

## GOLD'S GYM FITCHBURG GROUP EXERCISE (GGX) SCHEDULE - FALL 2009

### GGX STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	<b>BOOT CAMP</b> Alesha	<b>LES MILLS BODYPUMP</b> Jenn		<b>LES MILLS BODYPUMP</b> Melissa			
8:00 AM						<b>LES MILLS BODYCOMBAT</b> Rotate	<b>LES MILLS BODYPUMP</b> Amy S
9:00 AM	<b>LES MILLS BODYPUMP</b> Paula	<b>LES MILLS BODYSTEP</b> Jackie	<b>BOOT CAMP</b> Amy B	<b>LES MILLS BODYCOMBAT</b> Rob	<b>LES MILLS BODYPUMP</b> Amy B	<b>LES MILLS BODYPUMP</b> Christine	<b>ZUMBA</b> Jill
10:10 AM				<b>LES MILLS BODYPUMP</b> Paula	<b>LES MILLS BODYSTEP</b> Jackie	<b>LES MILLS BODYJAM</b> Rob	
12:00 PM	<b>LES MILLS BODYPUMP</b> Janet				<b>BOOT CAMP</b> Andrea	<b>Group Fitness Orientation</b>	
4:00 PM			<b>ZUMBA</b> Jill				
5:05 PM	<b>LES MILLS BODYPUMP</b> Rob	<b>LES MILLS BODYSTEP</b> Christine	<b>LES MILLS BODYPUMP</b> Shana	<b>LES MILLS BODYSTEP</b> Christine			
6:10 PM	<b>LES MILLS BODYJAM</b> Rob	<b>LES MILLS BODYPUMP</b> Christine	<b>LES MILLS BODYCOMBAT</b> Shana	<b>BOOT CAMP</b> Amy S	<b>ZUMBA</b> Ashley		
7:15 PM	<b>PUMP/COMBAT</b> Shana	<b>ZUMBA</b> Jill	<b>Group Fitness Orientation</b>	<b>LES MILLS BODYPUMP</b> Jackie			

### MIND BODY STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM			<b>LES MILLS BODYFLOW</b> Ashley				
8:00 AM	<b>YOGA</b> Jenn	<b>INDOGROW</b> Jenn		<b>INDOGROW</b> Kristin			
9:00 AM	<b>E-Fit</b> Stacy		<b>PILATES</b> Stacy	<b>LES MILLS BODYFLOW</b> Jackie	<b>YOGA</b> Laura	<b>PILATES</b> Eric	<b>LES MILLS BODYFLOW</b> Rotate
10:10 AM		<b>LES MILLS BODYFLOW</b> Christine	<b>YOGA</b> Laura		<b>PILATES</b> Stacy		
5:05 PM			<b>INDOGROW</b> Kristin				
6:10 PM		<b>PILATES</b> Eric	<b>YOGA</b> Janet	<b>LES MILLS BODYFLOW</b> Christine			

### CYCLING STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Jenn		Kristin				
8:00 AM						Kristin	
9:00 AM		Jenn		Kristin			
10:10 AM			Amy B		Amy B		<b>Beginning Cycle</b> 1 <sup>st</sup> Sunday of the Month
12:00 PM			Andrea				
5:05 PM	Lindsey	Bennet		Bennet			
6:10 PM				Rick			Revised 11/1/09

## 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** combines traditional military style exercises like push-ups and jacks with cardio intervals. Take the challenge!

**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.



**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.

**E-FIT** Strengthen and tone your arms, legs, glutes, and abs using this versatile piece of equipment. It's easy enough for a beginner to use, yet provides a challenging workout as your fitness level increases.

**GROUP FITNESS ORIENTATION** A guided tour of the class structure and equipment that we use in our group fitness classes.

**GOLD'S GYM FITCHBURG**  
**AQUA SCHEDULE – FALL 2009**

**POOL**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM						Instructor Choice Nancy/Mark	
4:30 PM		Liquid Sculpt Lindsey		Liquid Sculpt Rose			
5:00 PM	Aqua Force Nancy		Aqua Force Nancy				
5:30 PM		 Mark		 Mark			
6:00 PM	Liquid Sculpt Nancy		Liquid Sculpt Nancy				Revised 11/1/09

**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!