INSANITY LIVE!

A Revolutionary Cardio-base total body conditioning program based on the principles of max interval training. Insanity pushes the participant to new training heights
Class Runs 30-45 Minutes

LesMills BODYPUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class
Class Runs 60 minutes

LesMills CXWORX

CXWORX is the intensely challenging 30 minute core workout that gets you results where it counts the most.
Class runs 30 Minutes

LesMills RPM

Take the ultimate ride! RPM incorperates cycling, choregraphy and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.
Class Runs 60 Minutes

BURN-N-FIRM

A 60 minute interval based workout sure to make you sweat. Class will use jump ropes, hand weights, tubes, steps, stability balls, and body weight for the high intensity cardio and strength circuits. This class is challenging yet easy-to-follow with optional impact and is appropriate for all fitness levels.
Class Runs 60 Minutes

CYCLE

A highly motivating, non-impact stationary cycling workout for both the experienced and beginning rider. Variable resistance and speed allows participants to work at their own intensity
Class Runs 45-50 Minutes

The Silver Sneakers Fitness Program

This Class is designed specifically for the older adults and taught by specially trained, certified instructors
Class Runs 45-60 Minutes

Silver&Fit

This program is designed for those seeking low impact cardiovascular training with low intensity resistance training. Perfect for those new to exercise or seniors.
Class runs 45-60 Minutes

YOGA

Our Yoga classes are designed to improve both the physical and mental health of our members. This style of Yoga is based on the ancient fitness science of hatha yoga, blending balance, strength, and flexibility in a relaxed atmosphere. Come and loose yourself in this easy to follow class. Open to all levels.
Class Runs 60 Minutes

AM-FIT

Active older adults who are looking for a low impact / low intensity class to help get the blood moving and keep the joints loose.
Class Runs 50-60 Minutes

ZUMBA FITNESS

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.
Class Runs 60 Minutes

HIP HOP CARDIO

Hip Hop Cardio is designed to get your blood pumpin and your feet moving to some basic hip hop steps. Yo burn calories while dancing to the latest hip hop hits!
Class Runs 60 Minutes

Gym Hours of Operation

M-Fri 5am-10pm
S/Su 8am-6pm

Phone: (717) 655-5024

Kid's Club Hours of Operation

M-Th 5pm-8pm
Saturday 8:45am-1200pm

Phone: (717) 655-5024

- Ask about Gold's Gift Certificates - Give the Gift of Fitness -
- Good for Membership, Personal Training, Tanning and Merchendise -

GOLD'S GYM