

ZACHARIAS GANEY HEALTH INSTITUTE

May 26 ZG Key Class May 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	18	19	20	21	22
23	24	25	26 Lecture 1 10am-11:30 & 6pm-7:30 Glucose & Insulin Balance	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	28 Pool Walking 9:30-10:30 am 6:30-7:30 pm	29 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am

* Please note that these classes are combined WM classes

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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	2 Lecture 2 10am-11:30 & 6pm-7:30 Glycemic Index	3 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	4	5 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
6	7	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	9 Lecture 3 10am-11:30 6pm-7:30 CardioRespiratory Endurance/VO2	10 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	11	12 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
13	14	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	16 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	17 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	18	19 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
20	21	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	23 Lecture 5 10am-11:30 6pm-7:30 Fats & Lipids	24 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	25	26 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
27	28	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	30 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome			

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May 26 ZG Key Class July 2010

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					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	2 Pool Walking 9:30-10:30 am 6:30-7:30 pm		3 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
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	Pool Walking 9:30-10:30 am 6:00-7:00 pm	7 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	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	9 Pool Walking 9:30-10:30 am 6:30-7:30 pm		10 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
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	Pool Walking 9:30-10:30 am 6:00-7:00 pm	14 Lecture 8 10am-11:30 6pm-7:30 Metabolism	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	16 Pool Walking 9:30-10:30 am 6:30-7:30 pm		17 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
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	Pool Walking 9:30-10:30 am 6:00-7:00 pm * FINAL VO2's *	21 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key *MEASUREMENTS*	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	23 Pool Walking 9:30-10:30 am 6:30-7:30 pm *FINAL VO2's*		24 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
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	Pool Walking 9:30-10:30 am 6:00-7:00 pm	28 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	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	30 Pool Walking 9:30-10:30 am 6:30-7:30 pm		31 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am

* Please note that these classes are combined WM classes