

DAY	MONDAY			TUESDAY			WEDNESDAY			
7:00	Arrival Screenings (L)			Quick FIT (SR)			Sunrise Yoga (S)			
7:30	BREAKFAST			BREAKFAST			BREAKFAST			
8:30	Connect (S)	Connect (SR)		Connect (S)	Connect (SR)		Connect (S)	Connect (SR)		
9:00	Transition Time			Transition Time			Transition Time			
9:10	Move Well Strength (SR)	Yoga for Strength (S)	LS Cardio (CZ/OF)	EMOM (CZ)	Therapeutic Yoga (S)	LS Strength (SR/OF)	Lean ! (SR)	Flow Yoga (S)	LS Cardio (CZ/OF)	
10:10	Daily Mobility (SR)			Daily Mobility (SR)			Daily Mobility (SR)			
10:20	Snack Time			Snack Time			Snack Time			
10:30	Inspired (CR1) Intentions	Tabata + Core! (SR)	Simple Circuit (CZ)	Nutrition (CR1) Redefined	Elevate ! (CZ)	TRX + Bands (SR)	Fitness (CR1) Redefined	Skyterra Circuit (SR/CZ)	Building (CR2) Boundaries	
11:30	Your Culinary Experience (CR1)		LS Huddle (CR2)	Break Time			Guest Staff Quick FIT (SR+CZ)			
12:00	LUNCH			LUNCH			LUNCH			
1:00	Sugar, Fat, & Alcohol (CR1)	Trail Walk (L)		Simple Strength (SR)	Fish Feed Walk (L)	LS Nutrition Group (CR1) 5 meal Mistakes	Yogalates (S)	Trail Walk (L)	LS Culinary Group (TK)	
1:30		Break Time			Break Time			Break Time		
2:00	Personal Planning Sessions (L) 2 - 230. 230-3pm. 3-330pm. 330-4pm			Stress (CR1) Redefined	Culinary Demo* (TK)	EASY Hike* 2pm - 530pm (L) Triple/High Falls	Mindful Eating Experience (CR1)	Outdoor Fitness (OF)	MEDIUM Hike* 2pm - 530pm (L) Johns Rock	
3:00								Snack Time		
3:30	Walk Run Well Clinic (SR)	Quick FIT (CZ)		KB Krunch ! (SR)	Meditation (S)		Creative Arts Rock Painting (CR1)	Core Blast ! (SR)		
4:00		Transition Time			Transition Time			Transition Time		
4:15		Waterfall Walk (L)	Restorative Yoga (S)	Restorative Yoga (S)				Wall Mobility (SR)		
5:30	DINNER			DINNER			3-COURSE DINNER			
6:30	Soul Collage with Anne* (DR)			Yoga Nidra Meditation with Katie* (S)			Community Campfire with Alan* (L)			

DAY	THURSDAY 4/1			FRIDAY 4/2			SATURDAY 4/3		
7:00	Quick FIT (SR)			Sunrise Yoga (S)			Morning Walk (L)		
7:30	BREAKFAST			BREAKFAST			BREAKFAST		
8:30	Connect (S)	Connect (SR)		Connect (S)		Connect (SR)	Connect (S)		Connect (SR)
9:00	Transition Time			Transition Time			Transition Time		
9:10	Yoga for Strength (S)	Luck of the (CZ) Draw Cardio !	LS Strength (SR)	Primal Strong ! (SR)	Flow Yoga + Stretch (S)	EMOM (CZ)	Elevate ! (CZ)	Therapeutic Yoga (S)	Archery (S)
10:10	Daily Mobility (SR)			Daily Mobility (SR)			Daily Mobility (SR)		
10:20	Snack Time			Snack Time			Snack Time		
10:30	Sound Sleep (CR1)	Lean ! (SR/CZ)		Changing Habits (CR1)	Cardio Crash ! (CZ)	Fitness Challenge ! (SR)	Your Home Plan (CR1)	Yoga for Balance (S)	Outdoor Circuit (SR/OF)
11:30	Break Time		Virtual Fit (SR)	Break Time			Break Time		
12:00	LUNCH			LUNCH - Group Picture			LUNCH		
1:00	Simple Strength (SR/CZ)	Outdoor yoga (S)	ADVANCED Hike* 1 - 5:30pm (L) Stone Mountain	Row strong ! (SR)	Fish Feed Walk (L)	LS Therapeutic Group (CR1)	Cardio Kickbox(SR)	Meditate to Walk (L)	RECREATION E-Biking* 1 - 3pm (L)
1:30				Break Time			Break Time		
2:00	Culinary Demo* (TK)	Hormones & Food (CR1)		Tackling Transitions (CR1)	Bodyweight + Bands (SR)		Tabata +Cardio Intervals (SR/CZ)		
3:00	Snack Time			Snack Time		Snack Time		Tai Chi (S)	
3:30	TRX ! (SR)	Flow + Meditate (S)		Hip Mobility (SR)		Pickleball* 3 - 5pm (L)	Roll + Stretch (S)		
4:00	Transition Time			Transition Time			FREE TIME BLOCK		
4:15	Restorative Yoga (S)		Yin Yoga (S)						
5:30	DINNER			DINNER			DINNER		
6:30	Coming to Your Senses with Dasjah & Bailey* (L)			Game Night with Avery* (CR1)			Reflection Ceremony* (CR1)		

DAY	SUNDAY 4/4		Check In Details	Schedule Key
7:30	Departure Screenings (PT)		Accommodations Guest _____ House _____ Code _____	Location Abbreviations L: Lobby S: Studio (connect, yoga, dance) P: Porch (connect, yoga, dance) SR: Strength Room (strength training) CZ: Cardio Zone (cardio training) OF: Outdoor Fitness DR: Dining Room (meals) PR: Private Room (screenings) CR1: Classroom One (signature talks) CR2: Classroom Two (supplemental talks) TK: Teaching Kitchen (culinary demos) Color Coding Yellow: Signature Track (classes offered every week) Blue: Rotating Offerings (classes change weekly) Purple: Low Mobility Intensity (less difficult classes) Green: Recreation (offsite and includes travel time) Dark Red: Private LoseSmart program offerings Symbols *: Requires signup (deadlines may apply) !: High Intensity class ^: Pictures of video may be taken in this class \$: Additional cost
8:00	BREAKFAST			
9:00	Transition Time			
9:10	Quick FIT (SR/CZ)	Campus Trail Walk 4 Mile Route Self Guided		
9:45	Transition Time			
10:00	Yoga Flow (S)			
11:00	Break Time		Individual Sessions	
12:00	LUNCH		Screening (PR) _____	
	FREE TIME		Plan Session (L) _____	
			Health Coach _____	
3:30	Meet and Greet Mocktails (DR)		Dep Screen (PR) _____	
4:30	New Guest Orientation (DR)			
5:30	DINNER			

Keynote Education Descriptions

Inspired Intentions

Fed up with setting goals that only go well for weeks or months and then end abruptly? Get ready to reignite your motivation and learn about to finally fulfill those intentions that have been rolling around in the back of your head.

Walk Run Well

Are you ready to see your stride in a whole new way? This skill-based class uses video analysis and corrective drills to revolutionize your walking and running. This unique opportunity will help you prevent injuries and maximize the efficiency of your movements.

Nutrition Redefined

This foundational seminar breaks down the confusing messages regarding nutrition, dieting and weight management while addressing topics such as personal energy needs, nutrient density and intuitive eating.

Stress Redefined

Identify practical approaches to stress reduction in your everyday life. In this class participants will begin to understand the body's physiological state and how it's impacted when overexposed to stress as well as how to cope with different stressors.

Fitness Redefined

Traditional programs use exercise as a primary driver for weight loss, unfortunately it's not working. Come learn about how the fitness industry has gone wrong and uncover what you should really be focusing on. Hint: it's not spending more time in the gym.

Sound Sleep

There isn't one facet of your mental, emotional or physical health that's not impacted by your sleep. Join us and learn the six essential sleep strategies.

Changing Habits

We underestimate how much our brains and bodies can do without thinking. Habits are compound interest of self-improvement and critical to sustained change. It is only when looking back 2, 5, or perhaps 10 years later that the value of good habits and the cost of bad habits becomes strikingly apparent.

Your Home Plan

This workshop based class will provide you the opportunity to create a personal plan, review Skyterra At Home resources, and handle any questions hanging around from the week so that you can fulfill all your initial intentions at home.