

We have the people, the programs, the place!

Gold's Gym has:

- Personal Training and weight loss
- Gold's Group Exercise (GGX): BODYPUMP®, BODYSTEP®, BODYCOMBAT®, BODYFLOW®, BODYATTACK®, BODYJAM®, BODYVIVE®, RPM®, Yoga, SilverSneakers™, Pilates and ZUMBA®



- Classic Gold's - free weight areas
- Lady Gold's - women's only fitness areas
- Cardio Cinema with surround sound
- 41,000 square foot indoor turf sports fields: soccer, baseball, field hockey, lacrosse, and indoor driving range (Lagrange)
- Indoor pool and aqua classes (Newburgh)
- Annual programs & events including: 12-Week Body Transformation, member holiday party, cancer walk, road races, ADA golf outing, and Tour de Cure
- 24-hour access (Fishkill)
- Kids' Club - child care
- KidZone - children's fitness and activity center (Lagrange)
- Children's Birthday Parties (Newburgh & Lagrange)
- Children's Summer Camps (Newburgh & Lagrange)
- Basketball • Volleyball • Racquetball • Indoor tracks (Newburgh & Lagrange)
- Boxing Studios (Newburgh & Fishkill)



Gold's Gym—a place like no other!



Gold's Gym Lagrange
258 Titusville Road
Poughkeepsie, NY 12603

Did you know...

Gold's Gym has tanning!

Experience our Full-Service
Tanning Salon with 3 levels of tanning!



www.goldsgym.com/hudsonvalley

Fishkill, 982 Main Street • 897-2330
Newburgh, 15 Racquet Road, Rte 17K • 567-9599
Lagrange, 258 Titusville Road • 463-4806

**Tanning packages from
\$19.99 – \$46.99 per month**

GOOD FOR ONE FREE YOGA CLASS



"THE GOAL
OF YOGA AT
GOLD'S GYM
IS AN EASEFUL
BODY, PEACEFUL
MIND AND
USEFUL LIFE."



Fishkill 982 Main Street (845)896-3300
Newburgh 15 Racquet Road, Rte 17K (845)564-7500
Lagrange 258 Titusville Road (845)463-4800

SESSION 4: 2/22 - 3/29, 2010

SESSION 5: 4/19 - 5/24, 2010

KNOW YOUR OWN STRENGTH™

Programs

Gold's Gym Lagrange

258 Titusville Road, Poughkeepsie, NY 12603
(845)463-4800

KIDS & TEENS PROGRAMS

Little Athletes Ages 3 - 4 years

Fridays 10:30am - 11:15am

\$45 (member) / \$60 (non member)

A combination of soccer, basketball and creative play.

SESSION 4: 2/26 - 4/9 (no class April 2nd)

SESSION 5: 4/23 - 5/28

Little Kickers Ages 3 - 4 years

Tuesdays or Fridays 9:15am - 10:00am

Tuesdays 1:30pm - 2:15pm

\$45 (member) / \$60 (non member)

A fun-filled introductory soccer-based class for 3 & 4 year old children. This class teaches balance, coordination and gross motor skill through agility exercises and soccer related games and activities. Parent participation is optional.

Tuesday Sessions:

SESSION 4: 2/23 - 4/6 (no class March 30th)

SESSION 5: 4/20 - 5/25

Friday Sessions:

SESSION 4: 2/26 - 4/9 (no class April 2nd)

SESSION 5: 4/23 - 5/28

Little Dribblers Ages 4 & 5 years

Wednesdays 10:15am - 11:00am

\$45 (member) / \$60 (non member)

A fun-filled introductory basketball-based class for 4 & 5 year old children. This class teaches balance, coordination and gross motor skill through agility exercises and basketball related games and activities. Parent participation is optional.

SESSION 4: 2/24 - 4/7

(no class March 31st)

SESSION 5: 4/21 - 5/26



KidZone Hours

KIDZONE

Ages 5 through 12 years

Mon-Fri 4:00 pm-8:30 pm

Sat & Sun 8:00 am-3:00 pm

CLIMBING WALL • CLIMBING NET • JUNIOR TREADMILLS • MOONWALKERS
RECUMBENT BIKE • BALANCE BOARDS • TUNNELS • PARACHUTES
ORGANIZED ACTIVITIES

FREE 1-Day Pass



**KIDZONE FACILITIES AT
LAGRANGE LOCATION ONLY.**

First-time users, local resident, 5 years to 12 years.



www.goldsgym.com/hudsonvalley



Junior Dribblers Ages 6 - 9 years

Mondays 4:15pm - 5:00pm

1 time per week \$45 (member) / \$60 (non member)

A fun filled basketball class for 6 -9 year old children. This class teaches the basic skills of the game while stressing the importance of teamwork. Parent participation is optional.

SESSION 5: 4/19 - 5/24

Spring Break Camp/New York Soccer Academy Ages 5 - 13 years

March 29th-April 2nd 9:00am - 12:00pm

\$130 (member) / \$150 (non member)

The New York Soccer Academy offers soccer instruction to children grade levels kindergarten through eighth with or without experience. Boys and Girls are welcome. The goal of NYSA is to promote sportsmanship and respect, as well as teach the technical and tactical skills of the game.

Al Hammell Baseball Spring Training "Survivor Series" Tournament

March 31st-April 2nd

Ages 10 years and under

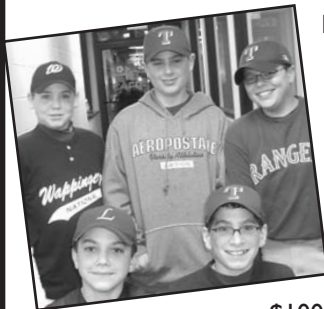
**Wednesdays and Fridays
4:00pm - 6:00pm**

Ages 12 years and under

**Mondays and Fridays
6:00pm - 8:00pm**

\$125 (per player as individual) or

\$100 (per player as part of a team)



The program will include round robin play with the winning team remaining on the field to face the next challenger. The team awaiting play will be given offensive and defensive instruction. (8-10 players per team. Players registering individually will be assigned a team).

School's Out Program Ages 5 - 13 years

A healthy solution to those "No School Days". Full and half-day options available. Games, activities, scavenger hunts, and more. Your kids will go home happy and tired! Lunch period at 12:00pm. All children must bring bag lunch. Drop off begins at 8:45am. Full day: 9:00am - 4:00pm; Half-day: 9:00am - 1:00pm. Extended hours to 5:30pm are available for an additional fee. Full day: \$25 (member) \$30 (non-member) Half-day: \$15 (member) \$18 (non-member)

Feb 15th (Monday) President's Day

Mar 29th - April 2nd (Monday - Friday)

Discount available for full-week registration.

April 19th (Monday)

Parent's Night Out Ages 4- 13 years

Take advantage of this great opportunity for a night out! Kids will enjoy a special theme night filled with fun games, activities, and a movie. Each child receives one slice of pizza and a beverage. Staff supervised. Members and non-members welcome!

\$15 per child paid in advance. \$20 per child paid the day of the event.

Space is limited. All children must register in advance to secure a spot.

**Saturday, April 17th
4:30pm - 9:30pm**



BRAND NEW: READY...SET...GOLD'S!

The perfect way for all members to learn about the services and programs associated with the Hudson Valley Gold's Gym organization. All attendees will receive \$15 in Gold's

Gym cash and a free workout towel. To put it plainly, we pay you to get educated and inspired! No pressure, no gimmicks, just a great way to understand how to maximize your time with us and reap maximum benefits from your exercise efforts at Gold's Gym. Information includes an overview and understanding of our different services and programs, including personal training, small group training, Gold's Group Exercise (GGX), and more.

This education forum is free and open to members and their guests two times a month. You must sign-up in advance at the club or email, albrecht@goldsgymhv.com, with the message, "sign me up for Ready...Set...Gold's".



ADULT PROGRAMS

League Play: Leagues are open to members and non-members.

Men's Open (over 18)

Basketball League

Mondays 6:00pm - 9:00pm

\$650 per team. 10 shirts provided.

18 years and older.

Games are played on the hour.

Space is limited to the first 8 teams registered. Registration deadline: Monday, March 8th.

SESSION 3/8 - 5/17

Please contact Kim Costello at kimc@goldsgymhv.com for additional information.



Women's A, B and C Over 30 Soccer League

Wednesdays & Fridays 8:00pm and 9:00pm

\$480 (team fee)

Space is limited to 6 teams in each division for an 8 match season. Games played on the hour.

SESSION 4/14 - 6/11

Women's Shamrock Soccer Tournament Open, Over 30 and Co-Ed Divisions

March 28th - All day event

Additional information available at www.Ehwsl.org.

Wappingers Soccer Club/New York Soccer Academy Shamrock Tournament

March 20th and 21st - All day event

\$325 (team)

Boys and girls. For more information go to www.wusc.org - Doug LaPerche or email Kieran at irishcoach@yahoo.com.

Men's Over 30 and 40 Soccer Tournament

April 3rd - All day event

\$250 (team)

Space is limited - Guaranteed 4 matches.

Registration forms are available on the website at www.goldsgym.com/hudsonvalley or at our Gold's Gym Lagrange location.



PERSONAL TRAINING PROGRAMS

Gold's Gym offers the following Group Personal Training options. All programs are ongoing. Please see a Personal Trainer or the Front Desk staff for dates and times.

Target Training

2 times per week: \$200 (person)

If you're looking for a gradual yet intense workout that will get you in shape, this is it! The goal of the class is toning the abs and glutes, while having fun in an interactive environment.

Running Class

1 time per week: \$100 (person)

The Gold's Gym running class provides an individualized training program for each member. Each participant is given a training program per week to supplement the training completed during the hour session. This includes both cardio and resistance training.

Bosu Class

1 time per week: \$100 (person)

This is a full-body workout that is unique and a lot of fun. The class focuses on core strength and balance but also targets the upper and lower body, especially legs and glutes.

Boot Camp

2 times per week: \$200 (person)

Unlimited attendance: \$79 per month. Minimum 3 months. Boot Camp is a military-style training program that utilizes activities such as jogging, sprinting, plyometrics, push-ups, pull-ups, squats, lunges, suspension training, and a variety of other calisthenic exercises. The large group dynamic of Boot Camp will both challenge and motivate you to succeed!

Small Group Training

Unlimited attendance: \$79 per month. Minimum 3 months. Small Group Training provides the motivation of individualized personal training at an affordable price. Come work out with 2-10 people in a fun and exciting atmosphere of camaraderie and specialized training routines. A limited number of participants in each group ensures you'll get hands-on attention from a trainer. The specialized exercises offered in Small Group Training are not only fun but will get you in the best shape of your life!

dotFit™: Nutritional Based Program

\$10 (per month)

This program makes it easy to know exactly where you are against your goals - hourly, daily, weekly and monthly. The dotFit™ online food diary gives you the facts you need to succeed. If your goal is to lose weight, gain muscle or just improve your health, dotFit™ has a complete nutrition program personalized to your preferences. With dotFit™, it only takes 7 minutes to set up your recipe for success!