

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							<b>JUNE 2019</b>		M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
						<b>Lecture 1</b> 1 9:30-11am <i>Getting Started on the Road to Success</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am				
2 <b>Makeup Exercise</b> 1:30-2:30pm	3	<b>Exercise</b> 4 6-7am 10-11am 5:30-6:30pm	5	<b>Exercise</b> 6 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	7	<b>Lecture 2</b> 8 9:30-11am <i>Understanding Carbohydrates</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am				
9 <b>Makeup Exercise</b> 1:30-2:30pm	10	<b>Exercise</b> 11 6-7am 10-11am 5:30-6:30pm	12	<b>Exercise</b> 13 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	14	<b>Lecture 3</b> 15 9:30-11am <i>Know Your Fats</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am				
16 <b>Makeup Exercise</b> 1:30-2:30pm	17	<b>Exercise</b> 18 6-7am 10-11am 5:30-6:30pm	19	<b>Exercise</b> 20 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	21	<b>Lecture 4</b> 22 9:30-11am <i>Insulin Resistance</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am				
23 <b>Makeup Exercise</b> 1:30-2:30pm	24	<b>Exercise</b> 25 6-7am 10-11am 5:30-6:30pm	26	<b>Exercise</b> 27 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	28	<b>Lecture 5</b> 29 9:30-11am <i>Strength Training</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am				
<b>Makeup Exercise</b> 30 1:30-2:30pm										

# SATURDAY, JUN 1<sup>st</sup> 2019 WEIGHT MANAGEMENT CLASS

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

# SATURDAY, JUN 1<sup>st</sup> 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
				<b>Exercise</b> 1 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	2	<b>Lecture 10</b> 3 9:30-11am <i>Continuing the Journey</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
4 <b>Makeup Exercise</b> 1:30-2:30pm	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SATURDAY, JUN 1<sup>st</sup> 2019 WEIGHT MANAGEMENT CLASS