



ZGHI Continuation Weight Machine Circuit Class Schedule

Monday:	Time	Trainer	Class Name
	4:45 – 5:30 pm	Billy	Advanced
	5:30 – 6:15 pm	Billy	Intermediate
Tuesday:			
	6:00-6:45 am	Morgen	Intermediate
	8:00-8:45 am	Morgen	Intermediate
	10:00 – 10:45 am	Morgen	Intermediate
	5:00 – 5:45 pm	Diane	Intermediate
	6:15 – 7:00 pm	Diane	Advanced
Wednesday:			
	10:00 – 10:45 am	Morgen	Intermediate
	5:15 – 6:00 pm	Lisa	Intermediate
Thursday:			
	6:00 – 6:45 am	Morgen	Intermediate
	8:00 – 8:45 am	Morgen	Intermediate
	5:00 – 5:45 pm	Billy	Intermediate
	6:15 – 7:00 pm	Billy	Advanced
Friday:			
	10:00 – 10:45 am	Morgen	Intermediate
Saturday:			
	8:00 – 8:45 am	Morgen	Intermediate
	10:00 – 10:45 am	Morgen	Advanced
	11:00 – 11:45 am	Lisa	Intermediate

Please contact ZG (804) 358-1000 or see the front desk to register for ALL CLASSES.
Registration opens 24 hours before class start time. Class size limited to 14 persons. All
classes held in the Weight Machine Circuit Room, located on the 2nd floor.

***Participants MUST take Intro/Instructional Session, by appointment, before participating
in Intermediate or Advanced classes. To schedule appointments, please contact Ashley at
asimpson@zghealth.com or (804)358-1000. ***

Effective Date 3/29/12