



GOLD'S GRIND

The People and Practices of Gold's Gym Tennessee

WELCOME!

We are excited to welcome **Will Raline** as the new General Manager of our **Smyrna** location! Here's what Will has to say about himself and his new role..."With the exception of my family and God, I have always had 2 passions in my life. The 1st is Law Enforcement and the other, fitness, and educating those who want to live a more healthy and productive life. I am very confident that the staff I have, and the staff I am building will have a positive impact on our Members and community."

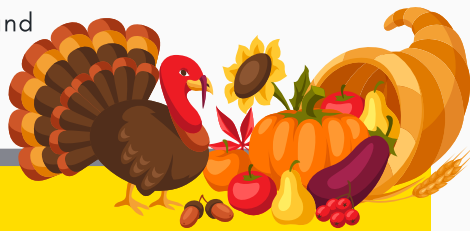
Just for fun



**When life knocks you down...
DO A BURPEE!!**

THANKSGIVING HOURS

Gold's Gym will be closing at 1pm on **Thanksgiving Day** to allow our team members time with their families. Have a safe and happy holiday!



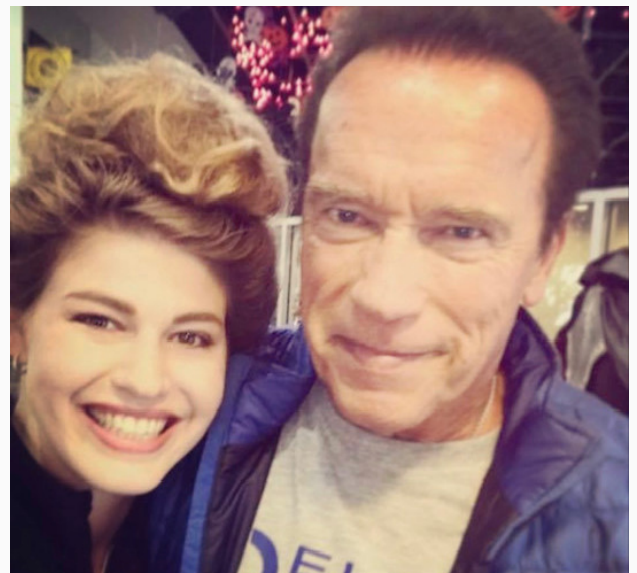
"As we look back on this past year and all that has occurred in our industry, we are grateful that we have been allowed to remain open for most of the time to service our members and provide a place of employment to our amazing staff. **Thank you** all for what you have done to keep us moving forward in spite of the many challenges we have faced. We are looking forward to new opportunities in 2021!"

Robert Dennis, Andrew Davis, and John Davis

EMPLOYEE SPOTLIGHT

Lauren Shaefer, our Jackson AGM comes to us from Gold's Gym, Venice, California- otherwise known as "**The Mecca**." "I started my fitness career with Gold's at their Pasadena, CA gym in 2012 before being promoted to Operations Manager at the Venice, CA location in late 2015. Probably my two biggest fan girl moments were when I met **Arnold Schwarzenegger** and **Pamela Anderson** for the first time."

Lauren met her share of celebrity members and guests over the years. "It's sort of hard to compare Venice with any place else on earth, but what I've noticed since being in **Jackson** is a similar energy and passion for fitness and bodybuilding from many of the members I've already gotten to know. I hope to help bring some more of that to Jackson!"



MEMBER APPRECIATION AND LAUNCH

Throughout October and November we celebrated **Member Appreciation and GGX Launch!** It was a great time of fun and fellowship with our teams, members, and community partners.

It was so nice to have something to celebrate during these challenging times, and we appreciate everyone who made these events so successful. We are all **#strongertogether.**



“

THE STRENGTH OF THE TEAM IS EACH INDIVIDUAL MEMBER. THE STRENGTH OF EACH MEMBER IS THE TEAM.

”

Phil Jackson

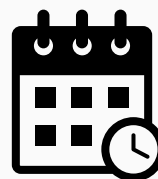
WE'VE GOT YOU COVERED!

We are excited to announce that Gold's Gym has partnered with Humana to offer **Medical, Dental, Vision and Life Insurance** to full-time employees!

We're proud to provide our team with a comprehensive **benefit package** which now includes insurance, paid time off, and free gym membership. Check out the Employee Portal to view the 2020-2021 Benefit Overview Guide.

Your health and well-being is our priority!

PAID TIME OFF



FREE GYM MEMBERSHIP



HEALTH + LIFE INSURANCE

