WESTGLOW
RESORT & SPA

Westglow Resort & Spa
Weight Management Program
Day Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15am	Sunrise Cardio	Sunrise Cardio	Sunrise Cardio	Sunrise Cardio	Sunrise Cardio	Sunrise Cardio	Sunrise Cardio
7:30am	Journaling	Journaling	Journaling	Journaling	Journaling	Journaling	Journaling
8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	AM Stretch	AM Stretch	AM Stretch	AM Stretch	AM Stretch	AM Stretch	AM Stretch
9:00am	Hike	Hike	Hike	Hike	Hike	Hike	Hike
	Cycle	Cycle & Sculpt	Pilates Plus	Mat Pilates	Pilates Plus	Mat Pilates	Mat Pilates
	Swim	Swim	Swim	Swim	Swim	Swim	Swim
10:15am	Yoga	Stretch & Tone	Pilates Plus	Mat Pilates	Pilates Plus	Mat Pilates	Mat Pilates
	Journaling	Journaling	Journaling	Journaling	Journaling	Journaling	Journaling
	Spa Service	Spa Service	Spa Service	Spa Service	Spa Service	Spa Service	Spa Service
11:15am	Aquacise	Metabolic Rate & Nutrition Assess.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
	Spa Service		Assignments	Assignments	Assignments	Assignments	Assignments
NOON	Check-Out	Glow Yoga	Lunch	Glow Yoga	Lunch	Glow Yoga	Lunch
1:00pm	Lunch		Journaling		Journaling		Journaling
1:30pm		Lunch	Food for Thought	Lunch	Cooking Class	Lunch	Goal Setting
2:00pm	Check-In	Meditation	Meditation	Meditation	Grocery Tour	Meditation	
2:30pm	Orientation	Fitness Assessment	Stress Management	Personal Trainer		Personal Trainer	
3:30pm	Weigh-In	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack
4:15pm	Assignment	Fitball	Journaling	Stretch & Tone	Journaling	Fitball	Fitball
4:45pm	Spa Service	Spa Service	Yoga	Spa Service	Yoga	Spa Service	Spa Service
5:30pm	Journaling	Journaling	Cycle	Cycle	Cycle	Yoga Stretch	Yogalates
6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner