



# GROUP FITNESS SCHEDULE

## JANUARY 2019

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

| WEEK DAY<br>TIME<br>SCHEDULE | MONDAY                        | TUESDAY                  | WEDNESDAY                                     | THURSDAY                       | FRIDAY                      | SATURDAY   | SUNDAY |
|------------------------------|-------------------------------|--------------------------|---|--------------------------------|-----------------------------|--|--------|
| 8:30 am                      |                               |                          |   | Shelley                        |                             | Kelli  |        |
| 9:00 am                      |                               |                          |   |                                |                             |  | Wendy  |
| 9:30 am                      | Brian<br>Chris                | Tracey                   | Tracey  | Brian<br>Shelley               | Nicole                      | Damian/Mindy<br>Shelley  |        |
| 10:00 am                     |                               |                          | Chris   |                                | *New* (Starts 1/11)         |  | Nicole |
| 10:30 am                     | Tracey                        | Tracey                   |   | (Express 30 min.) Shelley      | + Cardio (Upstairs) w/Terri | Yelena / Patty   |        |
| 11:15 am                     | (11:45 am) -Stability - Betty | Bobbi                    | Betty   | Bobbi                          | Elite Stability -Terri      | <p><b>*Les Mills Barre is HERE!!*</b></p> <p><b>CLUB HOURS</b><br/>           Monday - Thursday<br/>           5:00 am - 11:00 pm<br/>           Friday<br/>           5:00 am - 10:00 pm<br/>           Saturday - Sunday<br/>           7:00 am - 7:00pm</p> <p><b>KIDS CLUB HOURS</b><br/>           Monday - Friday<br/>           9:00 am - 12 pm<br/>           4:30 pm - 8:30 pm<br/>           Saturday<br/>           8:30am - 12 pm<br/>           Sunday<br/>           9:00 am - 12 pm</p> |        |
| 4:30 pm                      |                               |                          | Tina  |                                |                             |  |        |
| 5:30 pm                      | Nicole                        | Tracey / Mindy           | Sue   | Mindy                          |                             |  |        |
| 5:30 pm                      | Christy                       | (6:00 pm) Tracey / Mindy | Mindy   |                                |                             |  |        |
| 6:30 pm                      | Wendy                         | Bria / Tracey            | <i>Pilates - Core</i><br>(Starts 1/2) Melissa | Tracey                         |                             |  |        |
| 7:00 pm                      |                               |                          | Instructor                                    |                                |                             |  |        |
| 7:30 pm                      | Wendy / Patty                 |                          |   | <i>Yoga/Pilates</i><br>Melissa |                             |  |        |

