

GOLD'S GYM FITCHBURG

GROUP EXERCISE (GGX) SCHEDULE - MARCH 2010

GGX STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	BOOT CAMP Kat	BODYPUMP Jenn		BODYPUMP Melissa		7:00 AM	BODYPUMP Rotate	
9:00 AM	BODYPUMP Paula	BODYSTEP Jackie	BOOT CAMP Amy B	BODYCOMBAT Rob	BODYPUMP Kat	8:00 AM	BODYCOMBAT Rotate	BODYPUMP Amy S
10:10 AM	Tae Bo Maria	ZUMBA Ashley		BODYPUMP Paula	BODYSTEP Jackie	9:00 AM	BODYPUMP Christine	ZUMBA Jill
12:00 PM	BODYPUMP Janet				BOOT CAMP Andrea	10:10 AM	BODYJAM Rob	
5:15 PM	BODYPUMP Rob	BODYSTEP Christine	BODYPUMP Shana	BODYSTEP Christine	Tae Bo Maria	4:00 PM		BODYPUMP Rotate
6:20 PM	BODYJAM Rob	BODYPUMP Christine	BODYCOMBAT Shana	BOOT CAMP Amy S	ZUMBA Maria			
7:25 PM	PUMP/COMBAT Shana	ZUMBA Jill	BODYPUMP Jackie	TURBOKICK Jill				

MIND BODY STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	BODYFLOW Ashley		BODYFLOW Ashley		INDOROW Tom	5:30 AM		
8:00 AM		INDOROW Jenn				8:00 AM		
8:30 AM	YOGA Amy K					8:30 AM		
9:00 AM			PILATES Stacy		YOGA Jules	9:00 AM	PILATES Eric	INDOROW Tom
9:30 AM	Pilates Sculpt Stacy					9:30 AM		
10:10 AM		BODYFLOW Erin	YOGA Amy K	BODYFLOW Jackie	PILATES Stacy	10:10 AM	BODYFLOW Erin	BODYFLOW Rotate
5:15 PM	Yoga Abs Janet	VINYASA YOGA Amy K	INDOROW Tom			5:15 PM		
6:20 PM	BODYCOMBAT Amy S	PILATES Eric	YOGA Janet	BODYFLOW Christine		6:20 PM		

CYCLING STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:30 AM	CYCLE Jenn		CYCLE Kristin			8:00 AM	CYCLE Kristin	
9:00 AM		CYCLE Jenn		CYCLE Kristin		9:00 AM		CYCLE Bennet
10:10 AM			CYCLE Kristin		CYCLE Kat	10:10 AM		CYCLE Bennet
12:00 PM			CYCLE Andrea					
5:15 PM	CYCLE Lindsey							
6:20 PM		CYCLE Joe/Talia		CYCLE Rick				Schedule Begins 03/01/10

CLASS DESCRIPTIONS

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Please plan to arrive at least 5 minutes before class to set up.

BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 60-minute class.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors, strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

PUMP/COMBAT is 30 minutes of **BODYPUMP™** and 30 minutes of **BODYCOMBAT™**...a great way to squeeze in strength training and cardio!

ZUMBA is a Latin style dance cardio class with freestyle easy combinations and motivating music. A great workout designed to be enjoyed by everyone at all fitness levels.

BOOT CAMP Heart-pounding intervals and old school strength like push-ups , presses, and squats to challenge your body and keep burning calories and fat all day long!

CYCLE is an indoor cycling class where you take on the terrain with your inspiring instructor and ride to the rhythm of powerful music.

PILATES Lengthen, strengthen and tone your body with a system of body conditioning exercises created over 70 years ago by Joseph Pilates. Achieve true core strength through concentration, breathing, alignment, coordination and balance.

YOGA is a mind/body discipline that can improve your strength, balance, and flexibility while decreasing tension and stress through asanas (exercises), breathing, and relaxation. Appropriate for first-timers as well as those looking to strengthen the core of their practice.

YOGA ABS is a yoga-based class with an emphasis on core work.

VINYASA YOGA synchronizes dynamic flow of postures with breath to increase strength, flexibility, and balance.

INDO-ROW Using all major muscle groups, the cardiovascular system, and the mind, Indo-Row is a leg, core and arm-toning workout that synchronizes everyone as a team, is easy to learn, and delivers big results.

PILATES SCULPT Strengthen your core as well as your arms, legs, glutes, and abs using E-FIT, a versatile piece of equipment that is easy enough for a beginner to use, yet provides a challenging workout as your fitness level increases.








TAE BO A cardiovascular exercise class that blends aerobics, kick-boxing, and yoga. Have fun while you build muscle, burn fat, and increase your coordination.

TURBO KICK A combination of kickboxing and dance moves, all perfectly choreographed to high-energy and motivating music.

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Group Fitness Class Age Requirement: Participants must be 16 years of age or older. Youth between the ages of 12-15 may participate in most group fitness classes with a parent/guardian as long as they behave appropriately and are able to perform the exercises safely without requiring an excessive amount of attention from the instructor. It is left to the discretion of the instructor whether or not a youth may participate in his/her class. No youth under the age of 12 will be allowed to participate in a group fitness class. In the case of cycling classes, the youth must be able to fit appropriately on the bike.

GOLD'S GYM FITCHBURG AQUA SCHEDULE – MARCH 2010

POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM – 6:00 AM	Instructor Choice Meagan		Instructor Choice Lindsey				
5:45 AM – 7:00 AM	 POOL CLOSED for Masters Swim		 POOL CLOSED for Masters Swim		 POOL CLOSED for Masters Swim		
7:30 AM						Instructor Choice Rotate	
8:30 AM						Instructor Choice Rotate	
9:00 AM			Liquid Sculpt Nancy				
11:45 AM – 12:35 PM		 POOL CLOSED for Masters Swim		 POOL CLOSED for Masters Swim			
4:00 PM						Family Swim 4:00 – 5:30 PM	Family Swim 4:00 – 5:30 PM
4:30 PM		Liquid Sculpt Lindsey					
5:00 PM	Aqua Force Nancy		Aqua Force Nancy/Lindsey				
5:30 PM		 Meagan		 Meagan			
6:00 PM	Liquid Sculpt Nancy		Liquid Sculpt Nancy				Schedule Begins 03/01/10

CLASS DESCRIPTIONS

LIQUID SCULPT If you are looking for a challenging workout designed to provide maximum benefits, Liquid Sculpt is for you. Sculpt classes will change your idea of water exercise...it's not water aerobics of the past! Improve your strength, vitality and flexibility with the resistance of the water.

AQUA FORCE – DEEP WATER RUNNING is a no-impact and high intensity program which emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Participants will use flotation belts. No swimming skills are necessary. Class size is limited to 12.

AQUA BOOT CAMP is full of fun and energizing activities designed to help you reach your fitness goals now! Regardless of your age, size, or fitness level, you can achieve very noticeable results. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you! One thing is certain - you will have a blast!