### November 2019 P.M. Group Exercise Menu
**Gold’s Gym, Linglestown**

Telephone: 412-0507

www.goldsgym.com/Linglestown
goldsgymlinglestown@gmail

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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|     | **GGL Gym Hours:**
|     | 5a-10p Mon– Fri
|     | 7a-7p Sat
|     | 7a-5p Sun
|     | **Kids Club Hours:**
|     | 8a-1p & 4p-8:00p
|     | Mon—Fri
|     | **Friday eve 4:30-7:30p**
|     | 8a-1p Sat & Sun |
|     | NEXT WEEK |
| 3   | 4:45p R.I.P.P.E.D./Darleen
|     | 5:15 Cycle/Amy
|     | 5:45 PIYO/Darleen
|     | *5:55 Gentle Yoga/Kate
|     | 6:30 Zumba®/Lindy
|     | 7:00 Gentle Yoga Flow/Alexis |
| 4   | 5p Cycle Go 30/Charlie
|     | *5:00 Boomer Exp/Jan (Cardio)
|     | 5:45 POUND®/Body Blast/Dianne
|     | 5:45 Cycle/Darla
|     | 6:45 Vinyasa Yoga/Nicole |
| 5   | 5:30 CardioCore/Suzy
|     | 5:30 Cycle/Samantha
|     | **LOOK!**
|     | 6:00 Hips & Hamstrings
|     | Yoga/Joline
|     | 6:30 Body Blast/Lindy |
| 6   | 4:45p P90X/Darleen
|     | **NEW TIME**
|     | 5:30 Cycling/Arthur
|     | 5:45 Tabata/Andrea
|     | 6:45 Zumba/Katie
|     | *6:45 Gentle Yoga/Kate |
| 7   | 5:15p Zumba®/Lindy
|     | 5:30 Cycle Go 30/Amy |
| 8   | 1:00p TODAY
|     | Yoga Nidra
|     | With Kate |
| 11  | 4:45p R.I.P.P.E.D./Darleen
|     | 5:15 Cycle/Charlie
|     | 5:45 Tae Bo Xpress/Ed
|     | *5:55 Gentle Yoga/Kate
|     | 6:30 Zumba®/Lindy
|     | 7:00 Gentle Yoga Flow/Jess |
| 12  | 5p Cycle Go 30/Charlie
|     | *5:00 Boomer Exp/Jan (Step)
|     | 5:45 STRONG® by Zumba/Kaitlyn
|     | 5:45 Cycle/Darla
|     | 6:45 Vinyasa Yoga/Nicole
|     | 6:45 Zumba®/Raelee |
| 13  | 5:30p CardioCore/Suzy
|     | 5:30 Cycle/Samantha
|     | 6:00 Power Yoga/Joline
|     | 6:30 Body Blast/Lindy |
| 14  | 4:45p Tabata/Andrea
|     | 5:30 Cycling/Arthur
|     | 5:45 Tae Bo Fitness/Ed
|     | 6:45 Zumba/Katie
|     | *6:45 Gentle Yoga/Kate |
| 15  | 5:15p Zumba®/Lindy
|     | 5:30 Cycle Go 30/Amy |
| 16  | **Daylight Savings Time Begins** |
| 17  | 4:45p R.I.P.P.E.D./Darleen
|     | 5:15 Cycle/Amy
|     | 5:45 Tae Bo Xpress/Ed
|     | *5:55 Gentle Yoga/Kate
|     | 6:30 Zumba®/Lindy
|     | 7:00 Gentle Yoga Flow/Jess |
| 18  | 5p Cycle Go 30/Charlie
|     | *5:00 Boomer Exp/Jan (Cardio)
|     | 5:45 POUND®/Body Blast/Dianne
|     | 5:45 Cycle/Darla
|     | 6:45 Vinyasa Yoga/Nicole
|     | 6:45 Zumba®/Raelee |
| 19  | 5:30p CardioCore/Suzy
|     | 5:30 Cycle/Samantha
|     | **NEW!**
|     | 6:30 Hips, Hamstrings & Low Back Yoga/Jess
|     | 6:30 Body Blast/Lindy |
| 20  | 4:45p P90X/Darleen
|     | 5:30 Cycling/Arthur
|     | 5:45 Tabata/Andrea
|     | 6:45 Zumba/Katie
|     | *6:45 Gentle Yoga/Kate |
| 21  | 5:15p Zumba®/Lindy
|     | 5:30 Cycle Go 30/Amy |
| 22  | **2:00p Today**
|     | I ♥ meditation with Dianne |
| 23  | 4:45p R.I.P.P.E.D./Darleen
|     | 5:15 Cycle/Amy
|     | 5:45 Tae Bo Xpress/Ed
|     | *5:55 Gentle Yoga/Kate
|     | 6:30 Zumba®/Lindy
|     | 7:00 Gentle Yoga Flow/Alexis |
| 24  | 5p Cycle Go 30/Charlie
|     | *5:00 LaBlast/Janice
|     | 5:45 Body Blast/Maureen
|     | 5:45 Cycle/Darla
|     | 6:45 Vinyasa Yoga/Nicole
|     | 6:45 Zumba®/Raelee |
| 25  | 5:30p CardioCore/Suzy
|     | 5:30 Cycle/Samantha
|     | **NEW!**
|     | 6:30 Hips, Hamstrings & Low Back Yoga/Alexis
|     | 6:30 Body Blast/Lindy |
| 26  | Gym Hours: 7a-12noon |
| 27  | **No Evening Classes** |
| 28  | **Gold’s Gym Linglestown** |
| 29  | **Black Friday** |
| 30  | **GRATITUDE** |