



# GROUP FITNESS SCHEDULE

## NOVEMBER 2018

**GOLD'S GYM LARGO, FL.**  
 2178 E Bay Dr  
 Largo, Florida  
 (727) 240-1400

WEEK DAY TIME SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am				BODYPUMP Shelley		BODYPUMP Kelli	
9:30 am	RPM Brian BODYCOMBAT Chris	BODYPUMP Tracey	CXWORX Tracey	RPM Brian BODYSTEP Shelley	BODYCOMBAT Nicole	RPM Damian/Sue BODYSTEP Shelley	BODYPUMP (9:00 am) Wendy
10:00 am			BODYCOMBAT Chris				BODYCOMBAT Nicole
10:30 am	BODYFLOW Tracey	barre Tracey			ZUMBA gold Terri	barre Yelena / Patty	
11:15 am	Silver Sneakers (11:45 am) -Stability - Betty	Silver Sneakers Bobbi	Silver Sneakers Randi Beth	Silver Sneakers Bobbi	Silver Sneakers Randi Beth	<p><b>*Les Mills Barre is HERE!!*</b></p> <p><b>CLUB HOURS</b>            Monday - Thursday            5:00 am - 11:00 pm            Friday            5:00 am - 10:00 pm            Saturday - Sunday            7:00 am - 7:00pm</p> <p><b>KIDS CLUB HOURS</b>            Monday - Friday            9:00 am - 12 pm            4:30 pm - 8:30 pm            Saturday            8:30am - 12 pm            Sunday            9:00 am - 12 pm</p>	
12:00 pm							
4:30 pm			yoga Tina				
5:30 pm	BODYCOMBAT David	BODYPUMP EXPRESS Tracey / Mindy	BODYCOMBAT Sue	BODYPUMP Mindy	barre (5:45 pm) Wendy		
5:30 pm	RPM Christy	CXWORX (6:00 pm) Tracey / Mindy	RPM Mindy				
6:30 pm	BODYPUMP Wendy	barre Bria / Tracey	CXWORX Mindy	BODYJAM Tracey			
6:45 pm		<b>**New**</b>					
7:30 pm	barre Wendy / Patty		ZUMBA gold (7:00 pm) Francisco	<i>Yoga/Pilates</i> Melissa			

