

ZACHARIAS GANEY HEALTH INSTITUTE

September 19 ZG KEY Class

September 2011

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	
		* Please note that these classes are combined W/M classes					
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19 Lecture 1 10am-11:30 6pm-7:30 ZG Key Intro Glucose and Insulin Balance	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 6:00-7:00 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 2 10am-11:30 6pm-7:30 Glycemic Index	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 6:00-7:00 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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October 2011

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SUN	MON	TUE	WED	THU	FRI	SAT
		* Please note that these classes are combined WM classes				1 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
2	3 Lecture 3 10am-11:30 6pm-7:30 Cardiac/Aerobic Training & VO2	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 6:00-7:00 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 10:30am-11:30am
9	10 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	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 6:00-7:00 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 10:30am-11:30am
16	17 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	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 6:00-7:00 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 10:30am-11:30am
23	24 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	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 6:00-7:00 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 10:30am-11:30am

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November 2011

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SUN	MON	TUE	WED	THU	FRI	SAT
30 (Oct)	31 (Oct) Lecture 7 10am-11:30 6pm-7:30 Resistance Training	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 6:00-7:00 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 10:30am-11:30am
6	7 Lecture 8 10am-11:30 6pm-7:30 Metabolism	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 6:00-7:00 pm	9	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 Pool Walking 9:30-10:30 am 6:30-7:30 pm	11	12 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
13	14 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key	15 Final 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	16	17 Final 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	18	19 FINAL MEASUREMENTS & VO2S 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
20	21 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	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 6:00-7:00 pm	23	24 Happy Thanksgiving!! 	25	26 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am Pool Walking 10:30am-11:30am
27	28	29 * Please note that these classes are combined WM classes	30			