

# ZACHARIAS GANEY HEALTH INSTITUTE

## March 17 ZG Key Class March 2010

1311 Palmyra Avenue Richmond, VA 23227 Phone 804 358-1000 Fax: 803 358-1600 www.zghealthinstitute.com

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Lecture 1 10am-11:30 & 6pm-7:30 Glucose & Insulin Balance	18 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	19 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	20 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
21	22	23 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	24 Lecture 2 10am-11:30 & 6pm-7:30 Glycemic Index	25 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	26 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	27 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
28	29	30 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	31 Lecture 3 10am-11:30 6pm-7:30 CardioRespiratory Endurance/VO2			

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## March 17 ZG Key Class

### April 2010

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SUN	MON	TUE	WED	THU	FRI	SAT	
				1 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	2 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	3 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>	
4	5	6 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	7 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	8 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	9 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	10 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
11	12	13 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	14 Lecture 5 10am-11:30 6pm-7:30 Fats & Lipids	15 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	16 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	17 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
18	19	20 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	21 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	22 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	23 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	24 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
25	26	27 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	28 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	29 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	30 <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	

# ZACHARIAS GANEY HEALTH INSTITUTE

## March 17 ZG Key Class May 2010

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								1 VO2s & Measurements 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
2	3	4 VO2's & Measurements 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	5 Lecture 8 10am-11:30 6pm-7:30 Metabolism	6 VO2s & Measurements 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	7		8 VO2s & Measurements 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
9	10	11 VO2's & Measurements 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	12 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key *MEASUREMENTS*	13 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm	14		15 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
16	17	18 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm	<b>Pool Walking</b> <b>9:30-10:30 am</b> <b>5:30-6:30 pm</b>	19 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	20 Exercise Session 6:00-7:00 am 10:00-11:00 am 1:00-2:00 pm 5:00-6:00 pm 6:00-7:00 pm	21		22 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am 11:00-12:00 noon <b>Pool Walking</b> <b>9:30-10:30 am</b>
23	24	25		26	27	28		29