

GOLD'S GYM, Latham

GROUP EXERCISE CLASS SCHEDULE

WWW.GOTOGOLDS.COM

1/11/2012


GGX STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45 AM	BODYCOMBAT 5:30 Start - Dan	BODYPUMP Renee	BODYFLOW Renee	BODYPUMP Kenee		7:10 AM	BODYPUMP Dan	
8:15 AM	BODYSTEP Mikki					8:15 AM	BODYATTACK Jenn&Renee	BODYPUMP Dee / Andrea
9:15 AM	BODYPUMP Lisa	BODYPUMP Heather	BODYSTEP Taryn	BODYPUMP Heather	BODYFLOW Sarah	9:15 AM		BODYCOMBAT Hannah / Dan
10:30 AM	YOGA Daniel	BODYFLOW Sara				9:30 AM	BODYFLOW Jenn&Renee	
3:45 PM					BODYCOMBAT Erin	10:30 AM	BODYYOGA Tara & Katie	YOGA Daneiel
4:45 PM	Kick-Boxing Kelly	BODYATTACK Jenn & Katie	BODYPUMP Lee	BODYCOMBAT Erin	BODYPUMP Andrea	<p>**You must sign up 30 minutes prior to every Group Exercise class at the front desk. Thank you.</p>		
5:45 PM	ABBS Jenn		ABBS Jenn					
6:00 PM	BODYPUMP Jenn	YOGA Daniel	BODYATTACK Jenn&Kenee	STEP & SCULPT Jenn	YOGA Daniel			
7:15 PM	BODYYOGA Beth & Elizabeth	BODYPUMP Dan	BODYFLOW Jenni	ZUMBA Bridget				

SPINNING STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45 AM	SPINNING Express - Renee		SPINNING Regina / Dan - RPM		SPINNING Renee	7:15 AM	SPINNING Regina	
9:15 AM	SPINNING Tom	LES MILLS RPM Sarah	SPINNING Sarah		SPINNING Trish	8:30 AM	LES MILLS RPM Dan	
4:30 PM	SPINNING Sarah		SPINNING Andrea			9:15 AM		SPINNING Dee / Tom
5:00 PM		SPINNING Express - Dee		SPINNING Express- Jenn		<p>**You must sign up 30 minutes prior to each Spin and RPM class at the front desk.</p>		
5:30 PM	SPINNING Trish		SPINNING Stephanie					
6:00 PM		SPINNING Jenn		SPINNING Tom				

PT PROGRAMS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00 AM	FOCUSMASTER	FOCUSMASTER	FOCUSMASTER	FOCUSMASTER				
8:15 AM					ROCKbottom Express	8:30 AM	FOCUSMASTER	
9:30 AM	FOCUSMASTER	FOCUSMASTER		FOCUSMASTER		10:00 AM	ROCKbottom	
10:30 AM			ROCKbottom			10:30 AM		FOCUSMASTER
5:15 AM	FOCUSMASTER	FOCUSMASTER	FOCUSMASTER					
6:00 AM	FOCUSMASTER	FOCUSMASTER	FOCUSMASTER	FOCUSMASTER	FOCUSMASTER			
7:00 PM	GGT			GGT				

GYM HOURS: Weekdays 5am-11pm, Weekends 7am-7pm

Kids Club Hours: (Monday-Thursday) 8:00am-12pm, 4pm-8pm (Friday) 8:00am-12pm, 4pm-7pm (Sat-Sun) 8am-12pm