

Vacaville Gold's Gym

201 Main St.
Vacaville, CA 95688
(707) 447-GOLDS

" Young at Heart "

Great classes for seniors, for new exercisers and
for those just getting back to a routine!

Gold's Gym Hours

Mon-Thursday: 4am to 11pm
Friday: 4am to 10pm
Sat & Sun: 6am to 8pm

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
8:00 - 8:30	Healthy Abs & Backs + Balance		chair Exercise		Healthy Abs & Backs + Balance		
8:45 - 9:45	Water Works (water exercise)		Water Works (water exercise)		Water Works (water exercise)		
9:00-10:00 am		Gentle H2O & Beg. Indoor Cycle		Gentle H2O (water exercise)		Water Works (water exercise)	
10:00-10:45							
11:00			Tai Chi (\$)				
12:30-1:30	Arthritis Water Therapy		Arthritis Water Therapy		Arthritis Water Therapy	All Classes on this schedule are FREE to golds gym members with the exception of the following class: \$Tai chi requires an additional fee. You can pay by the class or purchase a punch card for a reduced fee at the front desk.	
6:30-7:30 pm		Water Works (water exercise)		Water Works (water exercise)			

Class descriptions can be found on the back of this schedule.
Classes and Instructors may change at any time.

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