



Gold's Gym Paramus GGX - CLASS DESCRIPTIONS



The original barbell class! The fastest way to shape up and lose body fat. Toning and conditioning with weights for everybody who wants to add strength to their aerobic workout.



An empowering cardio workout, inspired from Martial Arts and draws from disciplines such as Karate, Boxing, Taekwondo and Muay Thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.



Sports inspired cardio workout for building strength and stamina. High energy interval training class combines athletic aerobic movements with strength and stabilization exercises.



The magic of HIIT - High Intensity Training will rev up your metabolism and keep you burning fat even after you have left the gym! Intense periods of strength & cardio with short recovery segments in between.



The Yoga, Thai Chi, Pilates workout that builds flexibility and strength while leaving you feeling centered and calm.



CORE training to the max! Target your entire core area in this 30 minute session. Ideal for tightening your abs and glutes as well as strengthening them and your lower back.



The indoor cycling workouts where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Sweat and burn to reach your endorphin high. Reservations are suggested and water and a towel are a necessity!

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The original latin dance party! ZUMBA fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away and leave you smiling too!



The low-impact, whole body group fitness workout that uses VIVE balls, tubes and body weight to boost fitness and core strength. Inspiring instructors and music motivates you. Great for all levels!



The original STEP class! STEP your way to cardio fitness with a fun and easy to follow class for all levels.



Specially designed program for seniors who are either new to exercise or are exercising regularly. Classes are easy on the joints and will help improve flexibility, strength and the performance of daily activities. Includes 3 different classes: Silver Sneakers Classic, Silver Sneakers Cardio & Silver Sneakers Yoga.

EXPERIENCE A GOLD'S GYM GROUP EXERCISE CLASS TODAY!

ALL LEVELS ARE ALWAYS WELCOME!!!

CLASSES ARE MOTIVATING, FUN & GET YOU GREAT RESULTS!

CLUB HOURS:

Mon.-Thurs. 5am-11pm
Friday 5am-10pm
Sat. 7am-6pm
Sun. 7am-5pm

NURSERY HOURS:

Mon.- Sunday 9am-12pm
Mon.-Thurs. 5pm-8pm

Our Schedule is also available
ON-LINE by visiting our website or
by downloading our FREE
Gold's Gym SPOTTER APP!!!

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