

ZACHARIAS GANEY HEALTH INSTITUTE

April 12 ZG KEY Class

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12 Lecture 1 10am-11:30 6pm-7:30 MIP Intro Glucose and Insulin Balance	13 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 5:30-6:30 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 10:00-11:00am
18	19 Lecture 2 10am-11:30 6pm-7:30 Glycemic Index	20 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 5:30-6:30 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 10:00-11:00am
25	26 Lecture 3 10am-11:30 6pm-7:30 Cardiac/Aerobic Training & VO2	27 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 5:30-6:30 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	

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April 12 ZG KEY Class May 2010

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 804 -358-1600 www.zghealthinstitute.com

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							1 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am
2	3 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	4 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 5:30-6:30 pm	5	6 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	7	8 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am	
9	10 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	11 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 5:30-6:30 pm	12	13 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	14	15 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am	
16	17 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	18 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 5:30-6:30 pm	19	20 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	21	22 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am	
23	24 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	25 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 5:30-6:30 pm	26	27 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	28	29 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am	
	30	31 Lecture 8 10am-11:30 6pm-7:30 Metabolism					

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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 5:30-6:30 pm	2	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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	4	5 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am
6	7 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key Final Measurements	8 Final V02's 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 5:30-6:30 pm	9	10 Final V02's 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	11	12 Final Measurements & V02's 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am
13	14 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	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 5:30-6:30 pm	16	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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	18	19 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:00-11:00 am
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27	28	29	30			