

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	16	17	18	19	20
21	22	23	24	25	26	27
28	29	Lecture 1 6:30-8pm <i>Getting Started on the Road to Success</i> Exercise 6-7am 10-11am 5:30-6:30pm	30			

TUESDAY, APR 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 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	2		3	Exercise 8:30-9:30am 11-12pm Trainer Team 8am	4	
5		6	Lecture 2 6:30-8pm <i>Understanding Carbohydrates</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		13	Lecture 3 6:30-8pm <i>Know Your Fats</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		20	Lecture 4 6:30-8pm <i>Insulin Resistance</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		27	Lecture 5 6:30-8pm <i>Strength Training</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 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				
							Exercise 8:30-9:30am 11-12pm Trainer Team 8am	1		
2 Makeup Exercise 1:30-2:30pm	3	4 Lecture 6 6:30-8pm <i>VO2 and Aerobic Training</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 7 6:30-8pm <i>The Mind Body Connection</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 8 6:30-8pm <i>Metabolic Syndrome</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 Makeup Exercise 1:30-2:30pm	24	25 Lecture 9 6:30-8pm <i>Sleep and Metabolism</i> Exercise 6-7am 10-11am 5:30-6:30pm	26	27 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	28	29 Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
30 Makeup Exercise 1:30-2:30pm										

TUESDAY, APR 30th 2019 WEIGHT MANAGEMENT CLASS

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

TUESDAY, APR 30th 2019 WEIGHT MANAGEMENT CLASS