

Green Mountain at Fox Run Sample Winter Weekly Schedule with the Fitness Adventure Program*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:15 am		Wellness Check-In	Energy Flow	Sunrise Walk	GM Early Bird	Sunrise Walk	Zumba	
8:00	Breakfast							
9:00-10:00		Green Mountain Welcome	Redefining Healthy Eating	Understanding and Practicing Mindfulness	Understanding & Practicing Self-Compassion	Sustain the Change: Bringing GM Home	Full Body Strength	
		Celebrating Successes and Setting Intents	Overcoming Movement Obstacles	Measuring Success Beyond the Scale	Physiological Effects of Exercise	Group Guided Program Discussion Group	Changes Book Store OPEN 9:30-11	
10:15-11:15		Movement for Every-BODY	Lower Body Conditioning	Upper Body Strength	Barre	Fitness Adventure Program		
		Fitness Workshop						
11:30		Mindfulness Meditation Practice	Hoop & Stretch	Mindfulness Meditation Practice	Energy Flow			
12:00	Lunch (First 15 min silent on Tuesday & Thursday)							
12:45	After-Lunch Walk (Lobby)M-F							
1:15-2:15	Changes Book Store OPEN	The Hungers that Influence Eating Behavior	Movement for The Soul	Principles of Mindful Eating	Body Neutrality			
		Identifying Your Eating Style	Building Skillful Eating Behaviors	Group Coaching Series: Ask Dana	Stress and the Body			
2:30		VERMONTING	GM Aquatics	Fitness Adventure Program	GM Aquatics: Sculpt & Tone			
			Tabata GX		Total Body with Spri Tubes			
3:30	Daily Nourishment Break Changes Book Store Open				Daily Nourishment Break Changes Book Store Open			Changes Book Store OPEN 3:30-4:30pm
4:15	Yoga for Healthy Bones	Drums Alive	Functional Fitness: Back Care					
5:15		Shuttle to Rite Aid	Reflection, Journaling, Meditation (Self-Guided)					
6:00	Dinner (Guided Mindful Eating Exercise Wednesday)							
Changes Book Store open Monday – Friday 7:15-8:15pm								
7:00	GMFR Orientation	Trivia & Spa Amenities	Movie Night: & Spa Amenities		Craft Night & Spa Amenities	Restorative Yoga & Spa Amenities	Friday Night Outing & Spa Amenities	
8:30	Silent Evening Nourishment 8:30-9:00pm							

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.

Exercise Modification is provided to participants prior to beginning our fitness program.

Fitness classes are offered at both intermediate and beginner levels.