

Life Enhancement Program *Sample Schedule*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 am	<p>Please register at the Clubhouse upon your arrival and enjoy lunch in the Clubhouse Dining Room.</p> <p>Check in at the Life Enhancement Center by 4 p.m. for Orientation</p>	<i>Morning Walk</i>	<i>Morning Walk</i>	<i>Morning Walk</i>	<i>Morning Walk</i>		<i>Morning Walk</i>	
7 am						<i>Qi Gong followed by Meditation</i>		
8 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9 am		Personal Planning and Nurse Consults	<i>Meditation</i>	Healthy Weight Overview				Take-Home Planning
10 am			<i>Exercise for Life!</i>	<i>Exercise for Weight Loss</i>	Transformation from Within	Where's the Joy?		
11 am		<i>Stride & Strength</i>	<i>Stride</i>	Your Self Behaving	<i>Cardio Circuit</i>	<i>Stride & Strength</i>	<i>Cardio Circuit</i>	
12 pm		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1 pm								
1:30 pm		The Journey Begins						
2 pm		Integrative Medicine		Practical Portions				
3 pm		Personal Planning & Nurse Consultation	<i>Body Wisdom</i>	<i>Pilates Mat</i>	Early Take-Home	<i>Stretch & Relax</i>	<i>Yoga Stretch</i>	
4 pm		Orientation	Think Before You Eat	Roadmap for Change		Turning Point		
5 pm		Starting Point: The Change Begins					<i>Tai Chi</i>	
6 pm		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

KEY = Core Curriculum Fitness & Wellness Activities