

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							MARCH 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	Lecture 1 9:30-11am <i>Getting Started on the Road to Success</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am			
17	18	19	20	21	22	23	Lecture 2 9:30-11am <i>Understanding Carbohydrates</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am			
24	25	26	27	28	29	30	Lecture 3 9:30-11am <i>Know Your Fats</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am			
31										

SATURDAY, MAR 16th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							APRIL 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																

SATURDAY, MAR 16th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							MAY 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 6-7pm Trainer Team 5:30am 9:30am 5:30pm	3	Lecture 8 4 9:30-11am <i>Metabolic Syndrome</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
5 Makeup Exercise 1:30-2:30pm	6	Exercise 7 6-7am 10-11am 5:30-6:30pm	8	Exercise 9 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	10	Lecture 9 11 9:30-11am <i>Sleep and Metabolism</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
12 Makeup Exercise 1:30-2:30pm	13	Exercise 14 6-7am 10-11am 5:30-6:30pm	15	Exercise 16 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	17	Lecture 10 18 9:30-11am <i>Continuing the Journey</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
19	20	21	22	23	24	25				
26	27	28	29	30	31					

SATURDAY, MAR 16th 2019 WEIGHT MANAGEMENT CLASS