



Group Exercise

3225 Lorch Ave, Eau Claire, WI 54701
715-552-4570

Class times & formats subject to change anytime.



GGX 1 Studio (Cardio & Strength)

	MON	TUE	WED	THU	FRI	SAT
A	5:45 – 6:30 Cardio Step/Yoga Rotates	5:30-6: 30 / Heather Body Pump	5:15-6:15 / Karyn Body Attack	5:30–6:30 / Heather Body Pump	5:15-6:15 / Karyn Boot Camp	
M	8:10-9:10 Kristina/Kelly Cardio All Levels	8:10 -9:10 / Laurie Body Attack	8:10-9:10 Kelly / Kristina Body Pump	8:10 -9:10 / Laurie Body Attack	8:15 9:15 Laurie/Kelly Cardio/STEP	8:05-9:05 / rotates Cardio Challenge Schedule posted GGX board
		9:15-10:15 / Kristina Body Pump		9:15-10:15 / Rotates Body Pump		9:15-10:15 / Rotates Body Pump
						10:25 – 11:25 / Heather
P	12:00-12:45. Courtney Body Pump Exp		12:00-12:45 Courtney Body Pump Exp			
M	4:30-5:30 / Stacey Strength & Conditioning	4:30-5:25 / Kelly Cardio Chisel			5:30-6:30 / Heather 	
	5:35-6:15/ Anna Body Attack	5:30-6:30 / Kristina Insanity	5:35-6:30 / Stacey Strength & Conditioning	5:35- 6:25 Rotations Body Pump	Sign up to 2 days ahead@ front desk for Body Pump on: Wed. @ 5:35 pm & Sat. @ 9:15 am	
	6:25-7:25/ Rotations Body Pump	6: 35-7:35 / Heather 		6:30 – 7:15 / Robin Insanity		

GGX 2 Yoga Studio (Yoga, Pilates & Stretch)

	MON	TUE	WED	THU	FRI	SAT
A			5:30-6:15/Bridget T. Yoga			
M	8:00-9:00/ Connie @Pilates Mat	8:00-9:00/Connie Yoga	8:00-9:00/ Lisa @Pilates Mat	8:00-9:00/ Connie Yoga	8:00-9:00/ Robin Yoga	8:00-9:00/Niki Yoga Zone
	9:15-10:15 Connie Yoga	9:15 -10:15/Rachel Stretch & Strength		9:15-10:15 Connie Yoga		9:15-10:15/rotates Yoga
P		12:10-12:55 Leeann Yoga Basics	4:30-5:30 Ingrid Yoga			SUN
M	5:30-6:30/ Diane Yoga		5:30-6:30/ Diane Yoga			4:30-5:30/ rotates Yoga

CYCLING Studio

	MON	TUE	WED	THU	FRI	SAT
A	5:45-6:30/Brian SPIN®	5:30-6:30/Jacki SPIN®	5:45-6:30/Brian SPIN®	5:30-6:30/Steph SPIN®	5:45-6:30/Brian SPIN®	8:05-9:05/rotates Long 1 Hr ride
M	9:15-10:15/ Morgan / Julie SPIN® w/ ABS		9:15 – 10:15/ Morgan SPIN® w/ ABS	9:15-10:15 /Karen 1 Hr ride SPIN®	9:15-10:15 Courtney/Jacki 1 Hr ride SPIN®	
P					Sign up for all cycling classes up to 2 days advance!	
M	5:30-6:15/Karen SPIN®	5:30-6:15/ Laura SPIN®				

Any class attendance that has 5 or less participants is subject to removal from the schedule.

**All members are welcome to come to any class!
Instructors will always modify the exercises so
that it's appropriate to your fitness level.**

New students please introduce 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

Yoga Basics- perfect choice for those just beginning Yoga!

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

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

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

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!

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

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)

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)

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

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.

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.

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

Cardio Fit - Anything goes in this cardio class! Combining styles from our other cardio classes, we have found a mix that's sure to give you a great workout. Get fit & have fun all in one!

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

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!

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.

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.

Strength

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.

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

Strength & Tone - If you love BodyPUMP class, you will love this class! This toning class utilizes your bodyweight, hand-held weights, kettlebells & much more.