



Schedule / Norton Effective 4/23/17

Contact Member Services to sign up - Info@GoldsGymNorton.com / 508-286-5900

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:30 AM 45 min	Laura			5:30 AM 55 min	Brian	5:30 AM 30 min	Heather	5:30 AM 55 min	Maddy	7:30 AM 55 min	Vivian	7:30 AM 55 min	Ciara
9:00 AM 30 min	Laura	8:00 AM 55 min		8:30 AM 30 min		8:00 AM 55 min	Gail	8:30 AM 55 min	Laura	8:30 AM 45 min	Laura	9:00 AM 45 min	Ciara
9:35 AM 30 min	Heather	9:00 AM 55 min	Fraser	9:00 AM 55 min	Maddy	9:00 AM 55 min	Fraser			9:30 AM 55 min	Lynda	9:30 AM 55 min	Ciara
4:30 PM 30 min	Chris	4:30 PM 55 min	Fraser	4:30 PM 55 min	Laura	4:30 PM 55 min	Fraser	4:45 PM 45 min					
5:15 PM 30 min	Laura	5:30 PM 55 min		5:30 PM 55 min	Laura	5:30 PM 55 min	Fraser	5:30 PM 45 min					
6:00 PM 55 min	Brian	6:00 PM 45 min	Lynda	6:30 PM 30 min	Chris	6:30 PM 55 min	Ciara						
7:00 PM 45 min	Ciara	Participation <---Trail--->		7:05 PM 30 min	Muria								



Sessions available to book online through the MINDBODY app. Mindbody offers our members the ability to sign up for their training sessions and classes conveniently through a mobile app 7 days in advance. Members can still also book in at the front desk or call the club. Go to <https://www.mindbodyonline.com/get-the-app> to download the app. Provide 2 hours notice of cancellation for any session.