

# Zacharias Ganey Health Institute Facility Schedule

## June 2009

	Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday						
		Fitness		Pool	Upstairs		Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Pool	Upstairs	Fitness	Upstairs					
6:00 AM		Continuation Circuit-KH							Body Sculpting-SR	Continuation Circuit-CH					Body Sculpting-SR	Continuation Circuit-SB									
7:00 AM																				Group Run-CK					
8:00 AM		Strength Cardio-Shep			Seniorcise (8:15)-SR					Strength Cardio-Shep			Seniorcise (8:15)-SR			Strength Cardio		Power Yoga-GF	Weight Management	ZUMBA Silvia Mutis					
9:00 AM		Continuation Strength-NM		Low Impact Water-SR		Cycling CH		Aerobics NM		Continuation Strength-JL		Low Impact Water-SR		Cycling WM		Aerobics NM		Shep	Low Impact Water-JW	Cardio Kickboxing-N	Weight Management	Advanced Aerobics-NM			
10:00 AM		Cardio Hour-NM			Advanced Aerobics-SR		Weight Management		Low Impact Arthritis-JW	Pilates-CM		Cardio Hour-SB		Advanced Aerobics-JL		Weight Management		Pool	Pilates on the Ball-PM	Continuation Strength-Shep		Pilates-CM (10:15)	Weight Management	Power Yoga-GF	
11:00 AM		Continuation Strength-SB																Pool Pilates-CM						Weight Management	Beg. Swim (Pool)-JW
12:00 PM																		Low Impact Arthritis-JW							
1:00 PM		Continuation Strength-NM					Weight Management					Continuation Circuit-CH				Weight Management									
2:00 PM		Cardio Hour-NM																						Week 1&3 Wts/Cardio	Rest of Facility Closes 2:00pm
3:00 PM																							Week 2&4 Circuit-SB		
4:00 PM		Continuation Strength-SB										Core-tinuation JL													
5:00 PM		Cardio Hour-KH			Line Dancing																				
6:00 PM		Continuation Strength/Cardio		Deep Water VK	Pilates GF		Weight Management			Power Yoga-GF		Continuation Strength/Cardio		Deep Water VK	Aerobics NM		Weight Management		Deep Water VK	Pilates GF	Core-tinuation JL				
7:00 PM		Continuation Strength/Cardio		Cycling CH	Advanced Aerobics-WM	Yoga RM M		Weight Management		Cycling SC		Continuation Strength/Cardio			Pilates On The Ball-PM		Weight Management		Cycling SC	Line Dancing (Upstairs)	Yoga RM M				
8:00 PM							Strength Cardio-Shep			Line Dancing		Continuation Circuit					Strength Cardio-SR								
9:00 PM																									

**Monday/Wednesday Weight 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](http://www.zghealthinstitute.com)  
Or Call: **804-358-1000**

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