

The Golds Gym Training Encyclopedia

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Gold's Gym International, Inc. is an American chain of international co-ed fitness centers (commonly referred to as gyms) originally started by Joe Gold in Venice Beach, California. Each gym offers a variety of cardio and strength training equipment as well as group exercise programs. Its headquarters have since relocated to Dallas.

Gold's Gym - Wikipedia

From offerings like cardio, weight lifting and group exercise classes, to cutting-edge Personal Training, Gold's Gym has evolved so you can transform your life. (Amenities and offerings vary by location.) Carmel. 160 Route 52, Carmel, NY 10512. 845-228-2818. goldsgymcarmelny@gmail.com. See Map.