

	MONDAY				TUESDAY						
7:00	BREAKFAST	Arrival Screenings (L)	<a href="#">Open Swim Times:</a> <ul style="list-style-type: none"> <li>8 - 10:30a</li> <li>11:30-1p</li> <li>2 - 6p</li> </ul>		BREAKFAST	Sunrise Yoga (S)		<a href="#">Open Swim Times:</a> <ul style="list-style-type: none"> <li>8 - 9a</li> <li>1130 - 1p</li> <li>3-6p</li> </ul>			
7:30											
8:30	<a href="#">Connect</a> (S)		Connect (SR)		Connect (S)		Connect (SR)		<a href="#">Forest Bathing 101*</a> On-Site (L) 8:30-10:30am		
9:00	Transition Time				Transition Time						
9:10	<a href="#">Move Well Strength</a> (SR)		<a href="#">Move Well Yoga</a> (S)		Luck of the draw Cardio ! (CZ)		<a href="#">Lean !</a> (SR)			Yoga for Low Mobility (S)	<a href="#">Aqua Cardio</a> (POOL)
10:10	Daily Mobility (SR)				Daily Mobility (SR)						
10:20	Snack Time				Snack Time						
10:30	<a href="#">Inspired (CR1) Intentions</a>	CVS Shuttle* 10:30am-12pm	Vinyasa Flow (S)	<a href="#">Aqua Yoga</a> (POOL)	<a href="#">Fitness Redefined</a> (CR1)	<a href="#">EMOM</a> (CZ)	<a href="#">Aqua Yoga</a> (POOL)		<a href="#">Intro to Pickleball</a> (PC)		
11:30	<a href="#">Skyterra Recreation Info Session</a> (CR1)				<a href="#">Physical Therapy: Unlock Your Potential</a> (CR1)						
12:00	LUNCH				LUNCH						
1:00	<a href="#">Nutrition Redefined</a> (CR1)		Trail Walk (L)	<a href="#">Aqua Circuit</a> (POOL)	Sugar in the Raw (CR1)	Shoulder Mobility 1 (SR)	Trail Walk (L)	<a href="#">Aqua Stretch</a> (POOL)			
1:45	Break Time					Break Time					
2:00	Tackling Transitions (CR1)			Yoga Sculpt ! (SR)	<a href="#">Walk Run Well*</a> (CR1) 2 - 3:30pm	<a href="#">Culinary Demo*</a> (TK)	<a href="#">Aqua Strong</a> (POOL)	EASY Hike* (L) 2 - 445pm <a href="#">Grassy Creek Falls</a>			
3:00	Snack Time			Easy Hike* <a href="#">Moore's Cove</a> (L) 3pm - 445pm		Snack Time					
3:30	<a href="#">Simple Strength</a> (SR)	<a href="#">Restorative Yoga</a> (S)			Restorative Yoga (S)		<b>Boundaries Group</b> (CR2)				
4:30	Transition Time			Transition Time							
4:45	Hip Mobility 1 (SR)		<a href="#">Meditation</a> (S)		BW Blitz (SR)		Meditation (S)				
5:30	DINNER				DINNER						
6:30	<i>Soul Collage*</i> (CR1)				<i>Line Dancing</i> (S)						

DAY	WEDNESDAY				THURSDAY				
7:00	BREAKFAST		Sunrise Walk (L)	<a href="#">Open Swim Times:</a> <ul style="list-style-type: none"> <li>8 - 10:30a</li> <li>11:30 - 3p</li> <li>4-6p</li> </ul>	BREAKFAST		<a href="#">Quick FIT</a> (SR)	<a href="#">Open Swim Times:</a> <ul style="list-style-type: none"> <li>8 - 10:30a</li> <li>11:30 - 3p</li> <li>4-6p</li> </ul>	
7:30									
8:30	Connect (S)		Connect (SR)		Connect (S)		Connect (SR)		
9:00	Transition Time				Transition Time				
9:10	Tabata Strong ! (SR)		Skyterra Flow (S)	Skyterra 5K 9-10:30 am (L)	Lean ! (SR)		Move Well Yoga (S)	EMOM (CZ)	
10:10	Daily Mobility (SR)		Race Refuel (TK) 10-10:30am		Daily Mobility (SR)				
10:20	Snack Time				Snack Time				
10:30	Food & Mood (CR1)	Yoga for Balance (S)	Culinary Demo* (TK)	<a href="#">Aqua Circuit</a> (POOL)	<a href="#">Meal Planning</a> (CR1)		Yoga for Strength (S)	<a href="#">Aqua Strong</a> (POOL)	
11:30	<a href="#">Skyterra Free Resource Info</a> (CR1)				Break Time				
12:00	LUNCH				LUNCH				
1:00	Trail Walk (SR)	Hip Mobility 2 (SR)		Pickleball Drills & Play (PC)	Pickleball Drills & Play (PC)	<a href="#">Aqua Stretch</a> (POOL)	<a href="#">Sound Sleep</a> (CR1)	ADVANCED Hike* 1:00-5:30pm (L) <a href="#">Tennent Mountain</a>	
1:45	Break Time								Break Time
2:00	Mindful Eating Experience* (CR1)		Rest & Recovery (CR2)	MEDIUM Hike* (L) 2-5pm <a href="#">Raven Cliffs Falls Overlook</a>	Watercolor Journeys \$ (CR1)	Walk Run Well* (CR2)	<a href="#">Deep Water Conditioning</a> (POOL)		
3:00	Snack Time		<a href="#">Aqua EMOM</a> 3-3:45pm (POOL)						
3:30	Balance + Bands (SR)	Hatha Yoga (S)					Row + Strength (SR)		Yin Yoga (S)
4:30	Transition Time			Transition Time					
4:45	Meditation (S)				Shoulder Mob 2(SR)	Meditation (S)			
5:30	DINNER + DESSERT				DINNER				
6:30	<a href="#">Yoga Nidra</a> Meditation and <a href="#">Sound Healing</a> * (S)				Community Campfire & Cornhole * (PC)				

DAY	FRIDAY				SATURDAY						
7:00	BREAKFAST		Sunrise Yoga (S)	<a href="#">Open Swim Times:</a> <ul style="list-style-type: none"> <li>8 - 10:30a</li> <li>11:30 - 3p</li> <li>4-6p</li> </ul>	BREAKFAST		Departure Screenings (PT)	<a href="#">Open Swim Times:</a> <ul style="list-style-type: none"> <li>8 - 10:30a</li> <li>11:30 - 1p</li> <li>3 - 6p</li> </ul>			
7:30											
8:30	Connect (S)		Connect (SR)	Forest Bathing* <i>Off-Site</i> (L) 8:30am-12pm	<a href="#">Composition Clarity</a> (CR1)	Connect (SR)					
9:00	Transition Time				Transition Time						
9:10	Primal Strong ! (SR)		Yoga for Balance (S)		Ladder Workout! (SR)	Optimum Posture (S)	Simple Circuit (CZ)	Picnic Hike (L) 9am-3pm			
10:10	Daily Mobility (SR)					Daily Mobility (SR)					
10:20	Snack Time					Snack Time					
10:30	<b>Stress (CR1) Redefined</b>	Yoga Flow + stretch (S)	<a href="#">Aqua Challenge!</a> (POOL)	Luck of the Draw (SR)		Vinyasa Flow (S)	<a href="#">Aqua Circuit</a> (POOL)				
11:30	Break Time				Break Time						
12:00	Ziplining* \$ (L) 12-5:30pm	LUNCH			LUNCH						
1:00		Trail Walk (L)	Archery (L)	E Biking* (L)  1-1:45p 2-2:45p	Foot + Ankle Mobility (SR)		<a href="#">Aqua Stretch</a> (POOL)				
1:45		Break Time			Break Time						
2:00		Your Home Plan (CR1) AB			<b>Culinary Bootcamp*</b> <i>Hands-on</i> (TK)	Balance + Core (SR)	<a href="#">Aqua HIIT!</a> (N)				
3:00		Snack Time	<a href="#">Pool Volleyball</a> (POOL)	Pickleball (L)	Snack Time						
3:30		Restorative Yoga (S)			Excursion* <a href="#">Downtown Brevard</a> 3:30-5:30pm						
4:30		Transition Time									
4:45		<a href="#">Aqua Meditation</a> (POOL)									
5:30	DINNER				DINNER + DESSERT						
6:30	Yoga Nidra Meditation and Sound Healing* (S)				Animal Spirit Cards* (L)						

DAY	SUNDAY		Additional Information	Schedule Key
7:00	<b>BREAKFAST</b>	Open Swim Times: • 8a - 6p	Click <a href="#">HERE</a> for more information regarding our LoseSmart program, which includes additional private classes and offerings not shown here.	<p><b>Bolded class names indicate talks</b></p> <p><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)  W: Waterfall  PC: Pickleball Court  POOL: Pool</p> <p><b>Color Codes</b>  <span style="background-color: yellow;">Yellow</span>: Signature Track (classes offered every week)  <span style="background-color: orange;">Orange</span>: Rotating Offerings (classes change weekly)  <span style="background-color: purple;">Purple</span>: Low Mobility Intensity (less difficult classes)  <span style="background-color: green;">Green</span>: Recreation (offsite and includes travel time)  <span style="background-color: red;">Red</span>: Private LoseSmart program offerings  <span style="background-color: blue;">Blue</span>: Pool Class</p> <p><b>Symbols</b>  *: Requires signup (deadlines may apply)  !: High Intensity class  ^: Pictures of video may be taken in this class  \$: Additional cost  SR Code: 345x</p>
8:30	Connect (S)			
9:10	Quick FIT (SR/CZ)			
9:40	Transition Time		Click <a href="#">HERE</a> for the additional services offered at Skyterra.	
10:00	Restorative Yoga 90 min (S)			
11:30	Transition Time			
12:00	<b>LUNCH</b>			
<b>FREE TIME</b>				
4:00	<b>Meet and Greet</b> (DR)			
4:30	<b>New Guest Orientation</b> (DR)			
5:30	<b>DINNER</b>			
6:30	Free Time			