

# MONDAY 11

7 AM

**FITNESS OPTION: Beach Walk Impact 1**  
*\*Requires Sign Up*  
7:00am - 8:00am **Tenley Bailey (Porch)**

8 AM

**FITNESS OPTION: Nautical Noodle Impact 1**  
8:00am - 8:40am **Tenley Bailey (Pool)**  
Experience a noodle workout like never before. Various exercises will be used to sculpt the body. Good for all levels of fitness.

9 AM

**CORE LECTURE: "TRUE" DINING: The H3 Way**  
*\*Requires Sign Up*  
9:00am - 9:30am **Bob Wright (Lecture Hall)**  
This class, encouraged for both first time and return guests, will introduce you to H3 nutrition principles and inform you on how to navigate menu options to make the most of your dining experience. It is especially helpful for those with food allergies and/or specific nutritional needs. This session provides the opportunity to ask culinary related questions and aims to leave you feeling more knowledgeable about selecting your meals.  
*(\*Offered weekly. Recommended for first time guests.)*

10:10 AM

11 AM **FitBite™**

**FITNESS OPTION: Treading Impact 1**  
*\*Requires Sign Up*  
9:00am - 9:45am **Matt Covell (Cardio)**  
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

11:30 AM

12 PM / 1 PM

**FITNESS OPTION: Aqua Zumba Impact 1**  
9:00am - 9:40am **Lori Korneluk (Pool)**  
Aqua Zumba is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.

1:30 PM

**FITNESS OPTION: Tabata Fitness Impact 1F**  
9:00am - 9:40am **Tenley Bailey (Fitness Studio)**  
This interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

2:15 PM

**FITNESS OPTION: Aqua Tabata Impact 1**  
10:10am - 10:50am **Karen Verechia (Pool)**  
Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

3 PM **FitBite™**

**FITNESS OPTION: Resistance Band Training Impact 1**  
10:10am - 10:55am **Matt Covell (Functional Gym)**  
Designed for muscle conditioning and toning using the resistance of a dynaband. Includes exercises for the upper and lower body. Great for frequent travelers!

3:30 PM

**FITNESS OPTION: Dance Fitness Fusion Impact 1F**  
10:10am - 10:55am **Abby Rhoades (Fitness Studio)**  
This class includes easy to follow dance moves that will increase the heart rate, followed by a light and heavy weight routine incorporating full body movements. Cardio Dance Fusion is a great way to burn calories, strengthen, tone, and learn some new moves all while having fun.

5 PM

11:00am - 11:30am **FitBite™ (TRUE Dining)**

6 PM

**SHOE SEMINAR: Gait and Foot Type Assessment**  
*\*Requires Sign Up*  
11:00am - 11:30am **Al Olivetti (Lecture Hall)**  
The H3 Athletic Shoe Consultant will explain how to pick the best shoe for your individual foot type and favorite activity. For guests interested in a personal shoe fitting, the shoe consultant will be available at 3:00pm with shoes to meet your specific needs.

7 PM

**FITNESS OPTION: 25-Minute Core Fitness Impact 1**  
11:00am - 11:25am **Tenley Bailey (Fitness Studio)**  
Learn to strengthen your core muscles and prevent nagging back pain. Abdominal and low back exercises, with instruction on beginner, intermediate and advanced techniques.

8 PM

# MONDAY 11

## 11:30am Focus on You

If it's your first time with us, we recommend our Core Lecture during this time, but don't forget to take advantage of personalizing your stay with your H3\$! In lieu of a lecture at this hour, consider a Private Cooking Lesson to kickstart your new meal plan, a 30-minute personal training session for a tailored workout, or fight off muscle soreness with one of our Recovery Services.

### CORE LECTURE: Mastering Motivation

*\*Requires Sign Up*

11:30am - 12:20pm **Lisette Cifaldi (Lecture Hall)**

On your journey to wellness, you'll have to stay motivated to continuously make the right choices that move you toward your goal. This session shows you ways to tap into your inner motivation to keep you going even when times get tough. Meet your greatest ally in your quest for health - you! (*\*Offered weekly. Recommended for first time guests.*)

### WELLNESS LECTURE: Conquering Cardio

*\*Requires Sign Up*

11:30am - 12:20pm **David Chesworth (Conference Room)**

Go the distance, bust myths, and uncover new motivations essential to safely overcoming the challenges of cardiovascular exercise.

### 11:30am - 1:30pm Mindful Pool Relaxation

Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

### Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)

*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

### 1:00pm Trip for Essentials (CVS) *\*Requires Sign Up*

### CORE LECTURE: Personalizing Your H3 Fitness

*\*Requires Sign Up*

1:30pm - 2:00pm **Ty Bostic (Lecture Hall)**

As the title suggests, this class is all about personalizing your fitness journey. This is an all-encompassing fitness tutorial, everything from deciding which types of classes are right for you, to understanding your Functional Movement Screening results, to optimizing your posture and most importantly: how to modify exercises during activities both here and at home. (*\*Offered weekly. Recommended for first time guests.*)

### FITNESS OPTION: 30-Minute Resistance Training **Impact 1**

1:30pm - 2:00pm **Matt Covell (Fitness Studio)**

Designed for muscle conditioning and toning using the resistance of a dynaband. Includes exercises for the upper and lower body. Great for frequent travelers!

### FITNESS OPTION: Guided Thermal Walk **Impact 1**

1:30pm - 1:50pm **Bob Wright (Porch)**

### CORE LECTURE: Habits of Successful Weight Managers

*\*Requires Sign Up*

2:15pm - 3:05pm **Bob Wright (Lecture Hall)**

Successful weight management is not an accident. Find out what factors will increase your probability of managing your weight successfully. (*\*Offered weekly. Recommended for first time guests.*)

### FITNESS OPTION: Tabata Fitness **Impact 1F**

2:15pm - 3:00pm **Matt Covell (Fitness Studio)**

This interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

### 3:00pm - 3:30pm FitBite™ (TRUE Dining)

### SHOE FITTING

3:00pm - 3:30pm **Al Olivetti (Hallway near Cardio)**

**For guests who attended the shoe seminar** and are interested in a personal shoe fitting, Al will be available with shoes to meet your specific needs.

### FITNESS OPTION: Flexibility and Balance **Impact 1**

*\*Requires Sign Up*

3:30pm - 4:15pm **Tenley Bailey (Functional Gym)**

Incorporate flexibility and balance into your workouts! Learn a variety of stretching and balance techniques that will improve performance and decrease the risk of injuries.

### FITNESS OPTION: Aqua Fit **Impact 1**

3:30pm - 4:10pm **Matt Covell (Pool)**

Improve cardiovascular conditioning, muscular strength and endurance with weights and noodles. Take a break from "impact" on the body and get a great workout that is safe, effective, and fun.

### FITNESS OPTION: Body Sculpting **Impact 1F**

3:30pm - 4:15pm **Ty Bostic (Body+Mind Studio)**

A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

### FITNESS OPTION: Intro to Yoga **Impact 1F**

4:30pm - 5:15pm **Karen Verechia (Body+Mind Studio)**

Gentle postures and breathing exercises to promote strength, flexibility and energy.

### FITNESS OPTION: Beach Walk **Impact 1**

*\*Requires Sign Up*

4:30pm - 5:20pm **Matt Covell (Porch)**

### WELLNESS LECTURE: Is Your Wardrobe Working for You?

*\*Requires Sign Up - Minimum of 2 guests required*

6:00pm - 6:30pm **Kathryn Mademann (Lecture Hall)**

Did you know the clothes you wear can be a key player in helping you lose weight? Let your wardrobe work for you! Kathryn Mademann, international fashion stylist, wants you to enjoy looking great now. She will help you tame the chaos in your closet, discover your unique style, and wear colors that best flatter you. This fun lecture will have you excited to go shopping!

NOTE: H3\$ does not apply to personal styling consultation. Minimum of 2 guests required.

# TUESDAY 12

7 AM

**FITNESS OPTION: Beach Walk Impact 1**

*\*Requires Sign Up*

7:00am - 8:00am **Julia Drake (Porch)**

8 AM

**FITNESS OPTION: Stationary Hydro Circuit Impact 1**

8:00am - 8:40am **Tenley Bailey (Pool)**

A great workout in a low impact environment where water meets circuit training! Participants will rotate through various stationary strength and aerobic stations utilizing individualized equipment.

9 AM

**Body Basics Impact 1**

8:30am - 8:45am **Julia Drake (Fitness Studio)**

A 10 minute daily practice that is used to improve quality of life and reduce risk of joint pain and injury through development of posture and longevity. Similar to the "thermal walk" and "fit-bite", this is designed to be a simple, yet effective, habit that can be taken home with you.

10:10 AM

**FITNESS OPTION: Aqua Tabata Impact 1**

9:00am - 9:40am **Karen Verechia (Pool)**

Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

11 AM **FitBite™**

11:30 AM

**FITNESS OPTION: Barre Fit Impact 1F**

*\*Requires Sign Up*

9:00am - 9:45am **Alyssa Petro (Body+Mind Studio)**

This class combines light weight exercises, interval training, flexibility, and balance using dance movements and the strength of Pilates.

12 PM / 1 PM

1:30 PM

**FITNESS OPTION: Treading Impact 1**

*\*Requires Sign Up*

9:00am - 9:45am **Tenley Bailey (Cardio)**

High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

2:15 PM

**FITNESS OPTION: 80's/90's Retro Pump Impact 1**

9:00am - 9:45am **Ty Bostic (Fitness Studio)**

A full body burn of a workout using low resistance and high repetitions while listening to some of your favorite 80's/90's themed songs!

3 PM **FitBite™**

3:30 PM

**FITNESS OPTION: TRX Circuit Impact 1F**

*\*Requires Sign Up*

10:10am - 10:55am **David Chesworth (Functional Gym)**

No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

4:30 PM

**FITNESS OPTION: Yoga for Bone Health Impact 1F**

10:10am - 10:55am **Karen Verechia (Body+Mind Studio)**

Learn 12 simple poses that have been proven through research to increase bone strength and bone density.

5 PM

**FITNESS OPTION: Water Fitness Impact 1**

10:10am - 10:50am **Julia Drake (Pool)**

Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

6 PM

**FITNESS OPTION: Zumba Impact 2**

10:10am - 10:55am **Lori Korneluk (Fitness Studio)**

Aerobic based class that incorporates dance moves into fun and easy to follow repetitions.

7 PM

11:00am - 11:30am **FitBite™ (TRUE Dining)**

8 PM

# TUESDAY 12

## **CORE LECTURE:** Mindful Eating 101

*\*Requires Sign Up*

**11:00am - 11:20am** *Lisette Cifaldi* (Lecture Hall)

Mindful eating is the key to eating less food while feeling more satisfied. This class will help you to better understand what physical satiety is and provide easy step-by-step instructions on how to achieve it. Bring your fit bite. (*\*Offered weekly. Recommended for first time guests.*)

## **FITNESS OPTION:**

**25-Minute Lower Body Conditioning** **Impact 1**

**11:00am - 11:25am** *Tenley Bailey* (Fitness Studio)

A circuit that emphasizes the importance of strengthening and lengthening of the lower body muscles using a variety of exercises and strength equipment.

## **11:30am Focus on You**

If it's your first time with us, we recommend our Core Lecture during this time, but don't forget to take advantage of personalizing your stay with your H3\$! In lieu of a lecture at this hour, consider a Private Cooking Lesson to kickstart your new meal plan, a 30-minute personal training session for a tailored workout, or fight off muscle soreness with one of our Recovery Services.

## **CORE LECTURE:** Nutrition for Health

*\*Requires Sign Up*

**11:30am - 12:55pm** *Bob Wright* (Lecture Hall)

Confused by the never-ending onslaught of media reports promoting often-contradictory nutritional recommendations? This session will help you sort through all the clutter. You'll then be able to lay the foundation for a sound nutritional plan that will help manage your weight, lower your risk for chronic disease, and increase your energy. (*\*Offered weekly. Recommended for first time guests.*)

## **WELLNESS LECTURE:** Food Rules

*\*Requires Sign Up*

**11:30am - 12:20pm** *Lisette Cifaldi* (Conference Room)

Creating simple boundaries around the way you engage with food can often be the key to eliminating unhealthy eating habits and dysfunctional eating behaviors. This lecture will help you identify eating patterns and implement rules/boundaries to help reduce and eliminate unhealthy ones.

## **11:30am - 1:30pm Mindful Pool Relaxation**

Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**Lunch seating times at 12:00pm and 1:00pm** (TRUE Dining)

*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

## **FITNESS OPTION:** Dance Fit **Impact 1**

**1:30pm - 2:15pm** *Karla Yesika* (Fitness Studio)

An accessible high-energy aerobic dance class. Dance aerobics incorporates easy to follow cardio dance movement from jazz, Latin, oldies and hip hop.

## **FITNESS OPTION:** Guided Thermal Walk **Impact 1**

**1:30pm - 1:50pm** *Jem Mihalek* (Porch)

## **WELLNESS LECTURE:** Making Friends with Your Body

*\*Requires Sign Up*

**2:15pm - 3:00pm** *Lisette Cifaldi* (Lecture Hall)

This lecture will focus on shifting your body image from aesthetics to function. Doing so will help you gain a new appreciation for your body that will help drown out old negative messages while illuminating gratitude and awe for your body. You will leave this lecture with a new appreciation for your body and a healthier body image moving forward.

## **FITNESS OPTION:** Fix Your Feet **Impact 1**

**2:15pm - 3:00pm** *Shelly Welch* (Fitness Studio)

This experiential and interactive foot wellness class/workshop is an introduction to foot health. You will "learn by doing" basic foot and ankle movement patterns that are designed to bring ease and freedom into your feet. Whether you are looking to improve your mobility or enhance your stability, this 45-minute session is for you.

## **FITNESS OPTION:** Cardio/Core Conditioning **Impact 1**

**2:15pm - 3:00pm** *Julia Drake* (Body+Mind Studio)

A class for all levels! Spike your heart rate and tone your core for a time efficient, calorie burning, and FUN workout!

## **FITNESS OPTION:** Nautical Noodle **Impact 1**

**2:15pm - 2:55pm** *Matt Barrack* (Pool)

Experience a noodle workout like never before. Various exercises will be used to sculpt the body. Good for all levels of fitness.

**3:00pm - 3:30pm** FitBite™ (TRUE Dining)

## **Hilton Head Health OnDemand Info Session**

*\*Requires Sign Up*

**3:00pm - 3:15pm** *Lisette Cifaldi* (Lecture Hall)

This mini info session will provide information on Hilton Head Health OnDemand. You will learn what the service is, how to use it, where to use it, subscription options, and if it's right for you.

## **COOKING DEMONSTRATION:** Sheet Pan Meals

*\*Sign up Required by 8pm Monday\** **\$65**

**3:30pm - 4:30pm** *Healthy Kitchen Chef* (Healthy Kitchen)

Whether you need the basics or to hone the skills you already have, this class will give you all the confidence you need to relax and really enjoy cooking. The goal of this class is to empower you with the knowledge of commonly used cooking techniques, pantry staples, and kitchen equipment. **Recipes Included:** *Dijon and Pecan Encrusted Salmon, Grilled Chicken Parmesan, Blackening Seasoning, BBQ Seasoning, HK Painless Marinara, Moroccan Catch, Quick Pickle Liquid*

## **FITNESS OPTION:** Stretch and Mobility **Impact 1F**

*\*Requires Sign Up*

**3:30pm - 4:15pm** *Shelly Welch* (Body+Mind Studio)

Learn a variety of stretching and mobility techniques that will improve performance and decrease the risk of injuries.

## **FITNESS OPTION:** Yoga in the Pool **Impact 1**

**3:30pm - 4:10pm** *Karen Verechia* (Pool)

Let the water support you while you experience the benefits of yoga poses, breathing fresh air and the peaceful feeling of being outdoors in the water.

## **FITNESS OPTION:** Mat Pilates **Impact 2**

**3:30pm - 4:15pm** *Chris Varano* (Fitness Studio)

Development of awareness of your body, how you move, stand and breathe. A series of movements designed to promote strength, flexibility and energy.

## **CORE LECTURE:** Goal Setting

*\*Requires Sign Up*

**4:30pm - 5:20pm** *Ty Bostic* (Lecture Hall)

It's not enough to know what to do in order to be successful. It's only once knowledge meets action that success is possible. Effective goal setting skills are essential to creating a healthy lifestyle that works best for you. (*\*Offered weekly. Recommended for first time guests.*)

## **FITNESS OPTION:** Yoga Nidra **Impact 1F**

**4:30pm - 5:15pm** *Karen Verechia* (Body+Mind Studio)

Sometimes called "Yoga Sleep," this type of yoga practice creates a state of conscious relaxation, allowing you to be in the moment and fully present in your body. This quiet and peaceful session will help relieve tension, anxiety, and even physical pain.

## **FITNESS OPTION:** Group Bike Ride

*\*Requires Sign Up*

**4:30pm - 5:15pm** *David Chesworth* (Front Porch)

This Group Bike Ride is a moderately paced ride through Shipyard Plantation and surrounding areas. **Guests must provide their own bicycle.**

## **FITNESS OPTION:** Groovy Go-Go Dance Party **Impact 1**

*\*Requires Sign Up*

**6:45pm - 7:45pm** *Shelly Welch* (Body+Mind Studio)

Burn calories while dancing and having fun. Learn retro dance moves and simple choreography to classic hit songs from the 50, 60, & 70's.

# WEDNESDAY 13

7 AM

**FITNESS OPTION: Beach Walk Impact 1**  
*\*Requires Sign Up*  
7:00am - 8:00am **Bob Wright (Porch)**

8 AM

**FITNESS OPTION: Yoga: Rise and Flow Impact 1F**  
*\*Requires Sign Up*  
7:30am - 8:15am **Karen Verechia (Sweetgrass Inn Balcony)**  
Rise & Flow is for our morning risers! An awakening experience that inspires you to move to the sweetness of the morning. Flow into wakefulness, beginning with calm, gentle movements that increasingly intensify. You'll feel energized, have amazing mental clarity and be ready to flow through your day with ease.

9 AM

**FITNESS OPTION: BEach FIT Impact 2**  
*\*Requires Sign Up*  
8:10am - 9:30am **Tenley Bailey (Porch)**  
Fitness Fun in the sun! Is there any better place to break a sweat than the beach? Aside from all the energizing benefits of your workout, you'll get an extra boost just from being near the water. Research suggests the simple act of taking in an ocean vista is enough to improve your mental health. Bring a towel, plenty of water, and fit bites. All workouts can be scaled or modified to fit every fitness level. Join us!

10:10 AM

11 AM **FitBite™**

**MORNING MEDITATION**  
8:30am - 8:45am **Lisette Cifaldi (Body+Mind Studio)**  
Make the mind-body connection and reduce your stress. Add this guided meditation to your H3 schedule and enjoy the relaxation of this session to start your day.  
**Note: Session will begin promptly at 8:30am**

11:30 AM

12 PM / 1 PM

**FITNESS OPTION: Aqua Resistance Training Impact 1**  
9:00am - 9:40am **Matt Covell (Pool)**  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.

1:30 PM

**FITNESS OPTION: Treading Impact 1**  
*\*Requires Sign Up*  
9:00am - 9:45am **Julia Drake (Cardio)**  
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

2:15 PM

3 PM **FitBite™**

**FITNESS OPTION: Zumba Impact 2**  
9:00am - 9:45am **Lori Korneluk (Fitness Studio)**  
Aerobic based class that incorporates dance moves into fun and easy to follow repetitions.

3:30 PM

**FITNESS OPTION: TRX Strength Circuit Impact 1F**  
*\*Requires Sign Up*  
9:00am - 9:45am **Matt Barrack (Functional Gym)**  
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

4:30 PM

**FITNESS OPTION: Aqua Tabata Impact 1**  
10:10am - 10:50am **Tenley Bailey (Pool)**  
Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

5 PM

6 PM

**FITNESS OPTION: TRX Strength Circuit Impact 1F**  
*\*Requires Sign Up*  
10:10am - 10:55am **Matt Covell (Functional Gym)**  
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

7 PM

**FITNESS OPTION: Drums ALIVE! Impact 1**  
10:10am - 10:55am **Julia Drake (Fitness Studio)**  
Drums ALIVE is a holistic workout that joins the dynamic movements of aerobic dance with the powerful beat and pulsating rhythms of the drums. Utilizing bodyweight movements and a stability ball, you will find Drums ALIVE is an aerobic and strength workout for the entire body, as well as a stress reduction and mental balance for the mind and spirit.

8 PM

# WEDNESDAY 13

**FITNESS OPTION: Nature Walk Impact 1**  
10:10am - 10:55am *Bob Wright* (Porch)

11:00am - 11:30am **FitBite™** (TRUE Dining)

**FITNESS OPTION: 25-Minute Core Fitness Impact 1**  
11:00am - 11:25am *Tenley Bailey* (Fitness Studio)

Learn to strengthen your core muscles and prevent nagging back pain. Abdominal and low back exercises, with instruction on beginner, intermediate and advanced techniques.

**11:30 am Focus on You**

If it's your first time with us, we recommend our Core Lecture during this time, but don't forget to take advantage of personalizing your stay with your H3\$! In lieu of a lecture at this hour, consider a Private Cooking Lesson to kickstart your new meal plan, a 30-minute personal training session for a tailored workout, or fight off muscle soreness with one of our Recovery Services.

**CORE LECTURE: Portion Control**

*\*Requires Sign Up*

11:30am - 12:55pm *Bob Wright* (Lecture Hall)

Without portion control, there is not weight control. This class will discuss what has led to the dramatic increase in portion sizes and provide strategies on how to better manage food and beverage portions for optimal health and weight management.

*(\*Offered weekly. Recommended for first time guests.)*

**WELLNESS LECTURE: Focus on Flexibility**

*\*Requires Sign Up*

11:30am - 12:20pm *David Chesworth* (Conference Room)

Do you suffer from joint aches and pains? Flexibility not only helps to fight against this but, can also reduce the risk of future injury as well as improve recovery time from workouts and injuries. Come participate in this interactive lecture as we explore a variety of techniques you can incorporate into your daily life at home.

**11:30am - 1:30pm Mindful Pool Relaxation**

Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**Lunch seating times at 12:00pm and 1:00pm** (TRUE Dining)

*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

**FITNESS OPTION: Guided Thermal Walk Impact 1**

1:30pm - 1:50pm *Julia Drake* (Porch)

**WELLNESS LECTURE: Nutrition Tips and Techniques-Part 1**

*\*Requires Sign Up*

1:30pm - 2:00pm *Elizabeth Huggins* (Healthy Kitchen)

Join our Registered Dietitian for a fun discussion on the nutrition tip of the day (changes weekly) with an emphasis on how to make healthy eating easy.

**FITNESS OPTION: 30-Minute TRX Impact 1**

*\*Requires Sign Up*

1:30pm - 2:00pm *Ty Bostic* (Functional Gym)

No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**FITNESS OPTION: Aqua Stretch Impact 1**

1:30pm - 2:00pm *Tenley Bailey* (Pool)

A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

**WELLNESS LECTURE: Increasing Energy and Stamina**

*\*Requires Sign Up*

2:15pm - 3:05pm *Bob Wright* (Lecture Hall)

Learn factors that cause mental and physical fatigue and how to counteract them.

**FITNESS OPTION: Cardio Boxing Impact 2**

*\*Requires Sign Up*

2:15pm - 3:00pm *Ty Bostic* (Functional Gym)

A high energy, exciting and motivating workout! This class is a cardiovascular workout that will leave you invigorated!

**FITNESS OPTION: Aqua Interval Training Impact 1**

2:15pm - 2:55pm *Matt Covell* (Pool)

A class that varies each time it is taken. Come learn how to incorporate different lengths of intervals into your aquatic training for back home.

3:00pm - 3:30pm **FitBite™** (TRUE Dining)

**COOKING DEMONSTRATION: H3 Flatbreads**

*\*Sign up Required by 8pm Tuesday\* \$65*

3:30pm - 4:30pm *Healthy Kitchen Chef* (Healthy Kitchen)

Wonder why our flatbread is so delicious? Come see all the skill and care that goes in to making one of our most popular menu items, our flatbread dough. In this class you will experience our Healthy Kitchen Chefs as they make the dough from scratch and you'll even get to sample the final product. This demonstration will make you feel like you've stepped out of H3 and straight into a pizzeria. **Recipes Included: Whole Wheat Pizza Crust, Marinara, Roasted Red Pepper Sauce, Morning Scramble Flatbread**

**FITNESS OPTION: Stretch and Roll Impact 1**

*\*Requires Sign Up*

3:30pm - 4:15pm *Ty Bostic/Tenley Bailey* (Body+Mind Studio)

Learn proper form and body alignment for daily living, as well as safe postural alignment while performing back strengthening exercises.

**FITNESS OPTION: Aqua Zumba Impact 1**

3:30pm - 4:10pm *Lori Korneluk* (Pool)

Aqua Zumba is a safe, effective, and challenging water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness.

*Looking for an alternative to another workout? Consider exploring a Counseling Session, or book a massage or facial at our Indigo Spa. Use a Personal Training session to have a trainer check your exercise form and discuss your fitness plan for home, or finish the day with a Recovery Service.*

**FITNESS OPTION: Beach Walk Impact 1**

*\*Requires Sign Up*

4:30pm - 5:15pm *Matt Covell* (Porch)

**FITNESS OPTION: Staff Guided VOD Streaming Impact 1F**

*\*Requires Sign Up*

6:30pm - 7:20 pm *Tori Kleinbort* (Lecture Hall)

(To Be Determined)

# THURSDAY 14

7 AM

**FITNESS OPTION: Beach Walk Impact 1**  
*\*Requires Sign Up*  
7:00am - 8:00am **Jem Mihalek (Porch)**

8 AM

**FITNESS OPTION: Water Fitness Impact 1**  
8:00am - 8:40am **Jem Mihalek (Pool)**  
Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

9 AM

**BODY BASICS Impact 1**  
8:30am - 8:45am **David Chesworth (Fitness Studio)**  
A 10 minute daily practice that is used to improve quality of life and reduce risk of joint pain and injury through development of posture and longevity. Similar to the "thermal walk" and "fit-bite", this is designed to be a simple, yet effective, habit that can be taken home with you and is applicable to all levels of fitness.

10:10 AM

**FITNESS OPTION: Aqua Body Sculpting Impact 1**  
9:00am - 9:40am **Julia Drake (Pool)**  
A comprehensive water resistance program using hand-held weights and noodles. All levels of fitness welcome.

11 AM **FitBite™**

**FITNESS OPTION: Treading Impact 1**  
*\*Requires Sign Up*  
9:00am - 9:45am **Jem Mihalek (Cardio)**  
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

11:30 AM

12 PM / 1 PM

**FITNESS OPTION: Dance Fit Impact 1F**  
9:00am - 9:45am **Karla Yesika (Body+Mind Studio)**  
An accessible high-energy aerobic dance class. Dance aerobics incorporates easy to follow cardio dance movement from jazz, Latin, oldies and hip hop.

1:30 PM

**FITNESS OPTION: Nautical Noodle Impact 1**  
10:10am - 10:50am **Alyssa Petro (Pool)**  
Experience a noodle workout like never before. Various exercises will be used to sculpt the body. Good for all levels of fitness.

2:15 PM

**FITNESS OPTION: Hula Hoop Fitness Impact 1**  
*\*Requires Sign Up*  
10:10am - 10:55am **Jem Mihalek (Fitness Studio)**  
A total body workout incorporating low impact cardiovascular exercises, upper body toning using precise moves inspired by Barre work along with core-centric moves adapted from Pilates. No previous hula hoop experience required. Fun for all fitness levels! -Equipment used: FXP Collapsible 2lb Hula Hoop

3 PM **FitBite™**

3:30 PM

**FITNESS OPTION: TRX Circuit Impact 1F**  
*\*Requires Sign Up*  
10:10am - 10:55am **Julia Drake (Functional Gym)**  
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

4:30 PM

**FITNESS OPTION: Nature Walk Impact 1**  
10:10am - 10:55am **Bob Wright (Front Porch)**

5 PM

11:00am - 11:30am **FitBite™ (TRUE Dining)**

6 PM

**FITNESS OPTION: 25-Minute Upper Body Conditioning Impact 1F**  
11:00am - 11:25am **Julia Drake (Fitness Studio)**  
A circuit that emphasizes the importance of strengthening and lengthening of the upper body muscles using a variety of exercises and strength equipment.

7 PM

**11:30 am Focus on You**  
If it's your first time with us, we recommend our Core Lecture during this time, but don't forget to take advantage of personalizing your stay with your H3\$! In lieu of a lecture at this hour, consider a Private Cooking Lesson to kickstart your new meal plan, a 30-minute personal training session for a tailored workout, or fight off muscle soreness with one of our Recovery Services.

8 PM

# THURSDAY 14

## **CORE LECTURE: Staying on Track**

*\*Requires Sign Up*

**11:30am - 12:55pm Bob Wright (Lecture Hall)**

Even the most motivated person "slips" from time to time. What's important is how you recover. The best approach for minimizing the frequency of slips and how to manage them when they do occur will be discussed in this essential lecture. During the final 30 minutes, Lisette and David will join in to help plan for and manage the "High Risk Situations" that may get in the way of achieving your goals.

## **WELLNESS LECTURE:**

### **Carbohydrates: The Good, The Bad and The Ugly**

*\*Requires Sign Up*

**11:30am - 12:20pm Elizabeth Huggins (Conference Room)**

This lecture reviews the important role that Carbohydrates play in our health and metabolism. You will leave with a better understanding of the various types of carbohydrates, "the good, the bad and the ugly" and discuss various ranges that promote health and help you control blood glucose and weight.

### **11:30am - 1:30pm Mindful Pool Relaxation**

Take time to slow down, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

### **Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)**

*\*Requires Sign Up*

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

### **1:00pm Trip for Essentials (CVS) \*Requires Sign Up**

## **FITNESS OPTION: Guided Thermal Walk Impact 1**

**1:30pm - 1:50pm Jem Mihalek (Porch)**

## **WELLNESS LECTURE: Nutrition Tips and Techniques-Part 2**

*\*Requires Sign Up*

**1:30pm - 2:00pm Chef Thomas Carrig (Healthy Kitchen)**

This class is all about moving from talk to action. Our Healthy Kitchen Chef will take the tip of the day and show you how to turn it into something delicious that you can easily make at home.

## **FITNESS OPTION:**

### **Helping Hands - Hand, Wrist and Forearm Therapeutics**

**Impact 1**

**1:30pm - 2:10pm Shelly Welch (Lecture Hall)**

This informational and experiential workshop offers you simple therapeutic movements to reduce pain and discomfort in your upper extremities. Improved mobility, enhanced grip strength and overall flexibility is the goal while incorporating essential exercises for ease of movement in your daily routine. Come and help your hands! Movement is medicine.

## **FITNESS OPTION: 30-Minute Upper Body Conditioning**

**Impact 1**

**1:30pm - 2:00pm Alyssa Petro (Fitness Studio)**

A circuit that emphasizes the importance of strengthening and lengthening of the upper body muscles using a variety of stretching exercises and strength equipment.

## **CORE LECTURE: Meal Planning**

*\*Requires Sign Up*

**2:15pm - 3:15pm Elizabeth Huggins (Lecture Hall)**

One of the most important factors for achieving a healthy weight involves nutritional discipline, and having a plan is planning for success. This lecture focuses on positive food choices that provide a balance of nutrition, energy, and creating the metabolic jumpstart you're looking for. *(\*Offered weekly. Recommended for first time guests.)*

## **FITNESS OPTION: Drums ALIVE! Impact 1F**

**2:15pm - 3:00pm Julia Drake (Fitness Studio)**

Drums ALIVE is a holistic workout that joins the dynamic movements of aerobic dance with the powerful beat and pulsating rhythms of the drums. Utilizing bodyweight movements and a stability ball, you will find Drums ALIVE is an aerobic and strength workout for the entire body, as well as a stress reduction and mental balance for the mind and spirit.

## **FITNESS OPTION: Aqua Tabata Impact 1**

**2:15pm - 2:55pm Shelly Welch (Pool)**

Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

Try something new today - the Pilates Reformer is an excellent choice to bring focus to your thoughts, strengthen your core, stretch your muscles and improve your posture. Now *that's* a power hour!

## **3:00pm - 3:30pm FitBite™ (TRUE Dining)**

## **COOKING DEMONSTRATION: 2 Chefs . . . 2 Stations**

*\*Sign up Required by 8pm Wednesday\* \$85*

**3:30pm - 4:30pm Healthy Kitchen Chef (Healthy Kitchen)**

A pair of H3's expert chefs demonstrate quick, fresh, and healthy dishes that can be prepared in under 30 minutes in this fast-paced demo. Using only common ingredients and readily available foods, you'll be impressed at what they come up with. Whether you sit back and watch, or jump in and help, 2 Chefs...2 Stations is a must. *Samples and Wine Included*

## **FITNESS OPTION: Aqua Fit Impact 1**

**3:30pm - 4:10pm Jem Mihalek (Pool)**

Improve cardiovascular conditioning, muscular strength and endurance with weights and noodles. Take a break from "impact" on the body and get a great workout that is safe, effective, and fun.

## **FITNESS OPTION: Stretch and Relaxation Impact 1F**

*\*Requires Sign Up*

**3:30pm - 4:15pm Shelly Welch (Body+Mind Studio)**

Learn a variety of stretching techniques that will improve performance and decrease the risk of injuries.

## **FITNESS OPTION: Core Fitness Impact 1F**

**3:30pm - 4:15pm Chris Varano (Functional Gym)**

Learn to strengthen your core muscles and prevent nagging back pain. Abdominal and low back exercises, with instruction on beginner, intermediate and advanced techniques.

## **WELLNESS LECTURE: Maximizing Metabolism**

*\*Requires Sign Up*

**4:30pm - 5:20pm Bob Wright (Lecture Hall)**

Learn the basics of metabolism, how it works, and why it differs from person to person. Identify the steps you can take to maximize your metabolism.

## **FITNESS OPTION: Fix Your Feet - Part 2 Impact 1**

**4:30pm - 5:15pm Shelly Welch (Fitness Studio)**

This informational and experiential well-being workshop is designed to get your feeling neat. Participants will learn about foot mechanics and specific self-care techniques to combat foot discomfort. Each session will incorporate self-massage, reflexology points, toe gymnastics and more! No matter your foot ailments or condition This workshop is for you! Participants must be able to cross a leg and touch their own foot for complete experience.

## **FITNESS OPTION: Beach Walk Impact 1**

*\*Requires Sign Up*

**4:30pm - 5:15pm Matt Covell (Porch)**



# FRIDAY 15

7 AM

**FITNESS OPTION: Beach Walk Impact 1**  
*\*Requires Sign Up*  
7:00am - 8:00am **Matt Covell (Porch)**

8 AM

**FITNESS OPTION: Aqua Tabata Impact 1**  
8:00am - 8:40am **Matt Covell (Pool)**

Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest to improve fitness quickly. Stop by as we kick up the intensity using this protocol to common aquatics exercises.

9 AM

**FITNESS OPTION: BEach FIT Impact 2**

*\*Requires Sign Up*

8:10am - 9:30am **Julia Drake (Porch)**

Fitness Fun in the sun! Is there any better place to break a sweat than the beach? Aside from all the energizing benefits of your workout, you'll get an extra boost just from being near the water. Research suggests the simple act of taking in an ocean vista is enough to improve your mental health. Bring a towel, plenty of water, and fit bites. All workouts can be scaled or modified to fit every fitness level. Join us!

10:10 AM

**MORNING MEDITATION**

8:30am - 8:45am **Lisette Cifaldi (Body+Mind Studio)**

Make the mind-body connection and reduce your stress. Add this guided meditation to your H3 schedule and enjoy the relaxation of this session to start your day. **Note: Session will begin promptly at 8:30am**

11 AM **FitBite™**

11:30 AM

**FITNESS OPTION: Water Fitness Impact 1**

9:00am - 9:40am **Jem Mihalek (Pool)**

Cardiovascular workout in the pool. All levels of fitness. Perfect class for those with joint problems. No swimming experience necessary.

12 PM / 1 PM

**FITNESS OPTION: Treading Impact 1**

*\*Requires Sign Up*

9:00am - 9:45am **David Chesworth (Cardio)**

High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

1:30 PM

**FITNESS OPTION: Butts and Guts Impact 1**

9:00am - 9:45am **Matt Barrack (Body+Mind Studio)**

A super thorough, super effective, lower body workout. If you're looking for results delivered in a fun new way, then you'll love this workout. Very comprehensive, with a great mix of old and new exercises - effectively sequenced - to keep the fat burning and muscles responding. Glute, floor and core exercises, followed by a stretch. Appropriate for all fitness levels.

2:15 PM

**FITNESS OPTION: Tabata Cardio Impact 1**

9:00am - 9:45am **Matt Covell (Fitness Studio)**

This interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

3 PM **FitBite™**

3:30 PM

**FITNESS OPTION: Body Sculpting Impact 1F**

10:10am - 10:55am **Matt Barrack (Fitness Studio)**

A comprehensive resistance program using hand-held weights. All levels of fitness welcome.

4:30 PM

**FITNESS OPTION: Nautical Noodle Impact 1**

10:10am - 10:50am **Jem Mihalek (Pool)**

Experience a noodle workout like never before. Various exercises will be used to sculpt the body. Good for all levels of fitness.

5 PM

6 PM

**FITNESS OPTION: 10/10/10 Impact 2**

10:10am - 10:55am **Kristel Kretchmer (Body+Mind Studio)**

In this class, enjoy 10 minutes of cardio, followed by 10 minutes of full body strength, followed by 10 minutes of core! Start with a 5-minute warm up and end with a 5 minute cool down and stretch. This class is sure to get you sweating while also toning those muscles! This class is designed for all levels of fitness! Don't forget to bring water and a towel!

7 PM

8 PM

# FRIDAY 15

**11:00am - 11:30am FitBite™ (TRUE Dining)**

**FITNESS OPTION: 25-Minute Hip Mobility Impact 1F**

**11:00am - 11:25am Ty Bostic (Functional Gym)**

Learn myofascial release and stretching techniques to facilitate improved movement and flexibility in your legs and hips. These techniques can be done at home in 5-10 minutes to provide relief from chronic pain, and improved movement in the lower extremities. You will walk out of this class feeling better than when you came in!

**11:30 am Focus on You**

If it's your first time with us, we recommend our Core Lecture during this time, but don't forget to take advantage of personalizing your stay with your H3\$! In lieu of a lecture at this hour, consider a Private Cooking Lesson to kickstart your new meal plan, a 30-minute personal training session for a tailored workout, or fight off muscle soreness with one of our Recovery Services.

**WELLNESS LECTURE: Weight Loss Plateau Survival Guide**

**\*Requires Sign Up**

**11:30am - 12:20pm Lisette Cifaldi (Lecture Hall)**

A weight loss plateau can be a motivation killer. Learn some tips now for how to manage a weight loss plateau, protect your success, and stay on track.

**WELLNESS LECTURE: Health Tech 101**

**\*Requires Sign Up**

**11:30am - 12:20pm David Chesworth (Conference Room)**

There is an app for that! There are many resources, gadgets, and apps available to help build and maintain a healthy lifestyle. Come learn how to let new technology help you become an H3 success story.

**11:30am - 1:30pm Mindful Pool Relaxation**

Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)**

**\*Requires Sign Up**

*H3 encourages you to take a Thermal Walk™ after one or two meals every day. This is a 15-20 minute walk at a leisurely pace (i.e., outside along the path, treadmill). By regularly taking thermal walks, you will burn more calories, raise your metabolism, manage blood sugar levels, and build a healthy routine to follow at home.*

**FITNESS OPTION: Guided Thermal Walk Impact 1**

**1:30pm - 1:50pm David Chesworth (Front Porch)**

**FITNESS OPTION: 30-Minute Shoulder Mobility Impact 1F**

**1:30pm - 2:00pm Matt Barrack (Fitness Studio)**

Learn myofascial release and stretching techniques to facilitate improved movement and flexibility in your shoulders. These techniques can be done at home in 5-10 minutes to provide relief from chronic pain, and improved movement in the upper extremities. This session is a follow-up for guests who have had a Functional Movement Screening (FMS).

**FITNESS OPTION: Aqua Stretch Impact 1**

**1:30pm - 2:00pm Matt Covell (Pool)**

A great way to recover your muscles using a series of stretches with reduced impact in the aquatic environment!

**FITNESS OPTION: Cardio/Core Conditioning Impact 1**

**2:15pm - 3:00pm Jem Mihalek (Fitness Studio)**

A class for all levels! Spike your heart rate and tone your core for a time efficient, calorie burning, and FUN workout!

**FITNESS OPTION: TRX Circuit Impact 1F**

**\*Requires Sign Up**

**2:15pm - 3:00pm Julia Drake (Functional Gym)**

No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**WELLNESS LECTURE: Conquering Cardio**

**\*Requires Sign Up**

**2:30pm - 3:00pm David Chesworth (Lecture Hall)**

Go the distance, bust myths, and uncover new motivations essential to safely overcoming the challenges of cardiovascular exercise.

**3:00pm - 3:30pm FitBite™ (TRUE Dining)**

**Hilton Head Health OnDemand Info Session**

**\*Requires Sign Up**

**3:00pm - 3:15pm Lisette Cifaldi (Lecture Hall)**

This mini info session will provide information on Hilton Head Health OnDemand. You will learn what the service is, how to use it, where to use it, subscription options, and if it's right for you.

**FITNESS OPTION: Mat Pilates Impact 2**

**3:30pm - 4:15pm Chris Varano (Body+Mind Studio)**

Development of awareness of your body, how you move, stand and breathe. A series of movements designed to promote strength, flexibility and energy.

**FITNESS OPTION: Aqua Cardio Conditioning Impact 1**

**3:30pm - 4:10pm Julia Drake (Pool)**

A low impact cardio workout that is going to get you jumping, hopping, and running through the water.

**FITNESS OPTION: Zumba Impact 1F**

**3:30pm - 4:15pm Lori Korneluk (Fitness Studio)**

Aerobic based class that incorporates dance moves into fun and easy to follow repetitions.

**FITNESS OPTION: Gentle Yoga Impact 1F**

**4:30pm - 5:15pm Karen Verechia (Body+Mind Studio)**

Gentle postures and breathing exercises to promote strength, flexibility, and energy.

*Looking for an alternative to another workout? Consider exploring a Counseling Session, or book a massage or facial at our Indigo Spa. Use a Personal Training session to have a trainer check your exercise form and discuss your fitness plan for home, or finish the day with a Recovery Service.*

**CHEF'S TABLE: Fall Dinner Party**

**\*Sign up Required by 8pm Thursday\* \$150**

**5:00pm - 7:00pm Healthy Kitchen Chef (Healthy Kitchen)**

It's always exciting to see the array of new vegetables and proteins infiltrating the aisles during the fall months. These ingredients tend to be more hearty and earthy than those found in summer or spring. Join us in the Healthy Kitchen to enjoy some new healthy fall favorites that will complement the season. **Recipes Included: Roasted Butternut Squash Soup, Red Wine Poached Pear Salad, Spiced Apple Stuffed Pork Tenderloin, Smoked Pumpkin Cheesecake**

# SATURDAY 16

7 AM

8 AM

9 AM

10:10 AM

11 AM **FitBite™**

11:30 AM

12 PM / 1 PM

1:30 PM

2:15 PM

3 PM **FitBite™**

3:30 PM

4:30 PM

5 PM

6 PM

7 PM

8 PM

## MEALS

Breakfast: \_\_\_\_\_ Calories: \_\_\_\_\_

FitBite: \_\_\_\_\_ Calories: \_\_\_\_\_

Lunch: \_\_\_\_\_ Calories: \_\_\_\_\_

FitBite: \_\_\_\_\_ Calories: \_\_\_\_\_

Dinner: \_\_\_\_\_ Calories: \_\_\_\_\_

FitBite: \_\_\_\_\_ Calories: \_\_\_\_\_

## EXERCISE

Cardio: \_\_\_\_\_

Strength: \_\_\_\_\_

Flexibility: \_\_\_\_\_

## 8OZ. GLASS OF WATER

1 2 3 4 5 6 7 8 9 10 11 12

THE BEST PART OF MY DAY WAS: \_\_\_\_\_

# SATURDAY 16

**FITNESS OPTION: Beach Walk Impact 1**  
*\*Requires Sign Up*  
7:00am - 8:00am **Matt Covell (Porch)**

**FITNESS OPTION: Yoga on the Beach Impact 2**  
*\*Requires Sign Up*  
8:30am - 10:00am **Karen Verechia (Porch)**  
Gentle postures and breathing exercises to promote strength, flexibility and energy while enjoying the calm surroundings of the sand and surf. Wear flip flops!

**RECREATION: Stand Up Paddleboarding - Shelter Cove Impact 2**  
*\*Sign up Required by 8:00am Wednesday\** \$70  
8:30am - 11:00am **Matt Covell (Porch)**  
Challenge your cardiovascular and muscular endurance while stand up paddleboarding. These long stable boards provide a foundation to enjoy the open water in a variety of ways. We will begin with the basics behind paddle technique, body positioning, and efficient strokes. This introductory clinic utilizes your balance, focus, and strength; more importantly though, it will bring a smile to your face.  
**\*MINIMUM 2 GUESTS REQUIRED\***

**FITNESS OPTION: Treading Impact 1**  
*\*Requires Sign Up*  
9:00am - 9:45am **Jem Mihalek (Cardio)**  
High energy treadmill workout using different speeds and elevations for 45 minutes. Other cardio machines, such as elliptical trainers, Nu-Steps, Arc trainers, and bikes are available for low impact or adding variety to your routine.

**FITNESS OPTION: Aqua Cardio Conditioning Impact 1**  
9:00am - 9:40am **Tenley Bailey (Pool)**  
A low impact cardio workout that is going to get you jumping, hopping, and running through the water.

**FITNESS OPTION: Zumba Impact 2**  
9:00am - 9:45am **Lori Korneluk (Fitness Studio)**  
Aerobic based class that incorporates dance moves into fun and easy to follow repetitions.

**FITNESS OPTION: Happy Hips Impact 1F**  
10:00am - 10:45am **Karen Verechia (Body+Mind Studio)**  
Hips and lower backs are usually stiff for one of two reasons: either too much sitting or too much exercise. This class will take you through a sequence which will undo stiffening patterns in your hip flexors and outer hip muscles. Your back, hips and knees will feel liberated. Both standing and floor exercises are included.

**FITNESS OPTION: Groovy Go-Go Dance Impact 1**  
10:10am - 10:55am **Jem Mihalek (Fitness Studio)**  
Burn calories while dancing and having fun. Learn retro dance moves and simple choreography to classic hit songs from the 50, 60, & 70's.

**FITNESS OPTION: TRX Strength Circuit Impact 1F**  
*\*Requires Sign Up*  
10:10am - 10:55am **Julia Drake (Functional Gym)**  
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**FITNESS OPTION: Aqua Resistance Training Impact 1**  
10:10am - 10:50am **Suzanne Brown (Pool)**  
An interval training water workout using water bells to provide resistance while alternating from aerobic movement to stationary resistance workout.

11:00am - 11:30am **FitBite™ (TRUE Dining)**

**CORE LECTURE: Developing Your Fitness Strategy**  
*\*Requires Sign Up*  
11:30am - 12:20pm **Jem Mihalek (Lecture Hall)**  
Finish up your week by designing a detailed exercise plan with your Fitness Coach in this hands-on, interactive seminar. Find out how to apply all that you've learned in your Cardio, Strength & Conditioning, and Recovery sessions to create a personalized strategy that will enable you to continue your success at home.

Lunch seating times at 12:00pm and 1:00pm (TRUE Dining)  
*\*Requires Sign Up*

**FITNESS OPTION: 30-Minute Core Fitness Impact 1**  
1:30pm - 2:00pm **Matt Covell (Fitness Studio)**  
Learn to strengthen your core muscles and prevent nagging back pain. Abdominal and low back exercises, with instruction on beginner, intermediate and advanced techniques.

**FITNESS OPTION: 30-Minute Hula Hoop Fitness Impact 1**  
1:30pm - 2:00pm **Julia Drake/Tenley Bailey (Body+Mind Studio)**  
This interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

**COOKING DEMONSTRATION: Mexican Made Easy**  
*\*Sign up Required by 8pm Friday\** \$65  
1:30pm - 2:30pm **Healthy Kitchen Chef (Healthy Kitchen)**  
Come join us in the Healthy Kitchen where our Chefs share simple techniques and no-fuss recipes for flavorful, authentic and Mexican favorites. We will transform traditional recipes into healthy and easy-to-prepare Mexican meals. **Recipes Included: Green Pea Guacamole, Pulled Chipotle Chicken, Mexican Tequila Slaw, Squash Quesadilla**

**FITNESS OPTION: Cardio/Core Conditioning Impact 1**  
2:15pm - 3:00pm **Tenley Bailey (Body+Mind Studio)**  
A class for all levels! Spike your heart rate and tone your core for a time efficient, calorie burning, and FUN workout!

**FITNESS OPTION: Aqua Fit Impact 1**  
2:15pm - 2:55pm **Jem Mihalek (Pool)**  
Improve cardiovascular conditioning, muscular strength and endurance with weights and noodles. Take a break from "impact" on the body and get a great workout that is safe, effective, and fun.

3:00pm - 3:30pm **FitBite™ (TRUE Dining)**

**FITNESS OPTION: Yoga in the Pool Impact 1**  
3:30pm - 4:10pm **Karen Verechia (Pool)**  
Let the water support you while you experience the benefits of yoga poses, breathing fresh air and the peaceful feeling of being outdoors in the water.

**FITNESS OPTION: TRX Circuit Impact 1F**  
*\*Requires Sign Up*  
3:30pm - 4:15pm **Matt Covell (Functional Gym)**  
No prior experience needed, this class will alternate between using suspension training (TRX) and body weight for a full body workout.

**4:30pm Mindful Pool Relaxation**  
Take time to slow *down*, enjoy some down time and prevent burnout. Grab a noodle and float in the pool or pick a lounge chair and break out a book. Rest and recovery is important for both mind and body and allows you to get the most out of your workouts. Need a little extra help to relax? Schedule a massage at our *Indigo Spa*.

**FITNESS OPTION: Tabata Fitness Impact 1F**  
4:30pm - 5:15pm **Matt Covell (Fitness Studio)**  
This interval training class has been proven to increase fitness quickly and can be scaled to every participant. Tabata intervals have scientific roots alternating 20 seconds of work and 10 seconds of rest.

# SUNDAY 17

7 AM

8 AM

9 AM

10 AM

11 AM **FitBite™**

12 PM / 1 PM

1:30 PM

2 PM

3 PM **FitBite™**

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

## MEALS

Breakfast: \_\_\_\_\_ Calories: \_\_\_\_\_

FitBite: \_\_\_\_\_ Calories: \_\_\_\_\_

Lunch: \_\_\_\_\_ Calories: \_\_\_\_\_

FitBite: \_\_\_\_\_ Calories: \_\_\_\_\_

Dinner: \_\_\_\_\_ Calories: \_\_\_\_\_

FitBite: \_\_\_\_\_ Calories: \_\_\_\_\_

## EXERCISE

Cardio: \_\_\_\_\_

Strength: \_\_\_\_\_

Flexibility: \_\_\_\_\_

## 8OZ. GLASS OF WATER

1 2 3 4 5 6 7 8 9 10 11 12

THE BEST PART OF MY DAY WAS: \_\_\_\_\_

