

0 Beginner 6 Multi-level Interm/Adv
6 Can accommodate active beginners
(New students please intro yourself to instructor before class)

Pilates

® **Pilates Mat** (No experience required to attend)
A series of controlled conditioning exercises integrating the mind & body. Mat class focuses deep from the core, resulting in long, lean muscles, improves strength & flexibility.

Yoga/Stretch

6 **Yoga Crunch** - is a creative mix of traditional Yoga poses, sun salutations, etc. with added strength challenges using repetitions. Focuses on strength, toning and flexibility

6 **Yoga** Class is taught vinyasa style. Students are encouraged to develop at own pace, discovering & deepening their individual understanding of Yoga. All levels welcome.

6 **Yoga Zone**-This Yoga class will focus on specific areas of the body that tend to be troublesome for people. All levels welcome

6 **Stretch & Strength**-A unique blend of joint-friendly, core-strengthening exercises using a combination of ballet and Pilates techniques, as well as a complete dance stretch routine in a relaxing and mind-body centering atmosphere! The perfect class to begin or end your workout routine at Gold's Gym!

Strength

0 **Ballet Barre** -This Barre class will focus on improving body alignment, balance, posture & Body awareness in a slow consistent delivery all while gaining toning benefits! Barre is a perfect fit for the more mature member. Pace is set to match a beginners needs.

6 **BodyPUMP™** - A weight-training workout in a group fitness setting using barbells with adjustable weights set to motivating music. A simple, athletic based workout that tones strengthens and defines every major muscle group. í suitable for all levels. Sign up for Wed. 5:35 p & Sat. 9:15 @ front desk.

6 **BodyPUMP™ Express** - (45 min.) Same as above only shorter! Great choice for lunch crowd & beginners.

Cardio

- **BodyATTACK™** - 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.

0- **BodyFUSION** - A combo of both high and low impact cardio with a mix of toning which may include use of vive balls, tubes, core and Tai Chi. You choose just how hard you work. Best of all, you finish feeling thoroughly rejuvenated and full of energy. For all ages & stages.

6 **Cardio Chisel** -A combo of heart pumping cardio & strength training. Burn the fat in this high-energy class using a variety of equipment designed to chisel your muscles.

0-6 **Cardio Hooping**- A low impact, high energy cardio work-out that promotes weight loss and also tones muscles of the legs, arms, and mid-section. Learn to hoop, relieve stress, and have fun while burning 300 -500 calories in this 45 minute class. Hoops provided. Beginners welcome!

0-6 **Drums Alive** -50 min. class No experience needed! Drums fosters a healthy balance physically, mentally, emotionally & socially. Provides an element of fun and creative expression utilizing òwhole brain ò òwhole body ò thinking!

Insanity-Are you ready to dig deep? This 30 + min Max Interval Training class will challenge you to show us your own "personal best"! Bring water & a towel! Modifications used

Kettle Bell - There is no down time in this 30 min class that challenges you to use your whole body! Learn the proper way to swing a bell and complete KB exercises along with working up an awesome sweat that will leave you begging for more!

6 **Step** This class uses a òstep ò that is anywhere from 4 ò 8 inches in height. This cardio class keeps you moving on the Step creating a great aerobic workout while burning fat!

6 **Training C.A.M.P.** - **C=Cardio A=Agility M= Muscle P=** This 60 min class alternates high energy cardio intervals with strength, agility & core work. You'll play with msny tools. Low impact modifications are given

6 **Turbo Kick**-A kickboxing class inspired by dance, Tae Kwon Do, boxing, tai chi, and funk. It's a party atmosphere and a lot of fun because this workout uses the hottest music, moves and combos available.

0-6 **Zumba®** -A Latin based class that combines high energy & motivating music with unique moves. It is based on the principle that a workout should be "Fun & easy to do". Zumba is a òfeel-happy ò workout that is great for both the body & mind.

Cycling

Bike must be reserved @ front desk. You may reserve a bike 2 days in advance of class. Please arrive 5 min. early to set up

6 **ReCycle** -A great combination of Spin and Yoga, Get your work on and Zen at the end!

6 **SPIN®** - 45 min. includes all Strength, Power and Fat Burner Rides. Come join us on an exhilarating mind/body journey into the world of cycling! You control the intensity & challenge desired! Non-impact instructor led class takes you to your maximum fitness potential in a non-competitive environment! (Reserve a bike)

6 **The Long Ride** - 60 min. Spin with all the excitement of a regular Spin class, only longer for more calories burning potential! (Reserve a bike)

6 **SPIN® & ABS** -60 min. Spin class with a 15 min. additional abs challenge section

