




























Fall 2011

GG-X

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 AM	 Gina Steigerwalt	 Lisa Sands	 Gina Steigerwalt	 Lisa Sands	 Lisa Finkenbiner	8:30 AM	 	
8:30 AM		 JANET MUTZEL				9:30 AM	 Prudence Smith	
9:00 AM		 Sarah Davis				10:30 AM	 CHRIS BROCIOS	
9:15 AM	 Michelle Mangin				 Laurie Heffekfinger	4:00 PM		
9:30 AM		 Sarah Davis		 Michelle Mangin				
10:30 AM	 BETH ANNE			 Michelle Mangin				
5:00 PM	 Lori Fry		 Angie					
5:30 PM	 Lori Fry	 	 	 Lisa Finkenbiner				
6:15 PM	 ALISON/MEGAN							
6:30 PM		 LORI LOKEN	 Benjamin Parthree					
7:15 PM	 MISSY SEBRIGHT							



BODYCOMBAT™ — The fiercely energetic martial arts workout where you are totally unleashed and empowered.



BODYPUMP™ — Challenge yourself with the original barbell class that strengthens and tones your entire body.



RPM™ — The indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning endorphin high.



A high-energy 30-minute workout combining varied formats of cardio including step, kickboxing and high/low impact aerobics. Mixing it up guarantees you'll never get bored!

CYCLING

Focuses on obstacles such as hill climbs, sprints, cadences and intervals. Because each participant sets his/her own intensity scale in class, Group Cycling is a workout that participants of ALL fitness levels may take part in together, the perfect



An easy-to-follow, low impact class designed for moderately active adults with optional use of chairs, bands, tubing and dumbbells.

Step

This is not your 80's step class! This is a modern step class offering a high / low impact cardio workout on a platform step. Fun and easy to follow combinations, choreographed to upbeat music! Step provides great cardiovascular and toning benefit



The TurboKick program was developed to provide participants a safe, effective and fun cardiovascular workout that utilizes movements from kickboxing, boxing and self-defense and combines them with constant aerobic movement and predetermined transitio



Increase flexibility and strength while toning muscles in the buttocks, hips and thighs with Pilates. Shape, stretch and tone your entire body through the practice of Yoga. Both will build the connection between body and mind, relieve your body of



Gold's Gym - York (North)
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York
17402