

Zacharias Ganey Health Institute Facility Schedule
September 2010

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---------|---|--------------------------------|--------------------------------|-----------------------------|--|-------------------------------------|-------------------------------------|--------------------------------|---|---------------------------|-----------------------|---------------------------------------|
| | Fitness | Upstairs | Fitness | Upstairs | Fitness | Upstairs | Fitness | Upstairs | Fitness | Upstairs | Fitness | Upstairs |
| 6:00 AM | Cont. Circuit-KH | | WM | Body Sculpting-SR | Cont. Circuit-CH | | WM | Body Sculpting-CH | Cont. Circuit-SB | Cycling CH (5:30-6:30) | | |
| 7:00 AM | Cont. Weights/cardio (7:15-8:45)- JM | | | | Cont. Weights/cardio (7:15-8:45)- JM | | | | Cont. Weights/cardio (7:15-8:45)- JM | | | |
| 8:00 AM | Cont. Weights & Cardio (8:00-9:30) Shep | | Seniorcise 8:15-8:45-SR | | Cont. Weights & Cardio (8:00-9:30) Shep | | Seniorcise 8:15-8:45-SR | | Cont. Weights & Cardio (8:00-9:30) Shep | Power Yoga GF | Weight Management SM | ZUMBA SM |
| 9:00 AM | Cont. Weights-NM | Low Impact Water-SR | Cycling-CH 9:00-10:00 | Advanced Step Aerobics-NM | Cont. Weights-JL | Low Impact Water-SR | Cycling-WM 9:00-9:45 | Advanced Step Aerobics-NM | Cont. Weights-NM | Low Impact Water-JW | Cardio Kickboxing | 8:00-12:30 Aerobics-9-10 Cycling 9-10 |
| ##### | Cont. Cardio-NM | Core-tinuation 10:15-11:00-JL | Weight Management | Pool Walking 9:30-10:30 | Cont. Cardio-SB | Aerobics JL | Weight Management | Pool Walking 9:30-10:30 | Cont. Weights-Shep | Pilates-CM (10:15) | WM & Cont Pool | Power Yoga GF |
| ##### | Cont. Weights-SB | Beginner Step & Stretch-Dianne | | Pilates-CM 10:30-11:30 | Cont. Weights-SB | | | Pilates-CM | Cont. Cardio-Shep | Low Impact Arthritis-JW | Walking 10:00 - 11:00 | Beg. Swim (Pool)-JW |
| ##### | | Pilates-PM 12:00-1:00 | | | | Ab Attack JM (12-12:45) | | Ab Attack JM (12-12:45) | | | Absolute Beg Yoga | |
| 1:00 PM | Yoga(Beg) GF | Cont. Weights-NM | WM | | Cont. Circuit-CH | | WM | | Cont. Circuit-NM | | | |
| 2:00 PM | Yoga(Beg) (Beginner) Cardio Hour-NM | | Seniorcise 2:00-2:30-AS | | | | Seniorcise 2:00-2:30-AS | | | | Week 1&3 Wts/Cardio | Rest of Facility Closes 4:00pm |
| 3:00 PM | Pilates-PZ (Beginner) | | Low Impact Water 2:45-3:45-AS | | | Core-tinuation JL 3:30 - 5:00 | Low Impact Water 2:45-3:45-AS | | | | Week 2&4 Circuit-SB | |
| 4:00 PM | Aerobics-PZ (Beginner) | | Line Dance WJ 4:00 - 5:00 | | | | | | | | | |
| 4:30 PM | Cont. Weights 4:30 - 5:15 | | Weight Management 4:30 to 8:00 | | Absolute Beginner Yoga 4:30-5:30 Barbara Brown | Cont. Weights 4:30 - 5:15 | Water Ballet/ Poolates-DS 4:30-5:30 | Weight Management 4:30 to 8:00 | | | | |
| 5:00 PM | Cont. Weights OR CARDIO 5:15 - 6:00 | Cycling CH 5-5:45 | | WM & Cont Pool (6:00- 7:00) | Power Yoga GF 5:30 - 6:30 | Cont. Weights OR CARDIO 5:15 - 6:00 | Deep Water VK 5:30 - 6:15 | Adv. Line Dance WJ (5-5:30) | | | | LineDance WJ 5:15-6:15 |
| 5:30 PM | Cont. Weights OR CARDIO 6:00 - 6:45 | Deep Water VK 5:30 - 6:15 | | Cycling MP 6 - 7:00 | Core-Floor 6:30 - 7:00 JL | Cont. Weights OR CARDIO 6:00 - 6:45 | Aerobics AS 5:30 - 6:30 | Pool Walking (6:30-7:30) | | Deep Water VK 5:30 - 6:15 | Pilates GF 5:30-6:30 | Core-tinuation 5:30 to 7:30 |
| 6:00 PM | Cont. Weights OR CARDIO 6:45 - 7:30 | Cycling CH 6-6:45 | | Weights Cardio-Shep | Line Dance WJ 7 - 8 | Cont. Weights OR CARDIO 6:45 - 7:30 | Beg Yoga GF 6:30-7:30 | Pool Walking (6:30-7:30) | | Cycling MP 6-7:00 | Yoga RM M 6:30 - 7:30 | |
| 7:00 PM | | Cont. Circuit 7:30 - 8:30 | | | | | | | | | | |
| 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

Instructors:
 KH-Kevin Harvey
 SB-Steve Beale
 JW-John Woods
 SR-Sallie Rhett
 VK-Vicky Krabill
 CH-Carey Hinton
 PZ-Pam Zimmer

JL-Jim Livesay
 Shep-Shep Roper
 GF-Galina Fedorova
 WM-Wanda Mills
 RM M-Rose Marie Mitchell
 PM-Pam McGeorge
 SM-Sylvia Mutis

WJ-Walter Jones
 CM-Cecile Myers
 MP-Marlee Parker
 EP-Ed Parks
 NM-Nicole Mathis
 JM-Jesse Morgan
 AS-Ashley Simpson