



GGX FALL CLASS SCHEDULE

• www.goldsgym.com • www.goldsgymbc.ca • 604.244.4653 (GOLD) •

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
Time:								
6:00 am						8:15 am	 Kim	
9:30 am		 Heather	 Heather	 Heather		9:00 am	 Kim	 Kristen
10:30 Am						10:00 am	 Linda	 Kristen
12:00pm	Abs, Butts & Thighs With Melissa	 Heather	 Gabi	 Heather	 Gabi	11:00 Am	Express 11:15 am 30 minutes	Yoga Moirá
5:00 pm			5:00 –5:45 Abs, Butts & Thighs With Melissa			12:00 pm		
5:45-6:30 Pm	 Dan	 Airin	 Roman	 Shannon				
6:30 pm	 Shannon	 Airin Dan	 Heather	 Shannon				
7:30 pm	Zumba Danielle		Zumba Edina					

CLASS DESCRIPTIONS



GROUP CLASSES



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.



Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.



Group Kick brings it on! The electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music, awesome instructors and a group environment will keep you punching, kicking, and smiling! Group kick will knock you out!

GROUP CLASSES

Yoga: The ancient practice of body, breathe and mind into balance. All fitness levels and ages can reap the benefits of flexibility, strength training, and increased mental awareness.

ABS, BUTTS & THIGHS

Taught by Gold's Gym's Own Personal Trainer—this workout will help you to achieve your results fast! Your instructor will choreograph a routine to focus on your Abs, Butts and Thighs! The name says it all!



Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

BIKE CLASSES



Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



Effective January 9, 2012



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Class schedule subject to change

For any questions or comments regarding the GGX Schedule, please address them in the suggestion boxes located in the gym.