

GOLD'S GYM

NOVEMBER



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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) 915 WEIGHT TRAINING (JOHN) 1015 LATIN DANCE-ZUMBA (MAYA) 1330 CARDIO (JORGE) 1900 KICK BOXING (PHIL)	0900 WATER AEROBICS (JORGE) 1200 H2O (JORGE) 2000 AQUA FIT (MAYA)
TUESDAY	0945 ASHTANGA (EMILY) 1730 VINYASA (SLADE) 1900 POWER (SLADE)	0600 SPIN (MELISSA) 0900 SPIN (SUSAN) 1700 SPIN (SHANAZ)	0915 BODY FIT (MAYA) 1330 BOOTCAMP (JORGE) 1730 HOT INTERVAL (JORGE) 1830 BOOTCAMP/CORE (KELLY) 2000 TAE KWAN DO (CODY)	0900 WATER AEROBICS (JORGE)
WEDNESDAY	0600 ASHTANGA (TINA) 0915 VINYASA (TINA) 1730 POWER (TINA) 1845 ASHTANGA (TINA)	0915 SPIN (SHANAZ) 1730 SPIN INTERVAL (JORGE)	0600 POWER HOUR (TARA) 930 STEP POWER (KELLY) 930 WEIGHT TRAINING (JOHN) 1330 CORE (JORGE) 1800 PILATES PLUS+ (STACEY) 1900 LATIN DANCE-ZUMBA (MAYA)	0900 WATER AEROBICS (JORGE) 2015 AQUA FIT (MAYA)
THURSDAY	0945 ASHTANGA (EMILY) 1730 ASHTANGA (LEE-ANN) 1900 ASHTANGA (LEE-ANN)	1700 SPIN (SHANAZ)	0930 INTERVAL TRAINING (SHERYL) 1330 BOOTCAMP (JORGE) 1700 BEAT IT (MAYA) 1800 HARD CORE (TIM) 1900 CROSS FIT (TIM)	0900 WATER AEROBICS (JORGE)
FRIDAY	0600 ASHTANGA (TINA) 0915 ASHTANGA (TINA)	0915 SPIN (JILL)	930 WEIGHT TRAINING (JOHN) 1330 LEGS (JORGE) 1700 WAVE (TIM)	0900 WATER AEROBICS (JORGE) 1200 H2O (JORGE)
SATURDAY	1400 ASHTANGA (STEPHANIE)	1000 SPIN INTERVAL (KELLY)	0900 LATIN DANCE-ZUMBA (MAYA) 1000 BOOTCAMP (JORGE) 1100 BOOTCAMP (JORGE)	
SUNDAY			0930 FIT & TRIM (MAYA) 1030 BEAT IT (MAYA)	GOLDS GYM SEMINAR WEIGHT LIFTING NOV.23 @5 30 PM IN THE GROUP X ROOM



*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!

