



GLP-1 Support Experience

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Health Screenings / Metabolic Assessment / Body Comp	Beach Walk	Beach Walk	Beach Walk	Beach Walk	Beach Walk
8:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM		Dining The H3 Way	Choose your Upper Body Strength Claass (9:00am - 10:00am)	Choose your Lower Body Strength Claass (9:00am - 10:00am)	Choose your Full Body Strength Claass (9:00am - 10:00am)	Choose your Upper Body Strength Claass (9:00am - 10:00am)	Choose your Lower Body Strength Claass (9:00am - 10:00am)
10:15 AM		Choose Your Cardio Class (10:15am - 11:15am)	Choose Your Cardio Class (10:15am - 11:15am)	Choose Your Cardio Class (10:15am - 11:15am)	Choose Your Cardio Class (10:15am - 11:15am)	Choose Your Cardio Class (10:15am - 11:15am)	Choose Your Cardio Class (10:15am - 11:15am)
11:30 AM		Fitness Class or Education Workshop	The GLP1 Strength Reset: Day 1: Small Group Training (11:30am - 12:30pm)	The GLP1 Strength Reset: Day 2: Small Group Training (11:30am - 12:30pm)	The GLP1 Strength Reset: Day 3: Small Group Training (11:30am - 12:30pm)	The GLP1 Strength Reset: Day 4: Small Group Training (11:30am - 12:30pm)	Choose your Fitness Activity
12:00 PM		Lunch & Thermal Walk (12:00 - 1:30)	Dining on the GLP-1 Journey (Group Coaching Discussion over Lunch) - Plug Protein FitBites during 2:30 hour (12:30pm - 1:30pm)	Midweek Momentum (Group Coaching Discussion over Lunch) (12:30pm - 1:30pm)	Lunch & Thermal Walk (12:00 - 1:30)	Lunch & Thermal Walk (12:00 - 1:30)	Lunch & Thermal Walk (12:00 - 1:30)
1:00 PM							
1:30 PM	Check in	Fitness Class or Education Workshop	Quieting Food Noise: Nourishing on GLP-1st (include a protein packed fitbite for discussion) (1:30pm - 3:30pm)	Muscle Matters: The Hidden Side of GLP-1 Weight Loss (include this education during the Small Group training instead) (1:30pm - 3:30pm)	Rewriting Your Body Story (include a protein packed fitbite for discussion) (1:30pm - 3:30pm)	From Here to Home: Understanding Your Long-Term Path with GLP-1s (include a protein packed fitbite for discussion) (1:30pm - 3:30pm)	Choose your Fitness Activity
2:30 PM		Intro to the GLP-1 Experience (2:30pm - 3:30pm)					Choose your Fitness Activity
3:00 PM		Cooking Demo (3:45pm - 4:45pm)	Pool Activity OR Cooking Demo	Pool Activity OR Wellness Education Topic	Pool Activity OR Cooking Demo	Choose your Fitness Class	Pool OR Land Activity
3:30 PM							
4:30 PM	Facility welcome Orientation	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity
5:15 PM	Dinner	Dinner	Dinner	Dinner	Dinner or Chef's Table	Dinner	
6:30 PM		Evening Activity	Evening Activity	Evening Activity			

The white blocked classes illustrate an example of what a typical week may look like. Specific class names / options in these blocks may vary from week to week.