

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		2		3		4		5		6									
7		8		9		10		11		12		13									
14		15		Lecture 1 6:30-8pm <i>Getting Started on the Road to Success</i> Exercise 6-7am 10-11am 5:30-6:30pm		16		17		Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		18		19		Exercise 8:30-9:30am 11-12pm Trainer Team 8am		20			
Makeup Exercise 1:30-2:30pm		21		22		Lecture 2 6:30-8pm <i>Understanding Carbohydrates</i> Exercise 6-7am 10-11am 5:30-6:30pm		23		24		Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm		25		26		Exercise 8:30-9:30am 11-12pm Trainer Team 8am		27	
Makeup Exercise 1:30-2:30pm		28		29		Lecture 3 6:30-8pm <i>Know Your Fats</i> Exercise 6-7am 10-11am 5:30-6:30pm		30													

TUESDAY, APR 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	2	3	Exercise 8:30-9:30am 11-12pm Trainer Team 8am	4			
5 Makeup Exercise 1:30-2:30pm	6	Lecture 4 6:30-8pm <i>Insulin Resistance</i> Exercise 6-7am 10-11am 5:30-6:30pm	7	8	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	9	10	Exercise 8:30-9:30am 11-12pm Trainer Team 8am	11	
12 Makeup Exercise 1:30-2:30pm	13	Lecture 5 6:30-8pm <i>Strength Training</i> Exercise 6-7am 10-11am 5:30-6:30pm	14	15	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	16	17	Exercise 8:30-9:30am 11-12pm Trainer Team 8am	18	
19 Makeup Exercise 1:30-2:30pm	20	Lecture 6 6:30-8pm <i>VO2 and Aerobic Training</i> Exercise 6-7am 10-11am 5:30-6:30pm	21	22	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	23	24	Exercise 8:30-9:30am 11-12pm Trainer Team 8am	25	
26 Makeup Exercise 1:30-2:30pm	27	Lecture 7 6:30-8pm <i>The Mind Body Connection</i> Exercise 6-7am 10-11am 5:30-6:30pm	28	29	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	30	31			

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

TUESDAY, APR 16th 2019 WEIGHT MANAGEMENT CLASS