



GOLD'S GYM Group X Schedule.

SEPTEMBER

Change Your Body. Change Your Life.™



Eighty percent
of results is
showing up!

September Schedule

Please note no classes
September 5th and
6th.

DAY	YOGA	SPIN	GROUP-X	AQUATICS
MONDAY	6:00am Ashtanga (Sean) 9:15am Yoga Flow (Theresa) 5:30 pm Power (Alison) 6:45pm Ashtanga (Sean)	6:00 pm Spin (Rachel)	9:15 am Muscle Pump (Maya) 10:15 am (Zumba) Maya 1:30 pm Cardio Bootcamp (Tim) 5:00 pm Intensity Circuit (Ryan) 6:00pm Zumba (Maya) 7:00pm Muay Thai (Phil)	New Classes!! Intensity Circuit with Ryan! Yoga Flow with Theresa
TUESDAY	9:45am Ashtanga (Emily) 5:30 pm Vinyasa (Emily) 7:00pm Power (Emily)	6:00am Spin (Melissa) 9:00am Spin (Susan) 5:30pm Spin (Shanaz)	6:00am Spin (Melissa) 9:15 am Power Step (Kelly) 1:30 pm Cardio Bootcamp (Tim) 5:00pm Beat It (Maya) 6:00 Hot Interval/MMA (Keto) 7:15pm Core Bootcamp (Kelly)	Hip Hop Yoga with Chris
WEDNESDAY	6:00am Ashtanga (Joanne) 9:15am Vinyasa (Chris) 5:30pm Power (Chris) 6:45pm Hip Hop Yoga (Chris)	9:15am Spin (Susan G) 6:00pm Spin 45 min (Maya)	9:15 am Muscle Force (Kelly) 5:00pm Intensity Circuit (Ryan) 6:00pm Pilates (Quinn) 7:00pm Zumba (Maya)	8:15pm Aqua Fit (Maya)
THURSDAY	9:45am Ashtanga (Emily) 5:30 pm Ashtanga (Lee-ann) 7:00pm Ashtanga (Lee-ann)	6:00am Spin (Melissa) 9:15am Spin (Shanaz) 6:15pm Spin Interval (Rachel)	6:00 am Spin (Melissa) 10:00am TRX (Taylor) 1:30 pm Muscle Force (Tim) 5:00 pm Beat It (Maya) 6:00 pm Hard Core (Tim) 7:00pm Cross Training (Tim)	
FRIDAY	9:15am Ashtanga (Emily)		9:15 am Full Body Fit (Kelly) 1:30pm Bootcamp (Tim) 5:00pm Wave Training (Rod)	
SATURDAY	2:00pm Ashtanga (Sean)	10:00am Spin Interval (Kelly)	9:00am Zumba (Maya) 10:00am MMA Conditioning (Keto) 11:00 am Bootcamp (Tim)	10:15 Aqua Strength (Maya)
SUNDAY			9:30am Fit and Trim (Elaine)	

5 people in class are required to be able to run a class. Appropriate attire should be worn for all classes.
 Questions, Concerns? Email: mayacampagnaro@shaw.ca
 Gold's Gym: 403-726-GOLD
 Please note that instructors and classes may change without notice.

