

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

SATURDAY, SEPT 14th 2019 WEIGHT MANAGEMENT CLASS

804.358.1000 / 155 Wadsworth Dr, North Chesterfield, VA 23236

OCTOBER 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 5:30-6:30pm	2	Exercise 3 6-7am 10-11am 6-7pm Trainer Team 5:30am 9:30am 5:30pm	4	Lecture 4 5 9:30-11am <i>Insulin Resistance</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
6 Makeup Exercise 1:30-2:30pm	7	Exercise 8 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	Lecture 5 12 9:30-11am <i>Strength Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
13 Makeup Exercise 1:30-2:30pm	14	Exercise 15 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	Lecture 6 19 9:30-11am <i>VO2 and Aerobic Training</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
20 Makeup Exercise 1:30-2:30pm	21	Exercise 22 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	Lecture 7 26 9:30-11am <i>The Mind Body Connection</i> Exercise 8:30-9:30am 11-12pm Trainer Team 8am
27 Makeup Exercise 1:30-2:30pm	28	Exercise 29 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		

SATURDAY, SEPT 14th 2019 WEIGHT MANAGEMENT CLASS

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

SATURDAY, SEPT 14th 2019 WEIGHT MANAGEMENT CLASS