

# GOLD'S GYM TAMPA GROUP EXERCISE SCHEDULE

EFFECTIVE 15 MAY 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	ZUMBA LIZ FITNESS	ZUMBA SONIA FITNESS	ZUMBA SONIA FITNESS	LES MILLS BODYVIVE	ZUMBA LIZ FITNESS	LES MILLS BODYFLOW	
9:00	LES MILLS BODYPUMP KATHARINE	PIYO DESIREE	LES MILLS BODYPUMP TEAM	ZUMBA SONIA FITNESS	LES MILLS BODYPUMP JASON	LES MILLS BODYPUMP TIFFANY	LES MILLS BODYSTEP LORI
10:00	foreverfit NEIL	foreverfit DESIREE	foreverfit JASON	foreverfit DESIREE	foreverfit NEIL	LES MILLS BODYCOMBAT JANA	LES MILLS BODYPUMP JANINE
11:00				yoga DESIREE		ZUMBA TEAM FITNESS	
5:30	ZUMBA SONIA FITNESS	LES MILLS BODYPUMP LORI		LES MILLS BODYPUMP LORI			
6:00					LES MILLS BODYCOMBAT JEN		
6:30	LES MILLS BODYPUMP JASON	LES MILLS BODYSTEP LORI	LES MILLS BODYVIVE JASON	LES MILLS BODYSTEP LORI			
7:00					ZUMBA JUAN CARLOS FITNESS		
7:30	LES MILLS BODYCOMBAT JEN	LES MILLS BODYFLOW JASON	ZUMBA JUAN CARLOS FITNESS	ZUMBA JUAN CARLOS FITNESS			

## CYCLE ROOM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45		LES MILLS RPM DIEGO		LES MILLS RPM DIEGO			
8:30	LES MILLS sprint KATHARINE				LES MILLS sprint KATHARINE		
9:00							LES MILLS RPM JANINE
9:15			LES MILLS sprint RANDY				
10:00						LES MILLS RPM TIFFANY	
5:45		<b>CORE CONDITIONING</b> DIMITRI		<b>CORE CONDITIONING</b> DIMITRI			
6:00	LES MILLS sprint RANDY		LES MILLS RPM AYANA				
6:30		LES MILLS RPM TIFFANY		LES MILLS RPM TIFFANY			
7:00	POM STARS						

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### GYM HOURS

Monday: Open at 5:00am and remains open 24 hours a day until midnight, Friday.

Saturday and Sunday: 8:00am-8:00pm

### CHILD CARE

Mon-Wed 8:00am-12:00pm and 4:00pm-9:00pm

Thu: 8:00am-12:00pm and 4:00pm-8:30pm

Fri: 8:00am-12:00pm and 4:00pm-8:00pm

Sat-Sun: 8:30am-12:00pm

### ★ GOLD MEMBER CLASSES ★

Monday-Thursday 6:00pm

Saturday: 10:00am

# CLASS DESCRIPTIONS

	<p>BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit – fast. This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.</p>
	<p>BODYFLOW is the Yoga, Tai Chi, Pilates workout that will leave you feeling centered and calm. With controlled breathing, concentration and a carefully structured series of stretches, moves and poses, you'll build strength and flexibility as you create a holistic workout, bringing the body into a state of harmony and balance.</p>
	<p>Prepare to totally unleash yourself in BODYCOMBAT, the empowering cardio workout. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai. Supported by driving music and powerful instructors, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.</p>
	<p>BODYSTEP is the energizing and motivating step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, BODYSTEP delivers huge motivation. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.</p>
	<p>BODYVIVE features the optimal mix of strength, cardio and core training. As a 45-minute class, this is a great cross training option for busy people on the go! Developed by a team of leading fitness professionals, BODYVIVE is one of the safest and most effective workouts around. We mix lunges, squats, running and tubing exercises, with great music to leave you feeling satisfied, motivated and energetic.</p>
	<p>Push yourself and ride to the rhythm of powerful music with RPM, the indoor cycling workout where you discover your athlete within. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.</p>
	<p>SPRINT is 30-minute High Intensity Interval Training (HIIT) on a bike. It's built on the sport of cycle sprinting, which means you'll be taking your training to the next level with a workout that's all about speed. SPRINT is not your usual cycle class. It's a quick and hard style of training - short bursts of intensity followed by short periods of active recovery - that will give you fast results with minimal impact on your joints. The payoff is that you will keep burning calories for hours after a good workout.</p>
	<p>Get ready to party yourself into shape! This exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party will move you! Zumba is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be fun and easy to do. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.</p>
	<p>Come meet new friends and enjoy this easy-to-follow workout that will increase your energy and stamina. Focusing on aerobic fitness, muscular strength and endurance, balance, and flexibility, this class will help you feel fitter, younger, more active, and healthier- no matter what your age.</p>
	<p>This class is designed as an introduction to the practice of yoga. Class is slower paced and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes, you just have to be willing to try. Emphasis is placed on core strength, flexibility and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body.</p>
	<p>PiYo is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small.</p>
	<p>Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your powerhouse, including your abdominals, low back, hips, glutes, and shoulders. You'll leave walking taller and feeling stronger.</p>