

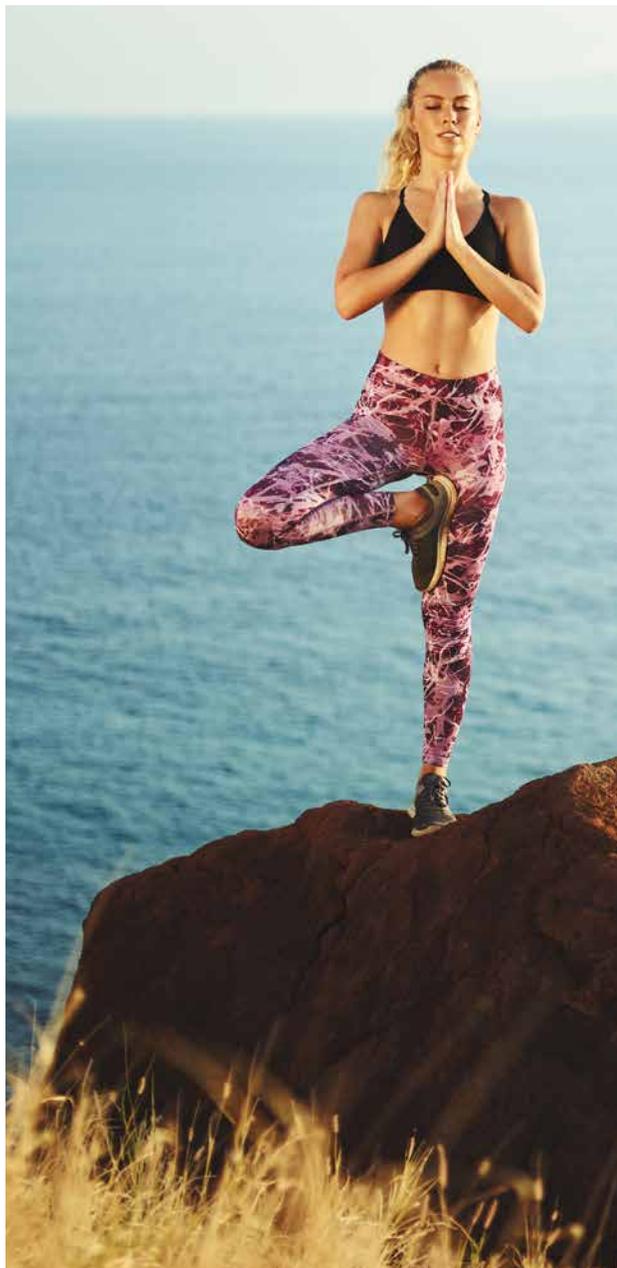


# 21 DAY YOGA TRANSFORMATION



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## *Why do yoga?*

By definition, yoga is a Hindu philosophy that teaches people who practice it the calming effects of inner peace through moves and breath exercises that connect the mind to body. In a world of constant interaction between social media applications, instant access through texting, and our basic day-to-day appointments, it is essential to unplug, power down, and just be.

### **PHYSICAL BENEFITS**

Some of the physical benefits of yoga include increased flexibility and range of motion through your joints, balance, strength, core stabilization, and toning. The breath used in yoga is called ujjayi pranayama (oo-jai prahn-ee-ama). Ujjayi breath calms your parasympathetic nervous system which helps you to center your mind. This “oceanic breath” also helps to lower your blood pressure, increase your lung capacity, and also to give you a rhythm when putting moves together. Yoga as a whole lowers your risk of disease and illness, keeps your brain active, your digestive system running smoothly, and it protects you from injury.

### **MENTAL BENEFITS**

Some of the delightful mental benefits of yoga include decreased anxiety, depression, stress, tension, scattered thoughts, and increased focus and concentration. It has been known to help treat obsessive compulsive disorder (OCD), schizophrenia, pain signals to the brain, somatoform disorders, post-traumatic stress disorder (PTSD), and a number of other mental health conditions. Yoga also can simply be a mood-lifter which can help with day-to-day stress.

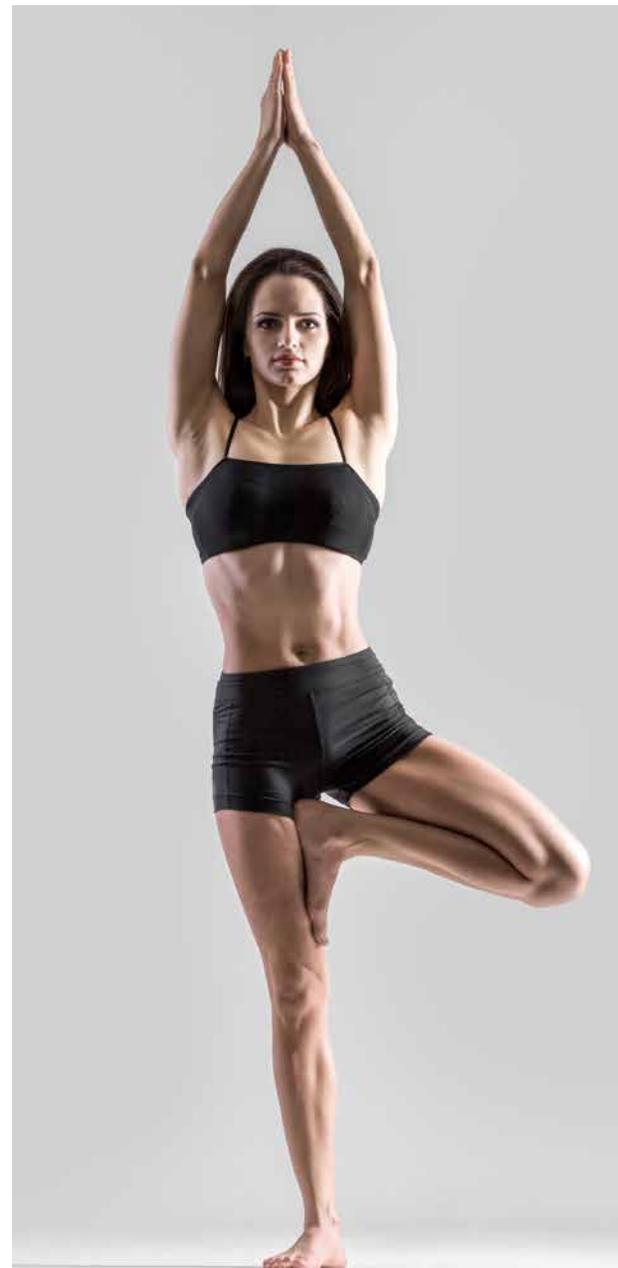
## *What can I expect?*

Yoga is universal in that there are many forms, interpretations, functions, and levels. But within each style of yoga, there are three common elements that each implement: breath, a series of moves, and no judgment. All you need is a mat, yoga equipment if recommended by your instructor, water, and your willingness to let go.

Yoga in its basic form can be sitting in a simple cross-legged position with your palms on your thighs, eyes closed, and just listening to the sound of your breath. But typically beyond moments of stillness, there multiple `series of movements called your “flow.” These connected movements match one breath to one movement. So you move at your own breath pace.

In your first week of yoga in this program, we will go over a few of the very most basic poses. As you continue to the second week, we will teach you how to add in additional movements, but also how to build a longer flow. And by the last week, we will offer a few advanced moves with a variety of modifications to match your current practice. Make sure to hold each move a minimum of 3-4 breaths unless otherwise stated. However, you are also more than welcome to stay and relish the benefits each move has to offer at your own pace.

Yoga is something everyone can do at almost anytime. Breaking into the habit of taking the time out of your day just for you is not selfish-it’s necessary so that every other element of your life remains thriving and happy.



## *Here's what you need*

You can find yoga equipment at almost any sports or athletic store. Gaiam, Lululemon Athletica, and Whole Foods also have a nice selection of yoga tools.

### » **Yoga mat**

Having a yoga mat is a way to designate your space to do yoga and also to pad your body as you move. There are several different colors, textures, and sizes.

### » **A block**

Using a block is a helpful aid for many moves-especially ones that require hamstring and hip stretching. Even for the more advanced yogi, blocks are still used to assist practice.



### » **A strap**

The yoga strap helps you reach new levels of flexibility through the shoulders, hips, and hamstrings. It also fits easily into carry-on luggage if you're practicing yoga while traveling.

### » **Towel**

Yoga, even though calming, can be very sweaty! Just think, your sweat is your stress on it's way out of the body!

### » **Water bottle**

With all that healthy fresh breath coming into your lungs, you'll also want to make sure you're never parched! Stay hydrated!

## *Day "Off"*

On you day off from yoga each week, it's your choice whether to take the entire day off from activity, or to do some cardio. While yoga gets your heart rate up and checks both strength and flexibility training off your weekly list, it might also not be a bad idea just to go out and get moving. Here are a few cardio options to inspire you:

- » Walking at a moderate pace for 30-60 minutes.
- » Running at your own pace for 30-60 minutes.
- » Swimming laps.
- » A 45-60 minute spin class.
- » Hiking

## Your Poses / Week One

Your first week in will be primarily getting used to how to breathe with movement, how to awaken your muscles, and to learn what a flow feels like. Keep equipment near your mat.

### Day 1: Smooth Move Flow



#### » Intro to Ujjayi Pranyama breath

This cleansing breath heats up the body and quiets the mind allowing you to stay in the present moment. First, inhale through your mouth and exhale out your mouth listening for a loud whisper sound. Now, inhale through your nose and exhale out your mouth continuing to make that whispering sound. Lastly, inhale through your nose and exhale out your nose. Can you still hear your breath? Inhaling and exhaling through your nose is Ujjayi breathing. It's a deeper breath that you can hear and feel throughout your practice. And, the louder the breath, the better!



#### » Seated Cross-Legged Sidebend

Sit in a cross-legged position and place your left fingertips about 18" outside your left hip. Reach your right arm up and over to the left keeping the right arm straight, and your left fingertips light on the ground. Breathe in and out through the right side of your ribcage and keep your head relaxed over to the left.





### » Neck Release

From seated cross-legged sidebend, keep your head to the left, but reach your right hand over to the right so that your palm hovers above the ground. Breathe in and out of the right side of your neck. To come out of this position, place your left palm on your cheek and guide your head up onto your neck to prevent injury.



### » Seated Spinal Twist

From there reach your right hand to the right and back, slightly behind your hips. Take your left hand to the outside of your right thigh. Sit up tall, and on an exhale, twist your torso to the right.

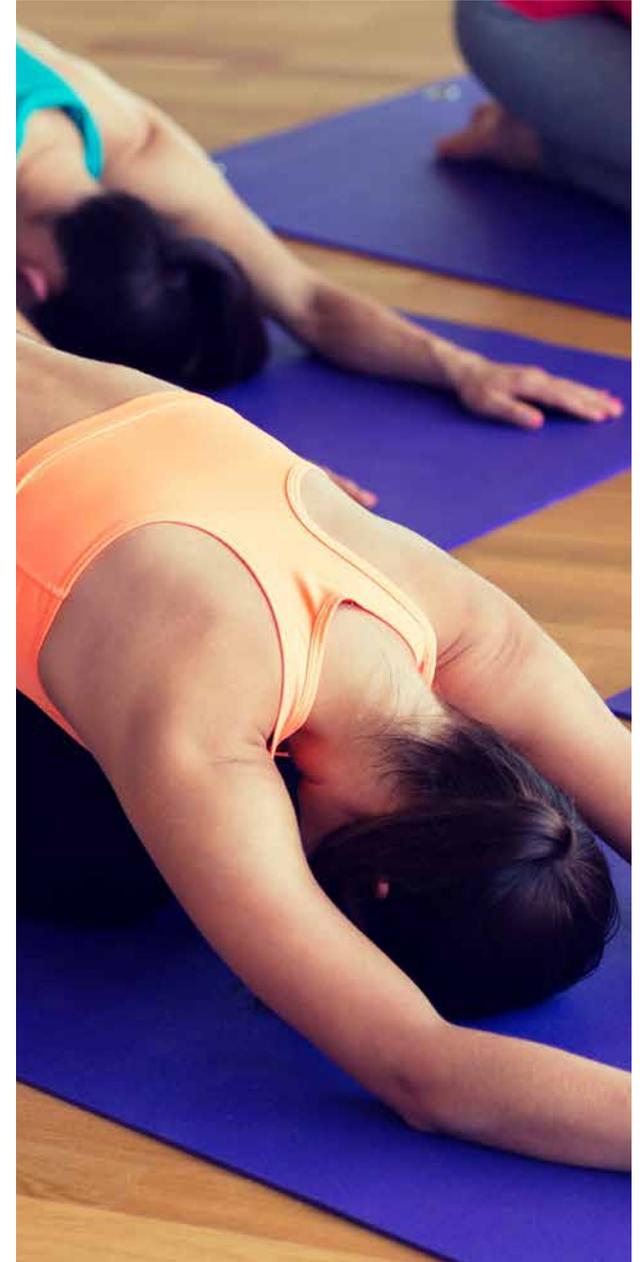


### » Seated Forward Fold

Next, extend both feet straight out in front of you. With a tall spine, reach your fingertips up towards the ceiling. Hinge at the waist and fold forward. The goal is not necessarily to be able to reach your toes. Simply fold far enough forward that you feel a stretch in your hamstrings and relax your arms on either side of your legs. Just don't force the stretch.

### *Transition*

Start this series again, but now on the other side. But maybe try switching out the cross of your legs for a change!



## Day 2: Bend & Twist Flow



### » Cat and Cow

Cat and cow is an excellent way to warm-up the spine and can be used at any point on any day. Come onto hands and knees with your hands directly underneath your shoulders and knees underneath your hips. On your next exhale, let your belly hang low and look upwards slightly. This is cow pose. From here, inhale and arch your back up to the ceiling like a cat. Flow between the two until you feel like your spine is sufficiently warm.



### » Downward Facing Dog

Come into a neutral spine and on an exhale, curl your toes under, straighten your legs and arms into downward facing dog, or like an inverted “V”. While considered a resting pose, it is still fairly active. Push the floor away with your palms, keep your heels raised, and hold your hips up high. Relax your neck.



### » Forward Bend

Next, bend your knees and step your feet forward to the front of the mat. With your feet active and about hip width apart, relax your arms and your head. Keep your knees soft to protect your hamstrings and low back.



### » Half-way Lift

From forward bend, lift your torso up halfway with a flat back. Your hands rest on your shins. Squeeze your shoulder blades together.



### » Mountain Pose

Relax back into forward bend and then slowly roll up to stand. Raise your hands up towards the ceiling and keep your shoulders down. Ground your feet down into the mat and lift your ribcage up, engaging your abs. This is a strong active pose.

### *Transition*

Roll down and place your hands back on the mat and step back onto hands and knees to repeat.

## Day 3: Smooth Move + Bend & Twist

» Repeat Smooth Move Flow and Bend & Twist Flow.

## Day 4: Building Bridges Flow

\*You will need a block for today!



### » Elbow-to-Knee

Lay down on your mat with your feet off the floor and your shins parallel to the ground and feet active. Clasp your hands behind your head with your elbows pointed up to the ceiling. Take a deep breath in. As you exhale, pull your low belly down and curl your tailbone as you reach both elbows to your left thigh while extending your right leg straight forward. Hold your breath. Inhale as you bring your torso back to center and bend your right knee back in. Hold the breath. Exhale pull your abs in, tuck your tailbone and now reach your elbows to your right thigh while straightening your left leg. Do five rounds on each side and then set your feet down and grab your block.



### » Supported Bridge

With your feet flat on the ground, lift your hips up high enough to place a yoga block underneath your sacrum, or near your low back at the top of your pelvis. Let go of the block and place your arms at your sides with palms facing up. Try not to rest all of your weight on the block. Just use it to support your back as you strengthen your glutes. After 5-10 breaths, lift your hips up off the block and set it to the side. Then slowly roll your spine down onto the mat.



### » Dolphin

Roll over to one side and come onto your hands and knees. From there, lower down on to your forearms with hands clasped. While keeping your head and neck relaxed down, curl your toes under and straighten your legs. Walk your feet forward a few inches. Rest here for 5-10 breaths.



» **Thread-the-Needle**

As you come out of dolphin, bend your knees to the mat slowly. Come back to all 4's. Now, reach your right arm up to the ceiling, opening the right side of your chest and obliques. Keep your left arm straight. Stay here for a moment and feel how this twist affects your body. On an exhale, reach your right arm through and under your left arm so that the back of your right shoulder now lays on the mat. Continue the twisting motion to the left. To release, push through your left palm and reach your right arm back up to the ceiling one more time before placing your right hand back to the floor. Now move on to the left arm.

» **Pointer Dog**

As you return back to hands and knees make sure your back is flat. Reach your right arm in front of you so that your right bicep is next to your right ear. Keeping your arm there, lift your left leg and reach it straight and to the back wall. Try to keep your hips and shoulders level. Hold for five to ten seconds before moving on to the other side. Complete 3 on each side.

*Transition*

Sit back on your heels, lean to one side, and then lay down to back into another round beginning with elbow-to-knee.



## Day 5: Strong Warrior Flow



### » Kneeling Warrior

It's important to keep your hips warm and mobile throughout your day. Since we're just getting started today, let's warm up. Place your left knee on the mat and your right foot flat on the floor. Rock gently forward and back to wake up those hips before officially going into the stretch. When you are ready, lunge your hips forward and tuck your left hip under. You can relax your hands on the floor, at your thigh, or lift them straight up in the air.



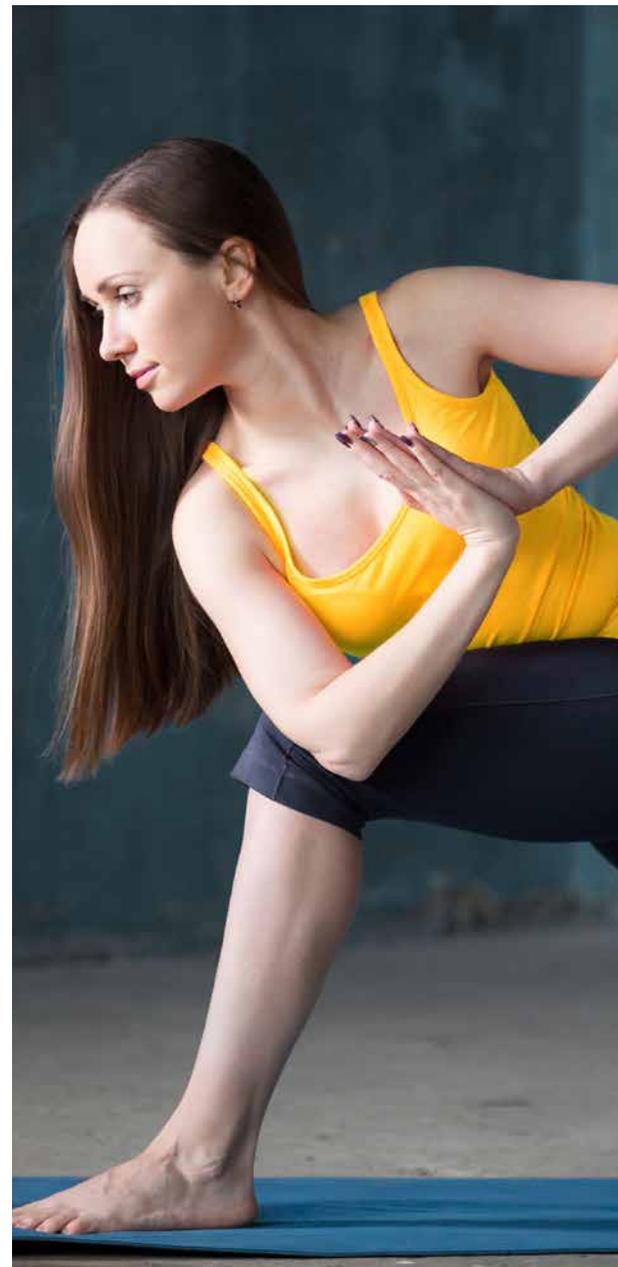
### » Crescent Lunge

To transition from kneeling warrior into crescent lunge, curl your back toes under and straighten the back leg. The right knee remains bent and your left heel is raised. Bring your arms up towards the ceiling with palms facing towards one another.



### » Warrior II

From there, open up your left foot to the left with your toes pointed to the top left corner of your yoga mat. Keep your right toes forward and your right knee bent with the back leg straight. Open up your arms to a "T" and look forward. Warrior poses build strength through your legs, work your balance, and open up your shoulders.





» **Extended Side Angle**

Keep the legs of the warrior II. Then, reach your right hand forward and down towards the ground while reaching your left arm up towards the ceiling. Your right forearm can lightly rest on your right thigh, or let your fingertips graze the floor.



» **Reverse Warrior**

Now, tilt your upper body up while reaching your left hand up and over to the left so that it will rest on your back thigh. Right arm also reaches up to the ceiling and back while the right knee continues to lunge forward.

*Transition*

To finish, cartwheel your hands to the floor and step back to plank. From here, step your left foot forward and repeat on the left side.

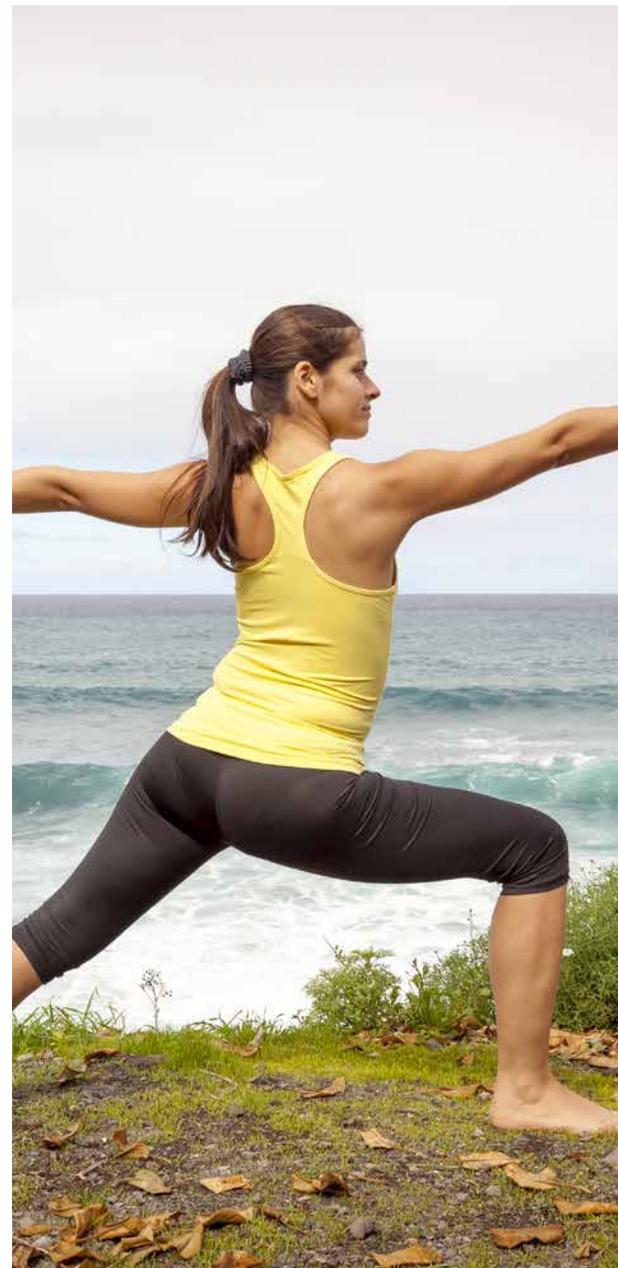
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*Day 6: Building Bridges + Strong Warrior*

» Repeat Building Bridges Flow and Strong Warrior Flow.

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*Day 7: Rest Day or Cardio*



## Week Two

Great job! You've made it through your first week of yoga and your first flow moves! This week we will take what we've learned so far and build upon them. Each day will be more and more active!

### Day 1: Salute the Sun Flow



#### » Salute the Sun

Start in mountain pose (see day two). Inhale, and then exhale as you roll your upper body down to place your hands on the floor. Gently step your feet back so that you're in plank position.



#### » Chaturanga

As a beginner, to go into chaturanga from plank position, set your knees down on the mat. Bend your elbows so that they hug your ribs and so that the shoulders are past your wrists. Slowly lower down all the way to the mat.



#### » Low Cobra

From there, take your legs together and place your hands underneath your shoulders. Lift your upper body off the mat using your low back, but continue to maintain a strong core. Relax your head down and forward. Do not look up or it can stress your cervical spine, or neck.



#### » Downward Facing Dog

Lower your upper body back down to the mat, curl your toes under and push yourself up to plank. From there, straighten your arms and push back into downward facing dog.



#### » Jump forward

The jump forward takes a little practice. From downward facing dog, look forward towards your hands and bend your knees even more so that your hips lower towards your heels. At the end of your exhale, lightly jump your feet forward in between your hands. Land softly and without much noise. If you're not ready to jump forward or have a shoulder injury, just step forward.

#### *Transition*

Roll up to mountain pose and begin again!

## Day 2: Night Sky Flow



### » Standing Half Moon

Take both of your feet together in a standing position. Reach your arms up to the ceiling and bring your palms together. Lean your hips to the left while reaching your hands up and over to the right. This is an incredible side stretch and can help relieve low back pain. Reach up and over to the other side. Aim for 3-4 breaths each side.



### » Standing Backbend

Reach both arms up to the ceiling in mountain pose. Then, lean your weight into your heels, opening your arms up to a wide “V,” and into a standing backbend. Engage your core to protect your low back.



### » Forward Bend

Exhale and fold forward by bringing your hands to the floor. With your feet active and about hip width apart, relax your arms and your head. Keep your knees soft to protect your hamstrings and low back.



### » Halfway Lift

Lift your torso up halfway with your hands resting on your shins. Then fold all the way forward.



### » Side Twist

Place your left hand on the floor in between your feet and reach your right arm up to the ceiling in a twist. Bend your left knee while keeping your right leg straight. Repeat on the other side.

### *Transition*

Roll up to mountain pose.

## Day 3: Salute the Sun + Night Sky

» Repeat Salute the Sun Flow and Night Sky Flow.

## Day 4: Good Angles Flow

\*You'll need your yoga strap.



### » Warrior II

Begin in mountain pose. Step your left foot back and open up your arms into a warrior II.



### » Extended Side Angle

Reach your right arm forward and down towards the ground. Raise your left arm up towards the ceiling. Keep your lower body in a strong lunge while opening your arms back.



### » Triangle Pose

From there, straighten the right leg while keeping your left hip open and pulled back. Triangle pose stretches your hamstrings, hip flexors, chest, and sides.



### » Reverse Triangle Pose

Keeping your triangle pose legs, reach your right arm forward, up, and back to the wall behind you. Rest your left hand lightly on your left thigh.



### » Heel to the Butt (HOB)

Next, cartwheel your hands down to the mat so that they frame your right foot. Set your left knee down to the mat but be sure to add a little extra padding to protect your kneecap. Bend your left heel towards your left glute while lunging the hips forward. If you can, reach around and grab your heel. If not, take your strap and put it underneath your back ankle. Take the ends of the strap together with your left hand and hold it next to you. Then, lunge your hips forward. This can be an intense hip opener so take it slow.

### *Transition*

Step your left foot back into plank. Lower down through chaturanga to low cobra, back to plank, and then into downward facing dog. From there, step your left foot in between your hands and open up to warrior II.



## Day 5: Zen Twist Flow

### » Easy Spinal Twist

Starting with your right foot flat on the ground, and your left knee down on the mat, place your left hand to the floor and your right arm up towards the ceiling in easy spinal twist. If you'd like a little more of a challenge, lift your left knee off the mat in lunge.



### » Pyramid Pose

From there, place your hands on the floor and curl your left toes under. Step your left foot forward so that your feet are 2-3 feet close together. Your right toes point forward and your left toes point toward the top left hand corner of the mat. With both legs straight, fold forward over your right leg and pull your right hip back so that it is even with your left.



### » Wide Forward Bend

Pivot your toes around to the left so that you're in a wide forward bend. Feet are 3-4 feet apart. From there, hinge at the waist and relax your upper body down to the ground.



### » Horse stance

Bend the knees and turn the toes out in horse stance-or a wide squat. Roll up to a stand, bring your hands together at your chest, and hold in the squat stance.





» **Shoulder shrugs**

While in horse stance, bring your arms down in front of your hips. Roll your shoulders back. Squeeze your upper shoulder blades together and pull them back and down. Relax the arms. Then squeeze your mid-shoulder blades together and slide them down. Relax. Lastly, think about squeezing the lower points of your shoulder blades together and then pull them down.

*Transition*

Bring your hands down to the mat and step your left foot forward. Step your right foot back and repeat the flow on the other side. As with most poses, as you come out of each one, take it slow.

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*Day 6: Good Angles + Zen Twist*

» Repeat Good Angels Flow and Zen Twist Flow.

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*Day 7: Rest Day or Cardio*



## Week Three

Now that we've gone over the basics and have started to add even more moves, it's time to put everything together and move on to some more challenging moves!

### Day 1: Long Legs Flow



#### » Downward Facing Dog

Come into a neutral spine and on an exhale, curl your toes under, straighten your legs and arms into downward facing dog. While considered a resting pose, it is still fairly active. Push the floor away with your palms, keep your heels raised, and your hips high. Relax your neck.



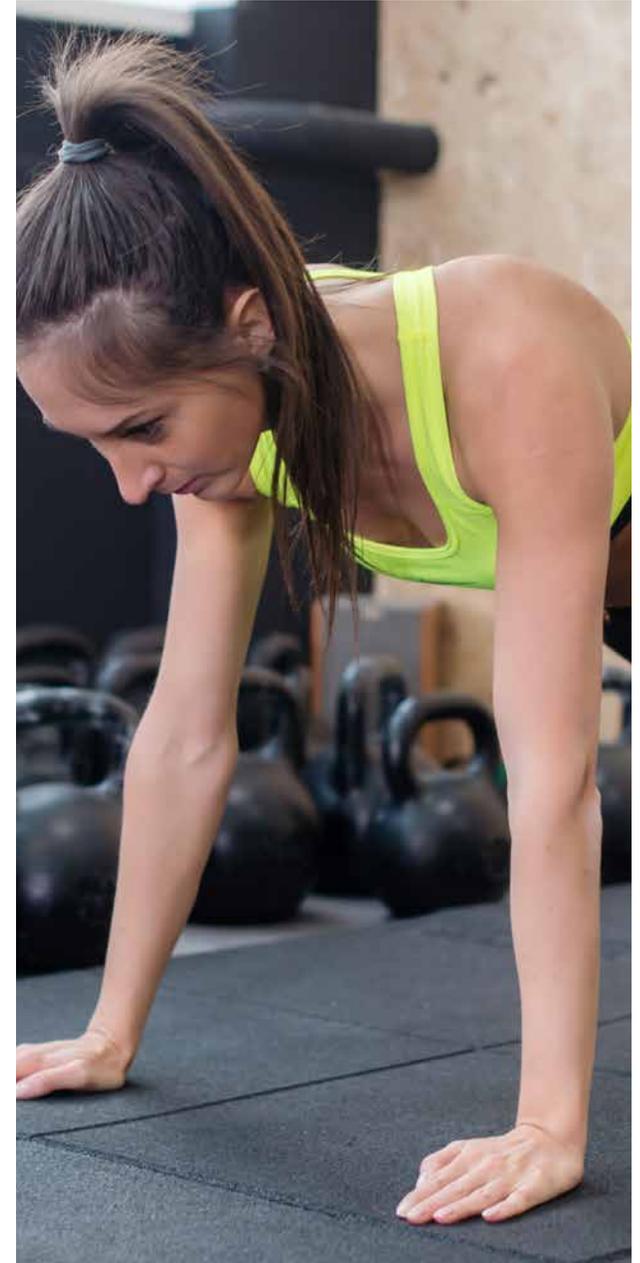
#### » Three-Legged Dog

From downward facing dog, raise your right leg up and straight behind you. Keep the right toes pointed to the floor and level your hips.



#### » Crescent Lunge

From three-legged dog, bend your right knee and bring it in towards your hands. Step the foot down in between your hands. If you have a hard time bringing that leg forward, just use your hands to guide it forward. Once you're in low lunge, lift your upper body up so that your right leg remains bent, your back leg is straight with the heel up, and your arms are up above your head.





» **Revolved Lunge**

Now, rotate your torso to the right and bring your left elbow to your right thigh, and reach your right arm up to the ceiling. This twist helps with mobility through your spine and shoulders, and it strengthens your legs, core, and balance.

» **Runner's Lunge**

To come out of revolved lunge, place both hands on the floor on the inside of your right foot. Keep the back knee above the ground, or lower it to the ground for a deeper hip flexor stretch. To go even further into the stretch, lower from your palms down to the forearms.

*Transition*

To come out of the pose, come up onto your palms, step your right foot back into plank, and then push back into downward facing dog. Repeat on the other side.



## Day 2: Working Warrior Flow



### » Warrior II

Start in downward facing dog. From there, raise your right leg up in three-legged downward facing dog. Bend the right knee in towards your chest and step the foot forward in between your hands. From low lunge, pivot open your back foot so that the toes point towards the front left corner of the mat. Open your arms up in a “T” for warrior II.



### » Eagle in Warrior II

Now, swing your right arm under your left, crossing the arms, and bringing the palms together for eagle arms. Reach your elbows forward. Keep your warrior II legs.



### » Ostrich

Eagle, now ostrich! It’s bird day in yoga! From eagle in warrior II, fold your torso forward, and toward the inside of your right inner thigh. Keep eagle arms and warrior II legs. Round over.



### » Extended Warrior With Variation

Transition into this move by continuing to keep those warrior legs, and by releasing your eagle arms. Let your right fingertips graze the ground in front of the arch of your right foot. Reach your left arm up overhead and back. Then, take the left hand behind your low back towards your right thigh in a bind. But don’t force how far your left hand goes! If you need to stop at your low back, do! However, you can also reach around and grab the top of your right thigh. Feel the opening in your left shoulder, chest, and hip!



### » Side Plank

Release your left hand up and over and place it on the floor. Step your right foot back. Then, with the left hand as your base, step into side plank. Reach your right arm up to the ceiling. You can stagger or stack your feet.

## Day 3: Long Legs + Working Warrior

» Repeat Long Legs Flow and Working Warrior Flow.

## Day 4: Calming Chair Flow



### » Chair Pose

Take your feet together with your knees in to touch. Bend the knees with your hips lowering to the ground. Reach your arms up overhead and towards the front of the room. Try to keep your shoulders down.



### » Revolved Chair Pose

Now similar to the transition in yesterday's series, from chair pose bring your left elbow to your right thigh in a twist to the right. This time bring your palms together and press your left elbow into the outside of your right thigh. Rotate your right elbow to the right.



### » Revolved Lunge Pose

This move can be tricky so take your time! From revolved chair pose, lift the heel of your left foot. Then, slowly reach your left foot back so that you are now in revolved lunge pose with palms touching.



### » Warrior I

Release the twist and step your left foot forward about a foot and into warrior I. Warrior I toes point to the top left-hand corner of your mat and the stance is shorter than warrior II. Rotate and square your hips to the front. Now lift the arms up energetically to the ceiling and lunge your weight forward.



### » Eagle Pose

While in warrior I, swing your left arm underneath your right into eagle arms and bring the palms together. Now, lift your left leg up, bring it forward, and then cross it over your right thigh, with an eventual goal to latch your left foot behind your right calve. This balancing move is called eagle pose. Squeeze the thighs together and engage your lower abdominals.

### *Transition*

Release your left leg and come into chair pose to start over on the other side.

## Day 5: Twist it out Flow



### » Chair Pose

Take your feet together with your knees in to touch. Bend the knees with your hips lowering to the ground. Reach your arms up overhead and towards the front of the room. Try to keep your shoulders down.



### » Figure 4 Pose

From chair pose, lift your left leg up and cross your left ankle over your thigh, making the figure 4 with your legs. Bend your right knee and hunker down until you feel a stretch on the outside of your right thigh. If you need a chair to help you balance, keep one near by.



### » Lounge Lunge

Release your left leg and reach it back behind you into a lunge. Set the left knee down (pad the knee), and place your left hand on the floor in front of you by your right foot. Now, hug your right arm around your right outer thigh and twist towards your right leg. This will open up your left hip flexor deeper than our previous poses.





» **Pigeon**

Release from lounge lunge and slide your right foot over to the left side of your mat keeping your right knee bent. Your right outer thigh is on the ground. Sit on your right glute and extend your left leg behind you. Keep your right foot flexed and fold over your right leg. The right shin should be close to parallel to the front of the mat. But if you're not there yet, keep your right heel closer in to the front of your left hip. Stay here as long as you'd like! But aim for 5-10 breaths.



» **Twisted Pigeon**

From there, bend both knees into a sort of cheerleader pose but with the right heel a little further away from your left knee. Twist your torso to the left and bring your right elbow to the arch of your right foot or inner thigh and twist to the left.

*Transition*

Come on to hands and knees to come out of this pose. Then push back into downward facing dog and either step or jump forward into forward bend. Bend the knees and repeat on the other side from chair pose.

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## *Day 6: Calming Chair + Twist it out*

» Repeat Calming Chair Flow and Twist it out Flow.

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## *Day 7: Rest Day or Cardio*

Congratulations! You've just finished your 21-Day Yoga Transformation! The simple but challenging poses and flows should help you feel toned up and chilled out.

Now you're ready to take it to the next level with your yoga. Why not try a class at Gold's Gym SoCal? Our 12 convenient locations include a variety of yoga classes for all levels.

## *Yoga at Gold's Gym SoCal:*

### **BEGINNER YOGA**

If you're new to yoga, are recovering from an injury, or maybe just want a more relaxing experience, this class is perfect for you! It also comes highly recommended for pre/post natal women, or older adults. No inverted poses in this class.

### **YOGA**

Breath, strength and flexibility. This 60-minute Yoga class is grounded in the Universal Principles of alignment for both inner and outer body.

### **VINYASA FLOW YOGA**

Let your energy flow during this class based on the Sun Salutation (Surya Namaskar). Focus on your alignment and breathe through a series of standing and seated poses which incorporate balance and backbends. A class for all fitness levels as pose variations will be shown.

### **YOGALATES**

Part yoga, part Pilates, you will strengthen your core and also move through a series of yoga poses in this class.

### **POWER YOGA**

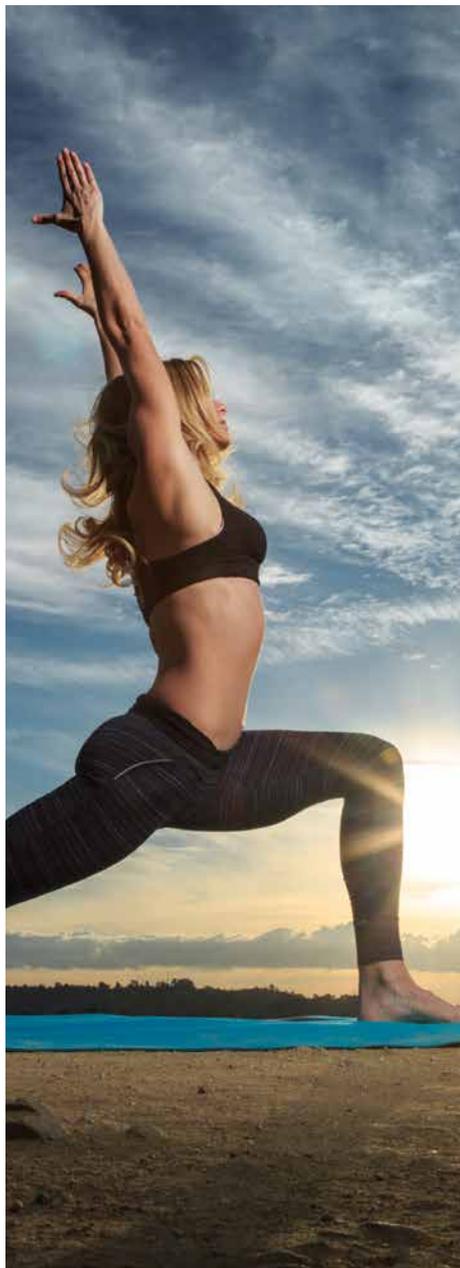
A higher level of Vinyasa Flow Yoga that focuses on invigorating and energizing postures. Creative variations of the Sun Salutation are woven into sequences along with standing and seated poses that incorporate balance and backbends. Some inversions are also introduced. An advanced level class for those looking to deepen their practice and enhance their fitness level.

### **PIYO**

A unique class combining Pilates, Yoga, strength and conditioning, flexibility, and dynamic balance. An up-tempo, non-spiritual approach to mind/body exercise.

### **YOGA FLOW**

A physical, mental, and spiritual discipline. The goal, or practice, is the attainment of a state of tranquility and peace, while utilizing breath-synchronized movements to stretch the body.



## *About Gold's Gym*

Gold's Gym has been the authority on fitness since 1965. It was then that fitness legend Joe Gold took the knowledge and expertise he gained from training at the world famous "Muscle Beach" and opened up the first Gold's Gym on Pacific Avenue in Venice, California.

Opened long before the modern day health club existed, the original Gold's Gym featured homemade equipment and an unrivaled dedication to getting results. It was an instant hit. Early fitness enthusiasts flocked to the gym, and in 1977, Gold's Gym received international attention from "Pumping Iron" – a bodybuilding documentary starring Arnold Schwarzenegger and Lou Ferrigno. With its storied reputation of being THE place to go for the latest training techniques, and its legendary history of producing bodybuilding champions, Gold's Gym Venice became known as "The Mecca Of Bodybuilding." Hollywood celebrities and professional athletes soon followed and by 1980, Gold's Gym began expanding to locations around the globe.

Today Gold's Gym is the most recognized name in fitness serving more than 3 million members in 38 states and 22 countries around the world. Always at the forefront of the fitness revolution, Gold's Gym has continually evolved its profile by equipping gyms with the best amenities and the latest in cardio and strength training equipment as well as the most dynamic group exercise programs including Zumba, yoga, group cycling, mixed martial arts, muscle endurance training, and Pilates. At Gold's Gym, you'll find an energetic, supportive environment full of all kinds of people who are committed to achieving their goals.

Today more than ever, Gold's Gym realizes that strength comes in many forms...whether it's the strength to be a better parent, the strength to overcome diabetes or the strength to be a better athlete.

At Gold's Gym, our goal is simple: We're here to help you Know Your Own Strength®.



## *Find a Club Near You*

### **ARCADIA (SANTA ANITA)**

400 South Baldwin Avenue, Arcadia, CA 91007  
(626) 447-1500

### **CULVER CITY**

6000 Sepulveda Blvd., Culver City, CA 90230  
(310) 313-0033

### **FULLERTON**

1973 W. Malvern Avenue, Fullerton, CA 92833  
(714) 773-1990

### **GOLETA**

6144 Calle Real, Suite 101, Goleta, CA 93117  
(805) 964-0556

### **HOLLYWOOD**

1016 Cole Avenue, Hollywood, CA 90038  
(323) 462-7012

### **LOS ANGELES (DOWNTOWN)**

735 South Figueroa Street Suite 100, Los Angeles, CA 90017  
(213) 688-1441

### **MONTCLAIR**

5150 Moreno Street, Montclair, CA 91763  
(909) 399-9992

### **NORTH HOLLYWOOD**

6233 Laurel Canyon Blvd., North Hollywood, CA 91606  
(818) 506-4600

### **SANTA ANA**

1945 E. 17th Street, Santa Ana, CA 92705  
(714) 558-9700

### **SANTA BARBARA (DOWNTOWN)**

21 W. Carrillo Street, Santa Barbara, CA 93101  
(805) 965-0999

### **SANTA BARBARA (UPTOWN)**

3908 State Street, Santa Barbara, CA 93105  
(805) 563-8700

### **SIMI VALLEY**

1357 E. Los Angeles Avenue, Simi Valley, CA 93065  
(805) 581-4653

### **THOUSAND OAKS**

197 North Moorpark Road, Thousand Oaks, CA 91360  
(805) 496-9331

### **VALENCIA**

24445 Town Center Drive, Valencia, CA 91355  
(661) 288-1818

### **WEST COVINA**

502 Plaza Drive, West Covina, CA 91790  
(626) 338-2444



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