

2009 WEEKLY FITPATH SCHEDULE

SUN	MON	TUES	WED	THUR		FRI	SAT
6:00 Wake up 6:30 Yoga Weigh in 8:00: Breakfast 8:30: Fitness seminar Foot care 10:00 Hike from lodge 12:30 Lunch @ Lodge 1:30 Intro Core Class 2:30 Strength/ Gym Intro 4:00 Nutrition Tenets Seminar	6:00 Wake up 6:30 Breakfast 7:30 Early departure for Hiking day (lunch out) 3:30 Lodge 4:00 Nurture Your Indulgences Seminar	6:00 Wake up 6:30 Yoga 7:30 Breakfast 8:30 Hiking day (lunch out) 3:30 Lodge 4:00 Nutrition Shopping Seminar	6:00 Wake up 6:30 Yoga 7:30 Breakfast 8:00 Mid week check in 10:00 Hiking day (Lunch out) 2:30 Lodge 3:00 Cooking class 4:00 Stress Seminar	6:00 Wake up 6:30 Yoga 7:30 Breakfast 8:30 Hiking day (lunch out) 3:30 Lodge 4:00	6:00 Wake up 6:30 Yoga 7:30 Breakfast 8:30 Hiking day (Lunch out) 4:30 Lodge	5:30/6:00 Wake up/weigh out 6:30 Yoga/early breakfast 7:00 Departures 7:30 Breakfast 9:00 gentle walk & amenities in town. (Lunch out) 4:30 Lodge	
5-8:00 Massages 5:15 1 st Dinner 6:00 2 nd Dinner Evening Activity: <ul style="list-style-type: none"> • 5:45 walk • 7:15 hot springs #1 • 8:15 hot springs#2 	5-8:00 Massages 5:15 1 st Dinner 6:00 2 nd Dinner 7:00 Evening Activity Class 8:00 Yoga	5-8:00 Massages 5:15 1 st Dinner 6:00 2 nd Dinner 7:00 Evening Activity Class	5-8:00 Massages 5:15 1 st Dinner 6:00 2 nd Dinner 7:00 Evening Activity Class	5-8:00 Massages 5:15 1 st Dinner 6:00 2 nd Dinner 7:00 Evening Activity Class	5-8:00 Massages 5:15 1 st Dinner 6:00 2 nd Dinner 7:00 Evening Activity Class	6:30 Dinner 7:00 Orientation	
				New guest Integration Seminar	Veterans Stress II Seminar		