




GROUP FITNESS SCHEDULE

FEBRUARY 2019

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				Shelley		Kelli	
9:00 am							Wendy
9:30 am	Brian Chris	Tracey	Tracey	Brian Shelley	Nicole	Damian/Mindy Shelley	
10:00 am			Chris				
10:30 am	Tracey / Jenna	Tracey		(Express 30 min.) Shelley	+ Cardio (Upstairs) w/ Terri	Yelena / Patty	
11:15 am	(11:45 am) -Stability- Betty	Bobbi	Randi Beth	Bobbi	Elite Stability -Terri	<p>CLUB HOURS Monday - Thursday 5:00 am - 11:00 pm Friday 5:00 am - 10:00 pm Saturday - Sunday 7:00 am - 7:00pm</p> <p>KIDS CLUB HOURS 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> 	
4:30 pm			Tina				
5:30 pm			Sue				
5:30 pm	Christy	Tracey / Mindy	Mindy	Mindy			
6:00 pm	*New* Erin	Tracey / Mindy					
6:30 pm	Wendy	Bria / Tracey	Pilates - Core (30 min.) Melissa	Tracey			
7:00 pm		*Dance Fitness* (7:15 pm) Charley	Lola				
7:30 pm	Wendy / Patty	*New class (starts 2/12)*		Yoga/Pilates Melissa			