

# STRUCTURE HOUSE

## PROGRAMMING OVERVIEW

### CHOICES IN YOUR RECOVERY

At Structure House, your health is our top priority. Our customized programming helps our guests embrace their strengths, achieve a better relationship with food and their body, and create lasting, positive change.

You will choose the programming that best fits your needs during your time with us. This can include fitness classes, cooking demonstrations, nutrition workshops, and more.

### SAMPLE SCHEDULE

MONDAY	
7:00AM–7:50AM	Guided Walk
8:00AM–9:30AM	Breakfast
9:20AM–10:00AM	Support Group
10:10AM–11:00AM	Nutrition to Go Series or Interval Cardio/Strength
11:10AM–11:55AM	Water Sculpt
11:45AM–1:30PM	Lunch
1:10PM–2:00PM	Metabolism & More Series or Fitness Restructured
2:10PM–3:00PM	Soft Zumba
3:10PM–4:00PM	The Role of the EGO
4:10PM–5:00PM	Water Fitness or Get Fit with Your Chair
5:00PM–6:30PM	Dinner
7:00PM–7:45PM	Sleepytime Stretch

TUESDAY	
8:00AM–9:30AM	Breakfast
9:10AM–10:00AM	Stretch
10:10AM–11:00AM	Shopping Smart Series
11:10AM–11:45AM	Fit for Life or Aquabata
11:45AM–1:30PM	Lunch
1:10PM–2:00PM	You are not lazy, your brain is; understanding how habits are formed & how to change them
2:10PM–3:00PM	Drums Alive
2:10PM–2:40PM	Planning for Progress (Journal Instruction)
3:10PM–4:00PM	Powerful Questioning — Journey to the Authentic Self
4:10PM–5:00PM	Water Fitness or FUNctional Fitness
5:00PM–6:30PM	Dinner
7:00PM–7:45PM	Dance Fitness

**WEDNESDAY**

7:00AM–7:50AM	Guided Walk
8:00AM–9:30AM	Breakfast
9:20AM–10:00AM	Core & Mobility
10:10AM–11:00AM	Nutrition in Action Series or Zumba
11:10AM–11:55AM	Nutrition Essentials or Mindfulness in Exercise Series
11:45AM–1:30PM	Lunch
1:10PM–2:00PM	Learn how to stop negative self-talk & rewire your brain
2:10PM–3:00PM	Strength & Stretch with TheraBands or Personalized Meal Planning
3:10PM–4:00PM	Seven Habits of Highly Successful People
4:10PM–5:00PM	Water Fitness
4:10PM–4:40PM	Meditation
5:00PM–6:30PM	Dinner

**THURSDAY**

8:00AM–9:30AM	Breakfast
9:10AM–10:00AM	Planning Your Fitness Routine or Interpreting Lab Results
10:10AM–11:00AM	Intentional Eating Series or Aquabata
11:10AM–11:45AM	Eating in the Real World Series
11:45AM–1:30PM	Lunch
1:10PM–2:00PM	Positive body image; learn how to accept & appreciate the body you have
2:10PM–3:00PM	Muscle Pump or Support Group for Young People (Under 30)
2:30PM–3:00PM	Pilates: Relieve Pain & Prevent Injury
3:10PM–4:00PM	Relapse Prevention
4:10PM–5:00PM	Water Fitness or Towel, Tone, Core, & More
5:00PM–6:30PM	Dinner
7:00PM–7:45PM	Yoga Stretch

**FRIDAY**

7:00AM–7:50AM	Guided Walk
8:00AM–9:30AM	Breakfast
9:10AM–10:00AM	Circuit
9:20AM–10:00AM	Support Group
10:10AM–11:00AM	Nutrition Bites Series or Chair Cardio & Strength
11:10AM–11:45AM	Water Sculpt
11:45AM–1:30PM	Lunch
1:10PM–2:00PM	Foundations of Fitness or Cooking Demo
2:10PM–3:00PM	Drums Alive or Intro to Weight Machines
3:10PM–4:00PM	You Are Not Your Brain – Cognitive Distortions
4:10PM–5:00PM	Water Fitness
5:00PM–6:30PM	Dinner

**SATURDAY**

8:00AM–9:30AM	Breakfast
9:10AM–10:00AM	Aqua Stretch
10:10AM–11:00AM	Yoga Stretch
11:10AM–12:00PM	Water Circuit
11:45AM–1:30PM	Lunch
3:10PM–4:00PM	Interval Training
5:00PM–6:30PM	Dinner

**SUNDAY**

8:00AM–9:30AM	Breakfast
10:10AM–11:00AM	Towel, Tone, Core, & More
11:10AM–12:00PM	Water Fitness
11:45AM–1:30PM	Lunch
3:10PM–4:00PM	Zumba
4:10PM–5:00PM	Aqua Zumba
5:00PM–6:30PM	Dinner