

MORNING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>March 2019 A.M. Group Exercise Gold's Gym, Linglestown Telephone: 412-0507 www.goldsgym.com/Linglestown goldsgyminglestown@gmail</p>			<p>Gym Hours: 5a-10p Mon– Fri 7a-7p Sat 7a-5p Sun Kids Club Hours: 8a-1p & 4p-8:00p Mon–Fri 8a-1p Sat & Sun</p>	<p>1 5:30a Cycle/Ross 8:30 Zumba Gold Exp/Kate 9:00 Cycle/Michele 9:15 Zumba@/Tracy 10:20 HOT Yoga/Joline SS*10:30 SS Circuit/Kate SS*11:35 SS Yoga/Kate</p>	<p>2 8:00a Cycle/Michele 8:30 P90X/Darleen 9:30 Piloxing/Lindy (M/B) <i>(No shoes please)</i> 9:30 Cycle/Charlie 9:30 Hip Hop/Gina 10:30 HOT Yoga/Joline</p>
<p>3 8:00a YIN Yoga/Darla 9:00 Cycle/Darla 9:00 Barre/Lindy 10:00 Zumba@/Kelly 11:00 Body Blast/Michele</p>	<p>4 5:30a Cycle/Steve 8:15 Cardio Core/Andrea 9:15 Zumba@/Tracy *10:30 Zumba Gold@/Kate 10:20 Yoga/Gina R *SS11:35 SS Yoga/Tracey 11:45 Gentle Yoga/Kate</p>	<p>5 5:15a YIN Yoga/Darla 8:15 Body Blast/Joanie 9:15 Cycle/Michele *SS 9:20 SS Circuit/Kate 10:20 Yoga/Marlene *SS10:30 SS Classic/Kate</p>	<p>6 5:30a Cycle/Maureen NO 8:30 POUND today 9:15 Body Blast/Suzy 10:20 Yoga/Gina R 10:30 Classic Cardio/ Joanie SS*11:35 SS Yoga/Tracey</p>	<p>7 5:45a Body Blast/Darla NO 8:45 Senior Cycle today 9:00 30 Min Core/Michele 9:45 Cycle/Michele 10:20 Yoga/Marlene SS*10:30 SS Classic/Kate SS* 11:35 SS Yoga/Kate</p>	<p>8 5:30a Cycle/Charlie 8:30 Zumba Gold Exp/Kate 9:00 Cycle/Michele 9:15 Zumba@/Tracy 10:20 Pilates/Pam SS*10:30 SS Circuit/Kate SS*11:35 SS Yoga/Tracey</p>	<p>9 8:00a Cycle/Ross 8:30 Body Blast/Justine 9:30 Cycle/Michele 9:30 Zumba@/Adrienne 10:30 Yoga/Gina R</p>
<p>10 8:00a Pilates/Pam 9:00 Cycle/Michele 9:00 Barre/Lindy 10:00 Zumba@/Kelly 11:00 Body Blast/ Samantha</p>	<p>11 5:30a Cycle/Ross 8:15 Cardio Core/Andrea 9:15 Zumba@/Tracy *10:30 Zumba Gold@/Kate 10:20 Yoga/Gina R *SS11:35 SS Yoga/Tracey *11:45 Gentle Yoga/Kate</p>	<p>12 5:15a YIN Yoga/Barry 8:15 Body Blast/Joanie 9:15 Cycle/Michele *SS 9:20 SS Circuit/Kate 10:20 Yoga/Marlene *SS10:30 SS Classic/ Michele</p>	<p>13 5:30a Cycle/Maureen 9:15 Body Blast/Suzy 10:20 Yoga/Joline *10:30 Step N Strength /Kate *SS11:35 SS Yoga/Kate Tracey</p>	<p>14 5:45a Body Blast/Darla *8:45 Senior Cycle/Kate 9:00 30 Min Core/Michele 9:45 Cycle/Michele 10:20 Yoga/Marlene SS*10:30 SS Classic/Kate SS* 11:35 SS Yoga/Kate</p>	<p>15 5:30a Cycle/Steve 8:30 Zumba Gold Exp/Kate 9:00 Cycle/Michele 9:15 Zumba@/Tracy 10:20 HOT Yoga/Joline SS*10:30 SS Circuit/Kate SS*11:35 SS Yoga/Tracey</p>	<p>16 8:00a Cycle/Michele 8:30 Body Blast/Darla 9:30 Cycle/Darla 9:30 LaBlast/Janice 10:30a Munchkins in Motion—See Info Below 10:45 –12:15p YIN Yoga Special/Darla</p>
	<p>18 5:30a Cycle/Steve 8:15 Cardio Core/Andrea 9:15 Zumba@/Tracy *10:30 Zumba Gold@/Kate 10:20 Yoga/Joline *SS11:35 SS Yoga/Tracey 11:45 Gentle Yoga/Kate</p>	<p>19 5:15a YIN Yoga/Barry 8:15 Body Blast/Joanie 9:15 Cycle/Dianne *SS 9:20 SS Circuit/Jan 10:20 Yoga/Marlene *SS10:30 SS Classic/Kate</p>	<p>20  5:30a Cycle/Maureen 8:30-9:00 POUND/Dianne 9:15 Body Blast/Dianne 10:20 Yoga/Gina R 10:30 Classic Cardio/Jan SS*11:35 SS Yoga/Dianne</p>	<p>21 5:45a Body Blast/Darla *8:45 Senior Cycle/Dianne 9:00 30 Min Core/Andrea 9:45 Cycle/Maureen 10:20 Yoga/Marlene SS*10:30 SS Classic/Jan SS* 11:35 SS Yoga/Jan</p>	<p>22 5:30a Cycle/Samantha 8:30 Zumba Gold Exp/Kate 9:00 Cycle/Steve 9:15 Zumba@/Tracy 10:20 HOT Yoga/Joline SS*10:30 SS Circuit/Dianne SS*11:35 SS Yoga/Dianne</p>	<p>23 8:00a Cycle/Arthur 8:30 Body Blast/Justine 9:30 Cycle/Steve 9:30 Zumba@/Nancie 10:30 Gentle Yoga/Nicole</p>
<p>24 8:00a Power Yoga/Dana 9:00 Cycle/Ross 9:00 Barre/Lindy 10:00 Zumba@/Kelly 11:00a Body Blast/ Samantha</p>	<p>25 5:30a Cycle/Ross 8:15 Cardio Core/Andrea 9:15 Zumba@/Tracy *10:30 Zumba Gold@/Jan 10:20 Yoga/Gina R *SS11:35 SS Yoga/Tracey *11:45 Gentle Yoga/Kate</p>	<p>26 5:15a YIN Yoga/Barry 8:15 Body Blast/Joanie 9:15 Cycle/Michele *SS 9:20 SS Circuit/Dianne 10:20 Yoga/Marlene *SS10:30 SS Classic/Jan</p>	<p>27 5:30a Cycle/Maureen 9:15 Body Blast/Suzy 10:20 Yoga/Gina R 10:30 Step & Strength/ Jan SS*11:35 SS Yoga/Kate</p>	<p>28 5:45a Body Blast/Darla *8:45 Senior Cycle/Dianne 9:00 30 Min Core/Michele 9:45 Cycle/Michele 10:20 Yoga/Marlene SS*10:30 SS Classic/Dianne NO SS* 11:35 SS Yoga today</p>	<p>29 5:30a Cycle/Ross 8:30 Zumba Gold Exp/Kate 9:00 Cycle/Michele 9:15 Zumba@/Tracy 10:20 HOT Yoga/Joline SS*10:30 SS Circuit/Jan SS*11:35 SS Yoga/Jan</p>	<p>30 8:00a Cycle/Samantha 8:30 Body Blast/Michele 9:30 Cycle/Amy 9:30 Piloxing/Lindy (M/B) <i>(No shoes please)</i> 9:30 Tae Bo/Ed 10:30 Pilates/Pam</p>
<p>31 8:00a Yoga/Nicole 9:00 Cycle/Michele 9:00 Barre/Lindy 10:00 Zumba@/Kelly 11:00 Body Blast/Suzy</p>				<p>Birthday Club Luncheon</p> 		<p>Saturday, March 16th @ 10:30 Munchkins in Motion Dance Party with Kim! \$10/child 0-6 yrs old</p>