



# Schedule / Norton Effective 5/30/17

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   |                | Daniela | 5:30 AM 55 min | Brian   | 5:30 AM 30 min |        | 5:30 AM 55 min | Maddy | 7:30 AM 55 min | Vivian | 8:00 AM 55 min | Ciara |
| 9:00 AM 30 min | Laura   | 8:00 AM 55 min |         | 8:30 AM 30 min |         | 8:30 AM 55 min | Gail   | 8:30 AM 55 min | Laura | 8:30 AM 30 min | Laura  | 9:00 AM 30 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 |                |       |                |        |                |       |
| 5:15 PM 30 min | Laura   |                |         | 5:30 PM 55 min | Laura   | 5:30 PM 55 min | Fraser |                |       |                |        |                |       |
| 6:00 PM 55 min | Brian   |                |         | 6:00 PM 30 min | Bridget | 6:30 PM 30 min | Muria  |                |       |                |        |                |       |
| 7:00 PM 45 min | Ciara   |                |         |                |         |                |        |                |       |                |        |                |       |



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.