

A Typical Day At VeraVia

This is a sample schedule for a typical day. Our schedule does change daily with different activities and types of classes, and schedules are customized for each guest based on the type of stay and their health goals.

7:30 - 8:50am	Outdoor Fitness Class or Offsite Power Hike
9:00 - 9:50am	Breakfast
10:00 - 10:50am	Wellness Workshop
11:00 - 11:50pm	Group Fitness Class
12:00 - 12:50pm	Restorative Yoga
1:00 - 1:50pm	Lunch
2:00 - 2:50pm	Wellness Workshop / Individual Session / Personal Spa Time (*Varies per day)
3:00 - 3:50pm	Group Fitness Class / Individual Session / Personal Spa Time (*Varies per day)
4:00 - 4:50pm	Individual Session / Personal Spa Time (*Varies per day)
5:00 - 5:50pm	Guided Meditation / Personal Spa Time (*Varies per day)
6:00 - 7:00pm	Dinner

The following lists locations and types of classes:

❖ Examples of Group Fitness:

We offer a large variety of fun fitness classes. All classes are customized to each person's individual fitness levels:

- Metabolic Circuit Training
- Beach Bootcamp
- TRX
- Dumbbell Workout
- Medicine Ball
- Aqua Fitness
- Tabata
- Core Conditioning
- Functional Training
- Boxing
- Pilates / Yoga

❖ Wellness Workshops:

We offer a large variety of fun, interactive and educational workshops from the following team members:

- Behavioral Health
- Nutritional
- Naturopathic Medical
- Functional Medical
- Mindfulness
- Fitness
- Grocery Store Trip
- Food Demo

❖ Examples of Individual Sessions:

- Nutrition
- Behavioral Therapist
- Training for Life (at home exercise plan)
- Fitness / Personal Training
- Naturopathic or Functional Medical Doctor Consultation
- Integrated Behavioral Health: Stress Management, Goal Planning, etc.
- Biofeedback
- Neurofeedback
- Pain Consultation / Treatment
- Holistic Health Session
- And many more!

❖ Specialty & Personalization Features:

- Weekly 50 minute massage at the Aviara Spa. (Can opt to add additional spa sessions at extra cost).
- Assessments and reassessments weekly: InBody 570 Assessment, aerobic test, strength, and body composition.
- Blood Work/Labs: For those clients on comprehensive program, this will take place on the first Monday.

*VeraVia is a structured no options program. With this being said, we can modify each class within the schedule. (i.e We can accommodate all fitness levels from beginner to advance.).