

SSC WHOLE BODY RESET PROGRAM SCHEDULE

CLASS #	DATE	CLASS TOPIC	MOVEMENT
Week 1	10/17	Program overview/ prep for 'cleanse'	Cardio
Week 2	10/24	Low Glycemic Eating/ Eating for Satiety	TRX
Week 3	*11/1	Macro/ Micro Nutrients	Strength Training Part 1
Week 4	11/7	Personal Goals	Strength Training Part 2
Week 5	11/14	Behavior modification/ Reworking the brain	Strength Training Part 3
Week 6	11/21	Reading labels/ Sugar/ Dining Out	HIIT/ HEAT
Week 7	11/28	Effects of Stress	Yoga/ Meditation
Week 8	12/5	Stress Management	Kickboxing/ Boxing
Week 9	12/12	Self Image	No Workout, Speakers
Week 10	12/19	Review of Lifestyle/ What Now?	Whole Group Challenge

