

Group Fitness Classes 2017
December 1st-December 31st



475 North Avenue Garwood NJ 07027
908-233-7122
www.goldmedalfitness.com

| M | T | W | TH | F | SA | SU |
|---------------------------------|-------------------------------------|--------------------------------|-----------------------------------|---|---------------------------------|---|
| 8:30 am 30 min Kick Renee | 9:00 am Step N Sculpt Nanette | 9:00 am Zumba Lisa | 9:15 am Body Pump Renee | 7:00 am Vinyasa Flow Yoga Valerie | 8:00 am Pilates Mat Shari | 9:00 am Vinyasa Yoga Valerie/Nicole |
| 9:15 am Body Pump Renee | 10:00 am 30 min M&M Renee | 10:00 am Pilates Carolyn | | 9:00 am Kickboxing Nanette | 9:30 am Body Pump Erin | 10:15 am Body Pump Al/Vicki |
| 10:30 am Zumba Raeann | 5:15 pm Yoga Karen | | 5:15 pm Yoga Carrie | 10:00 am 30 min M&M Renee | 10:45 am Zumba K.J. | 11:30 am Zumba Terri |
| | 7:00 pm Body Pump Michael | 7:30 pm Zumba Terri | 7:15 pm Zumba Toning Eileen | 4:30 pm 30 min M&M Renee | | |
| 7:30 pm Zumba Terri | 8:00 pm Zumba Kristen | | | | | |

Contact: Group Fitness Director Terri Freeman
terrif@goldmedalfitness.com

Gold Medal Fitness Hours
Mon-Thurs 5 am – 11 pm
Fri 5am – 9 pm
Sat & Sun 7 am – 6 pm

Childcare Hours
Mon - Thurs 9 am- 1:45pm & 4pm-9:15 pm
Fri 9 am- 1:45pm & 4-8:15 pm
Sat 8:15 am – 2pm
Sun 8:45am – 1 pm

BODYPUMP®: Get “Real Results Real Fast”! Designed for participants of all ages and fitness levels, this resistance training class is guaranteed to give you maximum results in the shortest time. Build strength, burn fat and have fun.

Kick Boxing: Punch, jab and kick your way to fitness. Experience strength and cardiovascular conditioning in this class designed for all fitness levels..

M&M: Minimizing the Movement, Maximizing your Muscles. A "SWEET" and POWERFUL combination of Pilates, barre, yoga, and core to work every muscle in 30 minutes. Designed as a low impact class minimizing the movement while maximizing your muscles. Created and taught by Renee Wichelns (AFAA Certified) who has worked in the fitness industry for over 25 years and has seen the many changes in group classes and what will work best for every level of fitness. A challenging and empowering 30 minutes that will leave you feeling stronger and longer!

Pilates Mat: Focus on the “powerhouse” (abdomen, lower back and buttocks) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body.

Power Yoga: Challenge yourself with Yoga in a series of powerful postures. This intermediate-level class is for the experienced student or someone looking for a demanding workout.

Vinyasa Yoga: Build strength and flexibility in this flowing sequence of postures linked together with dynamic breathing. Sometimes there are long holdings, and sometimes the tempo moves quickly.

Yoga Sculpt: This class will combine the stretching and mindfulness of yoga, with strength training. You will practice traditional yoga poses for flexibility but add body weight exercises that will strengthen the muscles and burn calories.

Zumba®: Dance your way to a fitter you! Experience exciting and unique Latin moves and rhythms in this class that is taking the world by storm. All levels

Zumba Toning®: Lightweight maraca-like **Toning** Sticks enhances sense of rhythm and coordination, while **toning** target zones, including arms, core and lower body.

CLASS SCHEDULE & ATTENDANCE POLICIES:

The class schedule is subject to change. Please check the schedule at the front desk On holidays, the regular schedule will be adjusted and posted. We reserve the right to cancel any class due to insufficient attendance.

GUIDELINES FOR GROUP FITNESS CLASSES:

A water bottle and towel are recommended for all classes. Let your instructor know if you are new to group fitness or if you have any limitations relevant to the workout. Please do not enter a class in progress after the warm-up has been completed or leave before properly stretching and cooling down. Please do not talk during class. It is distracting to other students and to your instructor. All cell phones should be turned OFF during class. Only dry, clean sneakers are allowed in the exercise studios. Closed athletic shoes are required for all classes EXCEPT Pilates and yoga. Please, no gum chewing during class. Excessive perfume or cologne is bothersome to other class participants. Our instructors do their very best to commit to their regularly-scheduled classes, but occasionally they require substitutes. Please be understanding of this situation.