

STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM		Cycle Christy	BALL & BANDS Christy	Cycle Christy				
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:15AM			Cycle *45min Bob		Cycle Traci	8:00AM	LES MILLS BODYBALANCE Nekea	
9:30AM		BODYPUMP Jen	360 Mary	BODYPUMP Judy		9:10AM	BODY COMBAT Leslie	BODYPUMP Vicky
9:45AM	Sprint Mary/Leslie				<i>Les Mills CORE</i> Jen	10:15AM	BODYPUMP Jen	
10:30AM	<i>Les Mills CORE</i> Jen		<i>Les Mills CORE</i> *10:45 Jen		Sprint Jen	10:30AM		Sprint Mary/Leslie
11:00AM		Strong & Steady Bob				11:30AM	BODY STEP Ashley	
11:30AM	ZUMBA gold Masumi		Senior Cycle Traci	Strong & Steady Ali				
4:30PM	Cycle Bob					12:30PM		ZUMBA Krishna
5:00PM			Sprint Mary	Sprint Ashley		12:45PM	ZUMBA Teryck	
5:30PM		BODYPUMP Leslie			BODYPUMP Catherine	5:30PM		LES MILLS BODYBALANCE Nekea
6:00PM	ZUMBA Masumi		BODYPUMP Vicky	BODYPUMP Catherine				
7:00PM		ZUMBA rennie						
7:30PM	MIXEDFIT Tiffany/Angela		ZUMBA Mashari	ZUMBA Teryck				

STUDIO II

6:00AM	YOGA Margaret	YOGA Margaret	BODY FLOW Nekea	YOGA Margaret	YOGA Margaret	8:00AM	Pilates Reformer \$ Margaret	
9:00AM	BARRE *9:15 Margaret	Pilates Flow Mary			MAT PILATES Renee	10:00AM		Vinyasa Flow Judy C
9:30AM			Barrelates Richelle			10:15AM	YOGA Margaret	
10:30AM	Power Yoga Margaret	LES MILLS BODYBALANCE *10:15 Mary		Vinyasa Flow Heather H	Power Yoga Margaret			
11:00AM			ZUMBA Pennie					
11:30AM		GENTLE YOGA Judy						
12PM			Vinyasa Flow Tatiana					
5:30PM	BODY STEP Ashley	CORE YOGA Catherine	ZUMBA Krishna	BODY FLOW *5:35 Mary				
6:00PM					ZUMBA Mashari			
6:45PM		BODY COMBAT Leslie	Empower Yoga *6:30 Lara					
7:00PM	LES MILLS BODYBALANCE Lynne			GENTLE YOGA Judy C				
7:30PM			MAT PILATES Renee					

AQUA

9:30AM					AquaFit Margaret	9AM		AquaHIIT Leslie
11:45AM	AquaFit Margaret					9:15AM	AquaYoga Margaret	
6:00PM		Aqua Tabata Marlys	AquaHIIT Marlys					
6:30PM				ZUMBA Masumi				

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- Please consult your health care provider prior to engaging in any form of physical activity.
- Please be on time for classes. Do not enter if more than 10 minutes late.
- As a courtesy, please turn off all cell phones prior to the start of class.
- Follow the Instructor's routine.
- Please return equipment to its proper place.
- Please hydrate before, during and after class.
- Results Fitness reserves the right to cancel/substitute classes and/or instructors as needed.

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