

Gold's Gym

June

22nd MON	23rd TUE	24th WED	25th THURS	26th FRI	27th SAT	28th SUN
Spinning 9:30-10:30 Tonie	Spinning 5:45-6:45am Tonie	Spinning 9:00-10:00 Dora	Spinning 5:45-6:45am Tonie	Body By Gold's 8:45-9:45 Kim	Spinning 8:00-9:00am Stacy	Spinning 8:00-9:00am Tonie
Body By Gold's 10:30-11:30 Tonie	Body By Gold's 9:00-10:00 Kim	Intermediate Yoga 9:30-10:45am Linda	H.I.I.T./ Legs&Core 9:00-10:00 Kim	Insanity 9:45-10:45 Tonie	Yoga/Pilates Mix 9:00-10:00 Arianne	Cardio Kickbox 9:00-10:00am Tonie
Body By Gold's 5:30-6:30pm Louann	Spinning 9:00-10:00 Dora	Body Shaping 10:00-11:00 Kim	Pilates Mat 9:00-10:00 Tonie	Spinning 9:45-10:45 Kim	Body By Gold's 9:00-10:00 Stacy	Body Shaping 10:00-11:00am Stacy
Mixed Yoga 5:45-7:00pm Lauren	Insanity 5:30-6:30pm Tonie	Zumba Fitness 11:00-12:00pm Tonie	"POUND" 10:00-11:00 Tonie	Zumba Toning 10:45-11:45 Tonie	Step 10:05-11:05 Stacy	Insanity 10:00-11:00am Tonie
Spinning 6:30-7:30pm Stacy	Zumba 6:30-7:30pm Tonie	Cardio Kickbox 5:30-6:30pm Tonie	Body By Gold's 5:30-6:30pm Tonie	Spinning 5:00-6:00pm Tonie	Vinyasa Flow 10:15-11:30 MaryJean	
Beginner / Mixed Yoga 7:15-8:15 Linda	Ab Attack 7:30-8:00 Tonie	Pilates with Props 6:30-7:30pm Mikki	Mixed Vinyasa Flow 5:45-7:00pm Meryl			
		Spinning 6:30-7:30pm Tonie	Spinning 6:30-7:30pm MaryAnne			
		Step 6:30-7:30pm Stacy	Zumba Fitness 6:30-7:30 Tonie			
			Ab Attack 7:30-8:00pm Tonie			

Please note that the class schedule can also be found on our website at
www.goldsgym.com/hackettstownnj