

Gold's Gym Group Exercise Schedule

NOVEMBER 2009

	M	T	W	TH	F		SA	SU
5:00	Spin* Ron				Spin* Ron	9:00	 Brandi	Core Evolutions™ (45 min) Eric
5:30		Yoga Jack	Spin* Peter	Yoga Jack		9:30	Spin* Lisa	Spin* Russ
6:30				Spin* Natalie		9:45		Evolutions™ Dance (45 min) Eric
8:30	 Keena		 Jennifer			10:00	 Brandi	
8:30	Spin* Tomer	Spin* Tomer	Spin* Mandy	Spin* Tomer	Spin* Mandy	10:30		Piyo Jamie
9:30	 Julie	9:15 TBC (75 min) Jennifer	 Mandy	 Mandy	 Mandy	11:15	 Diane	
9:30	Spin* Zoe	Spin* Tomer	Spin* Jennifer	Spin* Caroline	Spin* Lori	12:15	Pilates Natalie	
10:30	 Mandy	Piyo Julie	Butt & Gut (30 min) Mandy	Yoga Mandy	Piyo Linda			
12:00		 Caroline	Forever Fit Jennifer	 Caroline	Forever Fit Susanne			
4:30	Spin* Mandy		Spin* Keena	Spin* Mandy				
4:30		 Marenda		 Jennifer				
5:30	 Trina	Pilates Challenge Amy	 Brandi	 Mary	 Marenda			
5:30	Psycho Spin* Brad	Spin* Maurice	Spin* Russ	Spin* Lisa				
6:30	Pilates Dawn	 Mandy	Abs (30 min) Marianne	 Trina	Pilates Natalie			
6:30			Spin* Zoe					
7:00			Lower Body Blast! (30 min) Marianne					
7:30	 Mary	Yoga Susie	 Jackie					

Classes maintaining 5 or few participants are subject to change or cancellation.