



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
5:00AM-5:45AM	Sleep in and RELAX!					Fitness Assessments & Weigh-ins <i>*Clients Going Home</i>	Sleep in and RELAX!
5:45AM-6:15AM		<i>Meet at 5:55 AM</i> <i>*Bring Laundry</i>	<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	
7:30AM-8:15AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:15AM-9:00AM	Personal Time	Intervals	Intervals	Core & Cardio	Cardio (Mount Kilimanjaro)	Friday Finale Workout	Breakfast
9:00AM-10:00AM		Weight Training	Suspension Training	Weight Training		Cardio (Mount Kilimanjaro)	Sports
10:00AM-10:20AM		Snack	Snack	Snack	Snack	Snack	Snack
10:20AM-11:45AM		Boot Camp	Introduction to Spin and Core	Water Aerobics	Boxing	Capitol Hill Challenge	Saturday Activity Utah Outing
11:45AM-12:00PM							
12:00PM-12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30PM-1:00PM	Personal Time	Intro to Mindfulness	Intuitive Eating	Tools for Stress Management	Home Exercise Design	Salad Bar	SMART Dining Out
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	Massages & Life Coaching	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	Keys to succeed at home <i>*Clients Going Home</i>	Yoga and Meditation
6:00PM-6:30PM	Dinner	Personal Time	Personal Time	Personal Time	Personal Time	Dinner	Dinner
6:30PM-7:30PM		SMART Goals	Dinner	Meal Prep and Planning	Dinner		Dinner
7:30PM-9:00PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time

RDR= Radisson Dining Room, LB=Radisson Lobby, ASP=Unite Meeting Room, CDR=Unite Yoga Room
CCG= City Creek Gym, BBG= Basketball Gym, Hrm= Grocery Store, SPA= Sanctuary Day Spa, OS= Off Site