



WELCOME TO GOLD'S GYM

THE MOST RESPECTED AND MOST FAMOUS GYM IN THE WORLD.

You have made one of the wisest decisions of your life, for your life, by joining Gold's Gym. Since 1965 we have been the recognized authority on fitness. You will now experience for yourself every time you come through the door why nearly 3 million members at over 650+ locations around the world trust Gold's Gym with their health and fitness. We guarantee results or we'll give you your old body back.

Your Gold's Gym membership gives you access to the most qualified fitness staff in the industry, technically superior equipment and cutting edge facilities. More than just weights, Gold's Gym offers diverse, innovative programs - like our popular GGX, Gold's Group Exercise classes - that make getting in shape enjoyable.

Every body is different and we treat you accordingly. Our personal trainers will help you set goals and show you how to achieve them based on your current level of fitness. We can also address your nutritional needs and shed light on how diet impacts your fitness and how eating properly can help you to maximize your potential.

No matter what you do outside the gym, you have to train inside to be at the top of your game. Our members know that there are no short cuts to staying in top physical condition. For over 40 years, millions of people have come to us for results and inspiration. From the best trainers, equipment and programs to the best group exercise classes on the planet, Gold's Gym is the ultimate fitness experience. And, as much as our members feel we have inspired them, they in turn have inspired us!

WELCOME TO THE GOLD'S GYM FAMILY AND THANK YOU FOR CHOOSING GOLD'S GYM AS YOUR PLACE FOR FITNESS.



THE STORY OF GOLD'S GYM

Gold's Gym has been the authority on fitness since 1965 dating back to the original Gold's Gym in Venice, California. It was the place for serious fitness. Gold's Gym quickly became known as "The Mecca of Bodybuilding." In 1977, Gold's Gym received international attention when it was featured in the movie *Pumping Iron* that starred Arnold Schwarzenegger and Lou Ferrigno. From that first gym in Venice, Gold's Gym has become the largest co-ed gym chain in the world with over 650+ facilities in 41 states and 28 countries.

Today, Gold's Gym has expanded its fitness profile to offer all of the latest equipment and services including group exercise, personal training, cardiovascular equipment, spinning, pilates and yoga, while maintaining its core weight lifting tradition. With nearly 3 million members world wide, Gold's Gym continues to change lives by helping people achieve their individual potential. For more information about Gold's Gym, please visit www.goldsgym.com or call **1-800-99-GOLDS**.



Photo By George Butler



Photo By Chuck Behrman



YOUR MEMBERSHIP

TRAVEL PRIVILEGES

When you join the Gold's Gym family, you have travel privileges at over 650+ worldwide locations. Whether traveling for business or pleasure, there is no need to miss a workout ever again. Members may workout at any Gold's Gym free of charge for a total of 14 days in a calendar year. The visiting member must provide a valid travel card from his home gym, which is given to you free.

GOLDSGYM.COM

Check our website for hours of operation, directions, group exercise class schedules, the latest gym news, and current promotions. When you travel on business or pleasure you can also visit www.goldsgym.com to find the nearest Gold's Gym location at your destination. Gold's Gyms are as different as its members and its cities. But, they all have one thing in common, THE ULTIMATE FITNESS EXPERIENCE.

GUEST POLICY

Your Gold's Gym membership comes with guest privileges. Please check at the front desk for details. For friends and relatives who are interested in joining, please see your fitness consultant to arrange for a guest pass and tour. Be sure to ask about our group and corporate memberships.

REFERRAL PROGRAMS

Most of our members come from referrals from satisfied Gold's Gym members. We appreciate when you tell your friends about Gold's Gym and we reward you with various incentives throughout the year. So, bring a friend whenever you can! It's more fun to workout with someone and it's a win/win for both of you!



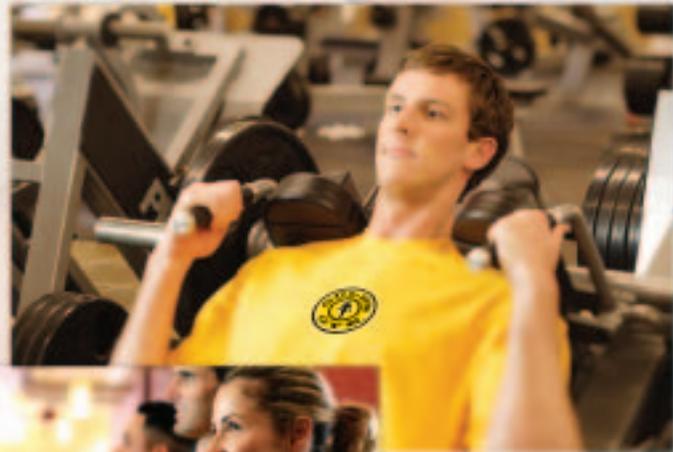
GOLD'S GYM GEAR

Wear the most famous brand in fitness. Visit our Gold's Gym Store where you can find the latest in Gold's Gym branded Men's & Women's Apparel, Fitness Accessories, Sports Bags, Fitness Books & Videos, Nutritional Products and more.

Gold's Gym has the ultimate fitness apparel and accessories for men and women who lead a fitness lifestyle. Gold's Gym apparel comes in small, medium, large, extra large and "You gotta be kidding!"

When you wear the Gold's Gym brand, you are wearing the same brand that amateur, pro athletes and celebrity entertainers love to wear. Gold's Gym sportswear has been seen in movies and on television and has become one of the most popular logoed t-shirts in the world.

WHEN YOU WEAR THE NAME, YOU WEAR THE REPUTATION!





THE IMPORTANCE OF EXERCISE AND NUTRITION

EXERCISE

Gold's Gym has been promoting a fitness lifestyle since 1965 through its exercise and nutrition programs. Anyone who participates in regular exercise can tell you that they look and feel better than ever. The Surgeon General has added regular exercise to their recommendations and warns that being inactive can be dangerous to your health. At Gold's Gym we educate our members about how to exercise properly so that you can achieve the maximum results from your fitness programs.

When you meet with a Gold's Gym trainer, they will develop an individual exercise program to help you achieve the many benefits that regular exercise has to offer. Some of the many benefits include: reduced risk of heart disease and some cancers, improved self esteem, lowered stress, improved sleeping patterns, stronger cardiovascular and circulatory systems, improved endurance, improved balance and flexibility, improved muscle tone, stronger bone density, and better weight control.



The Surgeon General has determined that lack of physical activity is detrimental to your health.™

NUTRITION

Have you ever been on a diet, lost some weight, only to have it all come back and then some? Don't feel bad, you are not alone. At Gold's Gym our nutrition programs are designed to help you not only achieve your results, but maintain them.

Through a sensible menu plan that includes the proper amount of calories, proteins, carbohydrates and fats, we can help you to understand how nutrition affects both your health and your body.

Whether you're trying to lose weight and/or bulk up, your Gold's Gym trainer can develop a nutrition plan to help you achieve your goals. While eating right can sometimes be difficult, your Gold's Gym trainer can help you get on the right track and stay there.



STAYING MOTIVATED

Starting or changing an exercise program is a big decision, one that could change your life forever – **if you stick with it!** Gold's Gym is here to help you succeed, and that means following our simple, but powerful approach to staying motivated.

1. **Set realistic goals.** Our fitness staff will help assess your current level of fitness and discuss your goals. The key is being realistic. Remember, Rome was not built in a day.
2. **Make exercise a habit.** Make exercise an appointment in your calendar that you won't miss. This is probably the only appointment in your day that is just for you.
3. **Workout with a partner.** It can be very motivating to workout with someone who can help you keep your exercise appointment.
4. **Build variety into your workout.** To avoid mental and physical burnout, it is important to periodically change your workout program.
5. **Seek professional assistance.** To maximize your workout, add variety to your program, and to take yourself to that next level, speak with a Gold's Gym trainer who can help keep you motivated and on track.
6. **Reward yourself.** When you reach a goal or milestone, treat yourself to that special night out or that great bathing suit you never thought you could wear – until now.



FELLOW CELEBRITIES

WHO HAVE TRAINED OR CONTINUE TO TRAIN AT GOLD'S GYM

Muhammad Ali
Marcus Allen
Christina Applegate
Lance Armstrong
Rosanna Arquette
Ellen Barkin
Roseanne Barr
Angela Bassett
Lisa Bonet
Barry Bostwick
Matthew Broderick
Pierce Brosnan
Jackson Browne
Kobe Bryant
James Caan
Nicholas Cage
Dean Cain
Kim Carnes
Wilt Chamberlain
Don Cheadle
Andrew Dice Clay
Nadia Comaneci
Bart Conner
Billy Crystal
Tony Curtis
John Cusack
Beverly D'Angelo
Ted Danson
Tony Danza
Robert Davi
Embeth Davidtz
Geena Davis
Rebecca De Mornay
Dana Delany
Laura Dern
Kirk Douglas
Robert Downey Jr.
Richard Dreyfuss
Fred Dryer
Faye Dunaway
Michael Clark Duncan
Robert Duvall
Linda Evangelista
Cory Everson
Morgan Fairchild
Lou Ferrigno
Sally Field
Ralph Fiennes

Laurence Fishburne
Carrie Fisher
Jane Fonda
George Foreman
Jodi Foster
Morgan Freeman
Teri Garr
Willie Gault
Mel Gibson
Bill Goldberg
Whoopi Goldberg
Cuba Gooding Jr.
Jeff Goldblum
Gary Gray
Linda Gray
Maurice Green
Jasmine Guy
Gene Hackman
Laird Hamilton
Lee Haney
Angie Harmon
Mark Harmon
Woody Harrelson
Lisa Hartman
David Hasselhoff
Rutger Hauer
Sophie B. Hawkins
Goldie Hawn
Thomas Hears
Lance Henriksen
Faith Hill
Gregory Hines
Hulk Hogan
Evander Holyfield
Sir Anthony Hopkins
Dennis Hopper
C. Thomas Howell
Helen Hunt
Kareem Abdul-Jabbar
Bo Jackson
Janet Jackson
Jermaine Jackson
Reggie Jackson
Samuel L. Jackson
Lawrence Hilton Jacobs
Bruce Jenner
Magic Johnson
Michael Jordan

Eric Karos
Moiria Kelly
Bruno Kirby
Calvin Klein
Vitali Klitschko
Wladimir Klitschko
Anna Kournokova
Christine Lahti
K.D. Lang
Kay Lenz
Lisa Leslie
Ray Liotta
Howie Long
Ronnie Lott
Greg Louganis
Chad Lowe
Barbara Mandrell
Dr. Phil McGraw
Tim McGraw
Mark McGwire
Rachel McLish
Marty McSorley
Penelope Ann Miller
Matthew Modine
Jonny Mosely
Kate Moss
Olivia Newton John
Chuck Norris
Ken Norton
Hakeem Olajuwon
Ken Olin
Shaquille O'Neal
Ed O'Neill
Joe Pantoliano
Robert Parish
Jason Patric
Bill Paxton
Ron Pearlman
Nia Peeples
Lori Petty
Michelle Pfeiffer
Chynna Phillips
Mike Piazza
Bronson Pinchot
Gabrielle Reece
Keanu Reeves
Judge Reinhold
Mary Lou Retton

Ving Rhames
Eric Roberts
Luc Robitaille
The Rock
Linda Ronstadt
Pete Rose
Mickey Rourke
Kurt Russell
Arnold Schwarzenegger
Jason Sehorn
Gary Shandling
Stan Shaw
Charlie Sheen
Martin Sheen
Brooke Shields
Sammy Shore
Wesley Snipes
Britney Spears
Bruce Springsteen
Frank Stallone
Sylvester Stallone
Mary Steenburgen
Shadoe Stevens
Dick Stockton
Oliver Stone
Danny Sullivan
Donald Sutherland
Hilary Swank
Lynn Swann
D.B. Sweeney
Isiah Thomas
Rick Tocchet
Cathy Turner
Jean-Claude Van Damme
Ben Vereen
Leslie Visser
Lindsay Wagner
Mark Wahlberg
Jimmie Walker
Fred Ward
Damon Wayans
Carl Weathers
Bruce Willis
Dave Winfield
Scott Wolf
Chuck Woolery
Bolo Yeong
Steve Young



WORKOUT AROUND THE WORLD

ALABAMA

Auburn
Birmingham (3)
Dothan
Enterprise
Montgomery
Rainbow City

ARIZONA

Mesa (2)
Peoria
Phoenix
Scottsdale
Tucson (3)

CALIFORNIA

Campbell
Corte Madera
Elk Grove
Fresno (2)
Granite Bay
Hawthorne
Hollister
Hollywood
Huntington Beach
Lincoln
Long Beach
Los Angeles
(Downtown)
Modesto
Mountain View
North Hollywood
Northridge
Oakland
Oxnard
Palm Desert
Palm Springs
Pasadena
Rancho Cordova
Redondo Beach
Roseville
Sacramento
Salinas
San Diego
San Francisco (2)
San Jose (2)
San Mateo
Santa Clara
Santa Cruz
Santa Maria
Simi Valley
Temecula
Thousand Oaks
Trabuco Canyon
Vacaville
Venice
Watsonville
Woodland Hills

COLORADO

Colorado Springs
Grand Junction
Loveland

CONNECTICUT

Bloomfield
Bristol
East Hartford
Enfield (2)
New Haven
Windsor

DELAWARE

Dover
Rehoboth Beach

DISTRICT OF COLUMBIA

Washington

FLORIDA

Altamonte Springs
Boca Raton (2)
Bonita Springs
Brooksville
Cape Coral
Clearwater
Clermont
Coral Gables
Delray Beach
Destin
Fort Lauderdale
Fort Myers
Fort Walton Beach
Hollywood
Jacksonville (2)
Jupiter
Lakeland (2)
Miami Beach
Miami Lakes
Mt. Dora
Naples
New Port Richey
Orlando
Ormond Beach
Palm Beach
Palm Beach Gardens
Panama City
Panama City Beach
Pinellas Park
Pompano Beach
Port Orange
Port St. Lucie
Sarasota
Spring Hill
St. Cloud
St. Petersburg (2)
Sunrise
Tallahassee (3)
Tampa
Winter Haven
Winter Springs

HAWAII

Honolulu

IDAHO

Blackfoot
Boise (3)
Meridian
Nampa
Twin Falls

ILLINOIS

Bloomington
Bradley
Carbondale
Champaign
Gurnee
Joliet (2)
Marion
Morton
O'Fallon
Peoria
Springfield
Urbana

INDIANA

Indianapolis
Merrillville

IOWA

Coralville
Davenport
Waterloo
Blaine
Brooklyn Park
Buffalo
Monticello
Sartell
Shakopee
St. Cloud
Vadnais
Zimmerman

KANSAS

Merriam
Olathe

KENTUCKY

Erlanger
Lexington (3)
Louisville (3)

GEORGIA

Acworth
Alpharetta
Atlanta
Austell
Buford
Canton
Cartersville
Columbus (2)
Conyers
Cumming
Dacula
Douglasville (2)
Duluth
Ellenwood
Elijah
Kennesaw (2)
Lawrenceville
Lithium
Marietta
McDonough

Newnan
Norcross
Roswell
Sandy Springs
Snellville
Stockbridge
Sugar Hill
Toccoa
Woodstock
West Cobb

MASSACHUSETTS

Amherst
Arlington
Ashland
Boston
Braintree
Chelmsford
Chicopee
Marlborough
Mashpee
Medford
Medford
Milford
Millis
Natick
Needham
Salem
Somerville
South Boston
Stoughton
Tewksbury
West Concord
West Roxbury
West Springfield
Westborough
Worcester

MICHIGAN

Ann Arbor
Battle Creek
Howell
New Buffalo

MINNESOTA

Blaine
Brooklyn Park
Buffalo
Monticello
Sartell
Shakopee
St. Cloud
Vadnais
Zimmerman

MISSOURI

Fenton
Florissant
Gladstone
Kansas City
Manchester
Maryland Heights
O'Fallon
St. Louis
St. Peters

MONTANA

Bozeman
Great Falls
Missoula

NEBRASKA

Lincoln
Omaha (2)

NEVADA

Carson City
Elko
Henderson
Las Vegas (4)
Reno
Sparks

NEW HAMPSHIRE

Concord
Derry
Hudson
Manchester
Merrimack
Nashua
Portsmouth

NEW JERSEY

Delran
East Windsor
Green Brook
Hackettstown
Howell
Lawrenceville
Long Branch
Paramus
Point Pleasant Beach
Riverdale
Totowa

NEW MEXICO

Albuquerque
Belmore
Brooklyn (2)
Carmel
Cheektowaga
Clifton Park
Deerpark
Dewep
Dewitt
East Northport
Edgewood
Farmingdale
Fishkill
Garden City Park
Guilderland
Hamburg
Harriman
Howard Beach
Islip
Latham
Liverpool
Lynbrook
Middletown
Monroe
Woodbury
New York (2)
Newburgh
Poughkeepsie
Rochester
Ronkonkoma
Schenectady
Smithtown
Webster

NORTH CAROLINA

Albemarle
Burlington

Rockville (2)
Silver Spring (2)
Timonium
Waldorf
Westminster

NEVADA

Carson City
Elko
Henderson
Las Vegas (4)
Reno
Sparks

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Manchester
Merrimack
Nashua
Portsmouth

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Point Pleasant Beach
Riverdale
Totowa

NEW MEXICO

Albuquerque
Belmore
Brooklyn (2)
Carmel
Cheektowaga
Clifton Park
Deerpark
Dewep
Dewitt
East Northport
Edgewood
Farmingdale
Fishkill
Garden City Park
Guilderland
Hamburg
Harriman
Howard Beach
Islip
Latham
Liverpool
Lynbrook
Middletown
Monroe
Woodbury
New York (2)
Newburgh
Poughkeepsie
Rochester
Ronkonkoma
Schenectady
Smithtown
Webster

NEW YORK

Albany
Albany
Bend
Eugene
Keizer
Medford
Portland
Salem
Springfield

PENNSYLVANIA

Allentown
Bethlehem
Broomall
Camp Hill
Carlisle
Conshohocken
Hanover
Harrisburg
Hummelstown
Lewisburg
Oaks
Royerford
Scranton
Thorndale
Whitehall
Wyomissing
York (2)

RHODE ISLAND

East Greenwich
North Providence
Pawtucket
Warwick

SOUTH CAROLINA

Aiken
Charleston
Clemson
Columbia
Irmo
James Island
Lexington
Myrtle Beach
North Myrtle Beach
Seneca

TENNESSEE

Vienna
Virginia Beach
Warrenton
Winchester
Woodbridge

TEXAS

Abilene
Arlington
Arlington
Bothell
Everett
Granite Falls
Kirkland
Lake Forest Park
Mansfield
Marlysville
Mukilteo
Redmond
Renton
Seattle (3)
Shoreline
Spokane (2)
Wenatchee
Woodinville

UTAH

American Fork
Bountiful
Cedar City
Layton
Ogden (2)
Orem (2)
Provo
Roy
Salt Lake City (3)
Sandy (2)
Spanish Fork
St. George
West Jordan
West Valley

VIRGINIA

Alexandria
Annandale
Arlington (4)
Ashburn
Bailey's Crossroads
Chantilly
Charlottesville
Chesapeake
Culpeper
Fairfax
Falls Church
Fredericksburg
Front Royal
Harrisonburg
Herndon (2)
Leesburg
Lorton
Lynchburg
Manassas
Manassas
Newport News
Richmond (4)
Roanoke
Staunton
Sterling

Cary
Durham
Fayetteville (2)
Goldsboro
Graham
Greensboro
Greenville
High Point
Jacksonville
Mooreville
Morehead City
New Bern
Raleigh (3)
Shallotte
Southern Pines
Wilmington (3)
Winston Salem

OHIO

Cincinnati (5)
Mason
Westchester
Westlake

OREGON

Albany
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Bend
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Keizer
Medford
Portland
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Springfield

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Spokane (2)
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Orem (2)
Provo
Roy
Salt Lake City (3)
Sandy (2)
Spanish Fork
St. George
West Jordan
West Valley

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Charlottesville
Chesapeake
Culpeper
Fairfax
Falls Church
Fredericksburg
Front Royal
Harrisonburg
Herndon (2)
Leesburg
Lorton
Lynchburg
Manassas
Manassas
Newport News
Richmond (4)
Roanoke
Staunton
Sterling

WASHINGTON

Abilene
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Arlington
Bothell
Everett
Granite Falls
Kirkland
Lake Forest Park
Mansfield
Marlysville
Mukilteo
Redmond
Renton
Seattle (3)
Shoreline
Spokane (2)
Wenatchee
Woodinville

WEST VIRGINIA

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Cedar City
Layton
Ogden (2)
Orem (2)
Provo
Roy
Salt Lake City (3)
Sandy (2)
Spanish Fork
St. George
West Jordan
West Valley

WISCONSIN

Appleton (2)
Eau Claire

INTERNATIONAL GYMS

Australia
Sydney (2)

BANGLADESH

Dhaka

BRAZIL

Sao Paulo

CANADA

Burnaby
Calgary (2)
Edmonton
Kamloops
Lethbridge
Mississauga
Prince George
Quesnell
Aichi
Nakano-ku, Tokyo
Osaka-city, Osaka
Ota-ku, Tokyo
Ritto-city, Shiga
Saitama-city, Tokyo (2)
Sendai-city, Miyagi
Shibuya-ku, Tokyo (2)
Shinagawa-ku, Tokyo
Toshima-ku, Tokyo
Tsunomiya-city, Tokyo
San Francisco
Santiago
Santo Domingo
Santo Domingo Este (2)

COSTA RICA

San Jose

CZECH REPUBLIC

Brno

DOMINICAN REPUBLIC

San Francisco

ECUADOR

Guayaquil

EGYPT

Alexandria
Cairo (2)
El Sheikh Zayed City
October City

GERMANY

Berlin
Lagenhahn
Mannheim

GUATEMALA

Guatemala City

HAITI

Petionville

HUNGARY

Budapest

INDIA

Ahmedabad
Bangalore
Baroda
Delhi
Chembur
Chennai
Kolkata
Lokhandwala
Ludhaina (2)
Mumbai (4)
Pune
Surat

INDONESIA

Jakarta

JAPAN

Adachi-ku, Tokyo
Atsugi-city, Kanagawa
Chiba-city, Chiba
Fujisawa-city, Kanagawa
Ichikawa-city, Chiba
Kobe-city, Hyogo
Koto-ku, Tokyo
Kyoto-ku, Tokyo
Naka-ku, Nagoya, Aichi
Nakano-ku, Tokyo
Osaka-city, Osaka
Ota-ku, Tokyo
Ritto-city, Shiga
Saitama-city, Tokyo (2)
Sendai-city, Miyagi
Shibuya-ku, Tokyo (2)
Shinagawa-ku, Tokyo
Toshima-ku, Tokyo
Tsunomiya-city, Tokyo
San Francisco
Santiago
Santo Domingo
Santo Domingo Este (2)

SAUDI ARABIA

Jeddah

UNITED KINGDOM

Greater London (5)

VENEZUELA

Caracas

MEXICO

AguaCalientes
Arandas
Cuernavaca
Guadalajara (3)
Hermosillo
León
México City
Pachuca
Puerto Vallarta
Sahuayo
Tala
Tecamac
Zapopan

NORTHERN MARIANA ISLANDS

Saipan, MP

PERU

Callao
Independencia
Jesus Maria
La Molina
Miraflores
San Borja
San Isidro (2)
San Miguel
Surco

PHILIPPINES

Makati City (3)
Muntinlupa City
San Juan
Quezon City

PUERTO RICO

San Juan

RUSSIA

Abakan
Moscow
Samara

FOR LOCATIONS WHEN YOU TRAVEL VISIT GOLDSGYM.COM OR CALL 800-99-GOLDS