



# Gold's Gym Kirkland group exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.		<b>LES MILLS RPM</b> 30 Minutes Mona		<b>LES MILLS sprint</b> 30 Minutes Michelle			
6:30 a.m.		<b>LES MILLS CXWORX</b> 30 Minutes Mona		<b>LES MILLS CXWORX</b> 30 Minutes Michelle			
9:00 a.m.						Harmoney/RoseAnne 8:45 a.m.	
9:30 a.m.	<b>LES MILLS BODYPUMP</b> Bethany	<b>Dance Fitness</b> 30 Minutes Kim	<b>LES MILLS BODYPUMP</b> 30 Minutes Patty	<b>LES MILLS BODYVIVE</b> 30 Minutes Kim	<b>LES MILLS BODYPUMP</b> Angie	<b>Yoga</b>	
10:00 a.m.		<b>balanced body barre</b> 30 Minutes Kim	<b>LES MILLS CXWORX</b> 30 Minutes Patty	<b>balanced body barre</b> 30 Minutes Kim		<b>LES MILLS BODYPUMP</b> 10:00 a.m. Matt	
10:35 a.m.	<b>LES MILLS BODYVIVE</b> Nicole	<b>Yoga</b> Donna	<b>balanced body barre</b> Treena	<b>Yoga</b> 10:45 a.m. Donna	<b>ZUMBA FITNESS</b> Christina	<b>LES MILLS BODYPUMP</b> Matt	<b>LES MILLS BODYPUMP</b> 10:30 a.m. Valynn/Daphnie
11:00 a.m.						<b>ZUMBA FITNESS</b> 11:00 a.m. Matt	
11:30 a.m.						<b>ZUMBA FITNESS</b>	
12:00 p.m.						<b>JILLIAN MICHAELS BODYSHRED</b> 12:00 p.m. Britt	
5:00 p.m.	<b>LES MILLS BODYPUMP</b> Emily		<b>balanced body barre</b> Donna				
6:00 p.m.	<b>ZUMBA FITNESS</b> Monika	<b>LES MILLS BODYPUMP</b> Valynn	<b>LES MILLS BODYCOMBAT</b> Trina	<b>LES MILLS BODYPUMP</b> Matt			
7:05 p.m.	<b>Yoga</b> Drew	<b>LES MILLS sprint</b> 30 Minutes Anna	<b>Yoga</b> Lisa	<b>LES MILLS RPM</b> 45 Minutes Geneva			

Category	Program	Description	Length	Intensity	Results
<b>Strength, Sculpt &amp; Core</b>					
 <b>STRENGTH</b>	 <b>LES MILLS BODYPUMP</b>	BODYPUMP® is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories.		Moderate to High Intensity	<ul style="list-style-type: none"> <li>Increases strength &amp; endurance</li> <li>Tones &amp; Shapes</li> <li>Helps maintain bone health</li> </ul>
 <b>CORE</b>	 <b>LES MILLS CXWORX</b>	CXWORX® provides the vital ingredients for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together.		Moderate to High Intensity	<ul style="list-style-type: none"> <li>Tightens &amp; tones</li> <li>Core muscles improve functional strength for balance, mobility &amp; injury prevention</li> </ul>
 <b>STRENGTH</b>	 <b>balanced body barre</b>	Barre combines isometric movements, high repetitions, and a variety of props to sculpt and fine-tune your body. Balanced Body Barre™ takes the best of barre and updates it with movement principles to create an energetic, fun and safe workout.		Low to Moderate Intensity	<ul style="list-style-type: none"> <li>Full-body, low-impact workout</li> <li>Sculpts legs, glutes</li> <li>Appropriate for dancer and non-dancers alike!</li> </ul>
<b>Cycle</b>					
 <b>CARDIO</b>	 <b>LES MILLS RPM</b>	RPM® is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit.		Moderate to High Intensity	<ul style="list-style-type: none"> <li>Improves heart &amp; lung fitness</li> <li>Increases leg strength &amp; endurance</li> </ul>
 <b>CARDIO</b>	 <b>LES MILLS sprint</b>	SPRINT® is high-intensity interval training (HIIT) on a bike. This style of quick and hard training motivates you to push your limits in return for rapid results.		High Intensity	<ul style="list-style-type: none"> <li>Burn calories for hours after workout</li> <li>Time-efficient</li> <li>Rapid results with minimal joint impact</li> </ul>

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<b>Cardio</b>					
 <b>CARDIO</b>	 <b>LES MILLS BODYCOMBAT</b>	BODYCOMBAT® is a martial-arts inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact, and there are no complex moves to master.		Moderate to High Intensity	<ul style="list-style-type: none"> <li>Tones &amp; Shapes</li> <li>Increases strength &amp; endurance</li> <li>Builds self-confidence</li> </ul>
 <b>CARDIO</b>	 <b>JILLIAN MICHAELS BODYSHRED</b>	Jillian Michaels BODYSHRED is for those who want to break away from the norm. Advance your athleticism with metabolic training. The quick pace and mix of muscle conditioning, cardio and core stabilization is sure to push you to your peak performance.		High Intensity	<ul style="list-style-type: none"> <li>Full-body workout</li> <li>Time efficient</li> <li>Burn calories for hours after workout</li> </ul>
 <b>CARDIO</b>	 <b>LES MILLS BODYVIVE</b>	BODYVIVE™ is the 3-in-1, total body workout designed to build cardio, functional and core strength and boost fitness while improving energy levels, balance, agility and core strength.		Low to Moderate Intensity	<ul style="list-style-type: none"> <li>Cardio, strength &amp; core in one workout</li> <li>Trains functional movements</li> <li>Appropriate for novice &amp; experts</li> </ul>
 <b>CARDIO</b>	 <b>ZUMBA fitness</b>	This workout combines high energy & motivating music with synchronized dance movements designed for any fitness level. Want to burn some calories and have fun? Then Zumba is for you!		Moderate Intensity	<ul style="list-style-type: none"> <li>Burns calories</li> <li>Tones &amp; shapes</li> <li>Develops self expression</li> <li>Improves coordination</li> </ul>
<b>Mind-Body</b>					
 <b>FLEXIBILITY</b>	 <b>Yoga</b>	Traditional yoga poses for flexibility, balance, strength, concentration, relaxation and stress relief. Instructors draw from various practices to meet members' needs.		Low Intensity	<ul style="list-style-type: none"> <li>Improves joint flexibility &amp; range of motion</li> <li>Tones &amp; shapes</li> <li>Enhances mental wellbeing</li> </ul>