

# Gold's Gym UMP

## SUMMER CLASS SCHEDULE













EFFECTIVE: JUNE 5th, 2017

(604) 224-4699 [www.goldsgymbc.ca](http://www.goldsgymbc.ca)

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	C					 Daniel		
7:30am	M			GROUP <b>ACTIVE</b> Ella				
8:00am	M	GROUP <b>POWER</b> Stephanie				 Daniel		
	C		GROUP <b>RIDE</b> Jen		GROUP <b>RIDE</b> Maddi			
9:00am	C						GROUP <b>RIDE</b> Beata	
10:00 AM	M						GROUP <b>POWER</b> Beata	
	C							GROUP <b>RIDE</b> Ella
11:00am	M						GROUP <b>BLAST</b> Beata	GROUP <b>CORE</b> Ella
5:30pm	M	GROUP <b>BLAST</b> Jen	GROUP <b>CORE</b> Ella	GROUP <b>POWER</b> Jen	GROUP <b>BLAST</b> * 5:15 Ella			
	C	GROUP <b>RIDE</b> Suzie				GROUP <b>RIDE</b> Jen		
6:05pm	M		GROUP <b>ACTIVE</b> Ella		GROUP <b>POWER</b> Jen			
6:35pm	M	GROUP <b>POWER</b> Suzie		GROUP <b>fight</b> Suzie				
	C		GROUP <b>RIDE</b> Jen					
7:00pm	M		GROUP <b>CENTERGY</b> Annabel		 Kane			
7:40pm	M	GROUP <b>CENTERGY</b> Suzie		 Maureen				



## GGX Schedule Class Descriptions

	<p>Redefine your Self with <b>Group Centergy</b>® Grow longer, stronger and improve your stamina as you explore this 60-minute journey using Yoga and Pilates fundamentals along with dynamic whole body movements. Uplifting music, group dynamics and supportive instructors will enable you to center your energy.</p>
	<p>This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level defining and shaping your body and self-confidence! Energetic music, awesome instructors and a group environment will keep you punching kicking and smiling! This <b>CARDIO KICKBOXING</b> class will knock you out!</p>
	<p><b>Group Power</b>® 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 levels. Discover results, discover Group Power®!</p>
	<p>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!</p>
	<p>BLAST OFF your workout with 45-60 minutes of cardio training that uses The <b>STEP</b> in highly effective, athletic ways. Group Blast 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!</p>
	<p>If you can move, you can <i>Groove</i> . You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you Get A Move</p>
	<p>Let's get <b>HARD CORE!</b> 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.</p>
	<p><b>Group Active</b>® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. <b>ACTIVATE YOUR LIFE!</b></p>
	<p><b>Zumba</b>® Fitness is the 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.</p>
	<p><b>YOGA</b> 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.</p>
	<p><b>GOLDS SPIN</b> - Experience the ride of your life. This low-impact cycling workout is designed to improve your cardiovascular fitness and maximize caloric burn by incorporating 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.</p>
	<p><b>GOLDS HIIT</b> - High Intensity interval training - if you want a hardcore, challenging class, this is it!</p>