



# GOLD'S GYM PORT COQUITLAM GROUP EXERCISE CLASSES

EFFECTIVE - MAY 27 2017 | 778.285.4653 | GOLDSGYMBC.CA

SUMMER  
SCHEDULE



TIME	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	M	POWER		CORE	POWER	SPIN EXP		
6:30AM	M							
	C			RIDE (30 MIN)				
8:00AM	M						ZUMBA	
9:00AM	M						POWER	
	C							RIDE
9:30AM	M	TOTAL BODY	POWER	STEP	ZUMBA	GROUP FIGHT		
	Y		HOT YOGA					
	C	RIDE		RIDE	SPIN	RIDE		
10:00AM	M						STRONG BY ZUMBA™ 10:00AM	CORE
10:35AM	M	STEP	ACTIVE	CORE	POWER	ACTIVE		
	Y	H. STRENGTH		HOT FLOW YOGA		FLOW YOGA		HOT YOGA
	C		RIDE				RIDE 10AM	
12:00PM	M							
5:30PM	M	STEP	G. TABATA	POWER	ZUMBA			
	C	T.SPIN 5:45PM						
	Y			FLOW YOGA		ZUMBA 6:00		
6:35PM	M	POWER	6 PACK ABS	TABATA	ACTIVE			
	Y	HOT YOGA		RIDE				
	C				RIDE 7:15	RIDE 6:30		
7:40PM	M	ZUMBA	ZUMBA 7:15	ZUMBA	STEP			
	C		RIDE 7:15					
8:15PM	Y		HOT CORE YOGA					

**ABBREVIATION DEFINITIONS**  
**DE-STRESS YOGA**  
 (Hatha De-Stress & Relaxation Yoga)  
**H.STRENGTH** (Hatha Strength)  
**FLOW YOGA** (Go With The Flow Yoga)  
**POWER YOGA** (Power Flow Yoga)  
**CORE YOGA** (Core Hatha Yoga)  
**G. TABATA** (Gold's Tabata)  
**T. SPIN** (Gold's Tabata Spin)

ROOMS: M - MAIN / C - CYCLE / Y - YOGA INSTRUCTORS ARE INDICATED WITH SPECIFIC COLOURS

SHAYE SONIA TAMMY FRAN MIRA

KIM CAMMY ANDREA BEATA MICHELLE KRISTEN ANDREW CHERYL LISA LINDSAY YOSVANY KATHY FRAUKE

### Safety Guidelines

Please arrive to all classes 5-10 minutes early if you are a new participant. Please inform your instructor that you are new.

### Please let your instructor know if:

- You are a beginner or new attending classes.
- Have back, knee, shoulder or other joint problems
- Are asthmatic, diabetic or pre/post natal
- Are taking medication that may affect you during exercise
- Chewing gum in class is prohibited

### Please bring water, towel

Please note schedule is subject to change. Classes may be canceled without advanced notice due to attendance being 12 or less



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**SPRING  
SCHEDULE**  
**MOSSA**



Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness.



Activate Your Life in only one hour! Feeling fitter, stronger, and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active® will increase your cardio fitness, build your strength, and improve your balance and flexibility. All in a supportive group environment with motivating music and caring instructors. Get more out of life, Get Active!



Everyone finishes first in GroupRide! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



STEP OFF your workout with 45-60 minutes of cardio training that uses The STEP in highly effective, athletic ways. Group Step will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!



Let's get HARD CORE! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain and will give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform - all to challenge you like never before. Reach your Peak with GroupCore!



Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

## STRONG BY ZUMBA™

Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Recommended participants bring weight lifting gloves and a yoga mat

## SPIN CYCLE

Experience the ride of your life. This low-impact cycling workout is designed to improve your cardiovascular fitness and maximize interval-based drills, visualization and effective coaching techniques. You'll have so much fun you'll forget how hard you're working! A great workout for those who would like to lose body fat or maintain a lean physique!

## YOGA

The ancient practice of body, breathe and mind into balance. All fitness levels and ages can reap the benefits of flexibility, strength training and increased mental awareness. Please bring a yoga mat and towel

## HOT YOGA

Conducted in a heated room, our hot yoga systematically works the entire body, promoting detoxification and allowing a deeper stretch into the muscle tissue, ligaments, and tendons. Remember to bring a bottle of water and a towel to place on the mat. Please bring a yoga mat and towel

## POWER FLOW YOGA

Power Flow Yoga is a powerful, energetic form of yoga where you move from one pose to the next while connecting your breath to your movements. Please bring a yoga mat.

## GO WITH THE FLOW YOGA

Using Hatha yoga fundamentals - breath, meditation, and postures - this class moves at a faster pace with sun salutations and then slows down towards the end with some deep stretching with breath.

## GOLD'S TOTAL BODY

Gold's Total Body is a high energy workout, for all levels, incorporating high and low options. It includes, a use of power moves for cardio training, strength and endurance training, plus core and stretch. A variety of plyometrics, interval training and the use of free weights are included. This is to ensure a healthy body is maintained and results are achieved. An overall workout for every"body"! Get ready to sweat!

## PIYO

PiYo is a music-driven, athletic workout inspired by the mind/body practices of Pilates and Yoga. It includes, flexibility training, strength training, conditioning, and dynamic movement. It offers modifications for all fitness types and challenges everyone of all levels. Participants will gain the same benefits individuals seek from Pilates and Yoga. Just without the chanting and meditation. Come and challenge your body and improve your strength, flexibility, balance, reduce stress and gain an overall fitness level improvement. Please bring a yoga mat and towel

## HATHA STRENGTH

Hatha-Strength- a class engaging in controlled movement through flow postures and deep stretch; building all over body strength. Emphasis on core development and linking breath to each movement.

## HATHA RELAX

Hatha-Relax- a gentle class with attention on slow movements and sinking into postures for a deep stretch. Focus is on back of the body tension release and mental relaxation through breathing. Perfect for the end of the work day! Class temperature is warm.

## GOLD'S TABATA

This easy to follow, full body interval workout is known to be the highest metabolic training (calorie burning) format. Down to the floor and finish with 6 pack core.



Brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Fight® will knock you out!

## 6-PACK ABS

A powerful core workout that creates stability for optimal body function