



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

M	T	W	T	F	S	S
Spin** Anthony 5:45AM	15 Min Abs Carolyn 5:30AM	Zumba Lynn 9:00AM	Kickboxing Debbie 5:45AM	15 Min Abs Carolyn 5:30AM	Pilates Shari 7:15AM	Spin** Al/Kelly 8:30AM
15 Min Abs Anthony 6:30AM	Spin** Carolyn 5:45AM	Spin** Carolyn 9:15AM	Spin** Dave 5:45AM	Spin** Carolyn 5:45AM	Super Spin** Anthony 7:30AM	Vinyasa Yoga Carrie 9:00AM
30min Kick Renee 8:30AM	Kickboxing Andreia 5:45AM	Power Yoga Kim 10:00AM	Body Pump Vicki 9:15AM	Kickboxing Nannette 9:00AM	Step Jam Debbie 8:15AM	Body Pump Mechelle 10:15AM
Body Pump Renee 9:15AM	Spin** Renee 9:15AM	Body Pump Susan 6:00PM	Spin Edgar 9:15AM	Spin** Renee 9:15AM	Spin Tara 9:00AM	Body Pump Terri 11:30AM
Spin Mike 9:15AM	30min M & M Renee 10:00AM	Spin Jodi 6:30PM	Pilates Carolyn 10:15AM	30min M & M Renee 10:00AM	Body Pump Erin 9:30AM	Zumba KJ 10:45AM
Zumba Raeanne 10:30AM	30min Power Abs Mike 6:30PM	Zumba Toning Terri 7:15PM	30min Power Abs Mike 5:30PM	Spin Judy 5:00PM	Zumba Edgar 6:00PM	
Body Pump Susan 6:00PM	Spin Kelly/Bob 6:30PM	Step Edgar/Vicki 8:15PM	Body Pump Lynn 6:00PM	Body Pump Lynn 6:00PM		
Spin Tara 6:30PM	Body Pump Mike 7:00PM		Spin Judy 6:30PM	Spin Judy 6:30PM		
Zumba Terri 7:15PM	Zumba Edgar 8:00PM		Zumba KJ 7:15PM	Zumba KJ 7:15PM		
			Pilates Shari 8:15PM	Pilates Shari 8:15PM		

Group Fitness Winter Classes 2012
February 1st-29th

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

15-Minute Abs: Meet on the large mat by the cardio deck for a 15-minute extremely focused workout devoted to strengthening your core. All levels

30-Power Abs: 30 minutes of high energy, focused core work set to music. All levels

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.

Kickboxing: 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 Reformer Training: Improve your balance, flexibility and strength for your whole body using this system of exercises and specialized equipment. Contact Marty Musikant, martym@goldmedalfitness.com for more information. Registration and fee required.

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.

Spinning®: Take outdoor riding indoors in this group cycling class. It's a non-impact workout and will burn an average of 500 calories per class. A water bottle and towel are mandatory. First time riders, please arrive 10 minutes early to meet your instructor and learn proper bike setup. Spinning classes are 45 minutes.

Super Spin®: Get your cycling "fix" in this hour-long Spinning class. When you're looking for a longer Spinning class, try Super Spin.

Step: A cardio class utilizing an adjustable platform and choreography that will challenge all fitness levels.

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.

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 Jam: Come join this high energy Friday night DANCE PARTY!!!

Zumba Toning: Blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class

SPINNING® POLICIES:

Reservations are required for Spinning® classes. You may reserve your bike by phone or in person no earlier than noon the day before the class. ****classes are a first come, first serve policy (30 min. before class)** Please check in with the front desk prior to taking the class. Your bike will be held until 5 minutes before the start of the class. Failure to check in at the front desk may result in your bike being given to someone on the waiting list. Spinning bike pedals are SPD-compatible. If you cannot keep your reservation, please call to cancel at least 30 minutes prior to class time, allowing another member to reserve the bike. Failure to cancel 3 times will result in loss of reservation privileges.

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. First time Spinning® students should arrive 10 minutes early to allow for proper bike setup and instruction. In order to prevent injury, 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.