



Master Schedule

Below is a schedule of all the classes offered at Structure House. See the Class Catalogue for class descriptions. Review the schedule weekly as there may be some minor changes.

Time	Class	Room
Monday		
7:10-8:00am	Group Cycling Level III Class	Gym
8:45-9:00am	New Participant Orientation	S220
9:10-10:00am	Welcome Back Orientation	S220
	STRETCH Level I Class	Gym
10:10-11:00am	Cardio Fusion Level II/III Class	Gym
10:10-11:00am	Self Massage/Information Session	S216
	Relapse & Recovery	S220
11:10-12:00pm	Water Fitness Level II/III Class	Pool
	Lifestyle Change	S220
	Exercise Orientation	L104
1:10-2:00pm	Hot Topics in Health & Exercise	S220
	Nutrition Orientation	S216
2:10-2:55pm	Water Fitness All Levels	Pool
2:10-3:00pm	Weight Loss Goals	S216
3:10-4:00pm	Free Weights Level II Class	Gym
4:10-5:00pm	Fat Controversies: <i>Volumetrics: How to Feel Full on Fewer Calories</i>	S220
6:30-7:15pm	Water Kickboxing All Levels	Pool
Tuesday		
7:10-8:00am	15/15/15 Level III Class	Gym
9:00 -10:00am	Eating Out Smart	S220
9:10-9:45am	Mindful Breakfast: <i>Swipe in by 9:10, Please bring 1 item from Breakfast</i>	MPL
9:10-10:00am	Resistaball <i>Free 4 All</i> Level II Class	Gym
	Water Bootcamp Level III Class	Pool
10:10-10:55am	Water Fitness All Levels	Pool
10:10-11:00am	Getting Structured	S220
	Circuit Strength Level III Class	Gym
11:10-12:00pm	Exercise Recommendations for Weight Loss Lecture	S216
	Relaxation/Creative Visualization	S220
1:10-2:00pm	Say It or Eat It	S220
	Martial Arts Level II Class	Gym
	Mechanics of Posture and Breath (Pilates based) Lecture	L104
2:10-2:55pm	Water Fitness All Levels	Pool
2:10-3:00pm	Chair Karate Level I Class	L104
3:10-4:00pm	Foam Roller Flexibility [Spaces Limited] Level II Class	Gym
4:10-5:00pm	Pilates Mat Level II Class	Gym
5:15pm	Restaurant Outing— <i>for those who signed up</i>	ARC
6:00-6:50pm	TRX (must sign up at front desk) Level III Class	Gym
Wednesday <i>Sign up for Next Week's Grocery Store Outing at the Front Desk</i>		
7:10-8:00am	Group Cycling Level III Class	Gym
8:10-9:00am	Independent Mindful Breakfast: <i>Swipe in by 8:10 am in the dining room; Independent Practice</i>	MPL
9:00 -10:00am	Supermarket Sleuths	S220
9:10-10:00am	Core Conditioning Level II/III Class	Gym
10:10-10:55am	Water Fitness All Levels	Pool
10:10-11:00am	Controlling Your Food Environment	S216
11:10-12:00pm	Nia Level II Class	Gym
	Mindful Living and Eating	S220

KEY: Exercise Nutrition Behavioral/Psychology Medical

1:10-2:00pm	Personalized Nutrition Game Plan		S216
	Introduction to Weight Training	Lecture	WtRm
	Plyometrics	Level III Class	Gym
2:10-2:55pm	Water Fitness	All Levels	Pool
2:10-3:00pm	Diary: The Tool for Success		S220
	Calories and Portions		S216
	Exercise Plans for Home	Lecture	L104
	Flexibility with Props	Level II Class	Gym
3:15-3:45pm	Seated Dynaband Workout	Level I Class	L104
4:10-5:00pm	Guided Walk	Level II Class	Arc
4:10-5:15pm	Stress Management		S220
6:30-7:20pm	Yoga	Level I Class	Gym
Thursday			
7:10-8:00am	Good Morning Stretch	Level I Class	Gym
8:10-9:00am	Independent Mindful Breakfast:Swipe in by 8:10am in the dining room:Independent practice		MPL
9:10-10:00am	Endocrinologist Presents...		S220
	Strength Training with Dynabands & Freeweights	Level II Class	Gym
10:10-10:55am	Cardio Fusion	Level II/III Class	Gym
11:10-12:00pm	Weighty Matters: <i>End of Overeating: Film and Discussion</i>		S220
	Plateaus & Weight Loss		S216
	Water Bootcamp	Level II/III Class	Gym
1:10-2:00pm	Antecedent Awareness Workshop		S220
1:10-2:30pm	Duke Trail Walk	Level III	Arc
2:10-2:55pm	Water Fitness	All Levels	Pool
3:10-4:00pm	METS and CALORIES	Lecture	S216
	Group Cycling	Level II/III Class	Gym
4:10-5:00pm	Gyrokinesis	Level I Class	L104
Friday			
7:10-8:00am	15-15-15	Level III Class	Gym
8:10-9:00am	Independent Mindful Breakfast:Swipe in by 8:10am in the dining room:Independent practice		MPL
9:00-10:00am	Nutrition Made to Order: <i>Supermarket to Supper</i>		S220
9:10-10:00am	Stretch	Level I Class	Gym
10:10-10:55am	Water Fitness	All Levels	Pool
	Understanding Your Lab Report		S216
11:10-12:00pm	Menu Planning for Home		S220
	Cardio Ballroom	Level II Class	Gym
1:10-2:00pm	Read, Relate & Reflect		S220
	Advanced Martial Arts	Level II/III Class	Gym
2:00-3:00pm	Cooking Demo		ARC
2:10-2:55pm	Water Fitness	All Levels	Pool
2:10-3:00pm	TRX (must sign up at front desk)	Level III Class	Gym
3:10-4:00pm	Pilates Mat	Level II Class	Gym
3:15-3:45pm	Seated Dynaband Workout	Level I Class	L104
4:10-5:00pm	Chair Aerobics	Level I Class	L104
6:30-7:20pm	Zumba	All Levels	Gym
Saturday			
9:10-10:00am	Stretch	Level I Class	Gym
10:10-10:55am	Water Fitness	All Levels	Pool
1:30-2:20pm	Belly Dance	All Levels	Gym
3:10-4:00pm	Boxercise	Level II/III Class	Gym
7:30pm	Saturday Night Movie: see information center		ARC
Sunday			
9:30-11:00am	Duke Trail Walk	Level III Class	ARC
10:00-10:30am	Overeaters Anonymous: Newcomers		S220
10:30-11:00am	Overeaters Anonymous: Regular Meeting		S220
11:10-12:00pm	Water Fitness	All Levels	Pool
7:30pm	Sunday Night Movie: see information center		ARC

Please check the white board by the dining room for any updates or changes.