

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																					
5:30am-5:45am	Sleep in and Relax!	Scheduled Fitness Assessments & Weigh-ins UM	Meet at 5:55 AM Metabolic Reset Shake UM	Meet at 5:55 AM Metabolic Reset Shake UM	Meet at 5:55 AM Metabolic Reset Shake UM	Fitness Assessments & Weigh-ins <i>*Clients Going Home</i>	Sleep in and Relax!																					
5:45AM-6:15AM						Orientation Unite Fundamentals		Rise and Shine Training	Rise and Shine Training	Rise and Shine Training	Rise and Shine Training																	
6:15AM-6:30AM								Breakfast Nutrition Basics	Breakfast	Breakfast	Breakfast	Breakfast																
6:30AM-7:00AM									Macro & Micro Nutrients	Super Foods	Changing Habits																	
7:00AM-7:30AM									Intervals	Weight Training	Cardio (Mount Kilimanjaro)		Friday Finale Workout															
7:30AM-8:15AM	Breakfast	HBR	Breakfast	Macro & Micro Nutrients	Super Foods	Changing Habits	Breakfast																					
8:15AM-9:00AM	Personal Time	Weight Training Intervals Snack Boot Camp	Intervals Introduction to Spin and Core Snack Suspension Training	Weight Training Core & Cardio Snack Water Aerobics	Cardio (Mount Kilimanjaro) Snack Boxing	CCG		CCG	OS																			
9:00AM-9:30AM										Personal Time	Intervals	Introduction to Spin and Core	Core & Cardio	Cardio (Mount Kilimanjaro)	CCG	CCG	OS											
9:30AM-10:00AM							Personal Time											Snack	Snack	Snack	Snack	OS						
10:00AM-10:20AM																							Personal Time	Boot Camp	Suspension Training	Water Aerobics	Boxing	OS
10:20AM-11:45AM																												
11:45AM-12:00PM	Personal Time	Snack	Snack	Snack	Snack	OS																						
12:00PM-12:30 PM							Lunch	HBR	Lunch	Lunch	Lunch	Lunch	Lunch															
12:30PM-1:00PM	Personal Time	Intro to Mindfulness Meet at 1:15pm ready to go Utah Adventure Hike Snack Massages & Life Coaching	Intuitive Eating Meet at 1:15pm ready to go Utah Adventure Hike Snack Massages & Life Coaching	Tools for Stress Management Meet at 1:15pm ready to go Utah Adventure Hike Snack Massages & Life Coaching	Home Exercise Design Meet at 1:15pm ready to go Sports or Pool Snack Massages & Life Coaching	UM	UM	HR																				
1:00PM-1:15PM									Personal Time	Utah Adventure Hike	Utah Adventure Hike	Sports or Pool	Grocery Store Tour	OS														
1:15PM-3:00PM															Personal Time	Snack	Snack	Snack	OS									
3:00PM-3:20PM																				Personal Time	Massages & Life Coaching	Massages & Life Coaching	Massages & Life Coaching	OS				
3:20PM-5:00PM																									Personal Time	Snack	Snack	Snack
5:00PM-6:00PM	Meet & Greet <i>*New Clients</i>	Yoga Stretch with Meditation	Yoga Stretch with Meditation	Yoga Stretch with Meditation	Stretching and Foam Roller	SPA	UM																					
5:30PM-6:00PM	SMART Goals							Personal Time	Personal Time	Personal Time	Personal Time	SPA																
6:00PM-6:30PM	Dinner	Dinner	Meal Prep and Planning	Dinner	Dinner	UM	UM																					
6:30PM-7:30PM								Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	UM															
7:30PM-9:00PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time																					

HBR= Hyatt Dining Room, LBY=Hyatt Lobby, UM=Unite Meeting Room, CDR=Unite Yoga Room
CCG= City Creek Gym, BBG= Basketball Gym, HR= Grocery Store, SPA= Sanctuary Day Spa, OS= Off Site