










Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>March 2019 P.M. Group Exercise</b>  <b>Gold's Gym, Linglestown</b>  <b>Telephone: 412-0507</b>  <b>www.goldsgym.com/Linglestown</b></p>			<p><u>GGL Gym Hours:</u>  5a-10p Mon– Fri  7a-7p Sat  7a-5p Sun  <u>Kids Club Hours:</u>  8a-1p &amp; 4p-8:00p  Mon–Fri</p>	<p>1  5:15p Zumba@/Lindy</p>	<p>2  </p>
<p>3  </p>	<p>4 4:45p R.I.P.P.E.D.®/  Darleen  5:15 Cycle/Amy  5:45 Tae Bo Xpress/Ed  *5:55 Gentle Yoga/Kate  <b>NO 6:30 CYCLE tonight</b>  6:30 Zumba@/Lindy  7:00 YIN Yoga/Darla</p>	<p>5 <b>MARDI GRAS</b>  5p Cycle Go 30/Charlie  *5:00 Boomer Exp/Pam  (Step)  5:45 Body Blast/Andrea  5:45 Cycle/Darla  6:45 Gentle Yoga/Nicole  6:45 Zumba@/Sharon</p>	<p>6 <b>NEW!</b>  <b>5:00p Yoga for Hips &amp;  Hamstrings/Joline</b>  5:15p CardioCore/Suzu  5:30 Cycle/Darla  6:30 Body Blast/Lindy  6:30 Power Yoga/Joline</p>	<p>7  4:45p Tabata/Andrea  <b>5:30 Cycle/Arthur</b>  5:45 Tae Bo Fitness/Ed  <b>NEW!</b>  <b>6:45 Barre Xpress/Lindy</b>  *6:45 Gentle Yoga/  Alexis</p>	<p>8  5:15p Zumba@/Lindy</p>	<p>9    facebook  <b>Gold's Gym  Linglestown</b></p>
<p><b>SPRING FORWARD</b>  <b>12noon-2p</b>  <b>Zumba Party for  Breast Cancer  Awareness with  Michelle, Tracy,  Denise, Adrienne &amp;  friends</b></p>	<p>11 4:45p R.I.P.P.E.D.®/  Darleen  5:15 Cycle/Amy  5:45 Tae Bo Express/Ed  *5:55 Gentle Yoga/Kate  <b>6:30 CYCLE/Maureen</b>  6:30 Zumba@/Lindy  7:00 YIN Yoga/Breanna</p>	<p>12  5p Cycle Go 30/Charlie  *5:00 Boomer Exp/Pam  (Cardio)  5:45 Body Blast/Samantha  5:45 Cycle/Darla  6:45 Gentle Yoga/Nicole  6:45 Zumba@/Sharon</p>	<p>13 <b>NEW!</b>  <b>5:00p Yoga for Hips &amp;  Hamstrings/Joline</b>  5:15p CardioCore/Suzu  5:30 Cycle/Samantha  6:30 Body Blast/Lindy  6:30 Power Yoga/Joline</p>	<p>14  4:45p PiYo/Darleen  <b>5:30 Cycle/Arthur</b>  5:45 Tabata/Andrea  <b>NEW!</b>  <b>6:45 Barre Xpress/Lindy</b>  *6:45 Gentle Yoga/  Alexis</p>	<p>15  5:15p Zumba@/Lindy</p>	<p>16  </p>
<p>17  </p>	<p>18 4:45p R.I.P.P.E.D.®/  Darleen  5:15 Cycle/Amy  5:45 Kickbox Exp/Darla  *5:55 Gentle Yoga/Kate  <b>NO 6:30 CYCLE tonight</b>  6:30 Zumba@/Lindy  7:00 YIN Yoga/Breanna</p>	<p>19  5p Cycle Go 30/Charlie  *5:00 Boomer Exp/Jan  (Step)  5:45 POUND@/Blast/Dianne  5:45 Cycle/Darla  6:45 Gentle Yoga/Nicole  6:45 Zumba@/Sharon</p>	<p>20 <b>NEW!</b>  <b>5:00p Yoga for Hips &amp;  Hamstrings/Joline</b>  5:15p CardioCore/Suzu  5:30 Cycle/Samantha  6:30 Body Blast/Lindy  6:30 Power Yoga/Joline</p>	<p>21  4:45p Tabata/Andrea  <b>5:30 Cycle/Arthur</b>  5:45 Tae Bo Fitness/Ed  <b>NEW!</b>  <b>6:45 Barre Xpress/Lindy</b>  *6:45 Gentle Yoga/Kate</p>	<p>22  5:15p Zumba@/Lindy</p>	<p>23    Instagram  gginglestown</p>
<p>24  <b>1:00p Meditation  with Andi</b>  </p>	<p>25 4:45p R.I.P.P.E.D.®/  Darleen  5:15 Cycle/Amy  5:45 Kickbox Exp/Darla  *5:55 Gentle Yoga/Kate  <b>6:30 CYCLE/Maureen</b>  6:30 Zumba@/Lindy  7:00 YIN Yoga/Breanna</p>	<p>26  5p Cycle Go 30/Charlie  *5:00 Boomer Exp/Jan  (Cardio)  5:45 POUND@/Blast/Dianne  5:45 Cycle/Darla  6:45 Gentle Yoga/Nicole  6:45 Zumba@/Sharon</p>	<p>27 <b>NEW!</b>  <b>5:00p Yoga for Hips &amp;  Hamstrings/Joline</b>  5:15p CardioCore/Suzu  5:30 Cycle/Samantha  6:30 Body Blast/Lindy  6:30 Power Yoga/Joline</p>	<p>28  4:45p P90X/Darleen  <b>5:30 Cycle/Arthur</b>  5:45 Tabata/Andrea  <b>NEW!</b>  <b>6:45 Barre Xpress/Lindy</b>  *6:45 Gentle Yoga/Kate</p>	<p>29  5:15p Zumba@/Lindy</p>	<p>30  <b>Cumbia ZIN Jam</b></p>
<p>31</p>			<p><b>EVENING</b></p>			