weight**  
*\*Requires Sign Up*  
4:30pm - 5:20pm **Bob Wright** (Lecture Hall)  
Adequate sleep is one of the most important, but under-appreciated components of a healthy lifestyle. This session will review the consequences of sleep deprivation, common sleep disorders and suggestions for improving sleep.

**Flexibility Program: 30 Minute TRX Stretch**  
*\*Requires Sign Up*  
4:30pm - 5:20pm **Jem Mihalek** (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!

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
4:30pm - 5:15pm **Lindsay Willard** (Porch)

**RECREATION: Evening Dance Party**  
*\*Requires Sign Up*  
6:45pm-7:45pm **Jem Mihalek** (Porch)  
Get ready to shake your groove thing and let loose after a hard day of structured fitness. Show off your moves or learn some new ones as we dance to a mix of new and old dance favorites! Want to make sure your favorite song gets played? Jot down your favorite song on the sign-up sheet and it will be added to the H3 Dance Party playlist.

# FRIDAY 26

7 AM

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
**7:00am - 8:00am Lindsay Willard (Porch)**

8 AM

**Cardio & Strength Program: Hydro Circuit**  
**8:00am - 8:40am Julia Drake (Pool)**  
Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

9 AM

**Morning Ritual: Morning Meditation**  
**8:30am - 8:45am Lisette Cifaldi (Body+Mind Studio)**  
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**

10:10 AM

**Cardio Program: Treading**  
*\*Requires Sign Up*  
**9:00am - 9:45am Avery Sheehan (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.

11 AM **FitBite™**

**Strength & Cardio Program: Ultra Circuit**  
*\*Requires Sign Up*  
**9:00am - 9:45am Matt Barrack (Strength Gym)**  
Get your weight training and cardio all in one class. This energy filled class works you in 1-2 minute stations to maximize your calorie burn.

11:30 AM

**Cardio Program: Deep Water Conditioning**  
**9:00am - 9:40am Kristel Kretchmer (Pool)**  
Non-impact deep water workout using a floatation belt. NOTE: MUST BE ABLE TO SWIM IN DEEP WATER.

12 PM / 1 PM

**Cardio & Strength Program: Aqua Calisthenics**  
**10:10am - 10:50am Ty Bostic (Pool)**  
Get a full body aqua strength and cardio routine in using nothing but you and the water!

1:30 PM

**Cardio Program: Fitball Aerobics \*Floor**  
*\*Requires Sign Up*  
**10:10am - 10:55am Kristel Kretchmer (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!

2:15 PM

**Strength & Cardio Program: Outdoor Circuit**  
**10:10am - 10:55am Avery Sheehan (Porch)**  
A moderately paced walk/jog in conjunction with interval strength training and calisthenics. Instructor will lead guests throughout Shipyard Plantation.

3 PM **FitBite™**

**11:00am - 11:30am FitBite™ (TRUE Dining)**

3:30 PM

**Flexibility Program: 20 Minute Aqua Mobility**  
**10:50am - 11:10am Ty Bostic (Pool)**  
Learn how to release tension in the joints through this simple yet effective routine.

4:30 PM

**Flexibility Program: 20 Minute Lower Body Stretch**  
*\*Requires Sign Up*  
**11:05am - 11:30am Kristel Kretchmer (Fitness Studio)**  
Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries for the lower body.

5 PM

6 PM

7 PM

8 PM

# FRIDAY 26

**11:30am - 1:30pm Mindful Pool Relaxation**  
Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**Wellness Presentation: The Systems Approach To Weightloss**  
*\*Requires Sign Up*  
**11:30am - 12:20pm Lisette Cifaldi (Lecture Hall)**  
Most weight loss plans focus on the physical aspects of weight loss alone - nutrition and exercise. However, sustainable weight loss success lies in shifting your perspective from old models to a more comprehensive approach to weight loss that involves examining all the systems of self, including the physical as well as the emotional, cognitive, social, environmental, and spiritual systems. Learn more about how to shift your perspective in this lecture.

**Wellness Presentation: Health Tech 101**  
*\*Requires Sign Up*  
**11:30am - 12:20pm Julia Drake (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.

**Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)**  
*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

**Walking Program: Guided Thermal Walk**  
**1:30pm - 1:50pm Lisette Cifaldi (Porch)**

**CORE PRESENTATION: Planning For Home**  
*\*Requires Sign Up*  
**1:30pm - 2:15pm Ty Bostic (Lecture Hall)**  
Transitioning from the safe bubble that H3 provides back to the home environment can be both challenging and intimidating. This presentation / workshop is designed to set you up for success as you prepare for your first week away from here. During this session we will be putting it all together. All the key concepts and strategies you've collected this week will be highlighted in this class as we guide you through finalizing your action plan for your first week back. You got this! (*\*Offered weekly. Recommended for first time guests.*)

**Stretch & Recover Program: TRX Yoga Flow \*Floor**  
*\*Requires Sign Up*  
**1:30pm - 2:15pm Karen Verechia (Functional Gym)**  
Take your practice to a whole new level with a workout that blends TRX training with yoga poses. Using the suspension straps and combining yoga poses, breathing techniques and meditation in motion will improve your balance and coordination. This combination deepens the stretch and boosts the demand on your muscles. Clear your mind and explore your true potential.

**Wellness Lecture: Rethinking Drinking**  
*\*Requires Sign Up*  
**2:15pm - 3:00pm Lisette Cifaldi (Lecture Hall)**  
Dive deeper into the behavioral challenges around managing alcohol and learn how to effectively approach alcohol to match your healthy lifestyle goals.

**Recreation: Pool Volleyball**  
**2:15pm - 3:15pm Julia Drake (Pool)**  
A fun opportunity for all programs to come together and enjoy a game of volleyball in the pool!

**Strength Program: Lower Body Strength and Conditioning \*Floor**  
*\*Requires Sign Up*  
**2:15pm - 3:00pm Kristel Kretchmer (Strength Gym)**  
Get in your lower body strength using free weights and machines.

**3:00pm - 3:30pm FitBite™ (TRUE Dining)**

**Cardio Program: Water Fitness**  
**3:30pm-4:10pm Kristel Kretchmer (Pool)**  
Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

**Strength & Stretch Program: Mat Pilates \*Floor**  
**3:30pm - 4:15pm 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.

**Walking Program: Harbortown Walk**  
*\*Requires Sign Up*  
**3:30pm - 5:15pm Avery Sheehan (Porch)**  
Join us for a stroll around one of Hilton Head's most famous marinas. This upbeat destination offers a variety of ways to keep active, including a climb to the top of a working lighthouse (for a small fee). Enjoy gazing across luxury yacht slips, checking out the trendy boutiques, and breathing in the crisp coastal air.

*Looking for an alternative to another workout? Consider exploring a Counseling Session, or book a massage or facial at our Indigo Spa. Use a Personal Training session to have a trainer check your exercise form and discuss your fitness plan for home, or finish the day with a Recovery Service.*

# SATURDAY 27

7 AM
8 AM
9 AM
10:10 AM
11 AM <b>FitBite™</b>
11:30 AM
12 PM / 1 PM
1:30 PM
2:15 PM
3 PM <b>FitBite™</b>
3:30 PM
4:30 PM
5 PM
6 PM
7 PM
8 PM

## MEALS

Breakfast:	Calories:
FitBite:	Calories:
Lunch:	Calories:
FitBite:	Calories:
Dinner:	Calories:
FitBite:	Calories:

## EXERCISE

Cardio:
Strength:
Flexibility:

## 8OZ. GLASS OF WATER

1	2	3	4	5	6	7	8	9	10	11	12
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## THE BEST PART OF MY DAY WAS:


# SATURDAY 27

**Walking Program: Beach Walk**  
*\*Requires Sign Up*  
 7:00am - 8:00am **Jem Mihalek (Porch)**

**RECREATION: Stand Up Paddleboarding - Harbortown \$75**  
*\*Sign up Required by 12:00pm Wednesday\**  
 8:15am - 11:30am **Lindsay Willard (Porch)**  
 Challenge your cardiovascular and muscular endurance while stand up paddleboarding. These long stable boards provide a foundation to enjoy the open water in a variety of ways. We will begin with the basics behind paddle technique, body positioning, and efficient strokes. This introductory clinic utilizes your balance, focus, and strength; more importantly though, it will bring a smile to your face. \*MINIMUM 2 GUESTS REQUIRED\*

**Flexibility Program: Yoga On The Beach \*Floor**  
*\*Requires Sign Up*  
 8:30am - 10:00am **Karen Verechia (Porch)**

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

**Cardio Program: Treading**  
*\*Requires Sign Up*

9:00am - 9:45am **Matt Covell (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.

**Cardio Program: Aqua Aerobics**  
 9:00am - 9:40am **Kristel Kretchmer (Pool)**

Cardiovascular pool workout with dance movements.

**Cardio Program: Nautical Noodle**  
 10:10am - 10:50am **Avery Sheehan (Pool)**

Experience a noodle workout like never before. Various exercises will be used to sculpt the body. Good for all levels of fitness.

**Cardio Program: Go-Go Dance**  
*\*Requires Sign Up*

10:10am - 10:55am **Jem Mihalek (Fitness Studio)**  
 If you like sweating to the oldies than this dance class is for you! Burn calories while dancing and having fun. Learn retro dance moves and simple choreography to classic hit songs from the 50's, 60's and 70's.

**Strength Program: TRX Strength Circuit**  
*\*Requires Sign Up*

10:10am - 10:55am **Kristel Kretchmer (Functional Gym)**  
 No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**Flexibility Program: 20 Minute Aqua Stretch**  
 10:50am - 11:10am **Avery Sheehan (Pool)**

A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

11:00am - 11:30am **FitBite™ (TRUE Dining)**

**Walking Program: Mitchellville Beach Excursion**  
*\*Requires Sign Up*

11:00am - 12:30pm **Jem Mihalek (Porch)**  
 Join us as we head to Hilton Head Island's Mitchelleville Park. Take a trek through the forest and find yourself walking on a remote marshy beach.

**CORE PRESENTATION: Developing Your Fitness Strategy**  
*\*Requires Sign Up*

11:30am - 12:20pm **Kristel Kretchmer (Lecture Hall)**  
 Finish up your week by designing a detailed exercise plan with your Fitness Coach in this hands-on, interactive seminar. Find out how to apply all that you've learned in your Cardio, Strength & Conditioning, and Recovery sessions to create a personalized strategy that will enable you to continue your success at home.

**Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)**  
*\*Requires Sign Up*

**Cardio Program: 30 Minute Upper Body Conditioning**  
*\*Requires Sign Up*

1:30pm - 2:00pm **Avery Sheehan (Fitness Studio)**  
 A circuit that emphasizes the importance of strengthening and lengthening of the upper body muscles using a variety of exercises and strength equipment.

**Strength & Flexibility Program: Core Fitness \*Floor**  
 2:15pm - 3:00pm **Matt Covell (Body+Mind Studio)**

Learn to strengthen your core muscles and prevent nagging back pain. Abdominal and low back exercises, with instruction on beginner, intermediate and advanced techniques.

**Cardio Program: Aqua Tabata**  
 2:15pm - 2:55pm **Avery Sheehan (Pool)**

Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

3:00pm - 3:30pm **FitBite™ (TRUE Dining)**

**Stretch & Recover Program: Yoga In The Pool**  
*\*Requires Sign Up*

3:30pm - 4:10pm **Karen Verechia (Pool)**  
 Let the water support you while you experience the benefits of yoga poses, breathing fresh air and the peaceful feeling of being outdoors in the water.

**Cardio Program: Beach Hula Hoop Dance**  
*\*Requires Sign Up*

3:30pm - 4:15pm **Jem Mihalek (Fitness Studio)**  
 Take your Hula Hoop Dance to the beautiful outdoor park near Coligny Plaza called, Celebration Park. A fun way to work your core and have some fun all while enjoying the fresh air!

4:30pm **Mindful Pool Relaxation**

Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get

