

LGC Calendar of Events



Thank you to our sponsors



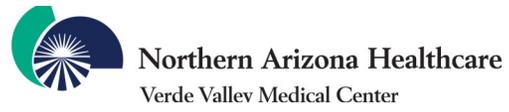
Northern Arizona Healthcare
Verde Valley Medical Center





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>6 1st weigh-in Verde Room Time—7a.m.—7p.m.</p>	<p>7 Weigh-in Verde Room Time— 7a.m. –12p.m.</p> <p>CHECK YOUR EMAIL</p> <p>Welcome to LGC Trevor Faust, CPT, Pn1 Nutrition Coach Cottonwood Room 6:00—7:00p.m.</p>	<p>8 READ LGC Blueprint</p>	<p>9 READ LGC Blueprint WORKOUT Program</p>
<p>10 - Low Carb VISUALIZE YOUR SUCCESS</p> <p>Prepare your meals for the week in advance</p>	<p>11 - Low Carb Start Phase 1 LGC Blueprint Workout Program</p> <p>Week 1 Program 1</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>12 - Low Carb Interval Training</p> <p>LGC Presentation by, Brad Williams, M.D., Ph.D. <u>How to get started with your lifestyle change; fight cravings and look good</u></p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>13 - Low Carb Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Calculate Lean body mass and calories</p> <p>Program 2</p> <p>Prepare your meals for the week in advance</p>	<p>14 - Low Carb REST LGC Blueprint Explained</p> <p>Trevor Faust, CPT, Pn1 Nutrition Coach Party Rooms 5:00—6:00p.m.</p>	<p>15 - Low Carb Program 1</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p> <p><u>Walking challenge. Meet at the VVMC walking track 3-4 p.m.</u></p>	<p>16 - Low Carb Interval Training</p>
<p>17 - Low Carb REST VISUALIZE YOUR SUCCESS</p> <p>Prepare your meals for the week in advance</p>	<p>18 - Low Carb Week 2 Program 2</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>19 - Low Carb Interval Training</p> <p>LGC Presentation by, Leah Laube, P.T. <u>Make exercising a part of your lifestyle</u></p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>20 - Low Carb Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Calculate Lean body mass and calories</p> <p>Program 1</p> <p>Prepare your meals for the week in advance</p>	<p>21 - Low Carb REST</p>	<p>22 - Low Carb Program 2</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p> <p><u>Walking challenge. Meet at the VVMC walking track 3-4 p.m.</u></p>	<p>23 - Low Carb Interval Training</p>
<p>24 REST VISUALIZE YOUR SUCCESS</p> <p>Prepare your meals for the week in advance</p>	<p>25 Week 3 Program 1</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>26 Interval Training</p> <p>LGC Presentation by, Pam Ing-Dobrota, R.D., M.P.H. <u>Whole grains and carbohydrates.</u></p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>27 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m. Calculate Lean body mass and calories</p> <p>Program 2</p> <p>Prepare your meals for the week in</p>	<p>28 REST LGC Blueprint Explained</p> <p>Trevor Faust, CPT, Pn1 Nutrition Coach Cottonwood Room 5:00—6:00p.m.</p>	<p>29 Program 1</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p> <p><u>Walking challenge. Meet at the VVMC walking track 3-4 p.m.</u></p>	<p>30 Interval Training</p>
<p>31 REST VISUALIZE YOUR SUCCESS</p> <p>Prepare your meals for the week in advance</p>						

February 2016



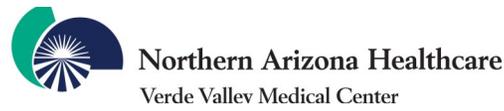
COMING
SOON!

March 2016



COMING
SOON!

April 2016



COMING
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