

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

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

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

TUESDAY, FEB 5th 2019 WEIGHT MANAGEMENT CLASS