

ZACHARIAS GANEY HEALTH INSTITUTE

February 6 ZG KEY Class

February 2012

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 804 -358-1600 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 Lecture 1 10am-11:30 6pm-7:30 ZG Key Intro Glucose and Insulin Balance	7 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	8	9 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:30-7:30 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	10	11 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
12	13 Lecture 2 10am-11:30 6pm-7:30 Glycemic Index	14 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	15	16 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:30-7:30 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	17	18 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
19	20 Lecture 3 10am-11:30 6pm-7:30 Cardiac/Aerobic Training & VO2	21 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	22	23 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:30-7:30 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	24	25 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
26	27 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	28 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *1:00-2:00 pm 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	29			

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February 6 ZG KEY Class

March 2012

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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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	2	3 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
* Please note that these classes are combined WM classes						
4	5 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	6 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	9	10 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
11	12 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	13 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	16	17 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
18	19 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	20 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	23	24 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
25	26 Lecture 8 10am-11:30 6pm-7:30 Metabolism	27 Exercise Session Pool Walking *6:00-7:00 am 9:30-10:30 am 10:30-11:30 am 6:00-7:00 pm *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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	30	31 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am

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April 2012

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