




	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6:30am	 Rachael H.	 Fusion w/Gary	 Rachael H.	 Fusion w/Gary			
9:00 AM						GGXCycle Katie/Amber	 Wanda
9:15 AM	Yoga Lisa		Yoga Tricia		Yoga Tricia		
10:00 AM						Core/Abs Katie P	Core/Abs Wanda
10:30 AM	Pilates Monica	 11:15 Monica	Pilates Mat Heather B	 11:15 Monica	Pilates Mat Heather B	 Katie P	GGXCycle Paul
12:00 PM	 Eric	GGXCycle Monica	 Gary	GGXCycle Monica	 Eric		Functional Yoga Jill
5:00 PM	 Arlene						
5:30 PM	 Arlene				 Gary		
5:45 PM		Urban Dance Andra	 Rachel K. beginning 8/14	GGXCycle Dane			
6:30 PM	GGX Cycle John				 Gary		
6:45 PM		 Katie P.	Vinyasa Flow Tiffani	 Jenn			
8:00 PM	7:30 Yoga Jesse	Power Yoga Katie P		Power Yoga Rebecca			

QUESTIONS? Contact: Maureen Eggers, Gold's Gym Group Exercise Director maureene@goldsgymwa.com