

GOLD'S GYM

February



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MCKENZIE

DAY	YOGA	SPIN	GROUP-X	AQUATICS
MONDAY	0600 ASHTANGA (TINA) 0915 VINYASA (TINA) 1730 POWER (TINA) 1845 ASHTANGA (TINA)	0900 SPIN (SHERYL) 1800 SPIN (RACHEL)	0600 POWER HOUR (TARA) 915 MUSCLE FORCE (KELLY) 1015 LATIN DANCE-ZUMBA (MAYA) 1330 CIRCUIT (TIM) 1900 MUAY THAI (PHIL)	0900 SWIM AND TRIM (STACI) 2000 AQUA FIT (MAYA)
TUESDAY	0945 ASHTANGA (EMILY) 1730 VINYASA (TYLER) 1900 POWER (TYLER)	0900 SPIN (SUSAN) 1700 SPIN (SHANAZ)	0915 BODY FIT (MAYA) 1330 CARDIO BOOTCAMP (TIM) 1730 HOT INTERVAL (KETO) 1845 BOOTCAMP/CORE (KELLY) 2000 TAE KWAN DO (CODY)	1800 SWIM AND TRIM (STACI)
WEDNESDAY	0600 ASHTANGA (TINA) 0915 VINYASA (TINA) 1730 POWER (TINA) 1845 ASHTANGA (TINA)	0915 SPIN (SHANAZ) 1800 SPIN (MAYA)	0600 POWER HOUR (TARA) 930 STEP POWER (KELLY) 1800 PILATES PLUS+ (STACEY) 1900 LATIN DANCE-ZUMBA (MAYA)	FIT (MAYA) 2015 AQUA
THURSDAY	0945 ASHTANGA (EMILY) 1730 ASHTANGA (LEE-ANN) 1900 ASHTANGA (LEE-ANN)	1700 SPIN (SHANAZ) 1815 SPIN (RACHEL)	0930 INTERVAL TRAINING (SHERYL) 1330 MUSCLE FORCE (TIM) 1700 BEAT IT (MAYA) 1800 HARD CORE (TIM) 1900 CROSS FIT (TIM)	1800 SWIM AND TRIM (STACI)
FRIDAY	0600 ASHTANGA (TINA) 0915 ASHTANGA (TINA)	0915 SPIN (JILL)	0600 POWER HOUR (TARA) 0930 FULL BODY FIT (KELLY) 1330 BOOTCAMP PEOPLES CHOICE (TIM) 1700 WAVE (TIM)	
SATURDAY	1400 ASHTANGA (STEPHANIE)	1000 SPIN INTERVAL (KELLY)	0900 LATIN DANCE-ZUMBA (MAYA) 01000 FIT & TRIM (MAYA) 1100 BOOTCAMP (TIM) 1200 MMA CONDITIONING (KETO)	
SUNDAY			1030 BEAT IT (MAYA)	



*Please note that Instructors & Classes may change without notice.
*If there are not 3 people attending the class; it will be cancelled
*Appropriate attire should be worn for all classes.
*A safe & fun workout is our goal!

