


ZACHARIAS GANEY HEALTH INSTITUTE

November 23 ZG KEY Class

November 2009

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 804 -358-1600 www.zghealthinstitute.com

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Lecture 1 10am-11:30 6pm-7:30 MIP Intro Glucose and Insulin Balance	24 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	25	26 No Classes! 	27	28 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am
29	30 Lecture 2 10am-11:30 6pm-7:30 Glycemic Index					

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SUN	MON	TUE	WED	THU	FRI	SAT
		1 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	2	3 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	4	5 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am
6	7 Lecture 3 10am-11:30 6pm-7:30 Cardiac/Aerobic Training & VO2	8 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	9	10 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	11	12 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am
13	14 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	15 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	16	17 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	18	19 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am
20	21 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	22 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	23	24 No Classes!	25	26 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am
27	28 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	29 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm 6:30-7:30 pm	30	31 Exercise Session 10:30-11:30 am 4:30-5:30 pm 5:30-6:30 pm		

*Merry
Christmas*

ZACHARIAS GANEY HEALTH INSTITUTE

November 23 ZG KEY Class January 2010

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SUN

MON

TUE

WED

THU

FRI

SAT



1

2

Exercise Session
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am

3

4

Lecture 7
10am-11:30
6pm-7:30
Resistance Training

5

Exercise Session
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

6

7

Exercise Session
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

8

9

Exercise Session
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am

10

11

Lecture 8
10am-11:30
6pm-7:30
Metabolism

12

Exercise Session
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

13

14

Exercise Session
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

15

16

Exercise Session
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am

17

18

Lecture 9
10am-11:30
6pm-7:30
Continuation & the
ZG Key

19

Measurements & VO2
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

20

21

Measurements & VO2
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

22

23

Measurements & VO2
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am

24

25

Lecture 10
10am-11:30
6pm-7:30
Personal Goal Setting

26

Exercise Session
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

27

28

Exercise Session
10:30-11:30 am
4:30-5:30 pm
5:30-6:30 pm
6:30-7:30 pm

29

30

Exercise Session
8:30-9:30 am
9:30-10:30 am
10:30-11:30 am