

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

AUGUST 2019

M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	Lecture 1 24 9:30-11am <i>Getting Started on the Road to Success</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
25 Makeup Exercise 1:30-2:30pm	26	Exercise 27 6-7am 10-11am 5:30-6:30pm	28	Exercise 29 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	30	Lecture 2 31 9:30-11am <i>Understanding Carbohydrates</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am

SATURDAY, AUG 24th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

SEPTEMBER 2019

M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Makeup Exercise 1:30-2:30pm	2	3 Exercise 6-7am 10-11am 5:30-6:30pm	4	5 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	6	7 Lecture 3 9:30-11am <i>Know Your Fats</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
8 Makeup Exercise 1:30-2:30pm	9	10 Exercise 6-7am 10-11am 5:30-6:30pm	11	12 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	13	14 Lecture 4 9:30-11am <i>Insulin Resistance</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
15 Makeup Exercise 1:30-2:30pm	16	17 Exercise 6-7am 10-11am 5:30-6:30pm	18	19 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	20	21 Lecture 5 9:30-11am <i>Strength Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
22 Makeup Exercise 1:30-2:30pm	23	24 Exercise 6-7am 10-11am 5:30-6:30pm	25	26 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	27	28 Lecture 6 9:30-11am <i>VO2 and Aerobic Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
29 Makeup Exercise 1:30-2:30pm	30					

SATURDAY, AUG 24th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							OCTOBER 2019		M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		Exercise 1 6-7am 10-11am 5:30-6:30pm	2	Exercise 3 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	4	Lecture 7 5 9:30-11am <i>The Mind Body Connection</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
Makeup Exercise 6 1:30-2:30pm	7	Exercise 8 6-7am 10-11am 5:30-6:30pm	9	Exercise 10 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	11	Lecture 8 12 9:30-11am <i>Metabolic Syndrome</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
Makeup Exercise 13 1:30-2:30pm	14	Exercise 15 6-7am 10-11am 5:30-6:30pm	16	Exercise 17 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	18	Lecture 9 19 9:30-11am <i>Sleep and Metabolism</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
Makeup Exercise 20 1:30-2:30pm	21	Exercise 22 6-7am 10-11am 5:30-6:30pm	23	Exercise 24 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	25	Lecture 10 26 9:30-11am <i>Continuing the Journey</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
Makeup Exercise 27 1:30-2:30pm	28	29	30	31						

SATURDAY, AUG 24th 2019 WEIGHT MANAGEMENT CLASS