

STUDIO I									
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
5:00AM			HIIT Christy						
6:00AM		BODYPUMP Christy		BODYPUMP Christy					
8:30AM	360 Traci					8:00AM	LES MILLS BODYBALANCE Nekea		
9:30AM		BODYPUMP Jen	360 Mary	BODYPUMP Judy		9:10AM	BODY COMBAT Leslie	BODYPUMP Vicky	
9:45AM					<i>Les Mills CORE</i> Jen	10:15AM	BODYPUMP Jen		
10:30AM	<i>Les Mills CORE</i> Jen								
10:45AM			<i>Les Mills CORE</i> Jen			11:30AM	BODY STEP Ashley		
11:00AM		Strong & Steady Bob				12:30PM		ZUMBA Krishna	
11:30AM	ZUMBA gold Masumi		Strong & Steady Bob	Strong & Steady Ali/Kathy		12:45PM	ZUMBA Teryck		
5:30PM		BODYPUMP Leslie			BODYPUMP Catherine				
6:00PM	ZUMBA Masumi		BODYPUMP Vicky	BODYPUMP Catherine		5:30PM		LES MILLS BODYBALANCE Nekea	
7:00PM		ZUMBA Pennie							
7:30PM	MIXEDFIT Tiffany		ZUMBA Mashari	ZUMBA Teryck					
STUDIO II									
6:00AM	YOGA Tatiana		LES MILLS BODYBALANCE Nekea	MAT PILATES Nekea	YOGA Tatiana	8:00AM	Pilates Reformer \$ Margaret		
9:00AM	Barrelates *9:15am Deborah	Pilates Flow Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA 5/7 & 20 Judy	
9:30AM			Barrelates Traci			10:00AM	Vinyasa Flow Chloe	Vinyasa Flow Judy C	
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							
11:45AM					Vin Yoga Deborah				
5:30PM	BODY STEP Ashley	CORE YOGA Catherine	ZUMBA Krishna	LES MILLS BODYBALANCE *5:35 Mary					
6:00PM					ZUMBA Mashari				
6:30PM			STEP *6:35 Barry						
6:45PM		BODY COMBAT Leslie				7:00PM		Yoga Night Candlelit Restorative 5/7 Kripalu/Meditation 5/21	
7:00PM	LES MILLS BODYBALANCE Lynne			YOGA Judy C					
AQUA									
9:00AM						9:00AM		AquaHIIT Leslie	
9:30AM	AquaFit Margaret				AquaFit Margaret	9:15AM	Aqua Yoga Margaret		
6:00PM		Aqua Tabata Marlys	AquaHIIT Marlys						
6:30PM				AquaFit Leslie					
CYCLE									
5:00AM		Cycle Christy		Cycle Christy					
8:30AM			Cycle *45min Bob		Cycle Traci				
9:15AM				Cycle Chrissie		9:15AM	Cycle Randy		
9:45AM	sprint Leslie								
10:30AM					sprint Jen	10:30AM		sprint Mary/Leslie	
10:45AM			Senior Cycle Traci						
4:30PM	Cycle Bob								
5:30PM			sprint Mary	sprint Ashley					
EQUIPMENT	<ul style="list-style-type: none"> 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. 				<p>Jennifer Rapchak ~ Group X Director groupx@resultsfitnessgym.com</p>				