

# A HEALTHY VACATION

## FOCUSING ON BOTH MIND & BODY



Sometimes you need a healthy retreat, but can only spare a few days. With Hilton Head Health's holistic approach to overcoming mental and physical challenges, even a few days can make a lasting impact on your health and wellness. Our top ranked wellness resort is just what you need to reset and recharge. With more than 10 fitness classes offered daily – from dance classes, TRX and cardio boxing to water aerobics, yoga, and meditation – you're sure to find activities that you'll love. Our fitness coaches' experience and passion create a formula for safe, effective, and fun workouts for all fitness levels.

A Healthy Getaway all-inclusive experience will help you clear your mind, nourish your soul, and kick-start a healthy eating and exercise routine. Check in Sunday, Wednesday or Thursday, stay three or four nights in our villas and spend days at our award-winning wellness resort and spa.

It's the healthy, all-inclusive mini-vacation you need.

### HEALTHY GETAWAY INCLUDES



- Accommodations
- All meals and FitBites (healthy snacks)
- H3 Core Education Series
- A wide variety of fitness classes daily
- H3\$ (service allowance) to be used at your discretion to complete your program experience
- Recreational activities like kayaking, bike adventures, stand-up paddle boarding and more

# HEALTHY GETAWAY

## 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						
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\$) varies weekly
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						

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