



Wednesday, March 14th ZG KEY Class Schedule

10 Week Health & Weight Management Program

Hours of Operation: M-Th 5:30am-9pm Fri 5:30am-8pm Sat 7am-4pm Sun 12pm-5pm

March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Lecture 1 10-11:30am 6-7:30pm ZG KEY Introduction to Glucose and Insulin Balance	15 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	16	17 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
18 **MAKE UP Exercise Session 1:15-2:15pm	19	20 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	21 Lecture 2 10-11:30am 6-7:30pm Glycemic Index	22 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	23	24 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
25 **MAKE UP Exercise Session 1:15-2:15pm	26	27 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	28 Lecture 3 10-11:30am 6-7:30pm Cardiac / Aerobic Training & VO2	29 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	30	31 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am

* Please note that these classes are combined WM classes. If new to WM exercise sessions, please notify your instructor upon arrival.

** SUNDAY EXERCISE SESSION: This class is a Weekend Make-up Fitness Session; NOT in ADDITION to Saturday Weight Management Strength & Cardio. It is not effective safe training to do strength & Interval training 2 days in a row. This time slot should be used as a Weekend "make-up" for those who cannot attend The Saturday Weight Management Fitness.



Wednesday, March 14th ZG KEY Class Schedule

10 Week Health & Weight Management Program

Hours of Operation: M-Th 5:30am-9pm Fri 5:30am-8pm Sat 7am-4pm Sun 12pm-5pm

April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **MAKE UP Exercise Session 1:15-2:15pm	2	3 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6-7pm	4 Lecture 4 10-11:30am 6-7:30pm Insulin Resistance	5 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6:30-7:30pm	6	7 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
8 **MAKE UP Exercise Session 1:15-2:15pm	9	10 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6-7pm	11 Lecture 5 10-11:30am 6-7:30pm Fats and Lipids	12 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6:30-7:30pm	13	14 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
15 **MAKE UP Exercise Session 1:15-2:15pm	16	17 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6-7pm	18 Lecture 6 10-11:30am 6-7:30pm Metabolic Syndrome	19 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6:30-7:30pm	20	21 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
22 **MAKE UP Exercise Session 1:15-2:15pm	23	24 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6-7pm	25 Lecture 7 10-11:30am 6-7:30pm Resistance Training	26 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm Water Workout 9:30-10:30am 6:30-7:30pm	27	28 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
29 **MAKE UP Exercise Session 1:15-2:15pm	30					

* Please note that these classes are combined WM classes. If new to WM exercise sessions, please notify your instructor upon arrival.

** SUNDAY EXERCISE SESSION: This class is a Weekend Make-up Fitness Session; NOT in ADDITION to Saturday Weight Management Strength & Cardio. It is not effective safe training to do strength & Interval training 2 days in a row. This time slot should be used as a Weekend "make-up" for those who cannot attend The Saturday Weight Management Fitness.



Wednesday, March 14th ZG KEY Class Schedule

10 Week Health & Weight Management Program

Hours of Operation: M-Th 5:30am-9pm Fri 5:30am-8pm Sat 7am-4pm Sun 12pm-5pm

May 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	2 Lecture 8 10-11:30am 6-7:30pm Metabolism	3 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	4	5 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
6 **MAKE UP Exercise Session 1:15-2:15pm	7	8 VO2's *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	9 Lecture 9 10-11:30am 6-7:30pm Continuation & the ZG KEY * MEASUREMENTS *	10 *Measurements & VO2s *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	11	12 Measur ements & VO2's 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
13 **MAKE UP Exercise Session 1:15-2:15pm	14	15 *Measurements & VO2's *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	16 Lecture 10 10-11:30am 6-7:30pm Personal Goal Setting	17 Exercise Session *6-7am 10-11am *1-2pm 5-6pm 6-7pm 7-8pm	18	19 Exercise Session 8-9am 9-10am 10-11am Water Workout 10:30-11:30am
20	21	22	23	24	25	26
27	28	29	30	31		

* Please note that these classes are combined WM classes. If new to WM exercise sessions, please notify your instructor upon arrival.

** SUNDAY EXERCISE SESSION: This class is a Weekend Make-up Fitness Session; NOT in ADDITION to Saturday Weight Management Strength & Cardio. It is not effective safe training to do strength & Interval training 2 days in a row. This time slot should be used as a Weekend "make-up" for those who cannot attend The Saturday Weight Management Fitness.