



**GOLD'S GYM NEWBURGH**  
**LIVE CLASS SCHEDULE**

**EFFECTIVE NOVEMBER 22, 2021**

Group Exercise Director - Terri Albrecht: [albrecht@goldsgymhv.com](mailto:albrecht@goldsgymhv.com)

Yoga Director - Jodi Trainor: 845-564-7500

|                    | TIME                                    | MONDAY                                | TUESDAY                                    | WEDNESDAY                                     | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY   |
|--------------------|---|---------------------------------------|--|---|---|--|---|--|
| <b>GGX ROOM</b>    | 5:30am                                  | <b>LES MILLS BODYPUMP</b><br>Danielle |  | <b>LES MILLS BODYCOMBAT</b><br>Jenny          |   |  |   |  |
|                    | 8:15am                                  |                                       | <b>LES MILLS CORE</b><br>Adrienne - 8:15am |   |   |  | <b>LES MILLS BODYPUMP</b><br>Adrienne - 8:15am  |  |
|                    | 9:15am                                  | <b>LES MILLS BODYPUMP</b>             |  | <b>LES MILLS BODYPUMP</b><br>Justine - 9:15am | <b>LES MILLS BODYCOMBAT</b><br>Michele - 9:15am | <b>LES MILLS BODYPUMP</b><br>Devon - 9:15am  | <b>LES MILLS BODYSTEP</b><br>Kara - 9:20am  | <b>LES MILLS BODYCOMBAT</b><br>Kellyann - 9:15am |
|                    | 9:20am                                  | Adrienne - 9:15am                     |  |   |   |  |   |  |
|                    | 10:30am                                 |                                       | <b>LES MILLS BODYFLOW</b><br>Jodi          | <b>ZUMBA</b><br>Traci                         | <b>LES MILLS BODYFLOW</b><br>Michele            | <b>ZUMBA</b><br>Renee  | <b>LES MILLS BODYFLOW</b><br>Donna  | <b>LES MILLS BODYATTACK</b><br>Tom               |
|                    | 11:30am                                 | <b>Silver Sneakers</b>                | <b>Silver Sneakers</b>                     | <b>Silver Sneakers</b>                        | <b>Silver Sneakers</b>                          | <b>Silver Sneakers</b>   | <b>LES MILLS CORE</b>   | <b>LES MILLS BODYPUMP</b>                        |
|                    | 11:35am                                 | Classic-Terri 11:30am                 | Yoga - Jodi 11:30am                        | Classic - Jodi 11:30am                        | Circuit-Gillian 11:30am                         | Yoga - Donna 11:30am   | Danielle - 11:30am  | Devon - 11:35am                                  |
|                    | 12:15pm                                 |                                       |  |   |   |  | <b>ZUMBA</b><br>Juan  |  |
|                    | 4:30pm                                  | <b>LES MILLS BODYSTEP</b><br>Justine  | <b>LES MILLS BODYPUMP</b><br>Jessica       |   | <b>LES MILLS BODYPUMP</b><br>Evelyn             |  |   |  |
|                    | 5:30pm                                  | <b>LES MILLS BODYPUMP</b>             | <b>LES MILLS BODYATTACK</b>                | <b>LES MILLS BODYPUMP</b>                     | <b>LES MILLS CORE</b>                           | <b>LES MILLS BODYPUMP</b>  | <b>LES MILLS CLASSES</b><br>Class descriptions for all of the Les Mills programs can be found at <a href="http://www.LesMills.com">www.LesMills.com</a> .                               |  |
| 5:35pm             | Danielle B. - 5:30pm                    | Kara - 5:35pm                         | John - 5:30pm                              | Evelyn - 5:35pm                               | John - 5:30pm                                   |  |   |  |
| 6:35pm             | <b>LES MILLS BODYCOMBAT</b><br>Michelle | <b>LES MILLS CORE</b><br>Kara         | <b>LES MILLS BODYSTEP</b><br>Michele       | <b>LES MILLS BODYATTACK</b><br>Jenny          |   |  |   |  |
| 7:35pm             | <b>ZUMBA</b><br>Juan                    |                                       |  | <b>ZUMBA</b><br>Chris                         |   |  |   |  |
| <b>CYCLE</b>       | 5:30am                                  |                                       | <b>LES MILLS RPM</b><br>Danielle           |   | <b>LES MILLS THE TRIP</b><br>Danielle           |  |   |  |
|                    | 8:00am                                  | <b>LES MILLS THE TRIP</b>             |  | <b>LES MILLS RPM</b>                          |   | <b>LES MILLS THE TRIP</b>  | <b>LES MILLS THE TRIP</b>   | <b>LES MILLS THE TRIP</b>                        |
|                    | 8:15am                                  | Jodi - 8:15am                         |  | Gianni - 8:15am                               |   | Gianni - 8:15am  | Donna - 8:00am  | Danielle - 8:00am                                |
|                    | 9:00am                                  |                                       | <b>LES MILLS SPRINT</b>                    |   | <b>LES MILLS THE TRIP</b>                       |  | <b>LES MILLS SPRINT</b>   |  |
|                    | 9:30am                                  |                                       | Adrienne - 9:00am                          |   | Jen - 9:00am                                    |  | Donna - 9:30am  |  |
|                    | 10:30am                                 | <b>LES MILLS THE TRIP</b>             |  | <b>LES MILLS THE TRIP</b>                     |   |  | <b>LES MILLS THE TRIP</b>   | <b>LES MILLS THE TRIP</b>                        |
|                    | 10:45am                                 | Terri - 10:30am                       |  | Matt - 10:30am                                |   |  | Tiziana - 10:45am   | Sabrina - 10:45am                                |
|                    | 4:30pm                                  | <b>LES MILLS RPM</b><br>Brianna       | <b>LES MILLS THE TRIP</b><br>Sabrina       |   |   |  | <b>RPM , SPRINT &amp; TRIP CLASSES</b><br>Cycles are available on a first-come-first-served basis. Advance registration not required.<br><br><b>PLEASE BRING TOWEL AND WATER BOTTLE</b> |  |
| 5:30pm             |   | <b>LES MILLS RPM</b><br>John          | <b>LES MILLS THE TRIP</b><br>Donna         | <b>LES MILLS THE TRIP</b><br>Sabrina          |   |  |   |  |
| 6:30pm             | <b>LES MILLS THE TRIP</b><br>Angela     |                                       |  | <b>LES MILLS THE TRIP</b><br>Angela           |   |  |   |  |
| <b>YOGA STUDIO</b> | 9:00am                                  |                                       |  |   |   | <b>GENTLE</b><br>Vicki - 9:00am  | <b>ALL LEVELS</b><br>Andrea - 9:15am  |  |
|                    | 9:15am                                  |                                       |  |   |   |  |   |  |
|                    | 10:00am                                 | <b>GENTLE</b>                         | <b>YIN</b>                                 | <b>BASICS</b>                                 | <b>ALL LEVELS</b>                               | <b>PILATES</b>   |   |  |
|                    | 10:15am                                 | Jodi                                  | Carol                                      | Libby   | Carol - 1 Hour                                  | Donna-10:15 No charge  |   |  |
|                    | 10:30am                                 |                                       |  |   |   |  |   | <b>VINYASA TO YIN</b><br>Andrea                  |
| 6:00pm             | <b>ALL LEVELS</b><br>Jodi               |                                       |  | <b>BASICS</b><br>Kyle                         |   | <b>YOGA - All Classes:</b><br>Members: \$40/month EFT (unlimited) OR \$5/class; \$45/10-pass (90-day expiration.)<br>Guests: \$18/class plus Guest Fee |   |  |
| 7:30pm             |   |                                       |  |   |   |  |   |  |
| <b>POOL</b>        | 9:00am                                  | <b>water motion</b><br>Jodi           | <b>Aqua-X</b><br>Gillian                   | <b>water motion</b><br>Jodi                   | <b>Silver Sneakers</b><br>Splash - Jodi         | <b>aqua ZUMBA</b><br>Renee   |   |  |
|                    | 5:00pm                                  | <b>water motion</b><br>Jodi           |  | <b>aqua ZUMBA</b><br>Traci                    |   |  |   |  |

Pool is closed to other swimmers during classes: 9:00-10:00am Mon - Fri and 5:00-6:00pm Mon & Wed.  
Pool Hours: Monday through Friday - 6:00am to 8:00pm, Saturday & Sunday - 8:00am to 6:00pm.



VIRTUAL CLASS SCHEDULE

Table with columns for Time, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. Rows are categorized by room: GGX ROOM and CYCLE STUDIO. Classes include GRIT, CORE, BODYFLOW, BODYPUMP, SH'BAM, and THE TRIP.

LES MILLS CLASSES
Learn all about the Les Mills virtual programs by visiting www.lesmills.com

Advance sign-up not required. PLEASE BRING TOWEL AND WATER BOTTLE SNEAKERS OR CYCLE SHOES MAY BE WORN.

