

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							<b>JULY 2019</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		6		
	7		8		9		10		11		12		13	
	14		15	<b>Lecture 1</b> 6:30-8pm <i>Getting Started on the Road to Success</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	16		17	<b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	18		19	<b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am	20	
	21		22	<b>Lecture 2</b> 6:30-8pm <i>Understanding Carbohydrates</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	23		24	<b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	25		26	<b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am	27	
	28		29	<b>Lecture 3</b> 6:30-8pm <i>Know Your Fats</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	30		31							

# TUESDAY, JUL 16<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

# AUGUST 2019

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>Exercise</b> 3 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
4 <b>Makeup Exercise</b> 1:30-2:30pm	5	6 <b>Lecture 4</b> 6:30-8pm <i>Strength Training</i> <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>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>Lecture 5</b> 6:30-8pm <i>Insulin Resistance</i> <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>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>Lecture 6</b> 6:30-8pm <i>VO2 and Aerobic Training</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	21	22 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	23	24 <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>Lecture 7</b> 6:30-8pm <i>The Mind Body Connection</i> <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	31 <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am

## TUESDAY, JUL 16<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

# SEPTEMBER 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Makeup Exercise</b> 1:30-2:30pm	2 <b>Labor Day</b>  <b>Open Gym</b> 7am-12pm  <b>No Classes</b>	3 <b>Lecture 8</b> 6:30-8pm <i>Metabolic Syndrome</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	4	5 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	6	7 <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
8 <b>Makeup Exercise</b> 1:30-2:30pm	9	10 <b>Lecture 9</b> 6:30-8pm <i>Sleep and Metabolism</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	11	12 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	13	14 <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
15 <b>Makeup Exercise</b> 1:30-2:30pm	16	17 <b>Lecture 10</b> 6:30-8pm <i>Continuing the Journey</i> <b>Exercise</b> 6-7am 10-11am 5:30-6:30pm	18	19 <b>Exercise</b> 6-7am 10-11am 6-7pm <b>Trainer Team</b> 5:30am 9:30am 5:30pm	20	21 <b>Exercise</b> 8:30-9:30am 11-12pm <b>Trainer Team</b> 8am
22	23	24	25	26	27	28
29	30					

## TUESDAY, JUL 16<sup>th</sup> 2019 WEIGHT MANAGEMENT CLASS