

# ZACHARIAS GANEY HEALTH INSTITUTE

## *June 3 MIP Class* *June 2009*

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 [www.zghealthinstitute.com](http://www.zghealthinstitute.com)

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Lecture 1 10am-11:30 6pm—7:30 MIP Intro Glucose and Insulin	4 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	5	6 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
7	8	9 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	10 Lecture 2 10am-11:30 & 6pm—7:30 Glycemic Index	11 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	12	13 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
14	15	16 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	17 Lecture 3 10am-11:30 6pm—7:30 Cardiac and Aerobic Training	18 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	19	20 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
21	22	23 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	24 Lecture 4 10am-11:30 6pm—7:30 Resistance and Strength Training	25 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	26	27 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
28	29	30 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm				

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SUN	MON	TUE	WED	THU	FRI	SAT
			1 Lecture 5 10am-11:30 6pm—7:30 Insulin Resistance	2 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	3	4  Happy 4th of July!
5	6	7 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	8 Lecture 6 10am-11:30 6pm—7:30 Metabolic Syndrome	9 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	10	11 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
12	13	14 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	15 Lecture 7 10am-11:30 6pm—7:30 Fats and Lipids	16 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	17	18 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
19	20	21 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	22 Lecture 8 10am-11:30 6pm—7:30 MIP and Continuation	23 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	24	25 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
26	27	28 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	29 Lecture 9 10am-11:30 6pm—7:30 Goal Setting	30 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	31	

# ZACHARIAS GANEY HEALTH INSTITUTE

## *June 3 MIP Class August 2009*

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SUN	MON	TUE	WED	THU	FRI	SAT
						1 Exercise Session 8:00– 9:00 am 9:00-10:00 am 1 0 : 0 0 -
2	3	4 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	5 Lecture 10 10am-11:30 6pm—7:30 Metabolism	6 Exercise Session 10:00-11:00 am  5:30-6:30 pm 6:30-7:30 pm	7	8 Exercise Session 8:00– 9:00 am 9:00-10:00 am 10:00-11:00 am
9	1 0	1 1	1 2	1 3	1 4	1 5
1 6	1 7	1 8	1 9	2 0	2 1	2 2
2 3	2 4	2 5	2 6	2 7	2 8	2 9