

# ZACHARIAS GANEY HEALTH INSTITUTE

## *November 28 ZG KEY Class*

### *November 2011*

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 804 -358-1600 [www.zghealthinstitute.com](http://www.zghealthinstitute.com)

SUN	MON	TUE	WED	THU	FRI	SAT
		1 * Please note that these classes are combined W/M classes	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Lecture 1 10am-11:30 6pm-7:30 ZG Key Intro Glucose and Insulin Balance	29 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	30			

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SUN	MON	TUE	WED	THU	FRI	SAT
				1 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	2  <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	3 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:30am-11:30am</b>
* Please note that these classes are combined WM classes						
4	5 Lecture 2 10am-11:30 6pm-7:30 Glycemic Index	6 Exercise Session <b>Pool Walking</b> *6:00-7:00 am <b>9:30-10:30 am</b> 10:30-11:30 am <b>6:00-7:00 pm</b> *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	7	8 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	9  <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	10 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:30am-11:30am</b>
11	12 Lecture 3 10am-11:30 6pm-7:30 Cardiac/Aerobic Training & VO2	13 Exercise Session <b>Pool Walking</b> *6:00-7:00 am <b>9:30-10:30 am</b> 10:30-11:30 am <b>6:00-7:00 pm</b> *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	14	15 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	16  <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	17 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:30am-11:30am</b>
18	19 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	20 Exercise Session <b>Pool Walking</b> *6:00-7:00 am <b>9:30-10:30 am</b> 10:30-11:30 am <b>6:00-7:00 pm</b> *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	21	22 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	23  <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	24  <b>Christmas Eve</b>
25	26 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	27 Exercise Session <b>Pool Walking</b> *6:00-7:00 am <b>9:30-10:30 am</b> 10:30-11:30 am <b>6:00-7:00 pm</b> *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	28	29 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	30  <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	31 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:30am-11:30am</b>

# ZACHARIAS GANEY HEALTH INSTITUTE

## November 28 ZG KEY Class

### January 2012

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SUN	MON	TUE	WED	THU	FRI	SAT
1 * Please note that these classes are combined WM classes	2 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	3 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:00-7:00 pm</b>	4	5 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:30-7:30 pm</b>	6	7 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking 10:30am-11:30am</b>
8	9 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	10 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:00-7:00 pm</b>	11	12 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:30-7:30 pm</b>	13	14 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking 10:30am-11:30am</b>
15	16 Lecture 8 10am-11:30 6pm-7:30 Metabolism	17 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:00-7:00 pm</b>	18	19 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:30-7:30 pm</b>	20	21 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking 10:30am-11:30am</b>
22	23 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key	24 <b>Final Measurements&amp;VO2s</b> *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:00-7:00 pm</b>	25	26 <b>Final Measurements&amp;VO2s</b> *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:30-7:30 pm</b>	27	28 <b>FINAL MEASUREMENTS &amp; VO2S</b> 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking 10:30am-11:30am</b>
29	30 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	31 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:00-7:00 pm</b>	2/1	2/2 Exercise Session *6:00-7:00 am 10:30-11:30 am *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm <b>Pool Walking 9:30-10:30 am 6:30-7:30 pm</b>	2/3	2/4 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking 10:30am-11:30am</b>