

Hilton Head Health – Healthy Lifestyle™ Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM		Sunrise Beach Walk Screenings	Sunrise Beach Walk Pilates Posture	Sunrise Beach Walk	Sunrise Beach Walk Gentle Pilates	Sunrise Beach Walk Screenings	Sunrise Beach Walk	
7:30 AM – 9 AM		Breakfast/ Thermal Walk™	Breakfast/ Thermal Walk™	Breakfast/ Thermal Walk™	Breakfast/ Thermal Walk™	Breakfast/ Thermal Walk™	Breakfast/ Thermal Walk™	
8:30 AM		Mini – Orientation Diabetes Education Hydro Circuit Core Strength	Treading Cardio-Boxing Aqua Resistance Raise the Bar	Treading Medicine Ball ULTRA Circuit Nautical Noodle	Treading Aqua Resistance Cardio-Boxing Fit-Ball Strength	Treading Belly Dancing Fit-Ball Aerobics Hydro Circuit	Medicine Ball ULTRA Circuit Beach Yoga	9 AM Breakfast/ Thermal Walk™
9:30 AM		Planning Your Fitness Shoe Seminar Treading FitBall Strength	Treading Water Walk/Jog Zumba Latin Dance	Treading Cardio Circuit Water Fitness	Treading Nautical Noodle Core Strength	Treading Tai Chi Step Aerobics	Treading Cardio-Boxing Water Fitness	Lowcountry Treading
10:30 AM		Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™	10 AM Check Out
11 AM		Nutrition for Health Work Stress	Exercise Prescription Mindful Journey	Emotional Eating Restaurant Game	Body Image Alcohol & Weight	Increasing Energy Relaxation Techniques	Healthy Traveling	Medicine Ball
12 PM		Lunch/ Thermal Walk™	Lunch/ Thermal Walk™	Lunch/ Thermal Walk™	Lunch/ Thermal Walk™	Lunch/ Thermal Walk™	Lunch/ Thermal Walk™	Lunch/ Thermal Walk™
1 PM		Intro to Fitness Equipment	Wii Sports Cardio Tennis*	ULTRA Circuit Shelter Cove Kayaking*	Wii Dance Golf Clinic*	ULTRA Circuit Pinckney Island Bike Ride*	Nautical Noodle	Body Sculpt
2 PM		Planning Healthy Meals Cooking Demo	Goal Setting Building a Better Body	Mindful Eating Cooking Demo	Life Transition Portion Control	Staying on Track Developing an Action Plan	<u>Recreation:</u> Dolphin Adventure* 5 Mile Loop	
3:30 PM		Metabo Meal™ <i>-Shoe Pick Up-</i>	Metabo Meal™	Metabo Meal™	Metabo Meal™	Metabo Meal™		Metabo Meal™
4 PM	Registration/ Check-in	Intro To Yoga ULTRA Circuit Body Sculpting	Run Right Clinic Nautical Noodle Machine Pump	Zumba Latin Dance Restorative Yoga Butts & Guts	Restorative Yoga Resistance Band Firm Body Workout	Putting it All Together H3 Bootcamp Yoga Power Flow	Machine Pump	
5 PM	Orientation	Resistance Band Low Body Conditioning	Beach Walk Body Sculpt	Intermediate Pilates Outdoor Circuit	Raise the Bar Low Body Conditioning	Gentle Fitness Hip Hop Dance	Roll It Out	
6 PM	Dinner/ Thermal Walk™	Dinner/ Thermal Walk™	Dinner/ Thermal Walk™	Dinner/ Thermal Walk™	Dinner/ Thermal Walk™	Gourmet Dinner	Dinner/ Thermal Walk™	Dinner/ Thermal Walk™
7 PM	<i>Fast for morning blood work</i>	Stretch & Relaxation	Stretch & Relaxation	Stretch & Relaxation Game Night	Stretch & Relaxation			

* Additional Fees Apply