



GOLD'S GYM LANGLEY JOIN OUR COMMUNITY EXPERIENCE CHANGE



3 LANE LAP POOL & HOT TUB



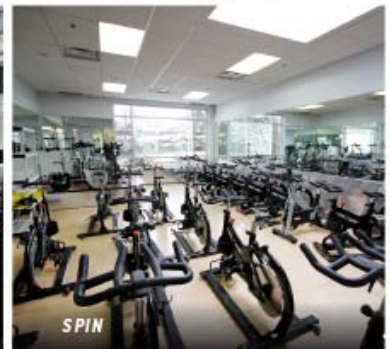
CARDIO



STRENGTH



STRENGTH



SPIN



KINESIS ROOM



GGX ROOM



STRETCHING AREA

EQUIPMENT & TOOLS

- 40,000+ SQ.FT.
- SPIN ROOM
- HOT YOGA
- FUNCTIONAL AREA
- TECHNOGYM STRENGTH

- FULL CARDIO AREA
- FREE WEIGHTS 5-120LBS
- 40+ GGX CLASSES A WEEK
- PERSONAL TRAINING AREA
- OLYMPIC LIFTING PLATFORMS

AMENITIES

- SWIMMING POOL
- FREE UNDERGROUND PARKING
- KIDS CLUB
- SMOOTHIE & NUTRITIONAL BAR
- INFRARED SAUNAS

- TANNING
- WOMEN'S ONLY AREA
- HOT TUB
- KINESIS ROOM
- STEAM ROOM

EXPERIENCE CHANGE

GOLD'S GYM LANGLEY - 19989 81A AVE. LANGLEY
FOR MORE INFO, EMAIL DALE@GOLDSGYMBC.CA
OR CALL 604.882.4653
GOLDSGYMBC.CA

INVITING ALL EMPLOYEES OF



British Columbia
Teachers' Federation