







Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>MARCH 2019 MORNING GGX MENU</b>	<b>Gym Hours:</b> <b>M-Thurs</b> 4:30am-10:00pm <b>Fri</b> 4:30-9:00pm <b>Sat</b> 6:30am-6:00pm <b>Sun</b> 7:00am-6:00pm	<b>Kids Club:</b> <b>M-Fri</b> 8 - 1 pm 4-8pm <i>(Kids Club closes at 1p Fri)</i> <b>Sat</b> 8-1pm <b>Sun</b> 9-1pm	 MEMORIAL SLOAN KETTERING   EQUINOX	1 8am Cycling/Sherry 8:45am BODYSTEP/Jeannine 9am Power Yoga/Harry 9:45am ZUMBA/Becky 10:45am SS Circuit/ Dianne 11:45am SS Yoga/Dianne	2 7am RPM/TJ 8am BodyCombat/Melissa 9am BODYPUMP/Josh 9am Yoga/Gretchen 10am LaBlast/Donna 10:15am BODYFLOW/ Jeannine
3 8am Cardio Express/ Harry 9am BODYSTEP/ Jeannine 9am Vinyasa Yoga/Alexis 10am BODYPUMP/Meghan	4 8am Body Blast/Suzy 9am Cycling/Sherry 9:15 Tabata/Heather 10am Pilates/Shelly 10:30 SS Classic/Heather 11:35 SS Yoga/Shelly	5 5:30am Cycling/Josh 8am Cycling/Josh 8am BODYSTEP XP/Sue L 9am BODYPUMP/Sue L 9am Yoga/Tracey 10am LaBlast/Donna 11am SS Circuit/Jeannine <i>NEW!</i>	6 8am Body Blast/Christine 9am BODYCOMBAT/Christine 9am Cycling/Heather 9am Pilates/Pam 10am ZUMBA/Tracy 11am SS Classic/Jeannine	7 5:30am Cycle/Jeff 8:00am Cardio Express/Harry 8:45am Yoga/Gretchen 9am BODYPUMP/Sue L 10am LaBlast/Donna 10am BODYFLOW/Jeannine 11am SS Classic/Sue L	8 8am Cycling/Sherry 8:45am BODYSTEP/Sue L 9am Power Yoga/Harry 9:45am ZUMBA/Becky 10:45am SS Circuit/ Sue L 11:45am SS Yoga/Jeannine	9 7am RPM/TJ 8am R.I.P.P.E.D/Darlene 9am BODYPUMP/Christine 9am Yoga/Dana 10am Zumba/Becky 10:15am BODYFLOW/ Jeannine
10 8am Cardio Express/ Harry 9am BODYSTEP/ Jeannine 9am Vinyasa Yoga/Alexis 10am BODYPUMP/Meghan	11 8am Body Blast/Suzy 9am Cycling/Sherry 9:15 Tabata/Heather 10am Pilates/Shelly 10:30 SS Classic/Heather 11:35 SS Yoga/Shelly	12 5:30am RPM/Jeff 8am Cycling/Justin 8am BODYSTEP XP/Sue L 9am BODYPUMP/Sue L 9am Yoga/Tracey 10am LaBlast/Donna 11am SS Circuit/Jeannine <i>NEW!</i>	13 8am Body Blast/Christine 9am BODYCOMBAT/Christine 9am Cycling/Heather 9am Pilates/Pam 10am ZUMBA/Tracy 11am SS Classic/Jeannine	14 5:30am Cycle/Jeff 8:00am Cardio Express/Harry 8:45am Yoga/Gretchen 9am BODYPUMP/Sue L 10am LaBlast/Donna 10am BODYFLOW/Jeannine 11am SS Classic/Sue L	15 8am Cycling/Shelly 8:45am BODYSTEP/Sue L 9am Power Yoga/Harry 9:45am ZUMBA/Becky 10:45am SS Circuit/Sue L 11:45am SS Yoga/Jeannine	16 7am RPM/TJ 8am BodyCombat/Christine 9am BODYPUMP/Jeannine 9am Power Yoga/Nancie 10am Zumba/Cindy 10:15am BODYFLOW/ Jeannine
17 8am Cardio Express/ Harry 9am BODYSTEP/ Jeannine 9am Vinyasa Yoga/Alexis 10am BODYPUMP/Meghan	18 8am Body Blast/Suzy 9am Cycling/Sherry 9:15 Tabata/Heather 10am Pilates/Shelly 10:30 SS Classic/Dianne 11:35 SS Yoga/Dianne	19 5:30am RPM/Sue L 8am Cycling/Justin 8am BODYSTEP XP/Sue L 9am BODYPUMP/Sue L 9am Yoga/Tracey 10am LaBlast/Donna 11am SS Circuit/Jeannine <i>NEW!</i>	20 8am Body Blast/Christine 9am BODYCOMBAT/Christine 9am Cycling/Heather 9am Pilates/Pam 10am ZUMBA/Tracy 11am SS Classic/Jeannine	21 5:30am Cycle/Jeff 8:00am Cardio Express/Harry 8:45am Yoga/Gretchen 9am BODYPUMP/Sue L 10am LaBlast/Donna 10am BODYFLOW/Jeannine 11am SS Classic/Sue L	22 8am Cycling/Sherry 8:45am BODYSTEP/Sue L 9am Power Yoga/Harry 9:45am ZUMBA/Becky 10:45am SS Circuit/ Sue L 11:45am SS Yoga/Jeannine	23 7am RPM/Sue L 8am P90x/Darlene 9am BODYPUMP/Vickie 9am Yoga/Gretchen 10am Zumba/Kelly 10:15am BODYFLOW/ Jeannine
24 8am Cardio Express/ Harry 9am BODYSTEP/ Jeannine 9am Power Yoga/Nancie 10am BODYPUMP/Meghan	25 8am Body Blast/Suzy 9am Cycling/Sherry 9:15 Tabata/Heather 10am Pilates/Shelly 10:30 SS Classic/Dianne 11:35 SS Yoga/Dianne	26 5:30am RPM/Sue L 8am Cycling/Justin 8am BODYSTEP XP/Sue L 9am BODYPUMP/Sue L 9am Yoga/Tracey 10am LaBlast/Donna 11am SS Circuit/Jeannine <i>NEW!</i>	27 8am Body Blast/Christine 9am BODYCOMBAT/Christine 9am Cycling/Heather 9am Pilates/Pam 10am ZUMBA/Tracy 11am SS Classic/Jeannine	28 5:30am Cycle/Jeff 8:00am Cardio Express/Harry 8:45am Yoga/Gretchen 9am BODYPUMP/Sue L 10am LaBlast/Donna 10am BODYFLOW/Jeannine 11am SS Classic/Sue L	29 8am Cycling/Sherry 8:45am BODYSTEP/Sue L 9am Power Yoga/Harry 9:45am ZUMBA/Becky 10:45am SS Circuit/ Dianne 11:45am SS Yoga/Dianne	30 7am RPM/TJ 8am Tabata/Heather 9am BODYPUMP/Eileen 9am Yoga/Dana 10am Zumba/Adrienne 10:15am BODYFLOW/ Jeannine
31 8am Cardio Express/ Harry 9am BODYSTEP/ Jeannine 9am Vinyasa Yoga/Alexis 10am BODYPUMP/Meghan	Contact Us: 3401 Hartzdale Dr. Camp Hill, PA 17 Phone: 717-303-2070	<b>Online:</b> goldsgym/camphillpa <b>Facebook:</b> facebook.com/ GoldsGymCampHill	Follow us on Instagram @ggcamphill 			We accept Healthways!  <b>HEALTHWAYS</b>