



A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness - a session guaranteed to take no prisoners.



A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

Bike

Burn maximum calories doing fun cycling drills and races, all to upbeat music. Efficient aerobic/anaerobic workout. Combine this with Bodypump and you'll have a well-sculpted workout.

Cardio Combo

This class is a 75 min cardio class with Hi Lo, Step and Floor work

Functional

Sweat while you play! Get in shape with a dynamic and challenging class structured to give you a full-body workout while challenging your balance and core strength. This class will improve your performance in sports and everyday activities.

Functional/Pilates

The first 15 minutes is functional movement with 45 minutes of Pilates. Great way to start your weekend.

Interval & Pilates

This 90 minutes class combines range of motion movements for your entire body. This is a high cardio workout with a combination of Mat Pilates.

Kickboxing

Punch, jab, and kick your way to fitness! High end, fun cardio that will keep you moving all day long.

Step Interval

Step to easy to follow moves combined with resistance training using hand weights, resistance tubing/bands, and/or body bars. A good 50 min. class to get your cardio and strength workout in one.

Yoga

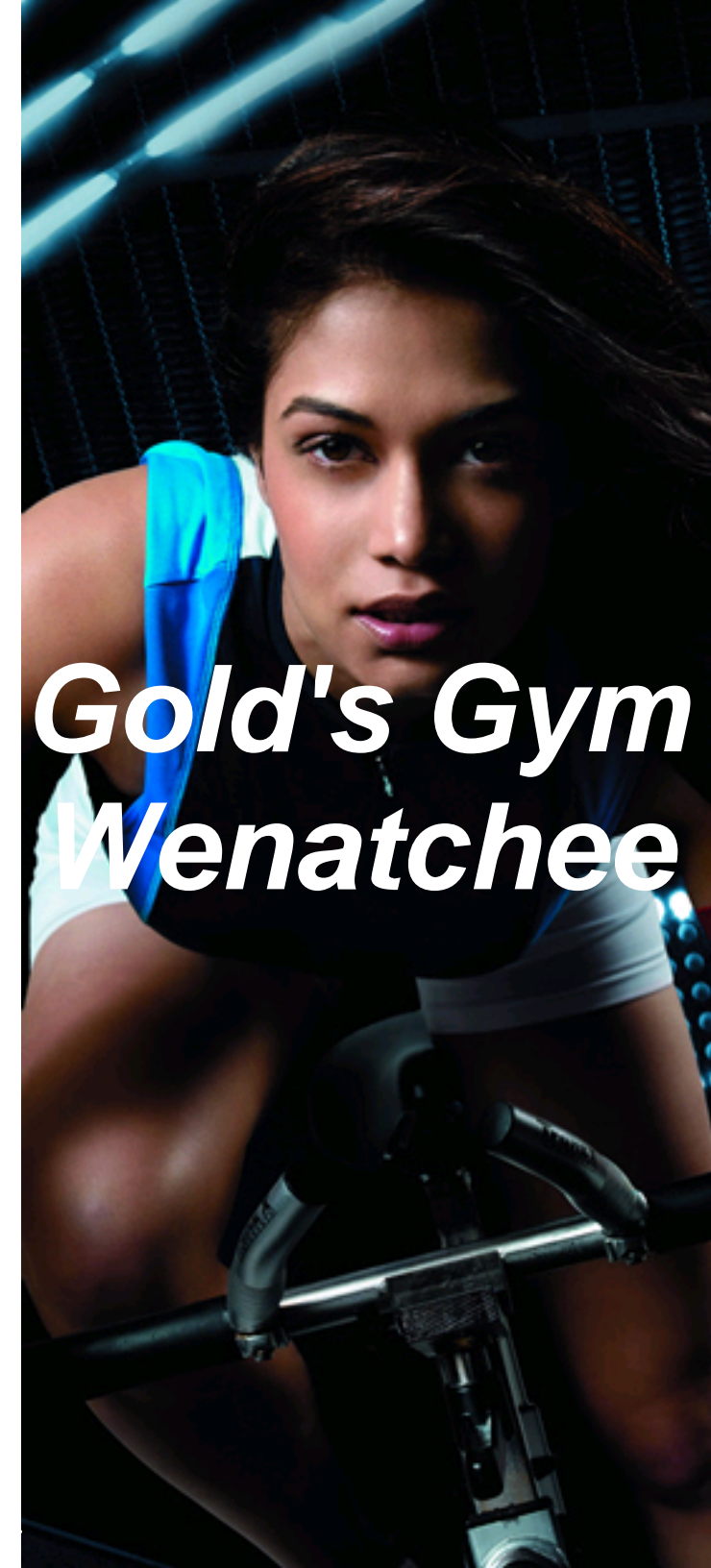
Strength/Flexibility/Endurance. Enhances focus and body awareness as well as help reduce stress. The perfect class for perfect balance in life.

Zumba

Zumba is a Latin-inspired, dance fitness class. This class format combines fast and slow rhythms that tone and sculpt the body.

Zumba Toning

This class is designed to get your heart rate up with fun easy to follow dance moves combined with strength moves for core, upper body and legs.



**Gold's Gym
Wenatchee**