

Gold's Gym Longmont

1240 S. Hovey ~ Longmont, CO 80501
Suite 200

www.goldsgym.com/longmont

(720) 372-4653

SWSD ~ Employee Discounts

- Corporate Discounted Rates
- No Enrollment Fees
- 1 x Week FREE Team Training
- Access to Gold's 3D Body Scan



Amenities

- Group Fitness Classes
- Personal Training
- Team Training
- Kid's Club
- Cardio Equipment
- Free Weights/
Machines
- Sauna
- Juice Bar



GGX Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:10am			LES MILLS BODYPUMP			SUMMER Class Schedule		
	6:00am		LES MILLS BODYPUMP		LES MILLS BODYPUMP				
	6:30am		LES MILLS CXWORX				7:00am	LES MILLS BODYPUMP	
	8:00am						8:00am	LES MILLS GRIT	
	8:30am	LES MILLS BODYPUMP			LES MILLS BODYPUMP	LES MILLS BODYPUMP	8:40am	LES MILLS BODYPUMP	LES MILLS BODYPUMP
	9:00am	LES MILLS BODYATTACK							
	9:35am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	9:45am	LES MILLS BODYFLOW	LES MILLS BODYCOMBAT
	10:40am	LES MILLS BODYFLOW	SilverSneakers				10:50am	Zumba	
	12:00pm	LES MILLS BODYPUMP	LES MILLS BODYFLOW						
4:30pm	LES MILLS GRIT								
5:00pm	LES MILLS CXWORX	LES MILLS GRIT							
5:35pm	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT	LES MILLS BODYPUMP					
6:05pm			LES MILLS CXWORX						
6:40pm	LES MILLS BODYPUMP	Zumba		LES MILLS BODYJAM					

Spin Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:25am		LES MILLS sprint 🔄		LES MILLS sprint 🔄				
	6:00am	LES MILLS RPM 🔄		LES MILLS RPM 🔄		LES MILLS RPM 🔄			
	7:30am						7:30am	LES MILLS RPM 🔄	
	8:30am	LES MILLS RPM 🔄	LES MILLS RPM 🔄			LES MILLS RPM 🔄	8:30am	LES MILLS RPM 🔄	LES MILLS RPM 🔄
	9:30am					LES MILLS sprint 🔄	8:45am	LES MILLS sprint 🔄	
	12:00pm	LES MILLS RPM 🔄	LES MILLS sprint 🔄	LES MILLS RPM 🔄	LES MILLS sprint 🔄	LES MILLS RPM 🔄	9:30am		
	4:30pm		LES MILLS RPM 🔄	LES MILLS sprint 🔄	LES MILLS RPM 🔄		Did you know that you can burn up to 675 calories in a 45 minute RPM class?? Try one TODAY!		
	5:30pm	LES MILLS RPM 🔄		LES MILLS RPM 🔄					

Mind & Body Studio	Gold	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
		8:30am	Yoga Sculpt		Yoga Sculpt				8:30am		All Level Yoga
		9:30am		bootybarre		bootybarre					
		9:45am	Flow Level 2		Flow Level 1			9:45am	BUTI Yoga	Stretch It Out	
		12:00pm					Flow Level 1	Sunset Yoga on the Village Green is back starting June 19th @ 7:30pm			
		5:30pm		Flow Level 1							
		6:40pm			BUTI Yoga	Flow Level 2					

Team Training	Platinum	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
		5:30am	Afterburn		Foundations			Afterburn			
		8:00am	Industrial Strength								
		8:30am		Kettlebell 🔄					8:30am	Afterburn	
		9:30am	Foundations	HIIT 🔄	Afterburn	HITT 🔄	Foundations	9:30am	HITT 🔄	Recovery	
		4:30pm			HIIT 🔄			FREE Gold's 3D Body Scans for all Platinum members!			
		5:30pm	Afterburn	Foundations		Kettlebell 🔄					
6:30pm		Industrial Strength	Afterburn	Industrial Strength							