



## Homecoming Week

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30 AM		Fit Level Workout: <small>Small</small> Group Training (7:30 AM- 8:50 AM)	Fit Level Workout: <small>Small</small> Group Training (7:30 AM- 8:50 AM)	Fit Level Workout: <small>Small</small> Group Training (7:30 AM- 8:50 AM)	Fit Level Workout: <small>Small</small> Group Training (7:30 AM- 8:50 AM)	Fit Level Workout: <small>Small</small> Group Training (7:30 AM- 8:50 AM)	Breakfast or Yoga on the Beach	
9:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Land or Pool Strength Class (9:00am - 10:00am)	
10:00 AM		Cardio Machine Class or Aqua Cardio Class (10:15am - 11:15am)	Balanced Nutrition (10:00AM - 11:15)	Influences on Behavior (10:00AM - 11:15)	Behavior Modification Techniques (10:00AM - 11:15)	Developing a Fitness Plan (10:00AM - 11:15)	Cardio Machine Class or Aqua Cardio Class (10:15am - 11:15am)	
11:30 AM		One-on-One Recovery Services	One-on-One Recovery Services	One-on-One Recovery Services	One-on-One Recovery Services	One-on-One Recovery Services	Choose your Fitness Activity	
12:00 PM		Lunch & Thermal Walk (12:15 - 1:30)	Lunch & Thermal Walk (12:15 - 1:30)	Lunch & Thermal Walk (12:15 - 1:30)	Lunch & Thermal Walk (12:15 - 1:30)	Lunch & Thermal Walk (12:15 - 1:30)	Lunch & Thermal Walk (12:15 - 1:30)	Lunch & Thermal Walk (12:15 - 1:30)
1:00 PM								
1:30 PM	Downtime OR Fitness Class	Downtime OR Fitness Class	Downtime OR Fitness Class	Downtime OR Fitness Class	Downtime OR Fitness Class	Downtime OR Fitness Class	Downtime OR Fitness Class	
2:30 PM	Check in	Fit Level Workout: <small>Small</small> Group Training (2:30PM - 3:20PM)	Fit Level Workout: <small>Small</small> Group Training (2:30PM - 3:20PM)	Fit Level Workout: <small>Small</small> Group Training (2:30PM - 3:20PM)	Fit Level Workout: <small>Small</small> Group Training (2:30PM - 3:20PM)	Fit Level Workout: <small>Small</small> Group Training (2:30PM - 3:20PM)	Pool OR Land Activity	
3:30 PM		Cooking Demo (3:30pm - 4:45pm)	Pool OR Cooking Demo	Pool Activity OR Wellness Education Topic	Pool OR Cooking Demo	Pool OR Land Activity	Pool Volleyball (3:30PM - 4:20PM)	
4:30 PM	Lose Well Orientation	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	Choose your Stretch / Recover Activity	
5:15 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner or Chef's Table	Lose Well Celebration Chef Table (5pm)	
6:30 PM		Mix and Mingle	Evening Activity	Evening Activity	Evening Activity			

The white blocked classes illustrate an example of what a typical week may look like. Specific class names / options in these blocks may vary from week to week.