

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	3	4	5	6				
7	8	9 Lecture 1 6:30-8pm <i>Getting Started on the Road to Success</i> Exercise 6-7am 10-11am 5:30-6:30pm	10	11 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	12	13 Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
14 Makeup Exercise 1:30-2:30pm	15	16 Lecture 2 6:30-8pm <i>Understanding Carbohydrates</i> Exercise 6-7am 10-11am 5:30-6:30pm	17	18 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	19	20 Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
21 Makeup Exercise 1:30-2:30pm	22	23 Lecture 3 6:30-8pm <i>Know Your Fats</i> Exercise 6-7am 10-11am 5:30-6:30pm	24	25 Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	26	27 Exercise 8:30-9:30am 11-12pm Trainer Team 8am				
28 Makeup Exercise 1:30-2:30pm	29	30 Lecture 4 6:30-8pm <i>Insulin Resistance</i> Exercise 6-7am 10-11am 5:30-6:30pm	31							

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

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

TUESDAY, JUL 9th 2019 WEIGHT MANAGEMENT CLASS