Gold's Gym Simi Valley

MARCH 2014

MONDAY

5:30 AM	BODYPUMP – Julie
8:00 AM	CXWORX – Raul
8:45 AM	Power Sculpt – Regina
9:15 AM	GRIT STRENGTH – Andrea
9:30 AM	GGX CYCLE – Julie
10:00 AM	PILATES MAT – Tania
10:00 AM	GRIT PLYO – Andrea
11:15 AM	ZUMBA FITNESS – Jolene
1:30 PM	SilverSneakers – Catherine
5:00 PM	BODYPUMP – Di
	GGX CYCLE – Walter
5:30 PM	GRIT PLYO – Erin
6:15 PM	ZUMBA FITNESS – Geo
	GGX CYCLE – Maria
6:15 PM	GRIT STRENGTH – Erin
7:30 PM	KICKBOXING – Chaz
7:30 PM	KARATE – Lance
8:45 PM	YOGA – Dana

TUESDAY

5:30 AM	X Training – Todd
6:30 AM	GRIT PLYO – Kim
8:30 AM	STEP 1 – Adele
9:15 AM	GGX CYCLE – Lisa L.
9:15 AM	GRIT PLYO – Lauren
9:45 AM	BODYPUMP – Adele
10:00 AM	GRIT STRENGTH – Lauren
11:00 AM	CXWORX – Adele
11:45 AM	ZUMBA FITNESS – Jolene
5:00 PM	CXWORX – Raul
5:30 PM	GRIT STRENGTH – Regina
5:45 PM	LesMills BODYCOMBAT EXPRESS – Rebecca
6:15 PM	GRIT PLYO – Regina
6:30 PM	NONSTOP FUNK – Jennelle
	GGX CYCLE – Raul
7:45 PM	BODYPUMP – Regina
9:00 PM	ZUMBA FITNESS – Geo

WEDNESDAY

5:30 AM	GGX CYCLE – Erin
8:00 AM	CXWORX – Raul
8:45 AM	Power Sculpt – Regina
9:15 AM	GRIT STRENGTH – Erin
9:30 AM	GGX CYCLE – Vicki
10:00 AM	YOGALATES – Tania
10:00 AM	GRIT PLYO – Erin
12:30 PM	SilverSneakers – Catherine
5:00 PM	ZUMBA FITNESS – Daniela
5:15 PM	GGX CYCLE – Gina
5:30 PM	GRIT PLYO – Lauren
6:15 PM	BODYCOMBAT – Elaine
6:15 PM	GRIT STRENGTH – Lauren
7:30 PM	ZUMBA FITNESS – Daniela
8:45 PM	YOGA – Dafna

THURSDAY

5:30 AM	X Training – Todd
6:30 AM	GRIT STRENGTH – Kim
8:30 AM	BODYCOMBAT – Adele
9:15 AM	GGX CYCLE – Raul
9:15 AM	GRIT PLYO – Erin
9:45 AM	BODYPUMP – Regina
10:00 AM	GRIT STRENGTH – Erin
11:00 AM	YOGA – Phillip
5:00 PM	LesMills BODYCOMBAT EXPRESS – Adele
5:30 PM	GRIT STRENGTH – Regina
5:30 PM	GGX CYCLE – Di
5:45 PM	BODYPUMP – Adele
6:15 PM	GRIT PLYO – Regina
6:30 PM	KARATE (ring) – Lance
7:00 PM	CXWORX – Adele
7:45 PM	YOGA – Linda
9:00 PM	ZUMBA FITNESS – Jolene

FRIDAY

5:30 AM	X Training – Todd
8:30 AM	ZUMBA FITNESS – Adele
9:15 AM	GRIT STRENGTH – Andrea
9:30 AM	GGX CYCLE – Julie
9:45 AM	PILATES MAT – Tania
10:00 AM	GRIT PLYO – Andrea
11:00 AM	ZUMBA FITNESS – Daniela
5:00 PM	BODYCOMBAT – Regina
6:15 PM	BELLY DANCING – Zhanna
7:30 PM	ZUMBA FITNESS – Geo

SATURDAY

8:00 AM	BODYPUMP – Di
8:30 AM	GGX CYCLE – Korene
9:15 AM	CXWORX – Di
9:45 AM	GGX CYCLE – Walter
10:00 AM	YOGA FLOW – Dana
11:15 AM	KARATE – Lance
12:30 PM	ZUMBA FITNESS – Jolene
1:45 PM	ZUMBA gold – Catherine

SUNDAY

8:00 AM	BODYCOMBAT – Adele
8:30 AM	GGX CYCLE – Lanie
9:15 AM	CXWORX – Adele
10:00 AM	PILATES MAT – Dana
11:15 AM	ZUMBA FITNESS – Daniela

Childcare Hours

Mon-Fri 8 am - 2 pm/ 4 pm - 9 pm
Sat & Sun 8 am - 1:30 pm

See front desk for more information for classes in the Small Group Training room upstairs! Additional fee applies.

LesMills GRIT™ SERIES
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

GOLD'S GROUP GGX EXERCISE

1357B E. Los Angeles Ave.
Simi Valley, CA 93065
(805) 581-GOLD(4653)
www.goldsgymsocal.com
Gym Hours: Mon - Fri 5 am - Midnight
Sat & Sun 7 am - 9 pm