

	MONDAY			TUESDAY			WEDNESDAY			
7:00	BREAKFAST		Arrival Screenings	BREAKFAST		Quick FIT	BREAKFAST		Sunrise Yoga	
7:30										
8:30	Connect	Connect	Connect	Connect	Connect	Connect	Connect	Connect		
9:00	Transition Time			Transition Time			Transition Time			
9:10	Move Well Strength	Move Well Yoga	Interval Training !	Lean !	Therapeutic Yoga	EMOM	Primal Strong !	Chair Yoga	Skyterra 5K 9-10:30 am	
10:10	Daily Mobility			Daily Mobility			Daily Mobility			
10:20	Snack Time			Snack Time			Snack Time			
10:30	Inspired Intentions	Vinyasa Flow	LoseSmart Cardio	Fitness Redefined	Elevate !	LoseSmart Strength	Nutrition Redefined	Sleds & Keds	LoseSmart Cardio	
11:30	Culinary Information Session		LoseSmart Huddle	Physical Therapy: Unlock Your Potential			Break Time			
12:00	LUNCH			LUNCH			LUNCH			
1:00	Daily Breath			Daily Breath		Archery	Daily Breath		LoseSmart Culinary Group	
1:15	Sneaky 6 !	Trail Walk	BW Blitz !	Trail Walk	TRX !		Trail Walk			
1:45	Break Time		Walk Run Well 145 - 3pm	Break Time			Break Time			Medium Hike 145 - 515pm
2:00	Food as Medicine			Culinary Demo	Gut Health	Easy Hike 2 - 445pm	Mindful Eating Experience	Conquering Cardio		
3:00	Snack Time			Snack Time			Snack Time			
3:30	Restorative Yoga		Core + Stability	Dance FIT	Row + Strength !		Flow + Yin			
4:30	Transition Time		Transition Time			Transition Time				
4:45	Meditation	Hip Mobility		Shoulder Mobility			Hip Mobility	Meditation		
5:30	DINNER			DINNER			DINNER			
6:30	Soul Collage with Anne			Community Campfire with Alan			Watercolor Journeys with Bill			

DAY	THURSDAY			FRIDAY			SATURDAY		
7:00	BREAKFAST		Quick FIT	BREAKFAST		Sunrise Yoga	BREAKFAST		Departure Screenings
7:30									
8:30	Connect	Connect		Connect	Connect		Connect	Connect	
9:00	Transition Time			Transition Time			Transition Time		
9:10	Lean !	Yoga for Strength	EMOM	Tabata Strong !	Flow for Balance	Simple Circuit	Partner Workout	Yoga for Posture	Lucky Draw Cardio !
10:10	Daily Mobility			Daily Mobility			Daily Mobility		
10:20	Snack Time			Snack Time			Picnic Hike		
10:30	Stress Redefined	Elevate !	LoseSmart Strength	Changing Habits	Cardio Crash !	LoseSmart Mobility	Meal Planning	TRX + Core	LoseSmart Yoga
11:30	Embrace Information Session			Skyterra at Home Information			Composition Clarity		
12:00	LUNCH			LUNCH		Ziplining 12 - 5	LUNCH		
1:00	Daily Breath	LoseSmart Nutrition Group	Advanced Hike 1 - 530pm	Daily Breath		LoseSmart Coaching Group	Daily Breath		
1:15	Lucky Draw !			Row Strong !	Trail Walk		Kettlebell Krunch !	Trail Walk	
1:45	Break Time			Break Time			Break Time		
2:00	Sound Sleep	Self Care Group		Your Home Plan	Nutrition Busters	Culinary Demo	Fitness Planning		
3:00	Snack Time			Snack Time			Balance + Bands		
3:30	Simple Strength	Breathe & Meditate		Core + Stability	Restorative Yoga	Pickleball	Free Time		
4:30	Transition Time		Transition Time						
4:45	Shoulder Mobility		Meditation						
5:30	DINNER + DESSERT			DINNER			DINNER + DESSERT		
6:30	<i>Dancing After Dinner with Carrie</i>			<i>Yoga Nidra with Sound Healing with Ana</i>			<i>Reflection Journaling with Allie</i>		

DAY	SUNDAY	Keynote Education Descriptions	Schedule Key
7:00	BREAKFAST	<p>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 how to finally fulfill those intentions that have been rolling around in the back of your head.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>Find all of our class descriptions here</p> <p>Codes and Symbols Bold: Talks 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) Red: Private LoseSmart program offerings</p> <p>Symbols *: Requires signup (deadlines may apply) !: High Intensity class ^: Pictures of video may be taken in this class \$: Additional cost</p>
8:30	Connect		
9:10	Quick FIT		
9:40	Transition Time		
10:00	Restorative Yoga		
11:30	Transition Time		
12:00	LUNCH		
	Free Time		
3:30	Meet and Greet		
4:30	New Guest Orientation		
5:30	DINNER		