

## GGX Class Descriptions

**BODY FLOW** is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**LES MILLS SH'BAM** is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude. So grab a friend, get front and center and get high on the feeling of dance.

**BODYPUMP** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**BODYSTEP** is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**BODYATTACK** is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

**BODYCOMBAT** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. strike, punch, kick and kata your way through calories to superior cardio fitness.

**P90X**

Short training cycles constantly challenge your muscles with variety and intensity. P90X maximizes fat burning and muscle sculpting in different ways every day. No plateau effect means each phase of P90X is as effective as the first.

**LES MILLS BODYVIVE**

If you want the optimal mix of strength, cardio and core training this is it. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy and on track for all-around healthy living.

**LES MILLS CXWORX**

is the new 30 minute personal training inspired core work out that's been formulated with a carefully structured, scientific approach and unforgiving intensity. It has been designed to tighten and tone the abs, glutes, back, obliques and 'slings' connecting the upper and lower body, improve functional strength and assist in injury prevention like nothing else. CX30 will get you results where it counts the most.

**SPINergy/All Request Spin/Cycle Challenge** This ride is geared toward increasing both cycle strength and endurance. This energizing class takes you across mixed terrain to fresh, up-to-date music.

**Pilates** learn to use your core to support all movement. Improve flexibility, strength, posture, and alignment and achieve body symmetry. Move with the power and stability of increased core strength.

**ZUMBA** – a fitness program that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow

**YOGA - MIND/BODY** Yoga demonstrates a delicate blend of both Hatha and Ashtanga Yoga, with just a hint of Tai Chi. These three, together will leave you refreshed, relaxed, and rejuvenated

**SILVER SNEAKERS** — An innovative blend of physical activity and socially oriented programming geared towards older adults

### **BASIC/PILATES REFORMER**

Application of all Pilates principles in a piece of exercise equipment designed to provide resistance when performing Pilates exercises. This adds a whole new dimension to core strength, body alignment and stability. Open to all levels.

**BOOT CAMP**

60 minute workout including high/low impact of strength and athletic conditioning. Can include circuits, core conditioning, boxing and more.



## Culpeper, VA

www.goldsgym.com  
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Culpeper, VA 22701  
(540)727-2000

### CLUB HOURS

|                   |                  |
|-------------------|------------------|
| Monday – Thursday | 5:00AM – 10:00PM |
| Friday            | 5:00AM -- 8:00PM |
| Saturday          | 8:00AM -- 6:00PM |
| Sunday            | 8:00AM – 5:00PM  |

### KIDZ CLUB HOURS

|                      |                  |
|----------------------|------------------|
| Monday – Friday      | 8:30AM - 12:30PM |
| Mon, Wed, Thurs, Fri | 4:00PM - 8:00PM  |
| Tuesday              | 4:00PM - 8:30PM  |
| Saturday             | 8:00AM - 12:00PM |
| Sunday               | 8:30AM - 12:00PM |

## WINTER 2015/2016