

January

Gold's Gym Elite

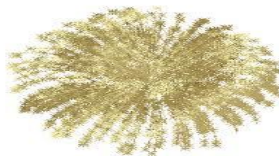
2016

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kristin 6:00am	Alaine 6:00am	Elizabeth 6:00am	Michelle 6:00am 45 Min.	Kristin 6:00am	9am Jason 1/2	12pm Jeanette 1/10(30)
					10am Jason 1/2	12pm Jeanette 1/10 (30)
	Richard 12:00pm 30 Min.	Alaine 11:30am 30 Min.			9am Alaine 1/9	
Alaine 12:00pm	Richard 12:30pm 30 Min	Richard 12:00 pm	Cheryl 12:15pm	Shannon S. 12:30pm	10:00am Laurie 1/9	12pm Jeanette 1/24 (30)
Tamsey 1pm					9am Jason 1/16	12pm Jeanette 1/24 (30)
Patricia 5:30 pm					10am Jason 1/16	
Susan 5:30pm	Robert 5:30pm				9:00am Alaine 1/23	
Patricia 6:30pm	Chris 5:30pm	Susan 5:30pm	Tiffany 5:30pm	Susan 5:30pm	10:00am Laurie 1/23	
	Tiffany 6:30pm	Cheryl 6:30pm	Susan 6:00pm	Susan 6:00pm	1/30 No Class Ins Train	
Sara 7:30pm	Meredith 7:30pm				↗ ↖ ↗ ↖	



1/30 & 1/31 Instructor Training No classes



2016



Monday, 1/25/16 Kick Off 5:30pm



MONDAY NIGHT MADNESS

2016 Unveiled Let The Music Move You!

LES MILLS
FOR A FITTER PLANET

Happy New You!!

susan@goldsgym.pro

Susan Gertzman Group Fitness Director

Monday - Thursday 5am - 11pm

Friday 5am - 9pm

Saturday 8am - 6pm

Sunday 10am - 6pm



Gold's Gym Elite EpiCentre

210 E Trade Street

Charlotte, NC 28202

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