

# GOLD'S GYM NEWBURGH GROUP EXERCISE SCHEDULE

**EFFECTIVE NOVEMBER 11, 2013**  
Regional Group Exercise Director - Terri Albrecht: [albrecht@goldsgymhv.com](mailto:albrecht@goldsgymhv.com) 845-463-4800  
Water-in-Motion and Yoga Director - Jodi Trainor: 845-564-7500

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time	SATURDAY	SUNDAY
	5:30 AM	<b>LES MILLS BODYPUMP</b> Zack		<b>LES MILLS BODYCOMBAT</b> Jannette			8:15 AM	<b>LES MILLS BODYPUMP</b> Gretchen
9:15 AM	<b>LES MILLS BODYPUMP</b> Don	<b>LES MILLS BODYSTEP</b> Michelle	<b>LES MILLS BODYPUMP</b> Carolyn	<b>LES MILLS BODYCOMBAT</b> Adrienne	<b>LES MILLS BODYPUMP</b> Zack	9:20 AM	<b>LES MILLS BODYSTEP</b> Loretta - 9:20am	<b>LES MILLS BODYCOMBAT</b> Kellyann - 9:15am
10:30 AM	<b>LES MILLS SH'BAM</b> Terri	<b>LES MILLS BODYFLOW</b> Jodi	<b>ZUMBA FITNESS</b> Kim	<b>LES MILLS BODYFLOW</b> Michelle	<b>PILATES</b> Jodi / Lisa	10:30 AM	<b>LES MILLS BODYFLOW</b> Donna	<b>LES MILLS BODYATTACK</b> Lavalle
11:30 AM	<b>The Silver Sneakers Fitness Program</b> Classic - Terri	<b>The Silver Sneakers Fitness Program</b> Yoga - Michelle	<b>The Silver Sneakers Fitness Program</b> Classic - Jodi	<b>The Silver Sneakers Fitness Program</b> Circuit - Jo Marie		11:30 AM	<b>ZUMBA FITNESS</b> Stacey	<b>LES MILLS BODYPUMP</b> Zack
4:30 PM	<b>LES MILLS BODYSTEP</b> Justine	<b>LES MILLS BODYPUMP</b> Jodi		<b>LES MILLS BODYPUMP</b> Terri		5:00 PM		<b>ZUMBA FITNESS</b> Stacey
5:30 PM	<b>LES MILLS BODYPUMP</b> Anthony	<b>LES MILLS BODYATTACK</b> Bridget	<b>LES MILLS BODYPUMP</b> John	<b>LES MILLS BODYCOMBAT</b> Don/Jannette - 5:35pm	<b>LES MILLS BODYPUMP</b> John	<p><b>GOLD'S GYM HOURS</b> Mon - Fri: 5:00am - 10:30pm Sat &amp; Sun: 7:00am - 7:00pm</p> <p><b>KIDS CLUB HOURS</b> Mon - Fri: 8:45am - 1:00pm &amp; 4:00pm - 8:45pm Sat &amp; Sun: 8:00am - 1:00pm \$3 per child/visit. Maximum visit 2 hours.</p> <p><b>POOL HOURS</b> 6:00am - 9:00pm Monday through Friday 9:00am - 6:00pm Saturday &amp; Sunday</p> <p><b>GUESTS:</b> Mon-Fri \$15.00 Sat-Sun \$25.00 (Photo ID Req'd) <b>TOWEL RENTAL:</b> \$1.00 (\$2.00 deposit. \$1.00 refunded upon towel return.)</p>		
5:35 PM	<b>LES MILLS BODYCOMBAT</b> Michelle	<b>LES MILLS BODYVIVE</b> Loretta	<b>LES MILLS SH'BAM</b> Devon	<b>LES MILLS BODYSTEP</b> Gretchen	<b>ZUMBA FITNESS</b> Stephanie			
6:35 PM	<b>ZUMBA FITNESS</b> Millie	<b>LES MILLS BODYPUMP</b> Devon	<b>LES MILLS BODYFLOW</b> Michelle	<b>ZUMBA FITNESS</b> Millie	<b>PILATES</b> Lisa-7:30 - Yoga Room	<p>Class descriptions for all the Les Mills programs can be found at <a href="http://www.LesMills.com">www.LesMills.com</a>.</p>		
7:30 PM								
7:35 PM								
5:30 AM		<b>LES MILLS RPM</b> Matt		<b>LES MILLS RPM</b> Danielle		9:00 AM	<b>LES MILLS RPM</b> Donna	<b>LES MILLS RPM</b> Marissa
	10:30 AM	<b>LES MILLS RPM</b> Jubie		<b>LES MILLS RPM</b> Kelly - 60 minutes		10:30 AM	<b>LES MILLS RPM</b> Tiziana	
	4:30 PM	<b>LES MILLS RPM</b> Eric		<b>LES MILLS RPM</b> Donna		<p><b>RPM &amp; ZUMBA CLASSES</b></p> <p>To reserve your spot, please sign up in person at the Service Desk beginning 45 minutes prior to class time. In the event a class is closed out, members who have signed up will be given preference over those who haven't.</p> <p><b>TOWEL and WATER BOTTLE</b> are mandatory for RPM.</p>		
	5:30 PM	<b>LES MILLS RPM</b> Anthony		<b>LES MILLS RPM</b> Anthony				
	6:30 PM	<b>LES MILLS RPM</b> Tiziana		<b>LES MILLS RPM</b> Tiziana				
9:00 AM	<b>water in motion</b> Jodi	<b>The Silver Sneakers Fitness Program</b> Splash - Jodi	<b>water in motion</b> Jodi	<b>The Silver Sneakers Fitness Program</b> Splash - Jo Marie	<b>water in motion</b> Jodi	<p><b>KNOW YOUR OWN STRENGTH™</b></p> <p><a href="http://www.goldsgym.com/newburghny">www.goldsgym.com/newburghny</a> <a href="http://www.lesmills.com">www.lesmills.com</a></p> <p> <a href="https://www.facebook.com/goldsgymnewburgh">facebook.com/goldsgymnewburgh</a></p>		
Pool is closed to other swimmers during classes: 9:00-10:00am Monday through Friday								
<p><b>INCLEMENT WEATHER POLICY:</b> Gold's Gym Newburgh follows the Newburgh Central School System schedule. For additional information visit <a href="http://www.goldsgym.com/newburghny">www.goldsgym.com/newburghny</a> or call the Service Desk at 845.564-7500.</p> <p><b>1 or 2 hour delay:</b> Morning GGX and PT classes resume at 10:00am. Kids Club opens at 10:00am.</p> <p><b>School Closed:</b> All morning GGX, Pool, AGX and Yoga classes cancelled. Kids Club closed. Please call after 3:30pm for evening classes and Kids Club schedule.</p> <p><b>Weekends:</b> Please call after 7:15am for class schedules or Kids Club hours.</p> <p>Please Note: Any class with consistent attendance of fewer than 12 persons will risk removal from the schedule.</p>								

GGX ROOM

RPM STUDIO

POOL

