

ZACHARIAS GANEY HEALTH INSTITUTE

August 4 ZG Key Class August 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 Lecture 1 10am-11:30 & 6pm-7:30 Glucose & Insulin Balance	5 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	6 Pool Walking 9:30-10:30 am 6:30-7:30 pm	7 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
8	9	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 Lecture 2 10am-11:30 & 6pm-7:30 Glycemic Index	12 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	13 Pool Walking 9:30-10:30 am 6:30-7:30 pm	14 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
15	16	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 Lecture 3 10am-11:30 6pm-7:30 CardioRespiratory Endurance/VO2	19 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	20 Pool Walking 9:30-10:30 am 6:30-7:30 pm	21 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
22	23	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 Lecture 4 10am-11:30 6pm-7:30 Insulin Resistance	26 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	27 Pool Walking 9:30-10:30 am 6:30-7:30 pm	28 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
29	30	31 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	* Please note that these classes are combined WM classes			

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August 4 ZG Key Class

September 2010

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SUN	MON	TUE	WED	THU	FRI	SAT
			1 Lecture 5 10am-11:30 6pm-7:30 Fats & Lipids	2 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	3 Pool Walking 9:30-10:30 am 6:30-7:30 pm	4 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
5	6	7 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	8 Lecture 6 10am-11:30 6pm-7:30 Metabolic Syndrome	9 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	10 Pool Walking 9:30-10:30 am 6:30-7:30 pm	11 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
12	13	14 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	15 Lecture 7 10am-11:30 6pm-7:30 Resistance Training	16 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	17 Pool Walking 9:30-10:30 am 6:30-7:30 pm	18 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
19	20	21 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	22 Lecture 8 10am-11:30 6pm-7:30 Metabolism	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	24 Pool Walking 9:30-10:30 am 6:30-7:30 pm	25 Exercise Session 8:00- 9:00 am 9:00-10:00 am 10:00-11:00 am Pool Walking 10:00-11:00 am
26	27	28 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	29 Lecture 9 10am-11:30 6pm-7:30 Continuation & the ZG Key *MEASUREMENTS*	30 *MEASUREMENTS & VO2'S 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 6:30-7:30 pm	

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August 4 ZG Key Class October 2010

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1

2
*MEASUREMENTS
& VO2'S
Exercise Session
8:00- 9:00 am
9:00-10:00 am
10:00-11:00 am
Pool Walking
10:00-11:00 am

3

4

5
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

6
Lecture 10
10am-11:30
6pm-7:30
Personal Goal Setting

7
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
6:30-7:30 pm

8

9 **FINAL**
Exercise Session
8:00- 9:00 am
9:00-10:00 am
10:00-11:00 am
Pool Walking
10:00-11:00 am

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