

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							<b>OCTOBER 2018</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		<b>Lecture 1</b> 6 9:30-11am <i>Getting Started</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am								
7 <b>Makeup Exercise</b> 1:30-2:30pm		8		9 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm		10		11 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm		12		<b>Lecture 2</b> 13 9:30-11am <i>Understanding Carbs</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am								
14 <b>Makeup Exercise</b> 1:30-2:30pm		15		16 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm		17		18 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm		19		<b>Lecture 3</b> 20 9:30-11am <i>Know Your Fats</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am								
21 <b>Makeup Exercise</b> 1:30-2:30pm		22		23 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm		24		25 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm		26		<b>Lecture 4</b> 27 9:30-11am <i>Insulin Resistance</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am								
28 <b>Makeup Exercise</b> 1:30-2:30pm		29		30 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm		31														

# SATURDAY, OCT 6<sup>th</sup> 2018 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236		<b>NOVEMBER 2018</b>		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 5</b> 3 9:30-11am <i>Strength Training</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 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	7	8 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	9	10 <b>Lecture 6</b> 9:30-11am <i>VO2 and Aerobics</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
11 <b>Makeup Exercise</b> 1:30-2:30pm	12	13 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	14	15 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	16	17 <b>Lecture 7</b> 9:30-11am <i>Mind Body Connect</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
18 <b>Makeup Exercise</b> 1:30-2:30pm	19	20 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	21	22 <b>Thanksgiving</b>  <b>ZG Closed</b>	23	24 <b>Lecture 8</b> 9:30-11am <i>Metabolic Syndrome</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
25 <b>Makeup Exercise</b> 1:30-2:30pm	26	27 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	28	29 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	30	

# SATURDAY, OCT 6<sup>th</sup> 2018 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

# DECEMBER 2018

M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Lecture 9</b> 1 9:30-11am <i>Sleep &amp; Metabolism</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	4 <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	5	6 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	7	8 <b>Lecture 10</b> 8 9:30-11am <i>Continuing the Journey</i> <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## SATURDAY, OCT 6<sup>th</sup> 2018 WEIGHT MANAGEMENT CLASS