

UNDER ONE ROOF



AMENITIES*

- Lady's Only Fitness Center
- Cardio Machines: Over 80
- Tanning Beds (3 Levels)
- Child Care
- Certified Personal Trainers
- Full Service Locker Room
- Cutting Edge Strength Training Machines
- Free Weights
- Parent / Child Workout Times
- Pro-Shop with Apparel and Supplements
- Travel Privileges to over 735 Gold's Gyms
- GGX Classes
- Yoga
- Zumba
- Body Pump
- Cardio Kickboxing
- Body Flow
- Cycle
- Punch & Crunch
- Core Fit
- Pound
- Cardio Step
- Row, Ride, Crunch
- F.I.T.

GUEST POLICY

Members: Your OUT OF TOWN guests will be charged a \$10 guest fee if they come with you to the gym.

OUT OF TOWN WALK-INS: \$10

Members of other Gold's Gyms MUST have a TRAVEL PASS and a valid I.D. in order to get free reciprocal visits.

MEMBER/GUEST WALK-INS: \$8

FREE GUEST PASSES will only be honored for local, first time guests with a valid I.D. Guest must be 18 years of age or have a PARENT COME IN and sign a waiver of liability for anyone between the ages of 14 & 18.

TRAVEL POLICY

Members may work out Gold's Gym that is more than fifty (50) miles away from their home gym, free of charge, for a total of 14 days in a calendar year. The visiting member must provide a valid travel card.

*Prices, policies, services and hours may vary by locations and are subject to change without notice.

GYM HOURS

Mon-Thurs: 4:30AM - 9:30PM
Friday: 4:30AM - 8:30PM
Sat & Sun: 7AM - 6PM

CAVE SPRING CORNER

3270 Electric Road • Roanoke, VA 24018
p: 540.527.4653

KID'S CLUB HOURS

Mon-Fri: 8AM - 12PM
Mon-Thurs: 4PM - 8PM
Fri: 4PM - 7PM
Sat: 8:00AM - 1PM

www.GoldsGymRoanokeVa.com

Amenities	Single Complete \$33 per month	Single Basic \$40 per month	Single Platinum \$49 per month	Paid In Full \$350	Family Complete \$55 per month	Paid In Full \$600
Cardio Equipment	✓	✓	✓	✓	✓	✓
Curcuit Weights	✓	✓	✓	✓	✓	✓
Free Weights	✓	✓	✓	✓	✓	✓
Locker Rooms / Showers	✓	✓	✓	✓	✓	✓
International Travel Pass	✓	✓	✓	✓	✓	✓
Unlimited Group Exercise Classes & Cycle	✓	✓	✓	✓	✓	✓
Child Care	✓	✓	✓	✓	✓	✓
Basic Tanning		✓	✓			
Platinum Tanning			✓			
ENROLLMENT FEE	\$0	\$0	\$0	\$0	\$0	\$0
ANNUAL FEE	\$39	\$39	\$39	\$39	\$39	\$39
One year Rollover contract						



Join
Gold's Gym
Cave Spring today
and receive a
\$20 Gift Certificate

+

10% discount
on all food
purchases at the
Franklin Road
Mellow Mushroom.

BODY PUMP The original barbell class, that strengthens your entire body. Challenging all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weight inspires you to get the results you came for - and fast! 60 Minutes.

BODY FLOW A revolution in mind/body training. You'll stand straighter, feel stronger, become more flexible and more physically aware. Body Flow is a combination of Yoga, Tai Chi and Pilates. All fitness levels. 55 Minutes.

CARDIO KICK BOXING This fierce, energetic experience combines elements of various martial arts training. Strike, punch, kick and kata your way through calories to superior cardio fitness. 55 Minutes.

CARDIO STEP An energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation. Cardio blocks push fat burning systems into high gear. Muscle conditioning tracks shape and tone your body. 30 Minutes.

ROW, RIDE, CRUNCH Will be a 30 minute interval class using the Concept 2 rowing machine, Assault Airbike and Abmats. A great mix of cardio, strength and core training. 30 Minutes

PUNCH-N-CRUNCH Consists of 40 minutes of power packed cardio and 20 minutes of ab work! Kick boxing and aerobic exercises will get your heart pumping and burn calories. 60 Minutes

CORE FIT Is a 30 minute ab and toning class that hits the whole body. Using body weight, hand weights and resistance tubes we tone and strengthen the arms, shoulders, booty, back, legs and abs! 30 Minutes

POUND Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' sound track using Ripstix™ - weighted drumsticks designed to transform drumming into kick-ass, fat burning, full body interval workout that will leave you dripping sweat. 30 Minutes

ZUMBA Latin Dance-Fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! One exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! 60 Minutes.

YOGA A remedy for our stressed-out hectic lifestyles! Class consists of stretching and relaxing along with physical exercises involving strength and balance. All levels welcome. 55 Minutes.

F.I.T. Functional Interval Training helps to improve movements of strength, stability, power, mobility, endurance and flexibility using basic functional movement patterns like pushing, squatting, carrying, walking, running and jumping. This class will hit it all. 55 Minutes.

CYCLE Ideal for all fitness levels. This high energy cardio class integrates musical motivation, sports psychology and visualization. Expert unparalleled fitness results. 50 Minutes.

PILATES Pilates: Improves flexibility, builds strength and develops control and endurance. It puts emphasis on alignment, breathing, developing a strong core and improving balance and coordination. 55 minutes

TABATA Tabata: One of the most popular forms of interval training. Twenty seconds of intense exercise, ten seconds of recovery, combining cardio and weight resistance. Helps you burn more calories, both during and after your workout. 30 minutes

OVER 40 CLASSES PER WEEK!