

Sample Weekly Schedule



Duke Diet & Fitness Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Monday-Friday - Breakfast from 7:30am - 9:00am					Breakfast Available 8:00 – 9:30 am Sat & Sun	Breakfast Available 8:00 – 9:30 am Sat & Sun
8:00	Welcome Orientation	7:30am-8:30am Fasting Labs First Week	7:30am-8:30am Fasting Labs Last Week	Heart Healthy Eating	Campus Walks		
9:00	Body Blast 3-2-1	Cardio Interval & Core	Power Pump	Cardio Move	Cardio Circuit	Instructor's Choice Gym Class	Open Gym & Lap Swim
	Nutrition Menu Planning						
10:00	Fundamentals of Exercise	Aqua Force	Boot Camp TRX	Intermediate Pilates	Open Gym & Lap Swim	Open Gym & Lap Swim	
	10:15 Restaurant Outing Review						
	Aqua Aerobics						
11:00	Controlling Overeating and Binge Eating	A Whole Person Approach	*Awareness Training through Mindfulness	Virtual Grocery Store Tour	Action Planning Workshop for Life Outside the DFC	Water Volleyball	
	Aqua Arthritis	Yoga Water Volleyball	Aqua Arthritis	Water Volleyball	Aqua Arthritis		
11:30	Lunch from 11:30am - 1:30pm						
12:00	Open Gym	12:30-2:00pm Disease Management Diabetes & Its Prevention	12:30-1:00pm Staying in Touch with the DFC	Mindful Mealtime Bring your menu, we'll get lunch together	12:45 – Moving Up Ceremony (Dining Room)	Water Volleyball	Open Gym & Lap Swim
1:00	Yoga and Mind Body		Balancing Your Meals	The Scoop on Pilates	Mindless Eating	Open Gym & Lap Swim	
	Graduate Orientation	Values Based Living					
2:00	Chairobics & Strength	Mat Pilates I	Weight Loss Meds & Surgery	Yoga & Restorative	Open Gym & Lap Swim	Open Gym & Lap Swim	
			Chairobics & Balance				
3:00	ABC's of Stress	Skill power or Willpower	Exercise & Metabolism	Lab Interpretation	Hot Topics in Nutrition	Open Gym	
				Coping With Difficult Emotions			
4:00	Open Gym & Lap Swim	Nutrition Beyond Calories	Healthy Restaurant Dining & Weekend Restaurant Options	Cooking Demonstration	Open Gym & Lap Swim	Test What You Have Learned	
5:00	Dinner Available 5:00pm - 7:00pm						

*All new guests will receive an individual consultation with medical, nutrition, fitness and behavioral. Individual consultations to be scheduled, times vary.

**One complimentary personal training is included and Individual Fitness, Behavioral, Nutritional, and Spa services are also available.