

DAY	MONDAY 4/12				TUESDAY 4/13			WEDNESDAY 4/14		
7:00	Arrival Screenings (L)				Quick FIT (SR)			Sunrise Yoga (S)		
7:30	<b>BREAKFAST</b>				<b>BREAKFAST</b>			<b>BREAKFAST</b>		
8:30	Connect (S)		Connect (SR)		Connect (S)		Connect (SR)	Connect (S)		Connect (SR)
9:00	Transition Time				Transition Time			Transition Time		
9:10	Move Well Strength (SR)	Yoga for Strength (S) SM	LS Cardio (CZ/OF)	EMOM (CZ)	Therapeutic Yoga (S)	LS Strength (SR/OF)	Lean ! (SR)	Flow Yoga (S)	LS Cardio (CZ/OF)	
10:10	Daily Mobility (SR)				Daily Mobility (SR)			Daily Mobility (SR)		
10:20	Snack Time				Snack Time			Snack Time	Archery Challenge (L) 1030 - 12pm	
10:30	Inspired Intentions (CR1)	Tabata + Core ! (SR)	Skyterra Obstacle Course (P)	Nutrition Redefined (CR1)	Elevate ! (CZ)	Hike + Yoga Picnic Lunch 1030am - 3pm (L)	Fitness Redefined (CR1)	Row + Lift + Run ! (SR/CZ)	Gut Health (CR2)	
11:30	Your Culinary Experience (CR1)		LS Huddle (CR2)	Break Time			Guest Staff Quick FIT (SR+CZ)			
12:00	<b>LUNCH</b>		<b>LUNCH JF</b> (TK)	<b>LUNCH</b>			<b>LUNCH</b>		<b>LUNCH AB</b> (TK)	
1:00	Conquering Cravings (CR1)	Waterfall Walk (L)	Culinary Cook Off Chopped Style 1-330pm (TK)	Simple Strength (SR)	LS Nutrition Group (CR1) Meal Planning	EASY Hike* 2pm - 5pm (L) Fawn Lake Loop	Strength + Balance (SR)	Trail Walk (L)	LS Culinary Group (TK) Cooking Grains	
1:30		Break Time		Stress Redefined (CR1)			Culinary Demo* (TK)	Break Time		
2:00	Personal Planning Sessions (L) 2 - 230. 230-3pm. 3-330pm.			Snack Time	Snack Time		Mindful Eating Experience (CR1)	Yogilates (P)	MEDIUM Hike* 2pm - 530pm (L)	
3:00	Walk Run Well Clinic (SR)		Quick FIT (CZ)		Sneaky 6 (SR)	Meditation (S)	Creative Arts Rock Painting (CR1) LF	Dry Triathlon 330-5pm (P)		
4:00	Transition Time		Transition Time		Transition Time					
4:15	Trail Walk (L)	Restorative Yoga (S)	Restorative Yoga (S)	Alcohol 101 (PR)	Wall Mobility (SR)					
5:30	<b>DINNER</b>				<b>DINNER</b>			<b>3-COURSE DINNER</b>		
6:30	Soul Collage with Anne* (DR)				Yoga Nidra Meditation with Katie* (S)			Community Campfire with Alan* (L)		

DAY	THURSDAY 4/15				FRIDAY 4/16			SATURDAY 4/17			
7:00	Quick FIT (SR)				Sunrise Yoga (S)			Quick FIT (L)		Sunrise Hike + Tai Chi 6-1030am (L) AB	
7:30	BREAKFAST				BREAKFAST			BREAKFAST			
8:30	Connect (S)		Connect (SR)		Connect (S)		Connect (SR)	Connect (S)	Connect (SR)		
9:00	Transition Time	Grocery Store Tour (L) 9-1030am			Transition Time			Transition Time			
9:10	Yoga for Strength (S)	Luck of Draw Cardio ! (CZ)	LS Strength (SR)	Primal Strong ! (SR)	Flow Yoga + Stretch (S)	EMOM (CZ)	Outdoor Fitness (CZ/SR)	Therapeutic Yoga (S)			
10:10	Daily Mobility (SR)				Daily Mobility (SR)			Daily Mobility (SR)			
10:20	Snack Time				Snack Time			Snack Time			
10:30	Sound Sleep (CR2) JF	Tabata + Intervals ! (SR)	Creative Arts Dreamcatchers (CR1)	Changing Habits (CR1)	Cardio Crash ! (CZ)	Fitness Challenge ! (SR)	Your Home Plan (CR1)	Yoga for Balance (S)	Elevate ! (CZ)		
11:30	Break Time			Break Time			Break Time				
12:00	LUNCH		LUNCH LF (TK)	LUNCH - Group Picture		LUNCH MW (TK)	LUNCH				
1:00	Skyterra Circuit (SR/CZ)	Viniyoga (S)	ADVANCED Hike* 1 - 5:30pm (L) AB/AC Daniels Ridge Waterfall	KB Krunch ! (CZ)	LS Therapeutic Group (CR1) MF	Skyterra Fitness Games 1 - 330pm (SR/P)	Cardio Kickbox (SR)	Yoga Specialty (S)	RECREATION E-Biking* 1 - 3pm (L)		
1:30		Break Time		Break Time			Break Time				
2:00	Conquering Cardio (CR1)	Culinary Cook Off Grocery Games Style 2-4pm (TK)		Building Boundaries (CR2)	Simple Circuit (CZ)		Culinary Demo* (TK)	TRX + Core (S)			
3:00	Snack Time			Snack Time			Snack Time				
3:30	SB Circuit ! (SR)			BW+Bands ! (SR)	Shoulder Mobility(S)		Pickleball* 330 - 530pm (L)	Roll + Stretch (S)		Tai Chi (S)	
4:00	Transition Time			Transition Time				FREE TIME BLOCK			
4:15	Restorative Yoga (S)		Meal Planning (CR1)								
5:30	DINNER				DINNER			DINNER			
6:30	Coming to Your Senses* (L)		Sunset Hike* (L)	Oskar Blues Brewery Outing* (CR1)			Reflection Ceremony with Allie* (CR1)				

DAY	SUNDAY 4/18		Check In Details	Schedule Key
7:30	Departure Screenings (PT) SM		<b>Accommodations</b> Guest _____ House _____ Code _____	<b>Location Abbreviations</b> L: Lobby S: Studio (connect, yoga, dance) P: Porch (connect, yoga, dance) SR: Strength Room (strength training) CZ: Cardio Zone (cardio training) OF: Outdoor Fitness DR: Dining Room (meals) PR: Private Room (screenings) CR1: Classroom One (signature talks) CR2: Classroom Two (supplemental talks) TK: Teaching Kitchen (culinary demos)  <b>Color Coding</b> Yellow: Signature Track (classes offered every week) Blue: Rotating Offerings (classes change weekly) Purple: Low Mobility Intensity (less difficult classes) Green: Recreation (offsite and includes travel time) Dark Red: Private LoseSmart program offerings Dark Orange: Private Alumni offerings  <b>Symbols</b> * : Requires signup (deadlines may apply) ! : High Intensity class ^: Pictures of video may be taken in this class \$: Additional cost
8:00	<b>BREAKFAST</b>			
9:00	Transition Time			
9:10	Quick FIT (SR/CZ) SM	Campus Trail Walk 4 Mile Route Self Guided	<b>Individual Sessions</b>  Screening (PR) _____  Plan Session (L) _____  Health Coach _____  Dep Screen (PR) _____	
9:45	Transition Time			
10:00	Yoga Flow (S) SM			
11:00	Break Time			
12:00	<b>LUNCH</b>			
	<b>FREE TIME</b>			
3:30	<b>Meet and Greet</b> Mocktails (DR) GS/Chef			
4:30	<b>New Guest Orientation</b> (DR) AJ/TO			
5:30	<b>DINNER</b>			

# Keynote Education Descriptions

## **Inspired Intentions**

Fed up with setting goals that only go well for weeks or months and then end abruptly? Get ready to reignite your motivation and learn about to finally fulfill those intentions that have been rolling around in the back of your head.

## **Walk Run Well**

Are you ready to see your stride in a whole new way? This skill-based class uses video analysis and corrective drills to revolutionize your walking and running. This unique opportunity will help you prevent injuries and maximize the efficiency of your movements.

## **Nutrition Redefined**

This foundational seminar breaks down the confusing messages regarding nutrition, dieting and weight management while addressing topics such as personal energy needs, nutrient density and intuitive eating.

## **Stress Redefined**

Identify practical approaches to stress reduction in your everyday life. In this class participants will begin to understand the body's physiological state and how it's impacted when overexposed to stress as well as how to cope with different stressors.

## **Fitness Redefined**

Traditional programs use exercise as a primary driver for weight loss, unfortunately it's not working. Come learn about how the fitness industry has gone wrong and uncover what you should really be focusing on. Hint: it's not spending more time in the gym.

## **Sound Sleep**

There isn't one facet of your mental, emotional or physical health that's not impacted by your sleep. Join us and learn the six essential sleep strategies.

## **Changing Habits**

We underestimate how much our brains and bodies can do without thinking. Habits are compound interest of self-improvement and critical to sustained change. It is only when looking back 2, 5, or perhaps 10 years later that the value of good habits and the cost of bad habits becomes strikingly apparent.

## **Your Home Plan**

This workshop based class will provide you the opportunity to create a personal plan, review Skyterra At Home resources, and handle any questions hanging around from the week so that you can fulfill all your initial intentions at home.