

Zacharias Ganey Health Institute Facility Schedule

May 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	
7:00 AM			Early Bird U Burnout JZ 6:30-7:45			Early Bird U Burnout JZ 6:30-7:45	
7:15 AM		Weights 45					Weights 45 Cardio 45 SD 7-8 SL/LD
7:30 AM		Cardio 45					
7:45 AM		7:15-8:45 JM			Flow Yoga 7:15-8:45 JM		
8:00 AM		Weights 45	Weight45U	Weights 45 U	Water	Cardio 45 U	Weights 45 U
8:15 AM		Cardio 45	Workout	Cardio 45	Cardio 45	8:15-8:45 SR	8-8:45
8:30 AM		8:00-9:30	DS	8:00-9:30	8:00	Low Impact	RL
8:45 AM		Shep	SL-AS	8:45-9:30 AG	JZ	H2O DS 9:00	Glutes U
9:00 AM		Weights 60 NM 9:00	Adv. Yoga 9-10 FF	Low Impact Water SR	RB	Water Workout	Chair Yoga 9-10 BB
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	Cardio 60 CS 10:00
11:00 AM		Weights 60 Jon 11:00		Pilates SG 10:30	Low Impact Arthritis JW	H.I. Burnout U DS 10:30	Weights 60 Jon 11:00
12:00 PM	Beg Yoga BB	Weights 45 U Cardio 45	Pilates SG 12:00	Cycle MM 12-12:45	Tone DS 11:45-12:45	Ab Attack U JM 12-1	Ab Attack U RL 12-12:45
1:00 PM	Beg Lev 2 Yoga GF	12:15-1:45 Cycle 1:00	Weights 60 NM 1:00	WM	Ab Attack U JM 1-1:45	Circuit 60 Shep 1:00	
2:00 PM	Beg Lev 2 Yoga GF	Stretch & Tone DS	Cardio 60 NM 2:00		Low Impact Water AS		
3:00 PM	Pilates Beg. DS		Weights 45			Core-tinuation JL 3:30 - 5:00	
4:00 PM			Line Dance WJ 4:00 - 5:00		Yoga for Men BB 4:30		Weights 45 Cardio 45
4:15 PM		3:45-4:30	Stretch & Tone DS	WM	Beginner Yoga	Weights OR Cardio 45	4:30-8:00
4:30 PM		Weights OR Cardio 45	4:15-5:15	4:30-8:00	Splash & Burn EIP	4:30-5:30	Core-Intro U JL 4:30-5:00
4:45 PM		4:30 - 5:15	Cycle ME	5:30-6:30	H.I.I.T. U Jon 5:30-6:15	5:30-6:00	4:00-5:30 SD/SL
5:00 PM		Weights OR Cardio 45	5-5:45	5:30-6:15	5:15-6:00	Power Yoga GF	
5:15 PM		Weights OR Cardio 45	5:15 - 6:00	5:15-6:15	5:30 - 6:45	5:30 - 6:45	H.I.I.T. U Jon 5:15-6:00
5:30 PM		Weights OR Cardio 45	5:30 - 6:15	5:30-6:15	5:30 - 6:45	5:30 - 6:45	LineDance WJ 5:15-6:15
5:45 PM		Weights OR Cardio 45	5:30 - 6:15	5:15-6:15	5:30 - 6:45	5:30 - 6:45	Core-tinuation JL 5:30-7:30
6:00 PM		Weights OR Cardio 45	6:00 - 6:45	6:00-7:00	6:00-7:00	6:00-7:00	
6:15 PM		Weights OR Cardio 45	6:00 - 6:45	6:00-7:00	6:00-7:00	6:00-7:00	Splash & Burn EIP 6:15-7:15
6:30 PM		Weights OR Cardio 45	6:15-7:15	6:15-7:00	6:15-7:00	6:15-7:00	
6:45 PM		Weights OR Cardio 45	6:45 - 7:30	6:15-7:00	6:15-7:00	6:15-7:00	
7:00 PM		Weights OR Cardio 45	6:45 - 7:30	6:15-7:00	6:15-7:00	6:15-7:00	
7:30 PM		Weights OR Cardio 45	6:45 - 7:30	6:15-7:00	6:15-7:00	6:15-7:00	
8:00 PM		Weights OR Cardio 45	6:45 - 7:30	6:15-7:00	6:15-7:00	6:15-7:00	
9:00 PM		Weights OR Cardio 45	6:45 - 7:30	6:15-7:00	6:15-7:00	6:15-7:00	

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:

AG-Ashley Guerieri	FF-Frere French	LD-Lisa Dawson
AP-Alexandra Pasi	GF-Galina Fedorova	MP-Marlee Parker
AS-Ashley Simpson	JF-Jack Fuller	ME-Mary Elfner
BB-Barbara Brown	JL-Jim Livesay	MM-Mike Mickle
CH-Carey Hinton	JM-Jesse Morgan	MR-Mike Richardson
CS-Crystal Smith	JR-Jessie Ruemmler	MH-Morgen Hellams
DSB-Daniela	JB-Jodi Bock	NM-Nicole Mathis
Storz-Berrocales	Jon-Jon Wolfe	Nina-Nina Mancini
DS-Diane Simmons	JW-John Woods	RMM-Rose Marie Mitchell
EP-Ed Parks	JZ-Josh Zeigler	RB-Ryan Beck
EIP-Elizabeth Perry	KP-Karen Potts	RL-Ryan Lerow

ROT-instructor rotation
 SR-Sallie Rhett
 SL-Sally Lowell
 Shep-Shep Roeper
 SG-Sherry Granader
 SM-Silvia Mutis
 SD-Stephen Davis
 SC - Steve Clarke
 WJ-Walter Jones