

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	9:00 AM		LES MILLS CXWORX Gina		LES MILLS CXWORX Carmen		LES MILLS BODYCOMBAT Carmen	LES MILLS BODYATTACK (8:30) Carmen
	9:30 AM	LES MILLS BODYCOMBAT Nelson	LES MILLS BODYATTACK Russ	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYCOMBAT Carmen	LES MILLS BODYSTEP Anna		
	10:00 AM						LES MILLS BODYPUMP Carmen/Sue	
	10:30 AM	LES MILLS BODYPUMP Stephanie	Pilates Mat Karen W.	LES MILLS BODYFLOW Anna Maria	FLEX Karen F.	LES MILLS BODYPUMP Sue		LES MILLS BODYPUMP Justin
	11:00 AM						LES MILLS CXWORX Carmen/Sue	
	11:30 AM	Classic The SilverSneakers Fitness Program Karen W.	Yoga The SilverSneakers Fitness Program Karen W.	Classic The SilverSneakers Fitness Program Karen W.	Circuit The SilverSneakers Fitness Program Staff			LES MILLS CXWORX Justin
	12:30 PM							
	5:00 PM		LES MILLS CXWORX Justin		LES MILLS CXWORX Greg			
	5:30 PM	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYSTEP Anna Maria	FLEX Elaine	LES MILLS BODYSTEP Greg			
	6:30 PM	LES MILLS BODYCOMBAT Anna Maria	LES MILLS BODYPUMP Sue	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Justin			
	7:30 PM		LES MILLS CXWORX Mike	LES MILLS BODYPUMP Kim	LES MILLS BODYCOMBAT Justin			
STUDIO 2	7:00 AM		Fit Barre (8:30am) Alice				Yoga (8:00am) Suzanne	
	9:30 AM	ZUMBA Maria	ZUMBA Albert	ZUMBA Alex (trial)	ZUMBA Ary	Pilates Mat Julie W.	Latin Cardio (9:00am) Dalia	LES MILLS BODYFLOW Carmen
	10:30 AM	Yoga Julie W.		Yoga Trisha	Fit Barre Natasha	Yoga Julie W.	LES MILLS BODYFLOW (10:00am) Millie/May	ZUMBA Sissi
	12:00 PM	Blocked Out (12:00-4:00)		Blocked Out (12:00-4:00)				
	5:30 PM		LES MILLS BODYCOMBAT Justin	Yoga Chris		Yoga Suzanne		
	6:30 PM	ZUMBA Raul	ZUMBA Jennifer	ZUMBA Marifran	ZUMBA Marixa	ZUMBA Jennifer		
	7:30 PM	LES MILLS BODYFLOW Russ	Yoga Suzanne	Pilates Mat Karen W.	LES MILLS BODYFLOW Karen W.			
CYCLE STUDIO	5:30 AM		Cycle Katie		Cycle Katie			
	9:30 AM	Cycle Theresa	LES MILLS sprint RPM Sue	LES MILLS RPM Sue	Cycle Karen F.	LES MILLS RPM Carmen	Cycle Karen F. (9:00)	LES MILLS RPM Peter
	5:30 PM		LES MILLS RPM Sue	LES MILLS sprint Sue (30min)	LES MILLS RPM Sue			
	6:30 PM	Cycle Katie		Cycle Katie	LES MILLS sprint Theresa (3/23)			
	7:00 PM							

GOLD'S GYM DR. PHILLIPS

Schedule Effective: March 2017



GOLD'S GYM



Dr. Phillips

CLUB HOURS	7733 Turkey Lake Road Orlando, FL (407) 226-9996 www.GoldsGym.com	KIDDIE GYM HOURS	
Open 24 hours/day* *closed Sunday 11pm - Monday 5am		Monday - Friday	8:00a - 12:30p
Area Group Fitness Director: May Click MayClick@GoldsGymOrlando.net		Monday - Friday	4:00p - 8:45p
		Saturday & Sunday	8:00a - 1:00p

CLASS DESCRIPTIONS	
	BODYATTACK is a fully optioned, high-intensity class with sports training move-to-music for cardiovascular fitness and stamina, along with upper and lower body conditioning exercises for building strength.
	BODYCOMBAT is a high-energy cardio class for all fitness levels. Moves from Kick Boxing, Tai Chi, Karate and Muay Thai combined with adrenaline-pumping music will increase your fat burning, strength and agility.
	BODYFLOW is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong, centered and calm. The class is closely choreographed to contemporary music and will enhance your physical and mental well-being.
	BODYJAM is a cardiovascular workout set to music. Burn calories, increase your fitness level and learn to dance better.
	BODYPUMP is choreographed to awesome music, this is the original barbell class that challenges all of your muscle groups. BODYPUMP will change the shape of your body.
	BODYSTEP is an energizing step workout that features cardio blocks to push fat-burning systems into high gear. These blocks are followed by muscle conditioning tracks that shape and tone your body.
	CXWORX is a revolutionary 30-minute Les Mills core training class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. CXWORX tones core muscles and may help prevent injury.
	RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes are available on a first come first serve basis.
	Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves using light weight dumbbells to create a calorie-torching, strength-training dance fitness party.
Fit Barre	Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.
Cycle	Pedal your way to the best shape of your life by working out on high-performance stationary bikes. All fitness levels can participate - you control your ride.
	SPRINT is a 30-minute high intensity interval training (HIIT) on the bike with fast results.
FLEX	Using balls, bars, bands and hand weights, this strength training class will tone and build your body.
Kickboxing	This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.
Pilates Mat	Lengthen, strengthen and tone your body. This class introduces the teaching of Joseph Pilates in principles of concentration, breathing, alignment coordination, centering and balance.
	Increase strength, range of motion, and activity of daily living skills. Hand weights, tubes, and a ball are used for resistance and a chair for support.
Yoga	Yoga unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.
	A fitness dance class using Latin, International, and contemporary music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms.
Latin Cardio	A dance program where you will learn basic sexy Latin dances and experience a cultural explosion of fitness and expression while the music takes control of your body.