Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	GROUP CORE Yavonne	GROUP POWER Denise		GROUP POWER Jennifer			
8:15	SILVER SNEAKERS MUSCULAR STRENGTH 1 Debra		SILVER SNEAKERS MUSCULAR STRENGTH 1 Jennifer	SILVER SNEAKERS MUSCULAR STRENGTH 1 Jennifer		GROUP KICK Melisa GROUP STEP Lisa	
8:30			GROUP CORE Brandy				
9:15	GROUP POWER Tracey	GROUP KICK Brandy GROUP ACTIVE Kelsey	GROUP POWER Mary	GROUP KICK Valarie GROUP ACTIVE Aubry	GROUP POWER Brandy	GROUP POWER Steve GROUP CORE Tracey	
9:45	GROUP CORE Brandy		GROUP CORE Adam		GROUP CORE Adam		
10:15	GROUP STEP Aubry GROUP CENTERGY Valarie	ZUMBA Amia	GROUP STEP Mary GROUP CENTERGY Sunny	GROUP groove Denise	ZUMBA Amia GROUP CENTERGY Brandy	GROUP CENTERGY Melisa GROUP groove Tracey	
11:30	SILVER SNEAKERS MUSCULAR STRENGTH 1 Debra	SILVER SNEAKERS YOGA STRETCH Jennifer	SILVER SNEAKERS MUSCULAR STRENGTH 1 Jennifer	SILVER SNEAKERS MUSCULAR STRENGTH 1 Denise	SILVER SNEAKERS MUSCULAR STRENGTH 1 Debra/Jennifer		
12:15							GROUP CORE David
1:00	**Schedule for Studios A&B** **This schedule Valid Monday, January 7th - Sunday, March 31st**						ZUMBA Lakisha
2:00							GROUP POWER Steve/Louise GROUP CENTERGY Abby
4:30	GROUP POWER Regina		GROUP POWER Tracey				
5:45	GROUP groove Regina GROUP ACTIVE Kelsey	GROUP POWER Regina	ZUMBA Kelsey	GROUP POWER Hugh GROUP ACTIVE Yavonne	GROUP KICK Amy S/Tracey	**ALL CYCLING CLASSES Listed on the Back** **NEW!! R30** ***Get fitter in only 30 minutes! 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!***	
6:00		GROUP CORE Tracey	GROUP CORE Valarie				
6:45	GROUP KICK Lisa/Hugh GROUP CORE Louise	GROUP STEP Regina GROUP CENTERGY Sunny	GROUP KICK Kelsey GROUP POWER Louise	GROUP CENTERGY Bethany Fusion Fitness Michael	GROUP POWER Louise		
7:45	ZUMBA Dakota	ZUMBA Dakota	ZUMBA Lakisha				

CYCLING STUDIO SCHEDULE January 7th-March 31st

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am					R30 Melisa		
8:15						GROUP RIDE Julie	
8:30		R30 Brandy		GROUP RIDE Julie	GROUP RIDE Julie		
9:15					R30 Yavonne	GROUP RIDE Bethany	
9:45	R30 Valarie	GROUP RIDE Valarie					
10:15	NEW!! R30 *Get fitter in only 30 minutes! 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!*			R30 Valarie			
11:30							R30 David
1:00							GROUP RIDE David
4:30		GROUP RIDE Yavonne		GROUP RIDE Yavonne			
5:45	GROUP RIDE David	R30 Yavonne	GROUP RIDE Bethany			Like Us on Facebook GoldsGymWestGeorgia	
6:45	R30 David	GROUP RIDE Louise/Bridget	R30 Valarie	GROUP RIDE Louise/Bridget			

GROUP PERSONAL TRAINING
Sign Up Today for the 30 Day Training Experience ONLY $89
See the Front Desk for Complete Details

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am				Afterburn		
6:00	Afterburn		Afterburn		Afterburn	
9:00		Afterburn		9:30 Afterburn		Afterburn
10:00	Afterburn		10:30 Foundations			Afterburn
11:00						Foundations
5:00	Afterburn					
6:00	Afterburn	Afterburn	Afterburn	Foundations		
7:00		Foundations	Afterburn	Afterburn		

AFTERBURN - Are you ready for something different? Leave it to Gold's Gym Personal Training to be on the cutting edge and bring the hottest fitness craze to West Cobb. Many people strength train with weights while others do cardio or aerobics - somewhere between is Afterburn, The purpose of the Afterburn circuit is to create a metabolic effect for the purposes of fat burning and strength training. This is accomplished by using movements that involve your entire body in a variety of movement patterns using a circuit type of training.

FOUNDATIONS - When you build a house, you must first develop a solid foundation. This ensures that anything built on top of that foundation will be stable and long-lasting. In this sense, your body is like a house- you must build a good foundation of fitness before you can think of designing an effective program to help you reach your goals