



October 2017

GOLDS GYM OF STUART

Group Exercise Calendar



	Monday	Time
	Body Pump/Jessi	8:30-9:30 AM
	Spinning/Suzanne	9:30-10:30 AM
	Zumba/Neda	9:45-10:45 AM
	Yoga/Holly/Michelle	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 Flow/Jessi	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
	Body Flow/Jessi	10:05-10:35 AM
	Gentle Yoga/Kim	10:45-11:45 AM
	Body Pump/Suzanne	12:00-1:00 PM
	Sprint/Suzanne	4:45-5:15 PM
	Body Pump/Mary Beth	5:30-6:30 PM
	Zumba/Sebastian	7:00-8:00 PM

	Wednesday	Time
	Body Pump/Jaden	6:30-7:30 AM
	Zumba/Anaisa	8:30-9:30 AM
	Spinning/Jannilet	9:30-10:30 AM
	Body Pump/Suzanne	9:35-10:35 AM
	Body Flow/Julianne	10:45-11:15 AM
	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/Briana	7:00-8:00 PM

	Thursday	Time
	Step/Audrey	8:00-8:45 AM
	Pilates/Audrey	8:50-9:35 AM
	Sprint/Holly	9:00-9:30 AM
	Body Combat/Julianne	9:40-10:10 AM
	Body Flow/Julianne	10:20-11:20 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 Flow/Jessi	10:05-10:35 AM
	Zumba/Jannilet	10:40-11:25 AM
	Gentle Yoga/Michelle	11:30-12:30 PM
	Senior Fitness/Audrey	12:45-1:35 PM
	Body Combat/Jaden/Julianne	5:30-6:30 PM
	Body Flow/Julianne	6:35-7:05 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
	Sprint/Marianne	10:30-11:00 AM
	Body Flow/Julianne/Jessi	10:40-11:10 AM
	Yoga/Tracy/Michelle	11:15-12:15 PM
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

Have you scheduled your FREE fitness consultation yet? See front desk for details!



Monday		Tuesday	
Fit Force X/Gina	5:15-6:00 AM	Fit Force X/Gina	7:00-8:00 AM
Fit Force X/Gina	7:00-8:00 AM	Fit Force X/Branden	8:30-9:15 AM
Kickboxing/Jon	8:30-9:30 AM	Fit Force X/Gina	9:30-10:30 AM
Burn Unit/Branden	9:30-10:00 AM	X-press Mobility/Gina	10:30-11:00 AM
Fit Force X/Gina	12:00-1:00 PM	Fit Force X/Gina	4:30-5:25 PM
Youth MMA/Karen	5:30-6:20 PM	Youth MMA/Karen	5:30-6:20 PM
Burn Unit/Nick	6:15-6:45 PM	Burn Unit/Stephanie	5:30-6:00 PM
Kickboxing/Jon	6:30-7:30 PM	Kickboxing/Jon	6:30-7:30 PM
Wednesday		Thursday	
Fit Force X/Gina	5:15-6:00 AM	Fit Force X/Gina	7:00-8:00 AM
Fit Force X/Gina	7:00-8:00 AM	Fit Force X/Branden	8:30-9:15 AM
Fit Force X/Lindie	8:30-9:15 AM	Fit Force X/Gina	9:30-10:30 AM
Burn Unit/Branden	9:30-10:00 AM	X-press Mobility/Gina	10:30-11:00 AM
Fit Force X/Gina	12:00-1:00 PM	Fit Force X/Gina	4:30-5:25 PM
Youth MMA/Jon	5:30-6:20 PM	Youth MMA/Jon	5:30-6:20 PM
Burn Unit/Nick	6:15-6:45 PM	Burn Unit/Stephanie	5:30-6:00 PM
Adv. Kickboxing/Jon	6:30-7:30 PM	Kickboxing/Jon	6:30-7:30 PM
Friday		Saturday	
Fit Force X/Mike	5:15-6:00 AM	5k Strong/Stephanie	8:00-8:45 AM
Fit Force X/Gina	7:00-8:00 AM	Fit Force X/Branden	9:00-9:45 AM
Fit Force X/Lindie	8:30-9:15 AM	Burn Unit/Branden	10:00-10:30 AM
Burn Unit/Stephanie	9:30-10:00 AM	Kickboxing/Jon	10:45-11:45 AM
Fit Force X/Gina	12:00-1:00 PM	Olympic Lifting/Gina	12:00-1:00 PM
Sunday		<i>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 or may be purchased as individual sessions. All Gold's Gym of Stuart members may try any two classes for free.</i>	
Kickboxing/Jon	11:45 AM-12:45 PM		

<p>LES MILLS CXWORX</p> <p>TRAINING DATES: October 21st and 22nd</p> <p>Masterclass open to members on October 21st at 8:30 AM. All other GGX classes cancelled for the weekend. Spin and FFX will follow their regular schedules.</p>	<p>Want a free membership?</p> <p>#MYHOLIDAYHUSTLE</p> <p>Stay disciplined through the holidays and your membership for 2018 could be on us! Follow us on social media for contest details!</p>	<p>LES MILLS sprint</p> <p>NEW THIS MONTH!</p> <p>Come try out the latest HIIT program from LesMills! Melt away the pounds with a massive calorie burn in just 30 minutes!</p>	<p>MYZONE</p> <p>Curious about MYZONE?</p> <p>Stop by a Burn Unit class for a demonstration of this game-changing technology!</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