

# ZG WEEKLY FITNESS SCHEDULE | March 2019






TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TIME
6:00 AM		Cont. TT 5:30-6 DV		Cardio 30 Weights 30 6-7 DV				6:00 AM
6:30 AM		Circuit 60 6-7 DV	WM 6-7 DV	Cardio 30 Weights 30 6-7 SC				6:30 AM
7:00 AM								7:00 AM
7:15 AM								7:15 AM
7:30 AM		Weights 45 7:15-8 DV	Circuit 60 7-8 DV	Weights 45 7:15-8 DV	Warrior Women 7-8 RJ			7:30 AM
7:45 AM								7:45 AM
8:00 AM		Cardio 30 8-8:30 NB		Yoga & Balance 7:30-8:30 KW				8:00 AM
8:15 AM			Cont. TT 8-8:30 DV	Cardio 30 8-8:30 RJ	KEYS 8-8:30 DV			8:15 AM
8:30 AM		Cont. TT 8:15-8:45 DV		Weight Machine 8:15-9 NB				8:30 AM
8:45 AM				Cycling 8:30-9:15 RJ	Yoga & Balance 8:30-9:30 KW			8:45 AM
9:00 AM		Weights 45 8:45-9:30 DV	Weights 45 8:30-9:15 AC	Weights 45 8:45-9:30 DV				9:00 AM
9:15 AM		H.I.I.T. 9-9:45 NB	KEYS 9-10 DV	Cont. TT 9-9:45 NB				9:15 AM
9:30 AM		Cardio 45 9:30-10:15 SC	TaiChiYo 9:30-10:15 NO	Core & Stretch 9:30-10:30 KW	Intro to Pilates 9:30-10:30 KW			9:30 AM
9:45 AM			Weights 30 10-10:30 NB	Cardio 45 9:30-10:15 RJ	CoreStretch 9:30-10:30 KW			9:45 AM
10:00 AM			Dynamic Stretch & Balance 10:15-11 NO	Weights 30 10-10:30 SC	WM 10-11 AC/DV			10:00 AM
10:15 AM			Cardio 30 10:30-11 DV	Weight Machine 10:30-11 DV	Weights 30 10-10:30 SC			10:15 AM
10:30 AM		Weights 30 10:30-11 NB	Cardio 30 10:30-11 DV	Nutrition Workshop 10:30-11:30 Doug	Weights 30 10:30-11 DV			10:30 AM
10:45 AM			H.I.I.T. 11-11:45 NB	Zumba 11:15-12 AC	Gentle Mixed Yoga 10:30-11:30 KW			10:45 AM
11:00 AM		Cardio 30 11-11:30 DV		Intro Pilates 11:30-12:15 NO	Weights 30 10:30-11:30 RJ			11:00 AM
11:15 AM				TaekwonYo 11:30-12:15 NO	Restorative Yoga 10:30-11:30 KW			11:15 AM
11:30 AM				Chair Yoga 11:30-12:30 BB	Zumba 11:15-12 AC			11:30 AM
11:45 AM				TaekwonYo 11:30-12:15 NO	Chair Yoga 11:30-12:30 BB			11:45 AM
12:00 PM	Cont. TT 12-12:15 AC/DB	Yoga (all levels) 12-1 BB	TaekwonYo 11:45-12:30 NO					12:00 PM
12:15 PM								12:15 PM
12:30 PM	Circuit 75 12:15-1:30 AC/DB	Yoga (all levels) 12-1 BB						12:30 PM
12:45 PM			Vinyasa Yoga 12:30-1:15 NO	** Dynamic Stretch & Foam Roll 12:15-1 NO				12:45 PM
1:00 PM								1:00 PM
1:30 PM	WM Makeup 1:30-2:30 AC/DB		Kickboxing 1-1:45 DV	Yin Flow Yoga 1-1:45 NO				1:30 PM
2:00 PM				Yin Flow Meditation 1:45-2:30 NO				2:00 PM
2:30 PM								2:30 PM
3:00 PM								3:00 PM
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7:30 PM								7:30 PM
8:00 PM								8:00 PM






New Weight Management members should not take yellow (Continuation) or brown (HIIT) classes





INSTRUCTORS:

updated 2/28/2019

**MAIN FACILITY HOURS:**  
 MON-FRI: 5:30am - 8pm  
 SAT: 7am - 4pm  
 SUN: 12pm - 4pm

	<b>Weight Management</b>
	Continuation Level 1
	Continuation Level 2
	'A' Continuation held in Aerobics Studio
	'W' Continuation held in Weight Machine room

	<b>Aerobics Studio</b>
	Cardio Cinema Room
	ZynerG Studio
	ZynerG class held in Main Weights Room
	Class held in Weight Machine Room

	<b>Cont. TT</b>	Continuation Trainer Team
	<b>WM TT</b>	Weight Management Trainer Team
	<b>Nutrition WS</b>	Nutrition Workshop
	<b>100KEYS</b>	100KEYS Support Group

AC- ALEX COLEMAN  
 BB- BARBARA BROWN  
 DB- DOUG BUCHANAN  
 DV- DAN VALENZA  
 EB- ELKE BROWN

KW- KIMI WRIGHT  
 ME- MARY ELFNER  
 NB- NICK BEAUDET  
 NO- NANI OM  
 RJ- ROSE JORDAN

RJS- RHONDA JACKSON-SMITH  
 SC- SHAUN CHAPMAN  
 SL- SALLY LOWELL  
 TB- TROY BERRY