

Schedule:	Instructor	Details	Topic:
TBA	<i>Exercise specialist</i>	group	Orientation session
Week 1	<i>Exercise specialist & Dietician - Meal Plan</i>	group	Lesson #1, 2, & 3 Coaching
	<i>Personal Trainer</i>	1-on-1	Fitness Assessment #1
Week 2	<i>Dietician - Hunger, Satiety, Metabolism</i>	group	Lesson #3 and Meal plan
Week 3	<i>Personal trainer</i>	1-on-1	Personal Train session #1- Workout Program
Week 4	<i>Exercise Specialist</i>	group	Lesson #4
Week 5	<i>Personal trainer</i>	1-on-1	Personal Train session #2
			Review Workout program
Week 6	<i>Bariatric Center Spokesperson</i>	group	Surgical Weight Loss Information
Week 7	<i>Exercise specialist</i>	group	Lesson #5, 6, & 7
	<i>Licensed Psychotherapist</i>		Licensed Psychotherapist
Week 8	<i>Exercise Specialist</i>	group exercise	Group Exercise Session
Week 9	<i>Dietician - Calorie Density, Planning, Stress Mgmt</i>	group	Lesson #7, 8, 9 & 11
Week 10	<i>Exercise specialist</i>	group	Lesson #8, 9, & 10
Week 11	<i>Exercise specialist & Dietician - Dining out</i>	group	Lesson #11 coaching
	<i>Personal trainer</i>	1-on-1	Personal train session #3 (post-program exercise plan)
Week 12	<i>Exercise specialist</i>	group	Lesson #12 & wrap-up
	<i>Personal Trainer</i>	1-on-1	Fitness Assessment #2