

Need Some Help?

We Encourage You to Ask Any and All of our Staff

Please call 358-1000, or you email your questions and concerns to us directly. **When in doubt, email or copy me, Mary Jane, ZG Operations Director, at mjganey@ZGHealth.com** . I'll make sure you get an answer to your question 😊.

Front Desk Staff, Admin and Membership Questions:

Kevin Harvey, Fitness General Mgr	kharvey@ZGHealth.com
Stephen Davis, Asst. Fitness General Mgr	sdavis@ZGHealth.com
Carey Hinton, Co-Front Desk Mgr./WM Notebooks	chinton@ZGHealth.com
Crystal Smith, Front Desk Admin	csmith@ZGHealth.com
Jared Mauney, Front Desk/Projects	jmauney@ZGHealth.com
Irma Ragland, Front Desk Admin.	iragland@ZGHealth.com
Pat Niemi, Admin/Tours/Food Log Review	pniemi@ZGHealth.com
Nannette Aderholdt, Memberships Director	naderholdt@ZGHealth.com
Walter Jones, Security Dir./Fitness	wjones@ZGHealth.com
Jim Courtney, Pool & Maintenance Manager	jcourtney@ZGHealth.com
Elaine Buckingham Saturday Front Desk/Tours	ebuckingham@ZGHealth.com
Bert Arens, Recipes/Food Log Review	rarens@ZGHealth.com
Lindsey Martin, Admin	lmartin@ZGHealth.com
Lauren Irby, Controller/Compliance Director	lirby@ZGHealth.com
Melissa Jordana, Accounting/Customer Service	mjordana@ZGHealth.com

WM/Continuation/Fitness Questions:

Kevin Harvey, Fitness General Mgr, Trainer	kharvey@ZGHealth.com
Stephen Davis, Asst. Fitness General Mgr/Wkend Mgr	sdavis@ZGHealth.com
Jim Livesay, Fitness Director/Trainer	jlivesay@ZGHealth.com
Nicole Mathis, Fitness Trainer/Coordinator	nmathis@ZGHealth.com
Shep Roeper, Fitness Trainer/Outdoor Activities	sroeper@ZGHealth.com
Walter Jones, Head Security/Fitness Trainer	wjones@ZGHealth.com
Jesse Morgan, Fitness Trainer/Sunday Fitness Dir	jmorgan@ZGHealth.com
Carey Hinton, Fitness Trainer/WM Membership	chinton@ZGHealth.com
Crystal Smith, Fitness Trainer	csmith@ZGHealth.com
Ryan Beck, Fitness Trainer, WM Notebooks	rbeck@ZGHealth.com
Ashley Simpson, Group Exercise Director, Trainer	asimpson@ZGHealth.com
Jon Wolfe, Fitness Trainer	jwolfe@ZGHealth.com
Morgen Hellams, Fitness Trainer	mhellams@ZGHealth.com
Josh Zeigler, Fitness Trainer	jzeigler@ZGHealth.com
Jeanne Coaker, Registered Dietician	jcoaker@ZGHealth.com
Sally Lowell, Fitness Trainer	slowell@ZGHealth.com
Ashley Guerieri, Lab Technician, Fitness	AGuerieri@ZGHealth.com

Sunday 12Wk “On The Road” Team:

Madge Zacharias, MD
Mary Jane Ganey, Communications
Jesse Morgan, Fitness/Wkly Plan
Ryan Beck, Fitness Trainer, Data Admin, 100Keys
Mary Sue Boisseau, Data Admin, 100Keys
Jim Livesay, Fitness Trainer
Jeanne Coaker, Registered Dietician
Shep Roeper, Fitness & Outdoor Activities
Josh Zeigler, Fitness Trainer
Nina Mancini, Data Mgr Asst, 100 Keys

mzacharias@ZGHealth.com
miganey@ZGHealth.com
jmorgan@ZGHealth.com
rbeck@ZGHealth.com
msboisseau@ZGHealth.com
jlivesay@ZGHealth.com
jcoaker@ZGHealth.com
sroeper@ZGHealth.com
jzeigler@ZGHealth.com
nmancini@ZGHealth.com

ZG Support Group 100 Keys:

Madge Zacharias, MD
Stephen Davis, Asst. General Mgr
Ryan Beck, Fitness Trainer, Data Admin, 100Keys
Mary Sue Boisseau, Data Admin, 100Keys
Nina Mancini, Data Mgr Asst, 100Keys.
Sarah Larsen, 100 Keys, Lab Tech, Fitness Instructor

mzacharias@ZGHealth.com
sdavis@ZGHealth.com
rbeck@ZGHealth.com
msboisseau@ZGHealth.com
nmancini@ZGHealth.com
SLarsen@ZGHealth.com

To Make an Appointment with ZG Key Medical call 358-ZKEY (main) or 358-ZDOC (Ryan Beck) or 358-ZACH (Madge Zacharias); To Fax 358-ZFAX

For Questions about Your ZG Key Medical Appt.

804-358-ZKEY

ZG Fitness Fax: 804-358-1600

If ever you don't receive a reply, please email me and let me know. I'll make sure you do! If we don't get back with you right away, it is not intentional and we want you to tell us. **We are here for YOUR success.** miganey@ZGHealth.com

We Love Your Feedback, Comments and Suggestions! We Consider them All. How else can we improve for you without your great comments and advice!

Email suggestions, feedback & concerns to: miganey@ZGHealth.com

Thank You to Our Fantastic Member Community. Your Success Brings Us Success; Your Feedback Helps Us Improve so YOU can be even MORE successful!