HILTON HEAD HEALTH™
WELLNESS RESORT & SPA

The Blue Zones™ Experience

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Beach Walk	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	Fitness Class or Education Workshop	Fitness Class or Education Workshop	Fitness Class or Education Workshop	Fitness Class or Education Workshop	Fitness Class
12:00 PM		**Lunch & Thermal Walk (12:00 - 1:30)**	**Lunch & Thermal Walk (12:00 - 1:30)**	**Lunch & Thermal Walk (12:00 - 1:30)**	**Lunch & Thermal Walk (12:00 - 1:30)**	**Lunch and Thermal Walk** - 12:00pm - 1:30pm	**Lunch & Thermal Walk (12:00 - 1:30)**
1:00 PM							
1:30 PM		Barre Fit or Education Workshop	**BZ Module 2:** The Longevity Mindset (1:30pm - 3:30pm)	**BZ Module 3**: The Right Outlook (1:30pm - 3:30pm)	**BZ Module 4:**: Connection and Belong (1:30pm - 3:30pm)	**BZ Module 5**: Blue Zones at Home (1:30pm - 3:30pm)	Choose your Fitness Class
2:30 PM	Check in	**BZ Module 1:** Power 9 Foundations (2:30PM - 3:30PM)					Choose your Fitness Class
3:30 PM		**Cooking Demo** (3:30pm - 4:30pm)	Pool Activity OR Cooking Demo	Pool Activity OR Wellness Education Topic	Pool Activity OR Cooking Demo	Making Waves with your Tribe (3:30 - 4:15 pm)	Choose your Fitness Class
4:30 PM	Facility welcome Orientation	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	**Movement with Moai** (4:30pm - 5:30pm)	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity
5:15 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner or Chef's Table	Dinner
6:30 PM		Evening Activity	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.