

GOLD'S GYM

100 FORBES AVE@MARKET SQUARE

45 Years – 650 Locations - 4 Million Members

MEMBERSHIP BENEFITS INCLUDE:



Full Use of the *Pittsburgh Market Square* Facility

Free Unlimited GOLD'S Group Exercise Classes

2 **Free** Personal Training Orientation Sessions (\$135.00 value)

Cardio Movie Theater

Tanning Beds Available (\$10/ Month Unlimited)

120 + Pieces of Cardio Equipment

Free Parking Available

A NEW YEAR, A NEW BODY AND A NEW YOU!

**START THE
YEAR OFF
RIGHT! COME
TO GOLD'S
GYM AND
EXERCISE!**

**MUST BRING IN THIS
FLYER FOR RATES AS
LOW AS**

**\$19.99
PER MONTH**

SEE CLUB FOR DETAILS

**CONTACT : TYLER D
CALL 412-403-1995 OR
EMAIL TDZAD@YAHOO.COM**



HOURS	<ul style="list-style-type: none">•MON-THURS: 5AM-11PM FRIDAY: 5AM-10PM•SATURDAY: 7AM-8PM SUNDAY: 7AM-8PM• 100 FORBES AVE, PITTSBURGH, PA 15222 412.201.4653
LOCKER ROOMS	<ul style="list-style-type: none">•DAY LOCKER; BRING YOUR OWN LOCK•TOWEL SERVICE PROVIDED, SHAMPOO & SOAP PROVIDED IN SHOWER AREA
CARDIO CINEMA	<ul style="list-style-type: none">•SHOWS ALL MOVIES: INCLUDING NEWLY RELEASED•CARDIO: ELIPTICAL, ARC TRAINERS, BIKES, TREADMILLS•INCLUDED WITH MEMBERSHIP
SPINNING	<ul style="list-style-type: none">•SPINNING STUDIO•CLASS SCHEDULE TBA•INCLUDED WITH MEMBERSHIP
YOGA / PILATES	<ul style="list-style-type: none">•YOGA / MATT PILATES STUDIO•BODYFLOW•CLASS SCHEDULE TBA•INCLUDED WITH MEMBERSHIP
GGX	<ul style="list-style-type: none">•BODYATTACK / BODYFLOW/ BODYCOMBAT/ BODY STEP/ BODYPUMP / RPM / BODYJAM / BODYVIVE WWW.LESMILLS.COM•CLASS SCHEDULE TBA•INCLUDED WITH MEMBERSHIP
CARDIO	<ul style="list-style-type: none">•OVER 100 PIECES OF CARDIO EQUIPMENT
FREEWEIGHTS	<ul style="list-style-type: none">•SMITH MACHINE/ POWER RACKS/SQUAT RACKS/ BENCHES / DUMBELLS....
CIRCUITS	<ul style="list-style-type: none">•5 DIFFERENT CIRCUITS•INCLUDING: PLATE LOAD/CYBEX/ NAUTILUS/ FREE MOTION/ HOIST
PERSONAL TRAINING / TANNING <i>ADDITIONAL CHARGES APPLY</i>	<ul style="list-style-type: none">•INCLUDED WITH MEMBERSHIP ARE TWO ORIENTATION SESSIONS•TANNING BEDS AVAILABLE
PARKING	<ul style="list-style-type: none">•PARKING AVAILABLE ON SITE•MON-THUR 5AM-8AM , 5PM-11PM SAT-SUN 7AM-8PM•FRI 5AM-8AM , 5PM-10PM
OVER 650 LOCATIONS NATIONWIDE	<ul style="list-style-type: none">•USE OF OVER 650 LOCATIONS NATIONWIDE•MEMBERS MUST PROVIDE A VALID TRAVEL PASS

MEMBERSHIP IS A ONE YEAR AGREEMENT / CONTINUES MONTH TO MONTH AT SAME RATE