

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236		<b>MARCH 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	2	
3	4	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 <b>Lecture 1</b> 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	
31 <b>Makeup Exercise</b> 1:30-2:30pm							

# SATURDAY, MAR 30<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							<b>APRIL 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 2</b> 6 9:30-11am <i>Understanding Carbohydrates</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 3</b> 13 9:30-11am <i>Know Your Fats</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 4</b> 20 9:30-11am <i>Insulin Resistance</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 5</b> 27 9:30-11am <i>Strength Training</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																

# SATURDAY, MAR 30<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS

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

# SATURDAY, MAR 30<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS

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 10</b> 1 9:30-11am <i>Continuing the Journey</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am		
2	3	4	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								

**SATURDAY, MAR 30<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS**