

Green Mountain at Fox Run Sample Fall Foliage Week Schedule*

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|----------|---|---|---|--|---|---|-----------------------------------|--|
| 7:15 am | | 7:00 Wellness & Functional Fitness Assessment | Tai Chi | Morning Movement Mix | Sunrise Stretch | Morning Meditation | | |
| 8 am | Breakfast & Morning Walk | | | | | | | |
| 9 am | | Green Mountain Welcome | Redefining Healthy Eating | Understanding and Practicing Mindfulness | Understanding & Practicing Self-Compassion | Sustain the Change: Bringing GM Home | GM Fitness Express | |
| | | Goals & Priorities: Setting Yourself Up for Success | Overcoming Fitness Obstacles | Building Skillful Eating Behaviors | Eating Behavior: Motivational & Change | | Walking the Hill | |
| 10:15 | | Movement for Every-BODY | Upper Body Strength | Core Strength | Lower Body Strength | Barre | Cardio on the Fit Ball | |
| | | Cardio Circuit | | | | | | Pathway* * Binge & Emotional Eating Group |
| 11:30 am | 11am-12:15pm <i>Changes Book Store OPEN</i> | Mindfulness Meditation Practice | Serenity Stretch | Foliage Forest Bath Meditation | Yolates | Foliage Walk of Mindfulness | | |
| 12:15 pm | Lunch (Optional Silent Meal Tuesday & Thursday) | | | | | | | |
| 1:15 pm | <i>Changes OPEN</i> | Why We Eat: The Brain & Food Addiction | Physiology of Exercise | Principles of Mindful Eating | The Hungers that Influence Eating Behaviors | Cooking Class with the Chef | | |
| | | Overcoming Exercise Plateaus | Identifying Your Eating Style | Measuring Success Beyond the Scale | Moving to Body Acceptance | Group Coaching: Meal Processing | | |
| 2:30 pm | | Vermonting | Total Body Strength | Vermonting | GM Aquatics: H2O Fun | Vermonting | | |
| 3:30 | | Leaf-Peeper Hiking (fitness option also available) | Nourishment Break <i>Changes Book Store open</i> | Foliage Drive (fitness option also available) | Nourishment Break <i>Changes Book Store open</i> | Apple Picking, Mindful Tasting (Cider Making when available) (fitness option also available) | <i>Changes:</i> Book Store | |
| 4:15 pm | | Cardio on the Fitball | Drumming | Pathway Group | Cardio Circuit | Journey Dance | | |
| 5:15 pm | | Shopping Shuttle | Reflection, Journaling, Meditation, | | | | | |
| 6 pm | Dinner (Optional: Guided Mindful Eating Exercise Wednesday) | | | | | | | |
| 7 pm | GMFR Orientation & Bonfire | Leaf Art & Spa Amenities | Foliage Trivia & Spa Amenities | Candlelight Yoga & Spa Amenities | Pumpkin Carving & Spa Amenities | Friday Night Outing & Spa Amenities | Spa Amenities | |

- Notes:
- Times and offerings subject to change based on weather, availability, etc.
 - *Sample Weekly schedule depicts the variety and integration of fitness, movement, nutrition and behavioral workshops provided with the Green Mountain Experience. Each week of the program provide a unique set of workshops, allowing you to progress and go into depth the longer you stay.
 - **Pathway is a special, intensive behavioral add-on for those seeking greater help for binge & emotional eating.
 - Exercise Modification is provided to participants prior to beginning our fitness program.
 - Fitness classes are offered at both intermediate and beginner levels.