

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Beach Walk	Prepare Agenda/Emails	Beach Walk	Prepare Agenda/Emails	Beach Walk	
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)	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	<b>WorkWell - Schedule Conference Calls, Virtual Meetings</b> - Office hours					
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	<b>LUNCH</b>					
1:30 PM	Thermal Walk					
2:00 PM	<b>Habits of Successful Weight Managers</b>	<b>Tips to Curb Nighttime Snacking</b> - or - 3-Mile Walk	<b>Increasing Energy &amp; Stamina</b> - or - Cardio Core Circuit	<b>Meal Planning</b> - or - Kayaking (H3\$)	<b>Prioritizing Self Care</b> - or - Marching Band	Recreation Activity (H3\$) varies weekly
2:30 PM						Water Fitness (Pool)
3:00 PM	<b>WorkWell - Schedule Conference Calls, Virtual Meetings</b> - Office hours					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM			Indigo Facial and Massage	<b>Cooking Demo</b> (H3\$)		
5:30 PM						
6:00 PM	<b>DINNER</b>					
6:30 PM	Thermal Walk					
7-9 PM	<b>WorkWell - Office hours</b>					