



## Gold's Gym

### "October Challenge"

You are expected to attend a class at Gold's gym. There are many possible classes to choose from. Be sure to choose a class that you are interested in. What can make this even more enjoyable you ask? Attend the gym with a friend(s)!

Here's the link for the gym's schedule:

[http://www.goldsgymbeaconsfield.com/index.php?page=class\\_schedule](http://www.goldsgymbeaconsfield.com/index.php?page=class_schedule)

### **Assignment: Answer the following and describe in detail :**

1. Describe your day at the gym.
2. What did you enjoy/not enjoy? Why?
3. What did you learn? (techniques)
4. What did you learn about yourself?
5. How would you describe the facilities/equipment at Gold's Gym?
6. What made you choose that class?
7. Since you've worked out in our weight room, how would you compare the Gold's Gym class to working out with weights?
8. \*\*\*Now make a "collage" of your day at the gym. **Take a few pictures** of you at the gym + you **must also attach/print a picture** of you with the Gold's Gym Instructor\*\*\*



**Be sure to follow the guidelines at Gold's Gym, we are their guests.**



***Good Luck and good workout!***

