




















GOLD'S GYM ^{E^XP}RESS

8741 Hospital Drive Douglasville 770-949-7507


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15	 GROUP KICK™ Amy	 GROUP STEP™ Amy	 GROUP ACTIVE™ Jennifer	 GROUP STEP™ April	 GROUP ACTIVE™ Denise	 GROUP KICK™ Lauren
10:15	 GROUP CENTERGY™ Amy	 GROUP ACTIVE™ Robin	 ZUMBA™ fitness Migdalia	 GROUP POWER™ April	 GROUP CENTERGY™ Denise	 GROUP groove™ Denise
5:30	 GROUP KICK™ Denise	 ZUMBA™ fitness Migdalia	 GROUP STEP™ Stephanie	 ZUMBA™ fitness Migdalia		
6:45	 GROUP CENTERGY™ Denise	 GROUP STEP™ Lauren	 GROUP POWER™ Stephanie	 GROUP KICK™ Lauren		


Winter Schedule: Monday, January 11th - Sunday, April 11th


Class Descriptions


AB LAB: 30-minute workout that targets toning, strengthening and shaping your abdominal and lower back. Offered at Chapel Hill Location.


BOOT CAMP: Gold's Gym Boot Camp is an efficient program because you work your entire body – heart and muscles – by going from one exercise to another with no rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. Your challenge is to take your body to its limit. You work, you sweat, best of all, you burn calories like crazy! Offered at the Chapel Hill Location. **Pre-registration required.** See Chapel Hill front desk for complete details.


 **GROUP ACTIVE™** Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, *Get Active*


 **GROUP CENTERGY™** Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.


 **GROUP GROOVE™** If you can move, you can *Groove*. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you *Get A Move On!* with Group Groove.


-  **GROUP KICK™** Group Kick brings it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out.

-  **GROUP RIDE™** Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60-minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On! Offered at Chapel Hill Location.

-  **GROUP POWER™** is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power.

-  **GROUP STEP™** Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

-  **Silver Sneakers™** SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and all those who enjoy a positive, upbeat social environment. Offered at Chapel Hill Location.

-  **ZUMBA™** fitness The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

