

Gold's On The Go

Let Gold's Gym come to you!!

Gold's On The Go is a unique program that sends Gold's Gym's highly skilled trainers right to you! Let us help you fit working out into your busy work day – or cut down on time away from home by getting a great 30-45 minute workout before or after work or over your lunch break.

Advantages:

- ❖ Friendly, motivating, highly trained and skilled instructors
- ❖ Efficient workouts - Get everything you need in 30-45 minutes...any time of the day
- ❖ Great, proven results... ask for references!!
- ❖ Experience – local businesses taking advantage of our program for 4 years
- ❖ Variety – choose from:
 - **Pilates and Yoga**
 - **Circuit training and cardio classes** such as kickboxing, agility and plyometrics training
 - **Strength classes** including Swiss Ball, Butts & Guts, Arms and Abs, Core and More, Total Body Basics
 - **ZUMBA** – a combination of Latin dances – new this year!!
 - **OR** the ability to customize just about anything your group wants!!
- ❖ Affordable *Group Personal Training* – as low as \$45 per session...your group splits the cost
- ❖ Customized for the success of all levels of fitness
- ❖ Team building – get to know your co-workers
- ❖ No equipment needed – we bring everything you need

For more information call program coordinator and NASM certified personal trainer, Erin Lamp at Gold's Gym, 258-4653 or e-mail at tlamp@bis.midco.net.

Gold's Gym – Change your body, Change your life™