

ZACHARIAS GANEY HEALTH INSTITUTE

September 13 ZG KEY Class September 2010

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

2

3

4

* Please note that these classes are combined WM classes

5

6

7

8

9

10

11

12

13
Lecture 1
10am-11:30
6pm-7:30
MIP Intro Glucose and
Insulin Balance

14 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
6:00-7:00 pm**

15

16 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**

17

18
Exercise Session
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am
**Pool Walking
9:30-10:30 am**

19

20
Lecture 2
10am-11:30
6pm-7:30
Glycemic Index

21 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
6:00-7:00 pm**

22

23 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**

24

25
Exercise Session
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am
**Pool Walking
9:30-10:30 am**

26

27
Lecture 3
10am-11:30
6pm-7:30
Cardiac/Aerobic
Training & VO2

28 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
6:00-7:00 pm**

29

30 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**

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SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
* Please note that these classes are combined WM classes						
3	4 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	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 Pool Walking 9:30-10:30 am 6:00-7:00 pm	6	7 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	8	9 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
10	11 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	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 Pool Walking 9:30-10:30 am 6:00-7:00 pm	13	14 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	15	16 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
17	18 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	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 Pool Walking 9:30-10:30 am 6:00-7:00 pm	20	21 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	22	23 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
24	25 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	26 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 6:00-7:00 pm	27	28 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	29	30 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am

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SUN	MON	TUE	WED	THU	FRI	SAT
	1 Lecture 8 10am-11:30 6pm-7:30 Metabolism	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 Pool Walking 9:30-10:30 am 6:00-7:00 pm	3	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 6:30-7:30 pm	5	6 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
7	8 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key	9 MEASUREMENTS & VO2S *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 6:00-7:00 pm	10	11 MEASUREMENTS & VO2S *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	12	13 FINAL MEASUREMENTS & VO2S 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
14	15 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	16 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 6:00-7:00 pm	17	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 6:30-7:30 pm	19	20 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 9:30-10:30 am
21	22	23	24	25	26	27
28	29	30				

* Please note that these classes are combined WM classes