

Zacharias Ganey Health Institute Continuation Class Schedule

April 2009

	Sunday			Monday			Tuesday			Wednesday				Thursday			Friday			Saturday	
	Fitness		Upstairs	Fitness		Pool	Upstairs	Fitness	Pool		Upstairs	Fitness	Pool		Upstairs	Fitness	Pool	Upstairs	Fitness	Upstairs	
6:00 AM		Continuation Circuit					Body Sculpting-S	Continuation Circuit						Body Sculpting-	Continuation Circuit						
7:00 AM																					
8:00 AM		Strength Cardio						Strength Cardio										Power Yoga			
9:00 AM		Continuation Strength			Cycling		Aerobics	Continuation Strength					Cycling	Aerobics				Cardio Kickboxing			Advanced Aerobics
10:00 AM		Cardio Hour		Advanced Aerobics			Pilates	Cardio Hour			Advanced Aerobics			Pilates on the Ball	Continuation Strength			Pilates-CM (10:15)			Power Yoga
11:00 AM		Continuation Strength						Continuation Strength							Cardio Hour						
12:00 PM																					
1:00 PM		Continuation Strength						Continuation Circuit													
2:00 PM		Cardio Hour																			Week 1&3 Wts/Cardio
3:00 PM																					Week 2&4 Circuit
4:00 PM		Continuation Strength Cardio Hour						Core-tinuation													
5:00 PM																					
6:00 PM		Continuation Strength Cardio Hour	Cardio Hour	Deep Wa VK	Pilates		Power Yoga	Cardio Hour	Deep Water VK	Cycling	Aerobics	Deep Water VK	Cycling	Advanced Pilates-GF	Core-tinuation Jim						
7:00 PM		Cardio Hour	Continuation Strength	Cycling	Advanced Aerobics		Core-Floor	Continuation Strength			Pilates on the Ball										
8:00 PM							Strength Cardio	Continuation Circuit						Strength Cardio							
9:00 PM																					

***NEW CLASSES WILL BE ADDED
EFFECTIVE MARCH 16, 2009**

Continuation and Fitness Members
 Continuation Only
 Cycling

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

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

Pool Hours: Monday-Friday - 7:15am - 8:15pm
Saturday - 7:30am - 1:15pm
Sunday - 12:00pm - 3:30pm