


















Gold's Gym Providence | **Group Exercise Schedule** | *Effective June 8, 2009*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 – 6:15 am <b>Trekking 2*</b> Audrey		5:30 – 6:15 am <b>Trekking 1*</b> Audrey		7:15 – 8:30 am <b>Endurance Spin*</b> Jamie - <b>New Time</b>	
6:00 – 7:00 am <b>Spin*</b> Theresa	6:00 – 7:00 am  Mike	6:00 – 7:00 am <b>Spin*</b> Jamie	6:00 – 7:00 am <b>Total Body Toning</b> Monica	6:00 – 7:00 am <b>Spin*</b> Theresa	7:45 – 8:30 am <b>Cardio Blast</b> Erin - <b>New Time</b>	8:30- 9:30 am <b>Total Body Challenge</b> Amy
8:30 – 9:15 am <b>Trekking 1*</b> Melissa	8:30 – 9:30 am <b>Total Body Toning</b> Charlene	8:30 – 9:30 am <b>Cardio Blast</b> Monica	8:30 – 9:30 am  Mike		8:30 – 9:30 am  Erin - <b>New Time</b>	9:30 – 10:30 am <b>Trek &amp; Tone</b> Leslie / Sally
9:30 – 10:30 am  Melissa	9:30 – 10:30 am  Melissa	9:30 – 10:30 am <b>Yogalates</b> Meredith -	9:45 – 10:30 am <b>Spin*</b> Mike	9:30 – 10:30 am  Taylar	9:30 – 10:15 am <b>Trekking 1*</b> Melissa / Sally	9:30 – 10:45 am <b>Vinyasa Yoga</b> Stephanie
5:00 – 6:00 pm  Megan	5:00- 6:00 pm  Erin	5:00 – 6:00 pm  Leslie	5:00 – 6:00 pm <b>Yoga Flow</b> Daisy	5:00 – 6:00 pm  Kris	9:30- 10:30 am <b>Pilates</b> Leslie	10:45 – 11:45 am  Leslie - <b>New Time</b>
6:15 – 7:00 pm <b>Road Rhythm * RUNNING (Outdoors)</b> Jamie	5:30- 6:30 pm <b>Trek &amp; Tone*</b> Taylar		6:15 – 7:00 pm <b>Trekking 2*</b> Jamie	6:00 – 6:45 pm <b>Mix It Up STEP</b> Erin	10:30- 11:30 am  Nina - <b>New Time</b>	
6:00 – 7:00 pm  Megan	6:00 – 7:00 pm <b>Pro STEP</b> Erin	6:00 – 7:00 pm  Melissa	6:00 – 7:00 pm  Melissa			
6:15 – 7:15 pm <b>Spin*</b> Wes	6:15 – 7:00 pm <b>Spin*</b> Matt	6:30 – 7:30 pm <b>Spin*</b> Theresa	6:15 – 7:15 pm <b>Spin*</b> Wes			
7:05 – 8:05 pm <b>Power Yoga</b> Rachel	7:00 – 8:00 pm  Taylar	7:05 – 8:05 pm <b>Power Yoga</b> Rachel	7:00 – 8:00 pm  Mark			



*\*All **BODY PUMP**, **SPIN**, and **TREKKING & RUNNING** class participants need to pick up a "CLASS PASS" at the Member Service Desk prior to class. Passes are available 1 hour prior to the class start. One "CLASS PASS" per person.*

*\*Cycling classes are held in the Cycling Room; Trekking and Running classes are held in the Cardio Cinema Room. Please note: scheduled instructors may change without notice.*

## Gold's Group Exercise RULES:

1. Classes are a group activity; we ask that you follow the instructor's routine
2. Please be on time. The instructor reserves the right to refuse entry to latecomers.
3. Be considerate of other members' exercise space. Please do not crowd a member who has arrived in class before you.
4. Please do not enter the classroom before the current class has finished.
5. Appropriate exercise attire must be worn
6. Gym bags are not permitted in the studio
7. Water must be in an enclosed unbreakable container. Food is not permitted
8. No cell phone use. Please set pagers on silent.
9. Members may not use stereo equipment
10. We request that all equipment (steps, weights, mats, etc) be returned to the proper storage area.

## Class Descriptions

### CARDIO CLASSES



The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. You will strike, punch, kick and kata your way through calories to superior cardio fitness. *All levels.*

#### Cardio Blast

A mix of cardio that will get your heart pumping! You will do a little basic step, hi/lo, kickboxing, and other sports conditioning drills followed by a great abdominal workout. This class will have you working up a sweat while the time flies by! *All levels.*

#### Spin \* (Cycling)

Start pedaling and let go as your instructor takes you on the ride of your life; perfect for fitness enthusiasts, recreational cyclists or serious racers. 45 minutes. Join us Saturday mornings for **Endurance Cycling**: 1 hour. *All levels.*

#### Mix It Up STEP

A fun, funky, high energy step class where you take all the combinations and make them your own! Please warm up beforehand, class is only 45 minutes. *All levels.*

#### Pro STEP

A 1-hour fun and challenging step workout featuring scorching' hot choreography and rapid transitions. *Intermediate to advanced.*

#### Road Rhythm RUNNING \*

You will be jogging, running and sprinting your way to better cardiovascular health. This class is intended for those who already run; it will help improve your speed and time by challenging you in timed intervals. DURING THE SUMMER MONTHS, A GUIDED OUTDOOR RUN; WEATHER PERMITTING. *Intermediate to advanced.*

#### Total Body Challenge

**A fun workout combining hi and low impact cardio as well as resistance training for a fat burning total body challenge!** *All levels*

#### Trekking 1 \*

This class great for conditioning your heart at your own pace. You will strengthen your cardiovascular system while losing weight. You will work with intervals at various speeds and various inclines and declines. This class takes the treadmill to a whole new level of fun and enjoyment. Running or Jogging NOT required. *All levels.*

#### Trekking 2 \*

This advanced treadmill training starts where Trekking 1 leaves off! More intense interval training will help you continue your cardiovascular conditioning advances obtained in Trekking 1. *Intermediate to advanced.*

#### Trek & Tone \*

If you want a total body workout you will love trek and tone! 6 minutes of work on the treadmill, followed by 4 minutes of weights on the floor. The combination of the trekking and resistance training will give you the workout you have been looking for! *All levels.*



This class fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. You will achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements. Add some Latin flavor and international zest into the mix and you've got Zumba! *All levels.*

### STRENGTH AND FLEXIBILITY CLASSES



The original 1 hour barbell class designed to condition major muscle group in your body! This class is the ultimate in calorie burning and all over muscle shaping that will have you coming back for more! *All levels*

#### Yoga Flow

This class is for someone who is looking for a yoga class that challenges the mind and the body. This class will help you quickly and safely progress to a stronger, more flexible body and more relaxed state of being. This class includes a dynamic flow to energize and awaken your body. *All levels*

#### Pilates

A Pilates mat class based on the principles of Joseph Pilates as taught by the Physical Mind Method. This class will connect you to your "powerhouse" muscles and provide a fluid, thorough body toning regimen. *All levels*

#### Power Yoga

A 1-hour practice, blending Ashtanga, Hatha and other yoga styles, focusing on flow and strength building. *Intermediate to advanced levels.*

#### Total Body Toning

A 1 hour toning class using free weights, stability balls and resistance bands to give you an all over burn! *All levels.*

#### Trek & Tone \*

If you want a total body workout you will love trek and tone! 6 minutes of work on the treadmill, followed by 4 minutes of weights on the floor. The combination of the trekking and resistance training will give you the workout you have been looking for! *All levels.*

#### Vinyasa Yoga

A 75-minute all-skill-level yoga. Focuses on breathing, sun salutations, standing yoga positions, balancing and floor work. *All levels.*

#### Yogalates

You will gain strength and endurance of the core muscles along with greater flexibility and balance. This class combines the best of both Yoga and Pilates. *All levels*

### CLUB HOURS

Monday - Thursday: 5:00 am - 11:00 pm

Friday: 5:00 am - 10:00 pm

Saturday & Sunday: 7:00 am - 7:00 pm

### KIDS CLUB HOURS

Monday - Friday: 8:00 am - 12:00 pm

Monday - Friday: 4:00 pm - 7:30 pm

Saturday & Sunday: 8:00 am - 12:00 pm



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