



UNITE Fitness Retreat SAMPLE Schedule

(Classes and times subject to change, we'll let you know of any changes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM-6:15AM	Sleep in and RELAX!	<i>Meet at 5:55 AM</i> *Bring Laundry	<i>Meet at 5:55 AM</i> Metabolic Reset Shake	<i>Meet at 5:55 AM</i> Metabolic Reset Shake	<i>Meet at 5:55 AM</i> Metabolic Reset Shake	<i>Meet at 5:55 AM</i> Metabolic Reset Shake	
6:15AM-7:30AM		Fitness Assessments & Weigh-ins	Rise and Shine Training	Rise and Shine Training	Rise and Shine Training	Rise and Shine Training	Fitness Assessments & Weigh-ins <i>*Clients Going Home</i>
7:30AM-8:15AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
	Personal Time	Nutrition Basics	Macro & Micro Nutrients	Super Foods	Changing Habits		
8:15AM-9:00AM		Intervals	Intervals	Core & Cardio	Adventure Hike or walk in Park	Fat Burn Blast	Breakfast
9:00AM-10:00AM		Weight Training	Suspension Training	Weight Training		Capitol Hill Challenge	Saturday Activity Utah Outing
10:00AM-10:20AM		Snack	Snack	Snack	Snack	Snack	Snack
10:20AM-11:45AM		Boot Camp	Introduction to Spin and Core	Water Aerobics	Adventure Hike or walk in Park	Boxing	Saturday Activity Utah Outing
11:45AM-12:00PM							Lunch
12:30PM-1:00PM		Personal Time	Intro to Mindfulness	Intuitive Eating	Tools for Stress Management	Home Exercise Design	Salad Bar
1:00PM-1:15PM	<i>Meet at 1:15pm ready to go</i>		<i>Meet at 1:15pm ready to go</i>	<i>Meet at 1:15pm ready to go</i>	<i>Meet at 1:15pm ready to go</i>	Hidden Calories and Labels	Saturday Activity Utah Outing
1:15PM-3:00PM	Utah Adventure Hike		Utah Adventure Hike	Utah Adventure Hike	Sports or Pool	Grocery Store Tour	
3:00PM-3:20PM	Snack		Snack	Snack	Snack	Snack	Snack
3:20PM-5:00PM	Massages & Life Coaching		Massages & Life Coaching	Massages & Life Coaching	Massages & Life Coaching	Keys to succeed at home <i>*Clients Going Home</i>	Yoga and Meditation
5:00PM-6:00PM	Orientation <i>*New Clients</i>	Yoga Stretch with Meditation	Yoga Stretch with Meditation	Yoga Stretch with Meditation	Stretching and Foam Roller		
6:00PM-6:30PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Dinner	
6:30PM-7:30PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	SMART Goals		Meal Prep and Planning				
7:30PM-9:00PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time

*Core Education in Grey