

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15						 POWER Jennifer/Lisha
9:15	 KICK Amy	 STEP Leslie	 ZUMBA Amia	 ACTIVE Amy	 ZUMBA Tyfani	 KICK April/Lisha
10:15	 CENTERGY Amy	 POWER Julie		 POWER Julie	 CENTERGY Denise	 groove Denise
5:30	 ZUMBA Lakisha	 POWER April	 ACTIVE Robin	 ZUMBA Tyfani	<p><i>Stay Connected to us!</i></p> <p><i>Fan us on Facebook</i> <i>Follow Us on Twitter</i> <i>Visit our YouTube Channel</i> <i>Read our Blog!</i></p> <p>www.GoldsGymWestGa.com</p>	
6:30	 CENTERGY Robin	 STEP April	 ZUMBA Dakota			

New Year Schedule: Monday, January 7th - Sunday, March 31st

 **CORE** *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 prevent back pain and give you ripped abs! Reach your Peak with Group Core!

NEW!  **R30** Get Fitter in ONLY 30 Minutes with R30. It's as easy as riding a bike, and in R30, riding a bike has never been better! Burn Calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power and end with a rush. Inspiring music and motivating coaches will ensure that *Everyone Finishes First*

 **ACTIVE** *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*

 **CENTERGY** Redefine your self with Group Centergy. Grow longer and stronger as you explore this 60-minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy.

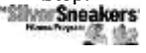
 **groove** If you can move, you can *Groove*. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you *Get A Move On!* with Group Groove.

 **KICK** Group Kick 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 Kick will knock you out.

 **RIDE** Everyone finishes first in Group Ride! 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! Offered at Chapel Hill Location.

 **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 levels. Discover results, discover Group Power.

 **STEP** Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

 **Silver Sneakers** SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and all those who enjoy a positive, upbeat social environment. Offered at Chapel Hill Location. Silver Sneakers Yoga Class incorporates Yoga movements for enhanced flexibility and strength.

 **ZUMBA** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to captivate for life!