

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Health & FMS Screenings*	Beach Walk				
7:30 AM		BREAKFAST				
8:00 AM	Breakfast					
8:30 AM		Body Basics				
9:00 AM	Orientation & Introduction	Treading Cardio Boxing Aqua Zumba	Treading Aqua Intervals (Pool)	Treading Zumba Big Band Cardio Blast	Aqua Resistance (Pool) Morning Stretch Barre Fit	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	FitBite	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates TRX Circuit	Deep Water Intervals (Pool) Yoga for Bone Health Medicine Ball	Pilates on the Ball Treading Cardio Boxing	FitBite
10:30 AM						
11:00 AM	True Dining: The H3 Way	FitBite - Meditation				JumpStart: Group Training: Recreation Workout
11:30 AM	JumpStart: Mastering Motivation	JumpStart: Finding Your Flow with Food & Fitness	JumpStart: Nutrition for Health	JumpStart: Portion Control	JumpStart: Staying on Track	
12:00 PM						FMS Corrective Exercises
12:30 PM	LUNCH Thermal Walk					
1:00 PM						
1:30 PM	ABC's of Moving Well	Lecture Application				JumpStart: Developing Your Fitness Strategy
2:00 PM		JumpStart: Group Training: Upper Body Strength	JumpStart: Group Training: Lower Body Strength	JumpStart: Group Training: Recreation Workout	JumpStart: Group Training: Full Body Strength	
2:30 PM	Understanding your FMS Results					
3:00 PM	Mindful Eating Course	Core	Recovery: Stretch	FMS Corrective Exercises		FitBite
3:30 PM	FitBite Fitball Strength Cardio Core Circuit Open House: Recovery	What Are You Really Hungry For? FitBite Resistance Band	Deep Water Conditioning (Pool) Roll It Out	JumpStart: Meal Planning with FitBite	FitBite Aqua Aerobics (Pool) Barre	Absolute Aqua (Pool)
4:00 PM						
4:30 PM	Habits of Successful Weight Managers	Prioritizing Self Care Yoga Nidra	Maximizing Metabolism Water Fitness (Pool)	Wellness Lecture Self Defense (H3\$) Hands on Cooking (H3\$)	Tone & Stretch Power Yoga	Cooking Demo (H3\$)
5:00 PM		JumpStart: Cooking Demo				
5:30 PM	DINNER Thermal Walk					
6:00 PM						
6:30 PM						