

M O N D A Y

	M O N D A Y		
7:00	ARRIVAL SCREENINGS Lobby, 60 min	BREAKFAST & METABO-WALK Dining Room, 90 min Post-meal movement snack supports metabolism.	POOL HOURS 8am-5:30pm
8:00	LOSESMART ORIENTATION Classroom 1, 30 min Orientation for new LoseSmart guests.		
8:30	CONNECT Studio, 20 min Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.	GET IN THE ZONE Cardio Zone, 30 min This class teaches the importance of Zone 2 cardiovascular training for longevity health.	
9:00	YOGA FOUNDATIONS Studio, 50 min Connect to your intentions, breath, and body while learning the foundations of yoga.	MOVEWELL STRENGTH Strength Room, 50 min Learn essential functional strength movements for everyday living.	
10:00	DAILY MOBILITY AND BALANCE Strength Room,, 20 min Learn how to perform maintenance on your body to improve flexibility and reduce soreness		
10:30	INSPIRED INTENTIONS Classroom 1, 50 min Set goals for lasting motivation.	BODYWEIGHT BLITZ ! Strength Room, 50 min This fitness class focuses on bodyweight movements transferable to home.	LOSESMART CARDIO Cardio Zone, 50 min Workout consists of cardio intervals combined with bodyweight movements,
11:30	REVIEW YOUR INBODY RESULTS Classroom 1, 30 min Understand your InBody results in this informative class.		
12:00	LUNCH & METABO-WALK Dining Room, 60 min	LOSESMART GROUP HUDDLE AND LUNCH & METABO-WALK Teaching Kitchen, 60 min	
1:00	RETURN GUEST PLANNING SESSION Classroom 2, 50 min	LOSESMART PLANNING SESSION FOR NEW GUESTS Teaching Kitchen, 50 min	INDIVIDUAL PLANNING SESSIONS Lobby, 20 min each Your coach will meet you in the lobby.
2:15	FITNESS REDEFINED Classroom 1, 50 min Learn about the importance of consistent movement.	AQUA CIRCUIT Pool, 40 min Get an effective workout all while floating in our pool in this fun circuit-style class!	
3:15	CONTAINER GARDENING 101* Garden Greenhouse, 50 min Learn how to successfully grow in containers.	DAVIDSON RIVER TRAIL WALK* Lobby, 1 hour 30 min,return at 4:45 Easy trail walk along a river bed.	
4:45	STRETCH AND RECOVER Studio, 30 min Boost recovery with a full body stretch for tension and sore muscle relief.		
5:30	DINNER & METABO-WALK Dining Room, 60 min		
6:30	DIGESTION & METABOLISM: An evening with Dr. Campanile Lobby, 50 min Insights and health tips from Dr. T		

T U E S D A Y

	T U E S D A Y		
7:00	BREAKFAST & METABO-WALK Dining Room, 90 min <i>Post-meal movement snack supports metabolism.</i>		POOL HOURS 8am-5:30pm
8:30	CONNECT Strength Room, 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.</i>		
9:00	PILATES INFUSION Studio, 50 min <i>A Pilates based full body workout that incorporates Yoga and bodyweight movements to strengthen and lengthen.</i>	STRENGTH TRAINING ! Strength Room, 50 min <i>Strength training class that prioritizes movements that matter for functional fitness and activities of daily living.</i>	
10:00	DAILY MOBILITY AND BALANCE Strength Room, 20 min <i>Learn how to perform maintenance on your body to improve flexibility and reduce soreness</i>		
10:30	NUTRITION REDEFINED Classroom 1, 50 min <i>Skyterra's core nutrition class. Learn about macronutrients, nutrient density & intuitive eating.</i>	KICKBOXING CONDITIONING Cardio Zone, 50 min <i>Release stress while improving agility, cardiovascular endurance, strength, and focus with fun kickboxing combinations and core conditioning.</i>	LOSESMART STRENGTH Strength Room, 50 min <i>Strength-based workout for LoseSmart guests.</i>
11:30	FEEL BETTER, FUNCTION BETTER Classroom 2, 30 min <i>Our physical therapist presents doable ways to feel better. Topics include proven tips, cold laser, dry needling, biofeedback, and more.</i>		
12:00	LUNCH & METABO-WALK Dining Room, 60 min		
1:00	SLAM BALL SMACK DOWN! Strength Room, 30 min <i>Using only slam balls and wall balls, this class will push your cardiorespiratory endurance and strengthen your entire body.</i>	INTRO TO PICKLEBALL Pickleball Court, 90 min <i>Begin with the basics in this beginner or pickleball refresh class.</i>	
2:15	CULINARY DEMO* Demo Kitchen, 50 min <i>Our chef leads you through the creation of healthy, nourishing, delicious, meals and snacks.</i>	EASY HIKE: PINK BEDS* Lobby, 2:15pm-5:00pm <i>This 3.2-mile loop trail meanders alongside creeks through forests and meadows, providing an excellent introduction to Pisgah National Forest. Elevation gain: 337 feet. Trail difficulty: 4/10 (technical footing).</i>	
3:30	TRX FLEX AND FLOW Strength Room, 40 min <i>Improve strength, alignment, and flexibility with a fun Yoga infused TRX sequence!</i>	DYNAMIC MOVES Studio, 45 min <i>A dynamite, full body rebalancing workout to strengthen and lengthen</i>	
4:30	DANCE FITNESS Studio, 45 min <i>A low impact dance class that incorporates exercises to help agility, balance, strength, set to fun upbeat music.</i>		
5:30	DINNER + DESSERT & METABO-WALK Dining Room, 60 min		

W E D N E S D A Y

	W E D N E S D A Y		
7:00	BREAKFAST & METABO-WALK Dining Room, 90 min Post-meal movement snack supports metabolism.		POOL HOURS 8am-5:30pm
8:30	CONNECT Strength Room, 20 min Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.		
9:00	FLOW WITH INTENTION Studio, 50 min Stretch and flow in a dynamic sequence of postures using synchronized breath. This balanced yoga class will help you find strength and grace, and challenge your yoga practice in a kind and playful setting.	SKY FIT CHALLENGE Cardio Zone, 50 min Assess your overall fitness health by racing against the clock to perform 4 functional movements during this dynamic challenge. Leave class with your "Sky Fit" time and track yourself for improvements each time you compete. Open to ALL fitness levels!	
10:00	DAILY MOBILITY AND BALANCE Strength Room, 20 min Learn how to perform maintenance on your body to improve flexibility and reduce soreness		
10:30	TABATA STRONG ! Strength Room, 50 min High-intensity work in short time periods.	AQUA EMOM Pool, 40 min Every minute on the minute for high-intensity interval training that takes the impact off your joints.	LOSESMART FITNESS Cardio Zone, 50 min Wildcard Wednesday strength & cardio.
11:30	SKYTERRA FREE RESOURCES Classroom 2, 30 min Arm yourself with tools for home, all available for free.		
11:55	WEEKLY GUEST GROUP PHOTO Meet by the swing with your fellow Skyterra guests for a group photo!		
12:00	LUNCH & METABO-WALK Dining Room, 60 min		
1:00	PICKLEBALL DRILLS AND PLAY Pickleball Courts, 50 min Boost your heart rate with pickleball drills, games and lighthearted rallying.	MODERATE: CEDAR ROCK MOUNTAIN* Lobby, 1pm-4:30pm This 3.8-mile loop trail summits Cedar Rock Mountain for beautiful views of DuPont State Forest. 6/10.	
2:15	SKYTERRA NORWEGIAN 4 X 4 Cardio Zone, 50 min Learn how to reverse the effects of heart aging in this energizing & fun HIIT class! Designed for all levels!	LOSESMART CULINARY GROUP Teaching Kitchen, 50 min Learn various techniques for cooking!	
3:30	CHAIR YOGA Studio, 50 min A gentle yoga that can be done sitting on a chair or standing on the ground while using a chair for support	BACK MOBILITY Strength Room, 30 min Optimize movement, prevent pain, and reduce injury risk.	
4:30	MEDITATION & SOUND HEALING Yoga Studio, 50 min Guided practice to help you calm your mind and body.		
5:30	DINNER & METABO-WALK Dining Room, 60 min		
6:30	GAME NIGHT Classroom 1, 60 min		

	THURSDAY		
7:00	BREAKFAST & METABO-WALK Dining Room, 90 min <i>Post-meal movement snack supports metabolism.</i>		POOL HOURS 8am-5:30pm
8:30	CONNECT Strength Room, 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.</i>		
9:00	LUCK OF THE DRAW ! Cardio Zone, 50 min <i>Utilizing a deck of cards, this strength class will be a combination of fun and luck.</i>	STRENGTH TRAINING ! Strength Room, 50 min <i>Strength training class that prioritizes movements that matter for functional fitness and activities of daily living.</i>	
10:00	DAILY MOBILITY AND BALANCE Strength Room, 20 min <i>Learn how to perform maintenance on your body to improve flexibility and reduce soreness</i>		
10:30	YOGA FOR BALANCE Studio, 50 min <i>Breath work and balancing movements</i>	AQUA STRENGTH Pool, 50 min <i>This resistance-based class will help you build strength and endurance in a low impact environment.</i>	LOSESMART STRENGTH Strength Room (Ryan), 50 min <i>Strength class for LoseSmart guests.</i>
11:30	LOSESMART YOGA BASICS & MEDITATION Studio, 50 min <i>Learn yoga & meditation basics in a safe environment.</i>		
12:00	LUNCH & METABO-WALK Dining Room, 60 min		
1:00	PICKLEBALL DRILLS AND PLAY Pickleball Courts, 50 min <i>Boost your heart rate with pickleball drills, games and rallying.</i>	ADVANCED HIKE: TENNENT MOUNTAIN* Lobby, 1pm-5:30pm <i>This 5.5-mile loop trail summits Black Balsam Knob and Tennent Mountain at 6,214 feet. Elevation gain: 850 feet. 8/10.</i>	
2:15	GET IN THE ZONE Cardio Zone, 30 min <i>This class teaches the importance of Zone 2 cardiovascular training for longevity health.</i>	SLEEP REDEFINED Classroom 1, 50 min <i>Gain an understanding of the importance of sleep in your wellness journey.</i>	
3:30	WALL MOBILITY Strength Room, 30 min <i>Use a flat plane to improve your mobility to optimize movement, prevent pain and reduce injury risk.</i>	DYNAMIC MOVES Studio, 45 min <i>A dynamite, full body rebalancing workout to strengthen and lengthen.</i>	
4:30	DANCE FITNESS Studio, 45 min <i>A low impact dance class that incorporates exercises to help agility, balance, strength, set to fun upbeat music.</i>		
5:30	DINNER & METABO-WALK Dining Room, 60 min		
6:30	ANIMAL SPIRIT CARDS* Lobby, 50 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>		

F R I D A Y

	F R I D A Y		
7:00	BREAKFAST & METABO-WALK Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>		POOL HOURS 8am-5:30pm
7:15	LOSESMART SCREENINGS Screening Room, 30 min <i>LoseSmart guests weekly screening.</i>		
8:30	CONNECT Strength Room, 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.</i>		
9:00	PILATES INFUSION Studio, 50 min <i>A Pilates based full body workout that incorporates Yoga and bodyweight movements to strengthen and lengthen.</i>	PRIMAL STRONG ! Strength Room, 50 min <i>Highly effective and unconventional interval class.</i>	
10:00	DAILY MOBILITY AND BALANCE Strength Room, 20 min <i>Learn how to perform maintenance on your body to improve flexibility and reduce soreness</i>		
10:30	TAI CHI Studio, 50 min <i>Practice a basic Tai Chi form consisting of several moves that target basic balance and breath work.</i>	SNEAKY 6 ! Strength Room, 50 min <i>This class is coordinated around the number 6 with a good mix of cardio and strength.</i>	LOSESMART FITNESS CHALLENGE Cardio Zone), 50 min <i>End the week with a bang! This class incorporates a variety of movements and exercises to celebrate your progress over the past week.</i>
12:00	LUNCH & METABO-WALK Dining Room, 60 min		
1:00	ARCHERY Lobby, 50 min <i>Learn the ins and outs of traditional recurve archery.</i>	PICKLEBALL Pickleball Courts, 2 hours <i>Perfect your rallying skills and maybe even win a point or two against an opponent.</i>	LOSESMART NUTRITION GROUP Strategies for Staying on Track Classroom 2, 50 min <i>Participate in the four-week LS nutrition discussion groups with the dietitian.</i>
2:15	YOUR HOME PLAN Classroom 1, 50 min <i>This class is an opportunity to review and plan for home.</i>	AQUA CHALLENGE ! Pool, 40 min <i>Try a combination of exercises for a challenging workout.</i>	
		AQUA STRETCH Pool, 20 min <i>Utilize the water's properties and gain maximum benefit from this recovery-based workout.</i>	
3:30	YOGA FOR SELF COMPASSION Studio, 50 min. <i>This gentle, nurturing practice is designed to help you cultivate a deep sense of kindness and understanding toward yourself.</i>	AQUA RECOVERY Pool, 50 min <i>Learn how to effectively use the sauna, hot tub and cold water (optional) to aid in recovery.</i>	
4:30	SERENITY IN STILLNESS Studio, 50 min <i>Sink into deep, passive stretches held for extended periods to target the connective tissues and promote flexibility.</i>		
5:30	DINNER & METABO-WALK Dining Room, 60 min		

S A T U R D A Y

	S A T U R D A Y		
7:00	BREAKFAST & METABO-WALK Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	DEPARTURE SCREENINGS Screening Room, 60 min <i>Optional opportunity to re-screen on the InBody.</i>	POOL HOURS 8am-5:30pm
8:30	CONNECT Strength Room, 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.</i>	COMPOSITION CLARITY Classroom 1, 30 min <i>Understand your InBody screening and the functions, implications and truths in your body composition. Bring your InBody screening to this informational discussion.</i>	
9:10	EMPOWERED ALIGNMENT Studio, 50 min <i>Explore a series of trauma-informed seated and standing postures designed to help you find healing.</i>	TRX + INTERVALS Strength Room, 50 min <i>This class combines compound movements to encourage strength while also increasing and promoting mobility.</i>	
10:00	DAILY MOBILITY AND BALANCE Strength Room, 20 min <i>Learn how to perform maintenance on your body to improve flexibility and reduce soreness.</i>	BREVARD FARMERS MARKET* Lobby, 10 am -11:45 am. <i>Experience the local Farmer's Market in Brevard and enjoy a stroll through quaint, artsy shops.</i>	
10:30	SKYTERRA CIRCUIT Strength Room, 50 min <i>This fitness class is a full-body strength and cardio circuit using "S.K.Y.T.E.R.R.A" as an acronym.</i>	SERENITY IN STILLNESS: YIN YOGA Studio, 50 min <i>Moving meditation yoga practice that gently stretches connective tissues and provides space for self reflection.</i>	
11:30	RECORD YOUR RESULTS Screening Room, 30min <i>Learn how to navigate the InBody app and record your results to your mobile device.</i>		
12:00	LUNCH & METABO-WALK after your meal Dining Room, 60 min		
1:00	BALANCE + CORE Strength Room, 50 min <i>This fitness class is core based and engages the balance and stability of the entire body</i>		
2:00	TRAIL WALK & BODYWEIGHT BURN Lobby, 50 min <i>Explore the on-campus trails interspersed with bodyweight intervals.</i>		
3:30	HIP MOBILITY Strength Room, 30 min <i>Optimize movement, prevent pain and reduce the risk of injury.</i>		
4:00	EVENING CONNECT & STRETCH Strength Room, 30 min <i>End the day with breathing exercises, meditation and light stretching.</i>		
5:30	DINNER + DESSERT & METABO-WALK Dining Room, 60 min		

	S U N D A Y	
7:00	BREAKFAST & METABO-WALK Dining Room, 90 min <i>Post-meal movement snack, supports metabolism.</i>	OPEN SWIM 8am-5:30pm
8:30	CONNECT Yoga Studio, 20 min <i>Reconnect with you to start the day with breathing exercises, meditation, light stretching and honoring unplugged space.</i>	
9:00	YOGA EXPRESS: ENERGIZING FLOW Yoga Studio, 45 min <i>Join us for a faster paced yoga class focused on building strength & stability.</i>	
10:00	RESTORATIVE YOGA Yoga Studio, 50 min <i>Gentle yoga practice designed to help reset and restore the nervous system. Poses are held for longer periods of time while being completely supported by props so the body and mind are allowed to completely relax and release.</i>	
12:00	LUNCH & METABO-WALK Dining Room, 60 min	
4:00	MEET AND GREET Lobby, 30 min	
4:30	NEW AND RETURNING GUEST ORIENTATION Lobby, 60 min	
5:30	DINNER & METABO-WALK Dining Room, 60 min	

Key:

- **Yellow:** Skyterra Signature class offerings
- **Red:** Private LoseSmart program offerings
- **Blue:** Aqua class offerings
- **Symbols:**
 - *: Requires signup (deadlines may apply)
 - !: High intensity class
 - \$: Additional cost