

Make It Personal

Zacharias Ganey Health Institute (Formerly EZHI)

Plan Your Continuation Workout

Now that you have completed the MIP Course you are ready to continue your journey to improved health and well being with the support of the Continuation Membership. As a Continuation Member you receive all of the benefits of membership to ZG (formerly named EZHI) in addition to the exercise classes, lectures, and support offered exclusive to Continuation Members. You will want to plan your workout to fit your schedule and life. You need to strength train at least 2 days a week (ideally 3 days) and engage in aerobic or cardio activity at least 5 days a week. Some of this activity can be incorporated into your week as an outdoor bike, hike, or walk. ZG will help you meet your goals by offering a wide variety of classes that will allow you to get some of your workouts with the support and training of the ZG staff and fellow members.

Below is a listing of classes offered at ZG and a description

1. Continuation Strength (Strength)
One hour of advanced strength training to target the major muscle groups.
Training by the excellent ZG staff.
Monday: 9:00am, 11:00am, 3:30pm, and 5:30pm
Wednesday: 9:00 am, 6:30pm
Saturday: 2:00pm
2. Power Hour (Cardio and Aerobic)
Approximately one hour of cardio and aerobic training on the cardio equipment (treadmills, bikes, nu-step). Includes intervals and lots of fun!
Monday 10:00am, 4:30pm, and 7:00pm
Wednesday: 10:00am, 5:30pm
3. Core-continuation (Strength)
Strength training concentrating on the core muscles, including back and abdominals. Includes low impact training floor training in the upstairs fitness room to target Abdominals, Gluts, and Legs.
Tuesday 5:30 pm, Wednesday: 3:30pm, and Friday: 5:30pm
4. Circuit Training (Strength and Aerobic)
Advanced workout. Requires participant able to move quickly back and forth between strength and cardio training without rest periods.
Monday: 6:00am, Wednesday 7:30pm, Friday 6:00 am
5. Cardio Kickboxing (Strength and Aerobic)
Great workout involving upper and lower body.
Friday: 9:00 am
6. Aerobics (Aerobic)
Fun, fast moving workout. Improves strength, balance and flexibility as well as aerobic workout.
Monday: 10:00am, 6:30pm, Tuesday 9:00am, Wednesday 10:00am, and 5:30pm
Thursday 9:00am, and Saturday 9:00am

7. Cycling (Cardio and Aerobic)
Great fast paced aerobic workout that is excellent for all levels of fitness. You control the resistance and speed.
Monday: 6:30pm, Tuesday: 8:00am and 6:00pm, Wed: 6:00pm, Thursday:9:00am, and 6:00pm
8. Pilates (Strength)
Great Core and lower body workout as well as improvement in flexibility
Monday:5:30pm, Wednesday 6:30pm, and Thursday 10:00am
9. Power Yoga (Strength and Flexibility)
Friday: 8:00am

In addition, water classes are available for a low impact workout that can be added into your individual routine.

Plan to include at least 2 strength training sessions and 5 Cardio Sessions per week. All Sessions don not need to be done at EZ. Below are listed some sample plan workouts. Feel free to follow one of the samples or change it with the many classes offered at ZG to fit your schedule.

	Strength	Cardio
Plan 1 Early Riser/ Workers		
Monday 6:00 am Circuit	x	x
Tuesday: Outdoor Walk 45 min		x
Wednesday 6:30pm Pilates on the Ball	x	
Thursday: Of		
Friday 6:00 am Circuit	x	x
Saturday 9 am Aerobics		x
Sunday Bike or Hike		x
 Plan 2 Distance Day Commuters		
Monday 9am Strength, 10am Power Hour	x	x
Tuesday Outdoor Walk		x
Wednesday 3:30 Core-tinuation	x	
Thursday:outdoor or treadmill walk		x
Friday Off		
Saturday 2pm Continuation	x	x
Sunday Walk or Bike		x
 Plan 3 After 5 Workout Junkies		
Monday: 4:30 Power Hour		x
Tuesday: 6:00pm Cycling		x
Wednesday: 5:30-6:30 Aerobics		x
6:30-7:30pm Strength	x	
Thursday: Outdoor Walk or Bike		x

Friday: Core-tinuation	X	
Saturday: 9:00am Aerobics		X
Sunday: Walk		X

Plan 4 After Work Commuters

Monday: 7pm Power Hour		X
Tuesday: Outdoor Walk		X
Wednesday: 7:30 Circuit	X	X
Thursday: 6:00 Cycling		X
Friday: 5:30 Coretinuation	X	
Saturday: Outdoor Walk		X
Sunday: Off		

Plan 5 Afternoon Workouts

Monday: 3:30 Continuation Strength	X	
4:30 Power Hour		X
Tuesday: Crosstrainer 40 Min		X
Wednesday: 3:30 Coretinuation	X	
Thursday: 9:00am Aerobics		X
Friday: Off		
Saturday: 9:00am Aerobics		X
Sunday: Walk Outside		X

Plan 5 Low Impact/ After Work

Monday 5:30 Pilates	X	
Tuesday Bike or Crosstrainer		X
Wednesday 5:30 Deep Water 6:30 Strength	X	X
Thursday Bike or Crosstrainer		X
Friday 5:30 Core-tinuation	X	
Saturday Outdoor Walk		X
Sunday Walk		X

Plan 6 Low Impact Morning/Day

Monday 9:00 am Contin Strength	X	
10 am Power Hour - Bike		X
Tuesday 9:00 am Cycling		X
Wednesday 9:00 am Power Hour		X
Thursday 10am Pilates on the Ball	X	
Friday Walk		X
Saturday: Water Walking/ Swimming		X
Sunday: Off		