

**Green Mountain at Fox Run
Fitness Adventure Program
SAMPLE Schedule**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 am		Wellness & Fitness Assessment	Morning Movement	Energy Flow	Morning Movement	Self-Guided Movement	
8 am	Breakfast & Mindful Walk						
9 am		Green Mountain Welcome	Redefining Healthy Eating	Understanding and Practicing Mindfulness	Understanding and Practicing Self-Compassion	Sustain the Change: Bringing GM Home	GM Express
		Celebrating Successes and Setting Intents	Overcoming Fitness Obstacles Nutrition Myths & Controversies Q & A	Building Skillful Eating Behaviors Circle of Influence	Eating Behavior: Motivation & Change (WK 2) Okemo Meal Planning		Changes Book Store OPEN
10:15	Energy Circuit	Movement for Every-BODY	Lower Body Conditioning	Upper Body Strength	Core Strength	Barre Above	Cardio on the Fit Ball
		Fitness Workshop					
11:30 am	Changes Book Store OPEN	Mindfulness Series	Dance Fusion	Laughing Yoga / Stretch	Energy Flow	Meditation Series: Loving Kindness	
12:15 pm	Lunch <i>Optional silent meal Tuesdays & Thursdays</i>						
1:15 pm	Changes Book Store OPEN	The Hungers that Influence Eating Behavior	Movement for The Soul	Principles of Mindful Eating	Why We Eat: The Brain & Food	Adventure Outing 1:00pm-3:30pm	
		Stress and the Body	Identifying Your Eating Style	Body Image Series: Body Neutrality	Measuring Success Beyond the Scale		
		Fitness Facts & Fallacies	Food Addiction: True or False	Beyond the GM Bubble	Muscle Magic		
2:30 pm		Adventure Outing	Adventure Outing	GM Aquatics	Adventure Outing	Nourishment Break - Changes Store Open	Changes Book Store OPEN
	Functional Fitness						
3:30	Changes Book Store Open						
4:15 pm							
5:15 pm		Shuttle to Rite Aid	Meditation	Meditation	Stretch	Reflection, Journaling, Meditation	
6 pm	Dinner <i>(Guided Mindful Eating Exercise Wednesday)</i>						
7 pm	GMFR Orientation	Guided Artistic Expression: Journal Creating OR Vision Boards	Game Night	Movie Night: The Connection: Mind Your Body	Evening Nature Walk	Friday Night Outing & Spa Amenities	
8:30 pm	Silent Evening Nourishment						

(Week 1) = Foundation & Discovery (Week 2) = Focus and Going Deeper (Weeks 3 & 4) = Practice and Reflection