



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.



BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.



Some of the world's top dance choreographers update BODYJAM every three months to guarantee a funky blend of cardiovascular fitness and urban culture. A great way to get the maximum fun out of your workout, as you move into shape to the sounds of modern dance music.



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.



BODYSTEP is the ultimate way to give your body a high energy cardioblast and tone the hips and thighs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.



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.

BELLY DANCE

Works muscle groups in the abdomen, pelvis, trunk, spine and neck. There is a wealth of health benefits awaiting those who practice this form of dance. Improved posture and muscle toning, weight loss, preparation for childbirth, and stress reduction. Belly dance is good for you.

BodyFit

You gonna love Gold's Gym newest and most interesting class - BodyFit! You'll reach your fitness goals because we specifically designed this workout for those who need an effective and fun workout during lunch. This class focuses on the wide variety of functional training techniques, and The National Association of Sports Medicine considers this style one of the VERY best ways to achieve long lasting and FAST results for you body. You will you engage your entire core by combining balance and stability techniques with athletic movements both in the GGX room and on equipment on the fitness floor. We promise you'll get great and fun 45 minute multi-dimensional express work-out every time!

Boot Camp

If you are more motivated in a group environment, come experience the thrill of boot camp at Gold's Gym! This class is for everyone who enjoys a varied workout of drills, interval training, muscle conditioning, and cardio - you get it all here and you can do it in this express 45 minute workout!