



**GOLD'S GYM NEWBURGH**  
**CLASS SCHEDULE - LIVE & VIRTUAL**

**EFFECTIVE MARCH 4, 2024**  
 Group Exercise Director - Terri Albrecht: albrecht@goldsgymnhv.com  
 Yoga Director - Jodi Trainor: 845-564-7500

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GGX	5:30am	<b>tone</b> Michael Virtual - 45 Min	<b>LES MILLS GRIT</b> Virtual-Cardio 30 Min	<b>LES MILLS BODYCOMBAT</b> Virtual - 45 Min	<b>LES MILLS GRIT</b> Virtual- Athletic 30 Min	<b>LES MILLS BODYPUMP</b> Virtual - 45 Min		
	6:30am	<b>LES MILLS BODYBALANCE</b> Virtual - 45 Min		<b>LES MILLS BODYPUMP</b> Virtual - 45 Min		<b>LES MILLS BODYBALANCE</b> Virtual - 45 Min		
	7:30am		<b>LES MILLS GRIT</b> Virtual - Plyo 30 Min		<b>LES MILLS GRIT</b> Virtual - Athletic 30 Min		<b>LES MILLS GRIT</b> Virtual - Athletic 30 Min	
	8:15am	<b>LES MILLS GRIT</b> Virtual -Strength 30 Min	<b>LES MILLS CORE</b> Virtual - 30 Min	<b>LES MILLS BODYATTACK</b> Virtual - 45 Min	<b>LES MILLS CORE</b> Virtual - 30 Min	<b>LES MILLS GRIT</b> Virtual - Athletic 30 Min	<b>LES MILLS BODYPUMP</b> Adrienne - 8:15am	Strength Development Monica
	9:15am	<b>LES MILLS BODYPUMP</b> Adrienne - 9:15am	<b>tone</b> Kiara - 9:15am	<b>LES MILLS BODYPUMP</b> Justine - 9:15am	<b>tone</b> Kiara - 9:15am	<b>LES MILLS BODYPUMP</b> Audrey - 9:15am	<b>LES MILLS BODYSTEP</b> Kara - 9:20am	<b>LES MILLS BODYCOMBAT</b> Kellyann - 9:15am
	9:20am	Strength Development Maribel	<b>LES MILLS BODYBALANCE</b> Jodi	<b>ZUMBA</b> Traci	<b>LES MILLS BODYBALANCE</b> Donna	<b>ZUMBA</b> Steph	<b>LES MILLS BODYBALANCE</b> Donna	<b>LES MILLS BODYATTACK</b> Tom
	11:30am	<b>SilverSneakers</b> Classic- Terri 11:30am	<b>SilverSneakers</b> Yoga - Jodi 11:30am	<b>SilverSneakers</b> Classic - Jodi 11:30am	<b>SilverSneakers</b> Circuit- Gillian 11:30am	<b>SilverSneakers</b> Yoga - Donna 11:30am	<b>LES MILLS CORE</b> Kara - 11:30am	<b>LES MILLS BODYPUMP</b> Devon - 11:35am
	12:15pm		<b>LES MILLS BODYPUMP</b> Virtual 12:30pm-45 Min		<b>LES MILLS BODYPUMP</b> Virtual 12:30pm-45 Min		<b>ZUMBA</b> Juan - 12:15pm	
	12:30pm							
	3:30pm	<b>LES MILLS BODYPUMP</b> Virtual - 45 Min		<b>LES MILLS BODYCOMBAT</b> Virtual - 45 Min		<b>LES MILLS BODYPUMP</b> Virtual - 45 Min		
	4:30pm	<b>LES MILLS BODYSTEP</b> Justine	<b>LES MILLS BODYPUMP</b> Samantha	<b>LES MILLS BODYBALANCE</b> Virtual - 45 Min	<b>LES MILLS BODYPUMP</b> Evelyn	<b>LES MILLS BODYBALANCE</b> Virtual - 45 Min	<p><b>GGX &amp; CYCLE CLASSES INCLUDED WITH MEMBERSHIP</b>            No sign up is necessary. Simply show up at the designated class times.</p> <p>Download the MEMBER APP at <a href="https://www.golds-gym.com">GoldsGymServices.com</a> for class details including GOLD'S GYM AT HOME.</p>	
	5:30pm	<b>LES MILLS BODYPUMP</b> John - 5:30pm	<b>LES MILLS BODYATTACK</b> Kara - 5:35pm	<b>LES MILLS BODYPUMP</b> John - 5:30pm	<b>tone</b> Michael - 5:35pm	<b>LES MILLS BODYPUMP</b> Samantha - 5:30pm		
	5:35pm	Strength Development Devon	<b>LES MILLS CORE</b> Kara	<b>LES MILLS BODYSTEP</b> Kara	<b>LES MILLS BODYATTACK</b> Nidia	<b>LES MILLS DANCE</b> Virtual - 45 Min		
6:35pm	<b>ZUMBA</b> Juan	<b>LES MILLS DANCE</b> Virtual - 45 Min		<b>ZUMBA</b> Maria	<b>LES MILLS BODYBALANCE</b> Virtual - 45 Min			
7:35pm								
CYCLE STUDIO	5:30am	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Vicely	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Vicely	<b>LES MILLS RPM</b> Virtual - 45 Min		
	7:00am	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS RPM</b> Virtual - 45 Min	<b>LES MILLS SPRINT</b> Virtual - 30 Min
	8:00am	<b>LES MILLS THE TRIP</b> Jodi - 8:15am	<b>LES MILLS RPM</b> Virtual	<b>LES MILLS THE TRIP</b> Jodi - 8:15am	<b>LES MILLS RPM</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Vicely - 8:00am	<b>LES MILLS THE TRIP</b> Angela - 8:00am
	8:15am	<b>LES MILLS SPRINT</b> Virtual	<b>LES MILLS THE TRIP</b> Matt	<b>LES MILLS SPRINT</b> Virtual	<b>LES MILLS THE TRIP</b> Terri	<b>LES MILLS THE TRIP</b> Donna	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS RPM</b> Virtual - 45 Min
	9:15am	<b>LES MILLS THE TRIP</b> Adrienne	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Carolyn	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Angela	<b>LES MILLS THE TRIP</b> Sabrina	<b>LES MILLS THE TRIP</b> Sabrina
	10:30am	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS RPM</b> Virtual - 45 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual
	12:00pm	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS RPM</b> Virtual - 45 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual
	3:30pm	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS RPM</b> Virtual - 45 Min	<b>LES MILLS THE TRIP</b> Virtual	<p><b>RPM, SPRINT &amp; TRIP CLASSES</b>            Cycles are available on a first-come-first-served basis. Advance registration not required.</p> <p><b>PLEASE BRING TOWEL AND WATER BOTTLE.</b></p> <p><b>SNEAKERS OR CYCLE SHOES MAY BE WORN.</b></p>	
	4:30pm	<b>LES MILLS THE TRIP</b> Nidia		<b>LES MILLS THE TRIP</b> Tizianna		<b>LES MILLS SPRINT</b> Virtual - 30 Min		
	5:30pm	<b>LES MILLS THE TRIP</b> Sabrina	<b>LES MILLS THE TRIP</b> Sabrina	<b>LES MILLS THE TRIP</b> Sabrina	<b>LES MILLS THE TRIP</b> Sabrina	<b>LES MILLS THE TRIP</b> Sabrina		
6:30pm	<b>LES MILLS THE TRIP</b> Nidia	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Angela	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual			
7:35pm	<b>LES MILLS SPRINT</b> Virtual - 30 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS RPM</b> Virtual - 45 Min	<b>LES MILLS THE TRIP</b> Virtual	<b>LES MILLS THE TRIP</b> Virtual			
YOGA STUDIO	9:00am					<b>GENTLE</b> Vicki - 9:00am	<b>ALL LEVELS</b> Andrea - 9:15am	
	9:15am							
	10:00am	<b>GENTLE</b>	<b>YIN</b>	<b>BASICS</b>	<b>ALL LEVELS</b>	<b>PILATES</b>		<b>VINYASA to YIN</b>
	10:15am	Jodi - 10:00am	Carol - 10:00am	Libby - 10:00am	Carol - 10:00am 60 Min	Donna - 10:15 Free		Andrea - 10:30am
	10:30am		<b>ALL LEVELS</b> Will		<b>BASICS</b> Kyle		<p><b>YOGA - All Classes:</b>            Members: \$40/month EFT (unlimited) OR \$5/class; \$45/10-pass (90-day expiration.)            Guests: \$18/class plus Guest Fee</p>	
POOL	9:00am	<b>SilverSneakers</b> Splash - Jodi	<b>Aqua-X</b> Gillian	<b>SilverSneakers</b> Splash - Jodi	<b>SilverSneakers</b> Splash - Jodi	<b>AQUA ZUMBA</b> Renee	<p><b>Pool is closed to other swimmers during classes:</b>            9:00-10:00am Monday - Friday and 5:00-6:00pm Monday &amp; Wednesday</p>	
	5:00pm	<b>ZUMBA</b> Joseph		<b>ZUMBA</b> Traci				