

# Overview

Our goal during the WW Summit at Sea is to offer corporate wellness executives the opportunity for an immersive WW experience interspersed with industry conference content and networking opportunities. We'll encourage attendees and speakers to join our hundreds of WW members in various WW activities during the day and night, and throughout the first few days on board we will host dynamic conference sessions specifically for WWHS guests.

The official WW Cruise agenda will be finalized later this summer with the cruise ship company, MSC. In the meantime, this is a sample daily agenda (based on the May 2018 WW Cruise). The ports are the actual ports for the November cruise:

**Saturday, Nov. 10: Fly to Miami, board the ship mid-morning**

- 12:00 – 2:00 Welcome lunch for Summit attendees
- 2:30 – 3:30 WW Cruise Kick-Off with all WW members and WW Staff
- 3:30 – 4:00 Special WW Summit at Sea Orientation
- 4:00 – 4:30 Ship-mandated fire drill
- 5:30 – 6:30 Welcome Dinner
- 8:30 – 10:00 WW Welcome Party

**Sunday, Nov. 11 & Monday, Nov. 12:**

Our Summit sessions will be interspersed throughout our two days at sea. We encourage you to take advantage of the regular WW Cruise program, which includes fun fitness sessions, creative cooking demos, mindfulness sessions, and much more. Our conference agenda will feature industry leaders covering a variety of relevant topics, including:

- **Gary Bradt:** Business motivational speaker, personal development coach and writer, and clinical psychologist who helps leaders turn change into opportunity. He helps people manage their own perspectives about change, so they can effectively lead others.
- **Julian Lute:** Organizational Culture Consultant at Great Place to Work. Julian focuses on research and analysis of organizations, uncovering important data that executives can leverage to achieve company culture objectives.
- **Robin Bouvier,** Vice President in Aon's Health & Benefits Practice in the Boston area. As a member of Aon's Health Transformation Team, Robin identifies opportunities for organizations to increase the health and wellbeing of their workforces.

**Dr. Gary Foster, Chief Science Officer at WW,** will be sharing unique insights on behavior change, the scientific foundation of WW and what he considers keys to a successful corporate wellness program. And he'll give you a special sneak peek into some of the exciting new things that are happening at WW!

**Here is what a day at sea looked like for our WW members in May:**

- 7:00 – 10:00 am WW Buffet in Market Place Buffet at back of ship *MP – Deck 8 (or check out WW Buffet)*
- 7:30 – 9:00 am Seated breakfast featuring daily WW specials *SR – Deck 5*
- 7:15 – 8:00 am Yoga Morning Flow with Cody Reece *SP – Deck 7*
- 7:15 – 8:00 am Zumba Fitness with Jamie Bell *P – Deck 16*
- 8:15 – 9:00 am Walk 15 with Sue Bergman *P – Deck 16*
- 8:15 – 9:00 am WW Meeting: Cruise Smart with Angelica McQuade *H – Deck 7*
- 9:15 – 10:00 am Navigating Sea of Wellness: with Industry Guest Speaker
- 9:15 – 10:00 am Shift Your Mindset: Think Feel Do with Karen Astromsky and Hayley Gonzalez *SL – Deck 8*
- 9:15 – 10:00 am WW Meetup: 50+ Pounds to Lose with John Gillen *SB – Deck 8*
- 9:15 – 10:00 am Yoga 101: Foundations with Cody Reece *H – Deck 7*
- 10:45 – 11:30 am Ask the Chef with Kim Nalitz *IP – Deck 6*
- 10:45 – 11:30 am Body Confidence: Reflection Affection with Jennifer Rodeheaver *T – Deck 7*
- 10:45 – 11:30 am Magical Mindful Drawing with Ellyn Wenk *SL – Deck 8*
- 10:45 – 11:30 am Mat Core Conditioning with Angelica McQuade *H – Deck 7*
- 12:00 – 1:30 pm Seated lunch featuring daily WW specials *SR – Deck 5 Group seating*
- 12:00 – 2:30 pm WW Buffet in Market Place (buffet at back of ship) *MP – Deck 8*
- 2:00 – 2:45 pm Back to the Basics: Fit 101 with Angelica McQuade *H – Deck 7*
- 2:00 – 2:45 pm Cooking Hacks: Mexican Happy Hour with Julie Hartigan *IP – Deck 6*
- 2:00 – 2:45 pm Living and Losing with John Gillen *T – Deck 7*
- 2:00 – 2:45 pm Look Good, Feel Good! with Joan Brooks *SL – Deck 8*
- 3:00 – 3:45 pm Chair Yoga with Karen Astromsky *H – Deck 7*
- 3:15 – 4:00 pm Member Spotlight: Coach Potato to Fit with Alexis Eggleton *SL – Deck 8*
- 3:15 – 4:00 pm WW Meetup: Getting Back to Goal with Jennifer Rodeheaver *G – Deck 7*
- 4:00 – 4:45 pm STRONG by Zumba with Gigi Roney *SA*
- 4:30 – 5:15 pm Do It Yourself Updos with Joan Brooks *T – Deck 7*
- 4:30 – 5:15 pm Visualize Your Life! with Sue Bergman *SL – Deck 8*
- 4:30 – 5:15 pm WW Meeting with Ellyn Wenk *G – Deck 7*
- 5:30 – 6:00 pm Seated dinner featuring daily WW specials Gala Night. Attendees sit w members. *SR – Deck 5.*
- 8:00 – 8:45 pm Guided Visualization with Karen Astromsky *SL – Deck 8*
- 8:00 – 8:45 pm WW Meetup: Mothers and Daughters with Gigi Roney *H – Deck 7*

**Monday, Nov 12:** All-day programming; similar mix to Sunday, member & Summit-specific programming.

**5:00 pm – 1:00 am**  
**Dock in San Juan, Puerto Rico.**  
**Group dinner in Old San Juan.**

**Tuesday, Nov. 13:** **7:00am – 7:00pm**  
**Dock in St. Thomas. Summit group excursion.**

**Wed, Nov. 14:** **7:00am – 2:00pm**  
**Dock in St. Martin. Summit ends. Attendees have the option to fly home or stay on board and continue to take advantage of WW Cruise programming/events.**

**Thurs, Nov. 15:** **All Day**  
**At Sea**

**Friday, Nov. 16:** **Noon – 7:00pm**  
**Dock in Nassau, Bahamas.**

**Saturday, Nov. 17:** **Cruise ends in Miami early morning.**