

Fit for Life Retreat – 2 Week Sample Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
8:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:05		Health Lecture	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Free Time/ Activities Time
10:40		Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym
12:15 PM		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:00	Check-in: 3 PM (or earlier if room is ready)	Beach Walk or Resort Activities	Class / <i>or</i> Beach Walk or Resort Activities	Beach Walk or Resort Activities	Beach Walk or Resort Activities	Beach Walk or Resort Activities	Beach Walk or Resort Activities
3:15	Aqua Fit	Aerobics/ Nice & Easy	Aerobics/ Dance/Cardio/ Pilates	Pilates (mat)	Movement Fusion	Body Sculpting or Spinning	Body Sculpting
4:30	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Mindfulness Meditation/	Yoga with Guided Relaxation
5:45	DINNER	DINNER	DINNER	DINNER	DINNER:	DINNER (Mindful Dining Class - optional)	DINNER
7:15	Health Movie:	Deep Relaxation/ Meditation	Wellness Lecture	Acupuncture/	Natural Foods Prep Class	Health Movie:	Health Movie

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
8:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:05	Free Time	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Health Lecture	Free Time
10:40	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym	Aqua Fit or Solo in Gym
12:15 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:00	Beach Walk or Resort Activities	Beach Walk or Resort Activities	Class / <i>or</i> Beach Walk or Resort Activities	Beach Walk or Resort Activities	Beach Walk or Resort Activities	Beach Walk or Resort Activities	Beach Walk or Resort Activities
3:15	Easy Body Sculpting	Aerobics/ Nice & Easy	Aerobics/ Dance/Cardio/ Pilates	Pilates (mat)	Movement Fusion	Body Sculpting or Spinning	Body Sculpting
4:30	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Yoga with Guided Relaxation	Mindfulness Meditation/	Yoga with Guided Relaxation
5:45	DINNER	DINNER	DINNER	DINNER	DINNER:	DINNER (Mindful Dining Class - optional)	DINNER
7:15	Health Movie	Deep Relaxation/ Meditation	Thyroid/ Adrenal Health	Acupuncture/	Natural Foods Prep Class	Health Movie	Health Movie

Please turn over.

	Sunday
7:00 AM	Morning Walk
8:15	Breakfast
9:00	Free Time
9:15	Free Time
10:30	Aqua Fit or Solo in Gym
11:00 check-out	Leaves bags at front desk or in our dining area
12:15	LUNCH
1:30	Program Ends

Notes:

The daily 'Morning Walk' session at 7:00 am is a self-guided walk along the road or the trails. Also, go with others – it makes the walk more fun!

The morning aqua classes will start at 10:40 am during the weekdays (Monday to Friday).

'Mindful Dining' on Friday evenings: this is an optional class whereby we do not speak from the beginning of the meal until the end. Many people experience a profound appreciation for an enhanced tasting of their food and also report a deeper connection to their food with greater satiety.