

T U E S D A Y

7:00	SUNRISE YOGA Yoga Studio (Allie), 30 min <i>Greet the sun and a new day through breath, simple movements and body awareness.</i>	BREAKFAST Dining Room, 90 min	OPEN SWIM 8-10:30 AM & 2-7 PM	
8:00	METABO-WALK Lobby (Matt), 20 min <i>Post-meal movement snack, supports metabolism.</i>			
8:30	CONNECT Studio (Allie) OR Strength Room (Matt) 20 min <i>Start the day with breathing exercises, meditation, light stretching and honoring unplugged space.</i>			
9:00 <i>All 50 min unless noted</i>	STRENGTH TRAINING Strength Room (Jack/Gina), Strength training class that prioritizes movements that matter for functional fitness and activities of daily living.	CHAIR YOGA Studio (Allie), 50 min <i>A gentle yoga that can be done sitting on a chair or standing on the ground while using the chair for support.</i>	EASY HIKE: GRASSY CREEK FALLS Lobby (Alan/Isabel), 2 hours 30 min This 3-mile out-and-back trail in DuPont State Forest includes views of a 50-foot sliding waterfall. Elevation gain: 351 feet. Trail difficulty rated as a 3/10.	LOSESMART NUTRITION GROUP Classroom 1 (Molly) <i>Discuss food relationships and strategies, eating habits and nutrition goals.</i>
10:00	DAILY MOBILITY Strength Room (Jack), 10 min. <i>A great practice to take home. Requires minimal to no equipment.</i>			
10:30 <i>All 50 min unless noted</i>	SKYTERRA TREAD Cardio Zone (Ilias), 30 min <i>Utilizing entirely cardio equipment, enjoy changing intensity & speed!</i>	INTRO TO PICKLEBALL Pickleball Court (Katie) 90 min <i>Begin with the basics in this beginner or refresh class.</i>	LOSESMART STRENGTH Strength Room (Gina/Matt/Jack) <i>Strength-based workout</i>	AQUA YOGA Pool (Allie), 40 min <i>Reclaim your balance, flow from posture to posture, and build strength with the water's resistance.</i>
11:30	PHYSICAL THERAPY: UNLOCK YOUR POTENTIAL Classroom 1 (Lee), 30 min <i>Learn more about how physical therapy is an excellent way to achieve your recovery, health and fitness goals.</i>			
12:00	LUNCH Dining Room, 60 min			
12:45	SELF GUIDED METABO-WALK			
1:00	FITNESS REDEFINED Classroom 1 (Matt), 50 min <i>Learn about the importance of consistent movement.</i>	AQUA TABATA ! Pool (Jack), 40 min <i>Tabata packs a large amount of work into a short period of time for proven weight loss results, all in the pool.</i>	LS DANCE FITNESS Studio (Jane) 45 min <i>A low-impact class with music to help agility, balance, strength.</i>	GUIDED TRAIL WALK Lobby (Isabel), 45 min <i>Enjoy our on-campus trails and views.</i>
2:00 <i>All 50 min unless noted</i>	WALK RUN WELL* Classroom 1 (Lee), 90 min <i>This skill-based class uses video analysis and drills to revolutionize your walking and running.</i>	CULINARY DEMO* Demo Kitchen (JT), 50 min <i>Our chef leads you through the creation of healthy, nourishing, delicious, meals and snacks.</i>	DANCE FITNESS Studio (Jane) 45 min <i>A low impact dance class that incorporates exercises to help agility, balance, & strength.</i>	TRX YOGA Strength Room (Regina), <i>Flow through yoga postures while using the support of the TRX straps.</i>
3:00	STRESS REDEFINED Classroom 1 (Greg), 50 min <i>Learn about the body's physiological state when it is overexposed to stress, as well as how to cope with many forms of stressors.</i>	BUILD YOUR BENCH Strength Room (Matt/Jack/Ilias) <i>Learn about proper bench form, warm-up and variations in this hybrid workshop & workout class.</i>	MAT PILATES Studio (Regina), 50 min <i>Focus on building your balance, posture, and core stability through this low impact class format.</i>	
4:00	OUTDOOR GARDENING 101 Garden (Jess) 50 min <i>Learn about gardening practices, organic benefits, hardiness zones & all the dirt-y secrets to grow healthy produce!</i>	MEAL PLANNING Classroom 2 (Molly) 50 min <i>Be inspired about meal planning and prep for your return home.</i>		
4:30	GUIDED DREAMER EXERCISE Yoga Studio (Ardelle), 30 min <i>A guided practice to help you discover your inner dreamer and use your imagination to cultivate vision for wellbeing.</i>	SHOULDER MOBILITY Strength Room (Gina), 30 min <i>Optimize movement, prevent pain and reduce the risk of injury.</i>		
5:30	DINNER Dining Room, 60 min			
6:30	ANIMAL SPIRIT CARDS* Classroom 1 (Anne), 60 min <i>Celebrate the hidden wisdom of the creatures that inhabit our world and reveal how we are all connected in the complex and wondrous web of life.</i>		SELF-GUIDED METABO-WALK	