

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	
17	18	19	20	21	22	23	
24	25	26	27	28	29	Lecture 1 30 9:30-11am <i>Getting Started on the Road to Success</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am	
31 Makeup Exercise 1:30-2:30pm							

SATURDAY, MAR 30th 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 2 6 9:30-11am <i>Understanding Carbohydrates</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 3 13 9:30-11am <i>Know Your Fats</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 4 20 9:30-11am <i>Insulin Resistance</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 5 27 9:30-11am <i>Strength Training</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 30th 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 6 4 9:30-11am <i>VO2 and Aerobic Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am			
5	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 7 11 9:30-11am <i>The Mind Body Connection</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am			
12	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 8 18 9:30-11am <i>Metabolic Syndrome</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am			
19	20	Exercise 21 6-7am 10-11am 5:30-6:30pm	22	Exercise 23 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		24	Memorial Day 25 Weekend No Lecture			
26	Memorial Day 27 ZG Hours 7am-12pm Open Gym No Classes	Exercise 28 6-7am 10-11am 5:30-6:30pm	29	Exercise 30 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		31				

SATURDAY, MAR 30th 2019 WEIGHT MANAGEMENT CLASS

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			
						Lecture 9 9:30-11am <i>Sleep and Metabolism</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am	1		
2 Makeup Exercise 1:30-2:30pm	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 10 9:30-11am <i>Continuing the Journey</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am	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 30th 2019 WEIGHT MANAGEMENT CLASS