

Zacharias Ganey Health Institute Facility Schedule

February 2010

Sunday		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday								
Fitness		Upstairs			Fitness			Upstairs			Fitness			Upstairs			Fitness		Upstairs						
6:00 AM		Cont. Circuit-KH			WM			Body Sculpting-SR			Cont. Circuit-CH			WM			Body Sculpting-SR	Cont. Circuit-SB							
7:00 AM																									
8:00 AM		Weights Cardio (8:00-9:30)-Shep			Seniorcise (8:15)-SR						Weights Cardio (8:00-9:30)-Shep			Seniorcise (8:15)-SR			Weights Cardio (8:00-9:30)-Shep		Power Yoga GF	Weight Management 8:00-12:30	Group Run 7:30	ZUMBA Silvia Mutis			
9:00 AM		Cont. Weights-NM		Low Impact Water-SR			Cycling CH			Aerobics NM			Cont. Weights-JL		Low Impact Water-SR		Cycling WM			Aerobics NM					
10:00 AM		Cont. Cardio-NM			Advanced Aerobics-SR		Weight Management			Pool Walking 9:30-10:30			Low Impact Arthritis-JW		Pilates-CM		Cont. Cardio-SB			Aerobics JL					
11:00 AM		Cont. Weights-SB			Pilates PM												Cont. Weights-SB								
12:00 PM																									
1:00 PM	Yoga(Beg) GF	Cont. Weights-NM					WM				Cont. Circuit-CH						WM								
2:00 PM	Yoga(Beg) (Beginner)	Cardio Hour-NM																							
3:00 PM	Pilates-PZ (Beginner)																								
4:00 PM	Aerobics-PZ (Beginner)																								
4:15 PM																									
4:30 PM		Cont. Weights 4:30 - 5:15			Line Dance WJ 4:30 - 5:30						Cont. Weights 4:30 - 5:15														
4:45 PM																									
5:00 PM																									
5:15 PM		Cont. Weights OR CARDIO 5:15 - 6:00					Weight Management 5:00 to 8:00				Cont. Weights OR CARDIO 5:15 - 6:00						Weight Management 5:00 to 8:00								
5:30 PM																									
5:45 PM																									
5:50 PM																									
5:30 PM		Cont. Weights OR CARDIO 6:00 - 6:45																							
5:45 PM																									
6:00 PM		Cont. Weights OR CARDIO 6:00 - 6:45																							
6:15 PM																									
6:30 PM																									
6:45 PM		Cont. Weights OR CARDIO 6:45 - 7:30																							
7:00 PM																									
7:30 PM																									
8:00 PM																									
9:00 PM																									

Monday/Wednesday Weight Mgmt 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
 Or Call: **804-358-1000**

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