

# Gold Medal Fitness

475 North Avenue Garwood, NJ 07027-1014 908.233.7122 www.goldmedalfitness.com

M

**15 Min Abs**  
Anthony  
5:45AM

**Spin\*\***  
Anthony  
6:00AM

**30min Kick**  
Renee  
8:30AM

**Body Pump**  
Renee  
9:15AM

**Spin**  
Mike  
9:15AM

**Zumba**  
Raeanne  
10:30AM

**Body Pump**  
Susan  
6:00PM

**Spin**  
Tara  
6:30PM

**Zumba**  
Terri  
7:15PM

T

**15 Min Abs**  
Carolyn  
5:30AM

**Spin\*\***  
Carolyn  
5:45AM

**Kickboxing**  
Andreia  
5:45AM

**Spin\*\***  
Renee  
9:15AM

**30min M & M**  
Renee  
10:00AM

**30min Power Abs**  
Mike  
6:30PM

**Spin**  
Kelly/Bob  
6:30PM

**Body Pump**  
Mike  
7:00PM

**Zumba**  
Edgar  
8:00PM

W

**Zumba**  
Lynn  
9:00AM

**Spin\*\***  
Carolyn  
9:15AM

**Power Yoga**  
Kim  
10:00AM

**Body Pump**  
Susan  
6:00PM

**Spin**  
Jodi  
6:30PM

**Zumba Toning**  
Terri  
7:15PM

**Step**  
Vicki  
8:15PM

T

**Kickboxing**  
Debbie  
5:45AM

**15 Min Abs**  
Anthony  
5:45AM

**Spin\*\***  
Anthony  
6:00AM

**Body Pump**  
Vicki  
9:15AM

**Spin**  
Edgar  
9:15AM

**Pilates**  
Carolyn  
10:15AM

**30min Power Abs**  
Mike  
5:30PM

**Body Pump**  
Jodi  
6:00PM

**Spin**  
Judy  
6:30PM

**Zumba**  
KJ  
7:15PM

**Pilates**  
Shari  
8:15PM

F

**15 Min Abs**  
Carolyn  
5:30AM

**Spin\*\***  
Carolyn  
5:45AM

**Spin\*\***  
Renee  
9:15AM

**30min M & M**  
Renee  
10:00AM

**Spin**  
Judy  
5:00PM

**Zumba**  
Edgar  
6:00PM

S

**Super Spin\*\***  
Anthony  
7:30AM

**Step Jam**  
Debbie  
8:30AM

**Body Pump**  
Erin  
9:30AM

**Zumba**  
KJ  
10:45AM

**Group Fitness Winter Classes 2012**  
January 2nd-31st

S

**Spin**  
Al/Kelly  
8:30AM

**Vinyasa Yoga**  
Carrie  
9:00AM

**Body Pump**  
Mechelle  
10:15AM

**Zumba**  
Terri  
11:30AM

Contact: Group Fitness Director  
Carolyn DeSimone carolynd@goldmedalfitness.com

**Gold Medal Fitness Hours**

Mon - Thurs 5am - 11pm  
Friday 5am - 9pm  
Sat & Sun. 7am - 6pm

**Childcare Hours:**

Mon & Thurs. 9am-1pm & 4-8:15pm  
Tuesday 9am-1pm & 4-8 pm  
Wed & Fri 9am -1pm & 4-8:15pm  
Sat & Sun 9am - 1pm