



June 2017

GOLDS GYM OF STUART Group Exercise Calendar



FIT.FORCE.X.

	Monday	Time
	Body Pump/Jessi	8:30-9:30 AM
	Spinning/Suzanne	9:30-10:30 AM
	Zumba/Jannilet	9:45-10:45 AM
	Flow Yoga/Holly	11:00-12:00 PM
	Senior Fitness/Audrey	12:45-1:35 PM 1:45-2:35 PM
	Body Pump/Jessi	5:00-5:30 PM
	Body Combat/Jessi	5:35-6:05 PM
	Spinning/Suzanne	6:00-7:00 PM
	Body Shred/Julianne	6:10-6:40 PM
	Zumba/Jannilet	7:00-8:00 PM

	Tuesday	Time
	Pilates/Audrey	8:30-9:25 AM
	Body Combat/Jessi	9:30-10:00 AM
	Spinning/Marianne	9:30-10:30 AM
	Tai Chi/Julianne	10:05-10:35 AM
	Gentle Yoga/Kim	10:45-11:45 AM
	Body Pump/Suzanne	12:00-1:00 PM
	Spinning/Suzanne	4:30-5:15 PM
	Body Pump/Mary Beth	5:30-6:30 PM
	Zumba/Sebastian	7:00-8:00 PM

	Wednesday	Time
	Zumba/Anaisa	8:30-9:30 AM
	Spinning/Jannilet	9:30-10:30 AM
	Body Shred/Stacey	9:35-10:10 AM
	Body Pump/ Mary Beth	10:15-11:15 AM
	Flow Yoga/Kim	11:25-12:25 PM
	Senior Fitness/Audrey	12:45-1:35 PM 1:45-2:35 PM
	Pilates/Audrey	4:30-5:20 PM
	Body Combat/Julianne	5:30-6:30 PM
	Spinning/Suzanne	6:00-7:00 PM
	Zumba Hip-hop/Neda	7:00-8:00 PM

	Thursday	Time
	Step/Audrey	8:30-9:25 AM
	Spinning/Tammy	8:30-9:30 AM
	Body Combat/Julianne	9:35-10:10 AM
	Pilates/Audrey	10:15-11:15 AM
	Body Pump/Suzanne	12:00-1:00 PM
	Tai Chi/Jean	1:10-2:10 PM
	Body Shred/Stacey	5:10-5:40 PM
	Body Pump/Jaden	5:45-6:45 PM

	Friday	Time
	Yogilates/Kim	7:55-8:45 AM
	Body Pump/Jessi	9:00-10:00 AM
	Spinning/Jannilet	9:30-10:30 AM
	Body Step-Zumba/ Julianne/Jannilet	10:15-11:15 AM
	Gentle Yoga/Michelle	11:30-12:30 PM
	Senior Fitness/Audrey	12:45-1:35 PM 1:45-2:35 PM
	Body Combat/ Jaden/Julianne	5:30-6:30 PM

	Saturday	Time
	Spinning/Jannilet	8:30-9:30 AM
	Body Shred/Julianne	8:45-9:15 AM
	Body Pump/Jessi/Jaden	9:30-10:30 AM
	Flow Yoga/ Tracy/Michelle	10:45-11:45 AM
	Sunday	Time
	Spinning/Suzanne	9:00-10:00 AM
	Body Pump/Suzanne	10:00-10:30 AM
	Body Combat/Jessi	10:35-11:35 AM

**Turn over for FFX Team Training
Schedule + Important news and
updates!**



Monday		Tuesday	
Fit Force X/Mike Fit Force X/Gina Kickboxing/Jon Burn Unit/Branden Fit Force X/Gina Youth MMA/Karen Burn Unit/Nick Burn Unit/Nick Kickboxing/Jon	5:15-6:00 AM 7:00-8:00 AM 8:30-9:30 AM 9:30-10:00 AM 12:00-1:00 PM 5:30-6:20 PM 5:30-6:00 PM **NEW**6:15-6:45 PM 6:30-7:30 PM	Fit Force X/Gina Fit Force X/Branden Fit Force X/Gina Fit Force X/Gina Youth MMA/Karen Burn Unit/Stephanie Kickboxing/Jon	7:00-8:00 AM 8:30-9:15 AM 9:30-10:30 AM 4:30-5:25 PM 5:30-6:20 PM 5:30-6:00 PM 6:30-7:30 PM
Wednesday		Thursday	
Fit Force X/Mike Fit Force X/Gina Fit Force X/David Burn Unit/Branden Fit Force X/Gina Youth MMA/Jon Burn Unit/Nick Burn Unit/Nick Adv. Kickboxing/Jon	5:15-6:00 AM 7:00-8:00 AM 8:30-9:15 AM 9:30-10:00 AM 12:00-1:00 PM 5:30-6:20 PM 5:30-6:00 PM **NEW**6:15-6:45 PM 6:30-7:30 PM	Fit Force X/Gina Fit Force X/Branden Fit Force X/Gina Fit Force X/Gina Youth MMA/Jon Burn Unit/Stephanie Kickboxing/Jon	7:00-8:00 AM 8:30-9:15 AM 9:30-10:30 AM 4:30-5:25 PM 5:30-6:20 PM 5:30-6:00 PM 6:30-7:30 PM
Friday		Saturday	
Fit Force X/Mike Fit Force X/Gina Fit Force X/David Burn Unit/Stephanie Fit Force X/Gina	5:15-6:00 AM 7:00-8:00 AM 8:30-9:15 AM 9:30-10:00 AM 12:00-1:00 PM	Run Club/Stephanie Fit Force X/Branden Burn Unit/Branden Kickboxing/Jon	**NEW**8:00-8:45 AM 9:00-9:45 AM 10:00-10:30 AM 10:45-11:45 AM
Sunday		FFX is Gold's Gym of Stuart's team training program. Classes are capped at 10-15 attendees. All programs are included unlimited with the PLATINUM membership. If you do not wish to upgrade, you may purchase a package of sessions at the front desk. All Gold's Gym of Stuart members may try two classes for free.	
Kickboxing/Jon	11:45 AM-12:45 PM		

<p>COMING SOON:</p>   	 <p>BODYCOMBAT 71 LAUNCH: SUNDAY, JUNE 11TH 10:35AM-11:35AM</p> <p>PRIZE FOR BEST NINJA COSTUME!</p>	 <p>Summer officially starts June 21st!</p> <p>If you still aren't quite bikini ready, schedule your fitness consultation or try an FFX class today!</p>	 <p>Father's Day is June 18th:</p> <p>Gym Hours: 7AM-4PM Kids Club: 9AM-1PM Regular Class Schedule</p>
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Gym Hours: Monday-Friday 5:00 AM–10:00 PM Saturday-Sunday 7:00 AM–6:00 PM
Kid's Club MORNING Hours: Monday-Saturday 8:15 AM-1:00 PM Sunday 9:00 AM-1:00 PM
Kid's Club EVENING Hours: Monday-Thursday 4:30 PM-8:00 PM Friday 4:30-6:30 PM