










Scheduled instructors may change without notice **JUNE 19<sup>th</sup> 2009** Water bottle and towel are required to take Spin and Trek classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am SPIN*	6:00 – 7:00 am TREK 1* T.B.T	6:00 – 7:00 am SPIN *	6:00 – 7:00 am TREK 2 * RR Sports Yoga	6:00 – 7:00 am SPIN *	7:30 – 8:30 am Fit Yoga	7:30 am – 8:30 am Yogalates
8:30 – 9:30 am Pilates Plus	7:30 – 8:30 am Power Yoga	7:30 – 8:15 am TREK 1*	8:30 – 9:30 am DANCE JAM	7:30 - 8:15 am TREK 1*	8:00 – 9:00 am TREK 1* 1hr Spin*	7:30 – 8:15 am TREK 2* RR
8:30 – 9:15 am TREK 1*	8:30 – 9:30 am 	8:30 – 9:30 am Pilates	9:30 – 10:30 am SPIN*	8:30 – 9:30 am Yogalates	8:30 – 9:30 am 	8:15 – 9:15 am Spin
9:30 – 10:30 am Step to the Rhythm	9:30 – 10:30 am SPIN* Booty Bootcamp	9:30 – 10:30 am TBT	9:30 – 10:30 am 	9:30 – 10:30am 	9:30 – 10:30 am Step to the Rhythm	8:30 – 9:30 am 
10:30–11:30 am Hatha Yoga					10:30 – 11:30 am 	9:30 – 10:30 am TBT
4:30 – 5:30 pm TREK 1* Ballistic	4:30 – 5:30 pm Power Yoga	4:30 – 5:30 pm SPIN* TBT	4:30 – 5:30 pm Power Yoga	4:30 – 5:30 pm 		10:30 – 11:30 am Fit Yoga
5:30 – 6:30 pm 	5:30 – 6:30 pm 	5:30 – 6:30 pm 	5:30 – 6:30 pm Step-n-Sculpt			
5:30 – 6:30 pm SPIN*	5:30 – 6:30 pm SPIN*	5:30 – 6:00 pm TREK 2* RP	6:00 – 7:00 pm SPIN *			
6:30 – 7:00 pm Awesome Abs	5:45 – 6:15 pm TREK 2 * RP	6:30 – 7:30 pm Cardio Circuit Challenge	5:45 – 6:30 pm Trek 2* RR			
7:00 – 8:30 pm Yoga	6:30 – 7:00 pm Butts and Guts	7:30 – 8:45 pm Yoga	6:30 – 7:30 pm DANCE JAM			
	7:00 – 8:00 pm MENS YOGA		7:30 – 8:45pm Yoga			



**STUDIO ETIQUETTE:**

- Classes are a group activity: please follow the instructor's routine
- Be on time. Instructors reserve the right to refuse entry to latecomers
- Be considerate of other members' exercise space.
- Please do not enter the classroom during class
- Appropriate exercise attire must be worn
- Gym bags, shoes & coats are not permitted in the Studio
- Water bottle and towel are recommended
- Members may not use stereo equipment or Thermostat
- Members may not take equipment out of the Studio
- Please return all equipment to the proper storage area.

**\*SPIN, TREK & BODYPUMP CLASS PASS is required. Pick up a CLASS PASS at the front desk**

**CLASS DESCRIPTIONS**

## CARDIO CLASSES

<b>Step to the Rhythm</b>	Fun, funky and fantastic step moves featuring scorchin' hot choreography, rapid transitions and power moves. <i>Intermediate to Advanced</i>
<b>Step-n-Sculpt</b>	A 1-hour class featuring alternating intervals of cardio workout on the step and strength work using hand held weights. <i>All Levels</i>
<b>Booty Boot Camp</b>	Send your booty to boot camp with this sculpting and cardio workout.. Lengthen and tone your body, and get your heart pumping with easy to follow cardio. <i>All levels welcome.</i>
<b>Cardio Circuit Challenge</b>	You will combine strength and stretch moves with cardio intervals using alternative exercises to challenge you total body. This class takes out door training in doors adding exercises from various training modalities like bootcamp, military, WWF, dance, swimming, etc. <i>All Levels</i>
<b>Ball - is - tic</b>	Spice up your cardio class with fun, interesting and crazy ball work. Continuous movement while using the ball is a double challenge. Each workout will begin with a series of drills and skills to master. Be prepared to move, lift, carry, bend, grunt and think. <i>All Levels welcome</i>
<b>TURBOKICK</b>	An addictive workout combining shadow boxing, kickboxing, sports drills, yoga, and simple dance moves in a party atmosphere. <i>All Levels</i>
<b>ZUMBA</b>	From Miami, the hottest workout to hit RI. A Latin-style dance workout that is easy to follow and sure to "shake what your momma gave ya." <i>All Levels</i>
<b>DANCE JAM</b>	You will love this Dance class! Class is designed with fun easy to follow familiar songs and dance moves. You will learn dance to all kinds of music...hip hop, belly dance, hindu, oldies, jazz, swing, blues, latin, rock n roll, and more! <i>All Levels welcome</i>
<b>TREK 1</b>	A motivating 45 minute treadmill class. Increase your speed, stamina and endurance. Learn proper running / walking technique using a variety of inclines and speed intervals. <i>All Levels</i>
<b>TREK 2</b>	(1) Road Rhythm is a 45 minute class that takes trekking 1 to a new level. Work toward increasing and maintaining higher speeds and hill climbs. (2) Repeat Performance is a 30 minute class designed for speed only. Vary between pace run and fast run. intermediate to advanced.
<b>SPIN</b>	A 45 minute to 1 hour class. Start pedaling and let go as your instructor takes you on the ride of your life. Perfect for fitness enthusiasts, recreational cyclists and serious racers. <i>All Levels</i>

## STRENGTH AND FLEXIBILITY CLASSES

<b>T.B.T</b>	This class uses everything but the kitchen sink. Feel the burn by building, sculpting and toning your muscles. <i>All Levels</i>
<b>Butts &amp; Guts</b>	1/2 hr class, weight training exercises designed to firm your core and tighten your butt! <i>All Levels</i>
<b>Pump It Up</b>	Each will you will alternate upper then lower body. This class combines the use of the weighted Barbell system and free weights. Alternating between the barbell then repeat the exercise with the free weights for the ultimate burn. <i>All Levels</i>
<b>BODYPUMP</b>	The ultimate in Barbell weight training experience. Stack em' and pump it. This class focuses on large major muscle groups. <i>All Levels</i>
<b>Awesome Abs</b>	A half-hour focused completely on your core! A total abdominal blast that will strengthen, shape and sculpt your abs. <i>All Levels</i>
<b>Pilates</b>	A Pilate's mat class based on the principles of Joseph Pilates. Connect with your "powerhouse" muscles with a fluid, thorough toning body regimen. <i>All Levels</i>
<b>Yogalates</b>	A blend of Pilates and Yoga. The focus is on flow and strength building. <i>All Levels</i>
<b>Yoga</b>	A 75 minute all skill level yoga. Focuses on breathing, sun salutations, standing positions, balancing and floorwork. <i>All Levels</i>
<b>Power Yoga</b>	Principles of Hatha - Breath, balance, strength and focus are the main ingredients for an energizing yoga experience! <i>Yoga Experience Recommended.</i>
<b>MENS Yoga</b>	Yoga class designed for men. Focuses on breathing, sun salutations, standing positions, balancing and floor work. <i>All Levels</i>
<b>Fit Yoga</b>	Mind, Body & Breath. A series of strengthening, stretching, balancing postures. Attention is paid to proper alignment, form and posture. <i>All Levels</i>

### CLUB HOURS:

Mon-Thurs 5am-11pm  
Fri 5am-10pm  
Sat-Sun 7am-7pm

### GOLDS GYM

[www.goldsgym.com/eastgreenwich](http://www.goldsgym.com/eastgreenwich)  
Tel: 401-223-4444 / Fax: 558-4203  
1000 Division Rd, East Greenwich RI 02818

### BABYSITTING HOURS:

Mon-Sun 8am-12pm  
Mon-Fri 4pm-7:30pm

