

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM	Beach Walk	Prepare Agenda/Emails	Beach Walk	Prepare Agenda/Emails	Beach Walk	<b>WorkWell</b> - Office hours	
7:30 AM							
8:00 AM	<b>BREAKFAST</b>						
8:30 AM		Body Basics	Morning Meditation	Body Basics	Morning Meditation		
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)		
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		
10:30 AM							
11:00 AM	Gait/Foot Assessment	FitBite					
11:30 AM	<b>Mastering Motivation</b>	<b>Nutrition for Health</b>	<b>Portion Control</b>	<b>Staying on Track</b>	<b>Finding Your Middle Ground</b>		
12:00 PM							
12:30 PM	<b>LUNCH</b>						
1:00 PM	Thermal Walk						
1:30 PM	<b>WorkWell - Schedule Conference Calls, Virtual Meetings</b> - Office hours					<b>Cooking Demo</b> (H3\$)	
2:00 PM						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	Bike Ride Resistance Band Yoga in The Pool	Deep Water Conditioning (Pool) Roll It Out	Bike Ride Fitball Strength Aqua Aerobics	Cardio Strength Circuit Barre Fit Pool Volleyball	Dance Fit Absolute Aqua (Pool)	
4:00 PM							
4:30 PM	<b>WorkWell - Schedule Conference Calls, Virtual Meetings</b> - Office hours					Relax Pool-side	
5:00 PM							
5:30 PM							
6:00 PM	<b>DINNER</b>						
6:30 PM	Thermal Walk						
7-10 PM	<b>WorkWell</b> - Office hours				Indigo Massage		