Typical Week Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		Health/Fitness Assessments	Morning Momentum	Morning Momentum	Morning Momentum	Fitness Assessments	
7:45 – 8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 – 9:45		GM Philosophy/ Becoming a Skillful Eater	Strength Training Lower Body	Strength Training Upper Body	Overcoming Exercise Obstacles	Advanced Strength Training	Fitness Conditioning
10:00		Strength Training	Yoga	De-Stress Series	Strength Training	The Option Approach	Vermonting Walk
11:15 – 11:45		Intro to Weight Room	Powerball or Fitness Walk	Cardio on the Fitball	Zumba	Tai Chi	Total Body Stretch
12:00 – 1:00	Lunch	Lunch	Mindful Eating Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Check-in	Fitness Soul Search	Redefining Healthy Eating	Designing Your Personal Eating Plan	Measuring Success Beyond the Scale	Sustain the Change Discussion	
2:15 – 3:15		Aquatics or Vermonting Walk	Kickboxing or Vermonting Walk	Aquatics or Cardio Stations	Aquatics or Vermonting Walk	Zumba or Vermonting Walk	
3:15 – 3:45	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:45 – 5:00		Principles of Mindful Eating	Understanding Emotions That Lead You to Eat	Healing With Food	Abs Clinic: Am I Doing This Right?	Yoga	
5:15		Free Time/Shuttle To Village	Free Time Boutique Open	Free Time Boutique Open	Free Time Boutique Open	Free Time Boutique Open	
6:00 – 7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 – 8:00	Orientation	Meet Your Group	Mindful Meditation	Cooking Class	Trip To Summit Soap Works	Movie Night	
8:30 – 9:45	Snack	Snack	Snack	Snack	Snack	Snack	Snack