

Schedule:	Instructor	Details	Topic:
TBA	<i>Exercise specialist</i>	group	Orientation session
Week 1	<i>Exercise specialist</i>	group	Lifestyles Part 1
	<i>Personal Trainer</i>	1-on-1	Fitness Assessment #1
Week 2	<i>Exercise Specialist</i>	group	Lifestyles Part 2
Week 3	<i>Exercise Specialist/Dietician</i>	group	Exercise Part 1 & Meal Plan
	<i>Personal Trainer</i>	1-on-1	Personal Train session #1- Workout Program
Week 4	<i>Exercise Specialist</i>	group	Exercise Part 2
Week 5	<i>Exercise Specialist</i>	group	Exercise Part 3
Week 6	<i>Exercise Specialist</i>	group	Exercise Part 4
	<i>Personal Trainer</i>	1 on 1	Personal Train session #2
Week 7	<i>Exercise Specialist/Dietician</i>	group	Attitudes Part 1 & Meal Plans
Week 8	<i>Exercise Specialist/Licensed Counselor</i>	group	Relationships Part 1
Week 9	<i>Exercise Specialist</i>	group	Nutrition Part 1
	<i>Personal Trainer</i>	1 on 1	Personal train session #3
Week 10	<i>Exercise Specialist</i>	group	Nutrition Part 2
Week 11	<i>Exercise Specialist/Dietician</i>	group	Nutrition Part 3 & Meal Plans
	<i>Personal Trainer</i>	1-on-1	Personal train session #4 (post-program exercise plan)
Week 12	<i>Exercise Specialist/Bariatric Coordinator</i>	group	Nutrition Part 4 & Weight Loss Surgery
	<i>Personal Trainer</i>	1-on-1	Fitness Assessment #2