

**0 Beginner 6 Multi-level Interm/Adv**  
6Can 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 class will "zone in" on specific body issues, including the neck, back, hip, quads & hamstring. Improve balance, flexibility, power, stamina, performance in sports and other activities, better posture, injury reduction, faster recovery post 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!

6 **Yoga Strength** -Are you a Yoga Rebel? Upbeat music & a constant flow of moves describes this dynamic, intense workout designed to build core strength & flexibility!

## Strength

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. ...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.

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- **Classic Cardio** - A blast from the past meets current day with a mix of your old favorite cardio & floor exercises blended with this milliniums workouts resulting in cardio & toning bliss!

**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 **R.I.P.E.D** -Ready to unleash the power within? The one STOP BODY SHOCK! R =Resistance, I= Interval, P= Power P = Plyometrics E= Endurance & D = Diet! This class is designed for ALL levels!

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

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 "feel-happy" 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