

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236 **NOVEMBER 2018** 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	Lecture 1 6:30-8pm <i>Getting Started on the Road to Success</i> Exercise 6-7am 10-11am 5:30-6:30pm	14	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	16	Exercise 8:30-9:30am 11-12pm Trainer Team 8am
18	19	Lecture 2 6:30-8pm <i>Understanding Carbohydrates</i> Exercise 6-7am 10-11am 5:30-6:30pm	21	Thanksgiving Day ZG Closed	23	Exercise 8:30-9:30am 11-12pm Trainer Team 8am
25	26	Lecture 3 6:30-8pm <i>Know Your Fats</i> Exercise 6-7am 10-11am 5:30-6:30pm	28	Exercise 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	30	

TUESDAY, NOV 13th 2018 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

DECEMBER 2018

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 4 6:30-8pm <i>Insulin Resistance</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 5 6:30-8pm <i>Strength Training</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 6 6:30-8pm <i>VO2 and Aerobic Training</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 Christmas Eve ZG Open Gym Hours 8am-12pm	25 Christmas Day ZG Closed No Lecture	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	31 New Year's Eve ZG Open Gym Hours 8am-2pm					

TUESDAY, NOV 13th 2018 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236							JANUARY 2019		M-Th 5:30am-8pm Fri 5:30-8pm Sat 7am-4pm Sun 12pm-4pm	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		New Year's Day 1 No Lecture ZG Open Gym Hours 8am-12pm	2	Exercise 3 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	4	Exercise 5 8:30-9:30am 11-12pm Trainer Team 8am				
6 Makeup Exercise 1:30-2:30pm	7	Lecture 7 8 6:30-8pm <i>The Mind Body Connection</i> Exercise 6-7am 10-11am 5:30-6:30pm	9	Exercise 10 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	11	Exercise 12 8:30-9:30am 11-12pm Trainer Team 8am				
13 Makeup Exercise 1:30-2:30pm	14	Lecture 8 15 6:30-8pm <i>Metabolic Syndrome</i> Exercise 6-7am 10-11am 5:30-6:30pm	16	Exercise 17 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	18	Exercise 19 8:30-9:30am 11-12pm Trainer Team 8am				
20 Makeup Exercise 1:30-2:30pm	21	Lecture 9 22 6:30-8pm <i>Sleep and Metabolism</i> Exercise 6-7am 10-11am 5:30-6:30pm	23	Exercise 24 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	25	Exercise 26 8:30-9:30am 11-12pm Trainer Team 8am				
27 Makeup Exercise 1:30-2:30pm	28	Lecture 10 29 6:30-8pm <i>Continuing the Journey</i> Exercise 6-7am 10-11am 5:30-6:30pm	30	Exercise 31 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm						

TUESDAY, NOV 13th 2018 WEIGHT MANAGEMENT CLASS