

# Sample Daily Fitness & Activities Schedule

6:15 am	Hike or Walk ~ Meet in the Garden Room
6:30 am	Hike or Walk ~ Depart from the Pavilion
8:30 am	Nutrition Headlines ~ During Breakfast
9:00 am	<ul style="list-style-type: none"> <li>• Zumba Dance ~ Studio 1</li> <li>• Tread and Shed ~ Studio 3</li> <li>• Spin (High Intensity) ~ Studio 4</li> <li>• Body Bars ~ Studio 5</li> <li>• Cal-a-Vie Crossfit (High Intensity) ~ Weight Room</li> <li>• Chakra Yoga "Realign through Movement" ~ Meet at the Chapel</li> <li>• TRX (6 Guests per class) ~ Weight Room Patio</li> <li>• Spa Walk ~ Meet in the Pavilion</li> </ul>
10:00 am	<ul style="list-style-type: none"> <li>• Piloxing ~ Studio 1</li> <li>• Cardio/Resistance ~ Studio 3</li> <li>• Rowbics (High Intensity) ~ Studio 4</li> <li>• Ultimate Top to Bottom ~ Studio 5</li> <li>• Interval Weight Training Circuit ~ Weight Room</li> <li>• Practical Tai Chi Applications for Life ~ Meet in the Chapel</li> <li>• Joints in Motion ~ Meet at the Lower Pool</li> </ul>
11:00 am	<ul style="list-style-type: none"> <li>• Flirty Girl Dance ~ Studio 1</li> <li>• Club Boxing (High Intensity) ~ Studio 3</li> <li>• Upper Body Blast ~ Studio 4</li> <li>• Barre Works (High Intensity) ~ Studio 5</li> <li>• Aqua Tai Chi ~ Lower Pool</li> <li>• Cardio Aqua Jogging ~ Upper Pool</li> <li>• TRX Circuit Fusion (6 Guests per class) ~ Weight Room Patio</li> </ul>
12:00 pm	<ul style="list-style-type: none"> <li>• Yoga Tune Up "Neck and Shoulders" ~ Studio 1</li> <li>• Core Galore ~ Studio 4</li> <li>• Stretch ~ Studio 5</li> <li>• Qi Gong and Meditation ~ Meet in the Chapel</li> <li>• Hydroider (6 Guests per class) ~ Lower Pool</li> <li>• Off the Wall Water Workout ~ Upper Pool</li> <li>• TRX (6 Guests per Class) ~ Weight Room Patio</li> </ul>
2:00 pm	<ul style="list-style-type: none"> <li>• Fun Flex Yoga ~ Studio 1</li> <li>• Spa Walk ~ Meet in the Pavilion Lobby</li> </ul>
3:00 pm	<ul style="list-style-type: none"> <li>• Labyrinth Walk "A Walking Meditation" ~ Meet at the Garden Room</li> <li>• Hatha Flow Yoga ~ Studio 1</li> </ul>
4:10 pm	<ul style="list-style-type: none"> <li>• Creative Expressions ~ Studio 1</li> <li>• Hip Opening Yoga ~ Studio 5</li> </ul>
5:10 pm	Gentle Yoga ~ Studio 1