

Green Mountain at Fox Run									
GUT HEALTH Sample Weekly 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	Pathway** Binge & Emotional Eating Group	Core Strength	Pathway** Binge & Emotional Eating Group	Lower Body Strength	Barre	Cardio on the Fit Ball
		Cardio Circuit							
11:30 am	11am-12:15pm Changes Book Store OPEN	Mindfulness Meditation Practice	Mountain Meditation	Qi Gong for Digestion	Loving-Kindness	Energy Flow			
12:15 pm	Lunch (Optional Silent Meal Tuesday & Thursday)								
1:15 pm	Changes OPEN	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	Group Coaching: Meal Processing		
		Overcoming Exercise Plateaus	Identifying Your Eating Style	Measuring Success Beyond the Scale	Moving to Body Acceptance				
2:30 pm		Vermonting	Total Body Strength	GM Aquatics: Sculpt and Tone	GM Aquatics: H2O Fun	GUT HEALTH COOKING DEMO Nourishing the Gut, Pt 2	Balance Mandala		
3:30	Nourishment Break								
4:15 pm		Cardio on Fitball	Drumming	Pathway Group	Cardio Circuit	Journey Dance	Changes: Book Store		
		GUT HEALTH LECTURE Introduction to the Gut & Microbiome	GUT HEALTH LECTURE Nourishing the Gut, Pt 1	GUT HEALTH LECTURE A Gut Feeling: Stress and the Gut-Brain Connection					
5:15 pm		Shopping Shuttle	Hoop & Stretch	Mindfulness Series: Loving Kindness	Progressive Relaxation	Laughing Yoga			
6 pm	Dinner (Optional: Guided Mindful Eating Exercise Wednesday)								
7 pm	GMFR Orientation	Game Night & Spa Amenities	Guided Artistic Expression & Spa Amenities	Movie Night & Spa Amenities	Candlelight Yoga & Spa Amenities	Friday Night Outing & Spa Amenities	Spa Amenities		

Notes:
 *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.