GOLD'S GYM NEWBURGH

VIRTUAL CLASS SCHEDULE

EFFECTIVE July 31, 2023

Group Exercise Director - Terri Albrecht: albrecht@goldsgymhv.com

GGX ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		LesMills GRIT Cardio - 30 Minutes	LesMills BODYCOMBAT 45 Minutes	LesMills GRIT Plyo - 30 Minutes	LesMills BODYPUMP 45 Minutes		
6:30am	LesMills BODYBALANCE 45 Minutes		LesMills BODYPUMP 45 Minutes		LesMills BODYBALANCE 45 Minutes		
7:30am	barre 30 Minutes	LesMills GRIT Plyo - 30 Minutes	LesMills CORE 30 Minutes	LesMills GRIT Cardio - 30 Minutes	barre 30 Minutes	LesMills GRIT Athletic - 30 Minutes	LesMills CORE 30 Minutes
8:15am	LesMills GRIT Strength - 30 Min	LesMills CORE 45 Minutes	LesMills BODYATTACK 45 Minutes	LesMills CORE 45 Minutes	LesMills GRIT Athletic - 30 Min		LesMills BODYBALANCE 45 Minutes
10:30am	LesMills SH'BAM 45 Minutes						
12:30pm		LesMills BODYPUMP 45 Minutes	LesMills CORE 30 Minutes	LesMills BODYPUMP 45 Minutes	LesMills CORE 30 Minutes		
1:30pm						LesMills BODYPUMP 45 Minutes	LesMills GRIT Cardio - 30 Min
4:30pm			LesMills BODYBALANCE 45 minutes		LesMills BODYBALANCE 45 minutes		
6:35pm					LesMills SH'BAM 45 minutes		
7:35pm		LesMills SH'BAM 45 Minutes	LesMills BODYBALANCE 45 Minutes		LesMills BODYATTACK 45 Minutes		
8:45pm	LesMills BODYBALANCE 45 Minutes	LesMills BODYPUMP 45 Minutes	barre 30 Minutes	LesMills BODYPUMP 45 Minutes			

LES MILLS CLASSES

Learn all about the Les Mills virtual programs by visiting www.lesmills.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	LesMills THE TRIP		LesMills THE TRIP		LesMills RPM 45 Minutes		
7:00am	LesMills sprint 30 Minutes	LesMills THE TRIP	LesMills THE TRIP	LesMills THE TRIP	LesMills sprint 30 Minutes	LesMills RPM 45 Minutes	LesMills sprint 30 Minutes
8:15am		LesMills RPM 45 Minutes		LesMills RPM 45 Minutes	LesMills THE TRIP		
9:15am	LesMills sprint 30 Minutes		LesMills sprint 30 Minutes			LesMills sprint 30 Minutes	LesMills RPM 45 Minutes
10:30am		LesMills THE TRIP		LesMills THE TRIP			
12:00pm 1:15pm	LesMills THE TRIP 12:00pm	LesMills sprint 12:00pm - 30 Minutes	LesMills THE TRIP 12:00pm	LesMills RPM 12:00pm - 45 Minutes	LesMills THE TRIP 12:00pm	LesMills THE TRIP 12:00pm & 1:15pm	LesMills THE TRIP 12:00pm & 1:15pm
4:30pm		LesMills THE TRIP		LesMills THE TRIP	LesMills sprint 30 minutes	LesMills RPM 45 Minutes	LesMills THE TRIP
6:30pm 7:35pm	LesMills sprint 7:35pm - 30 Minutes	LesMills THE TRIP 6:30pm	LesMills RPM 7:35pm - 45 Minutes	LesMills THE TRIP 6:30pm	LesMills THE TRIP 6:30pm		
8:30pm	LesMills THE TRIP	LesMills sprint 30 Minutes	LesMills THE TRIP	LesMills RPM 45 Minutes	LesMills THE TRIP		

PLEASE BRING TOWEL AND WATER BOTTLE

SNEAKERS OR CYCLE SHOES MAY BE WORN.

LesMills VIRTUAL

Scan for the Gold's Gym App →

GOLD'S GYM NEWBURGH

LIVE CLASS SCHEDULE

EFFECTIVE JULY 31, 2023

Group Exercise Director - Terri Albrecht: albrecht@goldsgymhv.com
Yoga Director - Jodi Trainor: 845-564-7500

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GGX ROOM	5:30am	tone Michael						
	8:15am						LesMills BODYPUMP Adrienne - 8:15am	
	9:15am 9:20am	LesMills BODYPUMP Adrienne - 9:15am	tone Kiara - 9:15am	LesMills BODYPUMP Justine - 9:15am	tone Kiara - 9:15am	LesMills BODYPUMP Devon - 9:15am	LesMills BODYSTEP Kara - 9:20am	LesMills BODYCOMBAT Kellyann - 9:15am
	10:30am		LesMills BODYBALANCE Jodi	ZUMBA Traci	LesMills BODYBALANCE Michele	ZUMBA Renee	LesMills BODYBALANCE Donna	LesMills BODYATTACK Tom
	11:30am 11:35am	SilverSneakers Classic-Terri 11:30am	SilverSneakers Yoga - Jodi 11:30am	SilverSneakers Classic - Jodi 11:30am	SilverSneakers Circuit-Gillian 11:30am	SilverSneakers Yoga - Donna 11:30am	LesMills CORE Kara - 11:30am	LesMills BODYPUMP Devon - 11:35am
	12:15pm						ZUMBA Juan	
	4:30pm	LesMills BODYSTEP Justine	LesMills BODYPUMP Jessica		LesMills BODYPUMP Evelyn			
	5:30pm 5:35pm	LesMills BODYPUMP John - 5:30pm	LesMills BODYATTACK Kara - 5:35pm	LesMills BODYPUMP John - 5:30pm	tone Michael - 5:35pm	LesMills BODYPUMP Michael		
	6:35pm	tone Janette	LesMills CORE Kara	LesMills BODYSTEP Michele	LesMills BODYATTACK Nidia			
	7:35pm	ZUMBA Juan			ZUMBA Maria			
CYCLE	5:30am		LesMills THE TRIP Angela		LesMills THE TRIP Vicely			
	8:00am 8:15am	LesMills THE TRIP Jodi - 8:15am		LesMills THE TRIP Jodi - 8:15am			LesMills THE TRIP Vicely - 8:00am	LesMills THE TRIP Angela - 8:00am
	9:15am		LesMills THE TRIP Matt		LesMills THE TRIP Terri	LesMills THE TRIP Donna		
	10:30am	LesMills THE TRIP Adrienne		LesMills THE TRIP Carolyn			LesMills THE TRIP Angela	LesMills THE TRIP Sabrina
	4:30pm	LesMills THE TRIP Nidia		LesMills THE TRIP Nidia				
	5:30pm		LesMills THE TRIP Sabrina		LesMills THE TRIP Sabrina			
	6:30pm	LesMills THE TRIP Nidia		LesMills THE TRIP Angela				
YOGA STUDIO	9:00am 9:15am					GENTLE Vicki - 9:00am	ALL LEVELS Andrea - 9:15am	
	10:00am 10:15am	GENTLE Jodi	YIN Carol	BASICS Libby	ALL LEVELS Carol - 1 Hour	PILATES Donna-10:15 No charge		
	10:30am							VINYASA to YIN Andrea
	6:00pm		ALL LEVELS Will		BASICS Kyle			
	7:30pm							
POOL	9:00am	SilverSneakers Splash - Jodi	Aqua-X Gillian	SilverSneakers Splash - Jodi	SilverSneakers Splash - Jodi	aqua ZUMBA Renee		
	5:00pm	aqua ZUMBA Joseph		aqua ZUMBA Traci				

LES MILLS CLASSES

Class descriptions for all of the Les Mills programs can be found at **www.LesMills.com.**

RPM , SPRINT & TRIP CLASSES

Cycles are available on a first-come-first-served basis. Advance registration not required.

PLEASE BRING TOWEL AND WATER BOTTLE

YOGA - All Classes

Members: $40/month EFT (unlimited) OR $5/class; $45/10-pass (90-day expiration)
Guests: $18/class plus Guest Fee

Pool is closed to other swimmers during classes: 9:00-10:00am Mon - Fri and 5:00-6:00pm Mon & Wed.
Pool Hours: Monday through Friday - 6:00am to 8:00pm, Saturday & Sunday - 8:00am to 6:00pm.

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