

# Gold's Gym Paramus GGX - SUMMER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:00 am 	6:00 am 	8:00 am 	6:00 am 	6:00 am 	7:45 am 	7:45 AM 
	8:00 am 	9:15 am 	9:15 am 	9:00 am 	8:00 am 	7:45 am 	9:00 am 
	9:15 am 	10:15 am 	9:15 am 	9:00 am 	9:15 am 	8:45 am 	10:15 am 
	10:30 am 	10:15 am 	10:15 am 	10:00 am 	9:15 am 	10:00 am 	11:30 am 
	11:30 am 	11:30 am 	11:30 am 	11:30 am 	10:30 am 	10:30 am 	
	12:30 pm 		12:30 pm 	12:30 pm 	11:30 am 	10:30 am 	
	5:45 pm 	5:45 pm 	5:45 pm 	5:45 pm 	4:30 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>	
	6:45 pm 	7:00 pm 	6:45pm 	7:00 pm 			
	6:45 pm 		6:45 pm 	7:00 pm 			
	7:45 pm <b>YOGA</b>		7:15 pm 				
PM							



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

**Gold's Gym Paramus Turned 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!!!

**SAVE THE DATE!!!**

*Please join us for the 17th Annual Gold's Gym Golf Outing for Diabetes*

*September 28th  
Mansion Ridge Golf Course  
Monroe, NY*

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

