

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:00 am							
	8:00 am							
	9:15 am							
	10:30 am							
	11:30 am							
	12:30 pm							
	5:45 pm							
	6:45 pm							
	6:45 pm							
	7:45 pm							
PM							 The most powerful group exercise program in NJ!  201-265-7722 <a href="mailto:paramusnj@goldsgym.net">paramusnj@goldsgym.net</a>  FOLLOW US...  <a href="http://goldsgym.com/paramusnj">goldsgym.com/paramusnj</a>  <a href="https://facebook.com/goldsgymparamus">facebook.com/goldsgymparamus</a>  <a href="https://twitter.com/goldsgymparamus">@goldsgymparamus</a>  <a href="https://youtube.com/goldsparemus">youtube.com/goldsparemus</a>	



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

**Gold's Gym Paramus Turns 25 Years Old on May 26th!!!**

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

**Thank YOU for being a part of the Gold's Gym Family!!!**

