

Zacharias Ganey Health Institute Facility Schedule

February 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
6:00 AM		Circuit 60 Jon 6:00	Cycle ME 6:00	WM	Cardio 30 MR Weights 30	Body Sculpt SR 6:00	Circuit 60 JM 6:00	Cycle MP	"Fast Blast" Step 6-6:30 U CH/Nina	Early Bird U 6:30-7:45	WM	Cardio 30 MR Weights 30	Body Sculpt CH/SL 6:00	Circuit 60 MH 6:00	Early Bird U 6:30-7:45	Cycle CH 6:00					
7:00 AM			Early Bird U Burnout JZ 6:30-7:45							Early Bird U 6:30-7:45							Weights 45 Cardio 45 SD	PowerPlay U 7-8 SL/LD			
7:15 AM		Weights 45													Weights 45						
7:30 AM		Cardio 45													Cardio 45						
7:45 AM		7:15-8:45 JM													7:15-8:45 JM						
8:00 AM		Weights 45	Water	Weights 45 U	Deep Water DS	Flow Yoga 7:45-8:45 FF	Weights 45	Water	Gentle Moves 8:15-8:45 SR	H.I. Upper U Body Enduran	Weights 45 U			Weights 45	Deep Water EIP	Power Yoga FF	8:00-11:30	ZUMBA 8-9 SM			
8:15 AM		Cardio 45	Workout DS	Cardio 45 U	8:00-9:30		Cardio 45	Workout DS	Low Impact H2O DS 9:00	Glutes U	Cardio 45			Cardio 45	8:00-9:00	8:00-9:00	High Intensity 8:30 SR				
8:30 AM		8:00-9:30 Shep		8:00-9:30 RB-AS			8:00-9:30 JZ				8:00-9:30 JL			8:00-9:30 Shep							
8:45 AM				8:45-9:30 RB																	
9:00 AM		Weights 60 NM 9:00	Chair Yoga for BB Weight Loss 9:00	Low Impact Water SR	RB	Water Workout 9:10 BB	Weights 60 JL 9:00	Core Integrat SL 9:30	Core & More MH 9:00-9:45		RB		Cycle Rot 9:00-9:45	Adv. Step 9-10 NM		Low Impact Water JW	Kickbox 9-10 NM	Pilates GF 9-10	Step NM 9-10 Cycle Rot 9-10		
10:00 AM		Cardio 60 NM 10:00	Yoga for Weight Loss BB 10:30	Core-Floor U 10:15-11 JL	WM	9:30-10:30 Pilates SG 10:30	Cardio 60 CS 10:00	H2O Stretch&Tone DS	Yoga for Weight Loss BB		WM	Workout 9:30-10:30	Zumba 10:15-11:15 AP Pool	Pilates SL 10:30	Weights 60 Shep 10:00	Aqua TaiChi JF 10-10:45	PiYo SG 10:15	9:30 Water Workout	Power Yoga GF 10-11		
11:00 AM		Weights 60 Jon 11:00				Zumba Pool	Weights 60 Jon 11:00											10:30 Water Workout	H.I.I.T. NM U 10:15-11:15		
12:00 PM	Beg Yoga BB	Weights 45 U Cardio 45	Pilates SG 12:00		Cycle MM 12-12:45	11:45 DSB	Ab Attack U RL 12-12:45		Yoga JB 12:00-1:15									Beg. Yoga 12-1 BB	Beg. Swim JW 11:30		
1:00 PM	Adv. Beg. Yoga GF	12:15-1:45 Cycle 1:00	Weights 60 NM 1:00		WM		Ab Attack U JM 1-1:45											Ab Attack U JM 1-1:45	Circuit 60 NM 1:00	Yin Yoga FF 1:15-2:15	1-2:45 Cont. Circuit 105 OR
2:00 PM	Adv. Beg. Yoga GF	H2O Stretch & Tone DS	Cardio 60 NM 2:00																	Weights 50 / Cardio 50 AS Yoga for Men BB 2:30	
3:00 PM	Pilates Beg. DS																				
4:00 PM		Weights 45																			
4:15 PM		3:45-4:30																			
4:30 PM		Weights OR Cardio 45		H2O Stretch & Tone DS																	
4:45 PM		4:30 - 5:15		4:15-5:15																	
5:00 PM		4:30 - 5:15		4:15-5:15																	
5:15 PM		Weights OR Cardio 45		5:30-6:30																	
5:30 PM		5:15 - 6:00		5:30-6:30																	
5:45 PM		5:15 - 6:00		5:30-6:30																	
6:00 PM		Weights OR Cardio 45		5:30 - 6:15																	
6:15 PM		6:00 - 6:45		5:30 - 6:15																	
6:30 PM		6:00 - 6:45		5:30 - 6:15																	
6:45 PM		Weights OR Cardio 45		6:15-7:00																	
7:00 PM		6:45 - 7:30		6:15-7:00																	
7:30 PM		6:45 - 7:30		6:15-7:00																	
8:00 PM				6:30 - 7:00																	
9:00 PM				6:30 - 7:00																	

Visit ZGHI on the web at www.zghealth.com or call 804-358-1000

Fitness Hours:

Monday-Thursday - 5:30am - 9:00pm
 Friday - 5:30am - 8:00pm
 Saturday - 7:00am - 4:00pm
 Sunday - 12:00pm - 5:00pm

Pool Hours:

Monday-Thursday - 7:15am - 8:15pm
 Friday - 7:15am - 7:15pm
 Saturday - 7:30am - 3:00pm
 Sunday - 12:30pm - 4:00pm

- Aerobics Room (2nd floor)
- ZynerG Exercise Studio (located in Virginia Hall)
- Continuation Classes (type, length of class)
- "U" denotes Cont. class held in Aerobics Room (2nd floor)
- Pool Classes
- Cycling Studio (2nd floor)
- Weight Management Classes
- Weight Mgmt. Lectures are Monday OR Wednesday 10:00-11:30 AM OR 6:00-7:30 PM
- WM Water Workout open to WM and Cont. members

Instructors:

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|---------------------|--------------------|-------------------------|-------------------------|
| AP-Alexandra Pasi | GF-Galina Fedorova | LD-Lisa Dawson | RL-Ryan Lerow |
| AS-Ashley Simpson | JF-Jack Fuller | MP-Marlee Parker | ROT-instructor rotation |
| BB-Barbara Brown | JL-Jim Livesay | ME-Mary Elfner | SR-Sallie Rhett |
| CH-Carey Hinton | JM-Jesse Morgan | MM-Mike Mickle | SL-Sally Lowell |
| CS-Crystal Smith | JR-Jessie Ruemmler | MR-Mike Richardson | Shep-Shep Roeper |
| DSB-Daniela | JB-Jodi Bock | Mon-Monica Holtz | SG-Sherry Granader |
| Storz-Berrocales | Jon-Jon Wolfe | MH-Morgen Hellams | SM-Silvia Mutis |
| DS-Diane Simmons | JW-John Woods | NM-Nicole Mathis | SD-Stephen Davis |
| EP-Ed Parks | JZ-Josh Zeigler | Nina-Nina Mancini | SC - Steve Clarke |
| EIP-Elizabeth Perry | KP-Karen Potts | RMM-Rose Marie Mitchell | WJ-Walter Jones |
| FF-Freere French | KH-Kevin Harvey | RB-Ryan Beck | |