

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							JUNE 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		Lecture 1 15 9:30-11am <i>Getting Started on the Road to Success</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
16 Makeup Exercise 1:30-2:30pm		17		Exercise 18 6-7am 10-11am 5:30-6:30pm		19		Exercise 20 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		21		Lecture 2 22 9:30-11am <i>Understanding Carbohydrates</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
23 Makeup Exercise 1:30-2:30pm		24		Exercise 25 6-7am 10-11am 5:30-6:30pm		26		Exercise 27 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		28		Lecture 3 29 9:30-11am <i>Know Your Fats</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
Makeup Exercise 30 1:30-2:30pm																				

SATURDAY, JUN 15th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							JULY 2019							M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm						
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday								
		1		Exercise 2 6-7am 10-11am 5:30-6:30pm		3		Exercise 4 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		5		Lecture 4 6 9:30-11am <i>Insulin Resistance</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
7		8		Exercise 9 6-7am 10-11am 5:30-6:30pm		10		Exercise 11 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		12		Lecture 5 13 9:30-11am <i>Strength Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
14		15		Exercise 16 6-7am 10-11am 5:30-6:30pm		17		Exercise 18 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		19		Lecture 6 20 9:30-11am <i>VO2 and Aerobic Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
21		22		Exercise 23 6-7am 10-11am 5:30-6:30pm		24		Exercise 25 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		26		Lecture 7 27 9:30-11am <i>The Mind Body Connection</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am								
28		29		Exercise 30 6-7am 10-11am 5:30-6:30pm		31														

SATURDAY, JUN 15th 2019 WEIGHT MANAGEMENT CLASS

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
				Exercise 1 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	2	Lecture 8 3 9:30-11am <i>Metabolic Syndrome</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
4 Makeup Exercise 1:30-2:30pm	5	Exercise 6 6-7am 10-11am 5:30-6:30pm	7	Exercise 8 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	9	Lecture 9 10 9:30-11am <i>Sleep and Metabolism</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
11 Makeup Exercise 1:30-2:30pm	12	Exercise 13 6-7am 10-11am 5:30-6:30pm	14	Exercise 15 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	16	Lecture 10 17 9:30-11am <i>Continuing the Journey</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SATURDAY, JUN 15th 2019 WEIGHT MANAGEMENT CLASS