



# GOLD'S GYM EAST NORTHPORT

## GROUP EXERCISE & SPINNING SCHEDULE

eff. January 1

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>SPINNING</b> Ro 5:15 am	<b>LES MILLS BODYPUMP</b> Ro 5:15 am	<b>LES MILLS sprint</b> Ro 5:15 am	<b>LES MILLS CORE</b> Ro 5:15 am	<b>SPINNING</b> Kristen 5:15 am	<b>LES MILLS BODYPUMP</b> Maria 7:15 am	<b>PILATES</b> Karina 8:15 am
<b>LES MILLS GRIT</b> Ro 7:00 am	<b>LES MILLS sprint</b> Ro 8:00 am	<b>LES MILLS sprint</b> Ro 6:15 am	<b>LES MILLS GRIT CORE</b> Ro 7:00 am	<b>LES MILLS BODYPUMP</b> Ro 8:00 am	<b>LES MILLS BODYPUMP</b> Madeline 8:30 am	<b>CARDIO FUSION</b> Therese 9:15 am
<b>CORE FUSION</b> Leigh 8:00 am	<b>STRENGTH FUSION</b> Maria 8:00 am	<b>YOGA</b> Laurel 7:00 am	<b>CORE FUSION</b> Alice 8:00 am	<b>CARDIO FUSION</b> Ro 9:00 am	<b>SPINNING</b> Kristen 8:15 am	<b>SPINNING</b> Mike T. 8:15 am
<b>SPINNING</b> Ro 8:00 am	<b>LES MILLS BODYPUMP</b> Ro 9:00 am	<b>LES MILLS BODYCOMBAT</b> Ro 8:00 am	<b>LES MILLS BODYPUMP</b> Ro 9:15 am	<b>SPINNING</b> Julia 9:15 am	<b>SPINNING</b> Jane 9:30 am	<b>SPINNING</b> Mike T. 9:30 am
<b>LES MILLS BODYCOMBAT</b> Ro 9:00 am	<b>LES MILLS CORE</b> Ro 10:00 am	<b>STRENGTH FUSION</b> Ro 9:00 am	<b>SPINNING</b> Jane 9:15 am	<b>YOGA</b> Lauren 10:15 am	<b>CARDIO FUSION</b> Laurel 9:30 am	<b>ZUMBA</b> Val 10:15 am
<b>LES MILLS BODYPUMP</b> Ro 10:00 am	<b>YOGA</b> Natalie 11:30 am	<b>YOGA (Basic)</b> Alice 10:15 am	<b>ZUMBA</b> Val 10:15 am		<b>YOGA</b> Natalie 10:45 am	
<b>YOGA</b> Robyn 11:30am	<b>LES MILLS BODYPUMP</b> Ro 4:30 pm	<b>ZUMBA</b> Marty 6:30 pm	<b>YOGA</b> Natalie 11:30 am			
<b>LES MILLS sprint</b> Ro 4:30 pm	<b>YOGA</b> Laurel 6:30 pm	<b>SPINNING</b> Julia 6:30 pm	<b>PILATES</b> Karina 5:00 pm			
<b>YOGA</b> Alice 4:30 pm			<b>SPINNING</b> Anna 5:30 pm			
<b>LES MILLS BODYPUMP</b> Maria 6:30 pm			<b>LES MILLS BODYPUMP</b> Maria 6:30 pm			
<b>ZUMBA</b> Val 7:30 pm						

# Class Descriptions

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- **Cardio Fusion** - Mixed cardio and conditioning exercises including step, kickboxing, and plyometrics with a core finisher that focuses on abs, glutes, and stability.
- **Core Fusion** - A mind-body class fusing yoga and traditional core sequences. Balance, stability, and bodyweight exercises transform your body from the inside out.
- **Les Mills BODYCOMBAT** - The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay Thai.
- **Les Mills BODYPUMP** - The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for - and fast!
- **Les Mills CORE** - A scientific core workout for incredible core tone and sports performance. You build strength, stability, and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.
- **Les Mills GRIT** - Thirty-minute high-intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness, and build lean muscle. The workout uses short rounds of high-intensity exercise followed by periods of strategic recovery. Continually challenge yourself, regardless of your own fitness level.
- **Les Mills SPRINT** - This indoor cycling workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.
- **Pilates** - Precise movements designed to create long lean muscles through strengthening and stretching. The Classical Pilates style honors the integrity of the original method developed by Joseph Pilates
- **SPINNING** - Spinning offers a variety of rides, movements, coaching, and motivation that keeps riders safe and engaged. This challenging and fun workout will improve cardiovascular fitness and burn serious calories.
- **Strength Fusion** - A full-body strength class that uses bodyweight, dumbbells, and resistance bands. This low-impact workout focuses on toning and shaping your entire body!
- **Yoga** - Asanas (postures) and vinyasas (flows) increase strength, flexibility, balance, and coordination. Breathing practices and meditation are explored to relax the body and quiet the mind. Calm body, calm mind. For all fitness levels.
- **ZUMBA** - Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective, and totally exhilarating.