## Gold's Gym Paramus GGX - SPRING/SUMMER 2017

	Join Cojiii i didindo Gox Gi ixiii Gi Gominizi i Zori							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY</b>	SUNDAY	
	6:00 am	6:00 am	8:00 am	6:00 am	6:00 am	7:45 am	7:45 AM	
	RPM.	RPM.	BODYPUMP.	S. SPINNING.	S. SPINNING.	SOBO	RPM.	
	8:00 am	9:15 am	9:15 am	9:00 am	8:00 am	7:45 am	9:00 am	
	BODYVIVE.	BODYATTACK.	SPINNING.	BODYFLOW.	BODYPUMP	S. SPINNING.	BODYPUMP.	
	9:15 am	10:15 am	9:15 am	9:00 am	9:15 am	8:45 am	10:15 am	
ΑМ	BODYPUMP.	BODYFLOW.	Lesmills Bodycombat.	S. SPINNING.	BODYBLAST	BODYPUMP.	Lesmills Bodycombat.	
4	10:30 am	10:15 am	10:15 am	10:00 am	9:15 am	10:00 am	11:30 am	
	BODYCOMBAT.	RPM.	CXWORX	BODYPUMP.	S. SPINNING	CXWORX	BODYFLOW.	
	11:30 am	11:30 am	11:30 am	11:30 am	10:30 am	10:30 am		
	Silver Sneakers'	Silver Sneakers'	Silver Sneakers'	Silver Sneakers'	SOLD GOLD	Lesmills Bodyattack		
	12:30 pm		12:30 pm	12:30 pm	11:30 am	10:30 am		
	Silver Sneakers'		Silver Sneakers'	BODYVIVE.	SilverSneakers'	S. SPINNING.		
	5:45 pm	5:45 pm	5:45 pm	5:45 pm	4:30 pm			
	<b>ZUMBA</b>	BODYCOMBAT.	LESMILLS BODYATTACK	BODYPUMP.	BODYPUMP.	The most powerful group		
ΡM	6:45 pm	7:00 pm	6:45pm	7:00 pm				
	BODYBLAST	BODYPUMP.	CXWORX	RPM.				
	6:45 pm		6:45 pm	7:00 pm		exercise pro	rogram in NJ!	
	S. SPINNING.		S. SPINNING.	BODYCOMBAT.		201-265-7722 paramusnj@goldsgym.net		
	7:45 pm		7:15 pm			J ,	,	
	YOGA		SZVMBA° CINESS			FOLLOW US		
						goldsgym.com/paramusnj		
						facebook.com/ goldsgymparamus		
						@goldsgymparamus		
				youtube.com/go			goldsparamus	



**GGX AND CYCLING STUDIOS** 

## **HAPPY 25th to GOLD'S GYM PARAMUS!**





Many thanks to all of our amazing members, staff, friends and family for all of your support of Gold's Gym Paramus these past 25 years and we look forward to the next 25!!!



Please join us this summer for...

Tour de Cure Bike Ride on June 4th Paramus Relay for Life on June 16th New Class Releases - Coming Soon 25th Anniversary Celebration - TBA Boardwalk Workout for the Jersey Shore in Long Branch on June 10

