

# ZACHARIAS GANEY HEALTH INSTITUTE

## *June 21 ZG KEY Class* *June 2010*

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 Lecture 1 10am-11:30 6pm-7:30 MIP Intro Glucose and Insulin Balance	22 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	23	24 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	25	25 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:00-11:00am</b>
26	27 Lecture 2 10am-11:30 6pm-7:30 Glycemic Index	28 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	29	30 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>		

\* Please note that these classes are combined WM classes

# ZACHARIAS GANEY HEALTH INSTITUTE

## June 21 ZG KEY Class July 2010

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

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:00-11:00 am</b>
4	5 Lecture 3 10am-11:30 6pm-7:30 Cardiac/Aerobic Training & VO2	6 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	7	8 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	9	10 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:00-11:00 am</b>
11	12 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	13 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	14	15 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	16	17 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:00-11:00 am</b>
18	19 Lecture 5 10am-11:30 6pm-7:30 Fats and Lipids	20 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	21	22 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	23	24 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:00-11:00 am</b>
25	26 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	27 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:00-7:00 pm</b>	28	29 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> <b>9:30-10:30 am</b> <b>6:30-7:30 pm</b>	30	31 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> <b>10:00-11:00 am</b>

\* Please note that these classes are combined WM classes

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## *June 21 ZG KEY Class August 2010*

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	3 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am 6:00-7:00 pm	4	5 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am 6:30-7:30 pm	6	7 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> 10:00-11:00 am
8	9 Lecture 8 10am-11:30 6pm-7:30 Metabolism	10 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am 6:00-7:00 pm	11	12 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am 6:30-7:30 pm	13	14 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> 10:00-11:00 am
15	16 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key <b>Final Measurements</b>	17 Final VO2s 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am 6:00-7:00 pm	18	19 Final VO2s 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am 6:30-7:30 pm	20	21 Final VO2s 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> 10:00-11:00 am
22	23 Lecture 10 10am-11:30 6pm-7:30 Personal Goal Setting	24 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am	25	26 Exercise Session 6:00-7:00 am* 10:30-11:30 am 1:00-2:00 pm* 4:30-5:30 pm 5:30-6:30 pm <b>Pool Walking</b> 9:30-10:30 am	27	28 Exercise Session 8:30-9:30 am 9:30-10:30 am 10:30-11:30 am <b>Pool Walking</b> 10:00-11:00 am
29	30	31	30			

\* Please note that these classes are combined WM classes