

## Sample Format of Core Programs and Activities at Regency Health Spa

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Walk for Health	Walk for Health	Walk for Health	Walk for Health	Walk for Health	Walk for Health	Walk for Health
8:00 – 10:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	8:45 – 9:20 Get Measured	Orientation for New Guests	Orientation for New Guests	Orientation for New Guests	Orientation for New Guests	Orientation for New Guests	Orientation for New Guests
9:30	9:30 – 10:45 Total Fit Body	Health Lecture Dr. Sabatino	Health Lecture Dr. Sabatino	Health Lecture Dr. Sabatino	Health Lecture Dr. Sabatino	Health Lecture Dr. Sabatino	Health Lecture
11:00	11:15 Trip to Flea Market	Aqua Fit (Ocean) <i>or</i> Cardio Combo	Aqua Fit (Ocean) <i>or</i> Dance Fun Class	Aqua Fit (Ocean) <i>or</i> Step It Up	Aqua Fit (Ocean) <i>or</i> Latin Dance Aerobics	Aqua Fit (Ocean) <i>or</i> Cardio Combo & Abs	10:30 Cardio Plus Abs
12 NOON	11:45 Aqua Fit (Ocean)	Pilates (intro)	Lower Body Toning	Upper Body Sculpting	Bun and Thigh Toning	Upper Body Strength	11:45 Aqua Fit (Ocean)
12:30 – 2:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15	Aqua Fit (Pool)	Aqua Fit (Pool)	Aqua Fit (Pool)	Aqua Fit (Pool)	Aqua Fit (Pool)	Aqua Yoga (Pool)	Aqua Fit (Pool)
3:30		Cooking Class	3:15 Tai Chi	Shopping Smart	3:15 Tai Chi	Cooking Class	
4:30	Chair Yoga	Yoga/Stretch	Flow Yoga	Yoga	Yoga	Yoga	Yoga
5:30 – 5:45	Guided Relaxation	Guided Relaxation	Guided Relaxation	Guided Relaxation	Guided Relaxation	Guided Relaxation	Guided Relaxation
5:45 – 7:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7:30	Evening Program	Evening Program	Evening Program	Evening Program	Evening Program	Evening Program	Evening Program
8:30	Movie						

Upon check-in you will be given a more detailed daily activity schedule. Please check daily board in lobby for changes to the schedule.

