

Zacharias Ganey Health Institute Facility Schedule
October 2009

Time	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Upstairs	
6:00 AM				Cont. Circuit-KH					Body Sculpting-SR	Cont. Circuit-CH				Body Sculpting-SR	Cont. Circuit-SB						
7:00 AM																					
8:00 AM				Weights Cardio (8:00-9:30)-Shep		Seniorcise (8:15)-SR				Weights Cardio (8:00-9:30)-Shep			Seniorcise (8:15)-SR					Weights Cardio (8:00-9:30)-Shep		Power Yoga GF	
9:00 AM				Cont. Weights-NM		Low Impact Water-SR		Cycling CH		Aerobics NM	Cont. Weights-JL		Low Impact Water-SR		Cycling WM		Aerobics NM	(8:00-9:30)-Low Impact Water-JW	Cardio Kickbox-NM	Weight Management	
10:00 AM				Cont. Cardio-NM			Advanced Aerobics-SR	Weight Management			Cont. Cardio-SB			Aerobics JL	Weight Management		Pilates on the Ball-PM	Cont. Weights-Shep		Pilates-CM (10:15)	
11:00 AM				Cont. Weights-SB													Pool Pilates-CM				Pilates-CM (10:15)
12:00 PM																	Low Impact Arthritis-JW				Cont. Cardio-Shep
1:00 PM				Cont. Weights-NM				WM			Cont. Circuit-CH				WM						
2:00 PM				Cardio Hour-NM																	
3:00 PM																					
4:00 PM																					
4:15 PM																					
4:30 PM				Cont. Weights 4:30 - 5:15																	
4:45 PM																					
5:00 PM				Cont. Weights 5:15 - 6:00																	
5:15 PM																					
5:30 PM				OR CARDIO 5:15 - 6:00																	
5:45 PM																					
6:00 PM				Cont. Weights 6:00 - 6:45																	
6:15 PM																					
6:30 PM				Cont. Weights 6:00 - 6:45																	
6:45 PM																					
7:00 PM				OR CARDIO 6:45 - 7:30																	
7:30 PM																					
8:00 PM																					
9:00 PM																					

Monday/Wednesday Weight Mgmt Lectures 10:00am- 11:30 or 6:00pm - 7:30

Fitness Hours: Monday-Thursday - 5:30am - 9:00pm
Friday - 5:30am-8:00pm
Saturday - 7:00am - 4:00pm
Sunday - 12:00pm - 5:00pm

Pool Hours: Monday-Friday - 7:15am - 7:15pm
Saturday - 7:30am - 3:00pm
Sunday - 12:30pm - 4:00pm

- Fitness
- Continuation and Fitness Members
- Continuation Only
- Pool Classes
- Cycling
- No Impact Aerobics

Visit ZGHI on the Web: www.zghealthinstitute.com
 Or Call: **804-358-1000**

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| Instructors: | | |
| KH-Kevin Harvey | CK-Chris Kelly | WJ-Walter Jones |
| SB-Steve Beale | Shep-Shep Roeper | CM-Cecile Myers |
| JW-John Woods | GF-Galina Fedorova | SC-Steve Clarke |
| SR-Sallie Rhett | WM-Wanda Mills | EP-Ed Parks |
| VK-Vicky Krabill | RM M-Rose Marie Mitchell | NM-Nicole Mathis |
| CH-Carey Hinton | PM-Pam McGeorge | JL-Jim Livesay |