

STUDIO I								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM			HIIT Christy					
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	Traci					8:00AM	Nekea	
9:30AM		BODYPUMP Jen	Mary	BODYPUMP Judy		9:10AM	BODYCOMBAT 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	BODYSTEP Ashley	
11:00AM		Strong & Steady Bob				12:30PM		Krishna
11:30AM	Masumi		Strong & Steady Bob	Strong & Steady Ali		12:45PM	Teryck	
5:30PM		BODYPUMP Leslie			BODYPUMP Randy			
6:00PM	Masumi		BODYPUMP Vicky	BODYPUMP Catherine		5:30PM	Nekea	
7:00PM		Pennie						
7:30PM	MIXEDFIT Tiffany		Mashari	Teryck				
STUDIO II								
6:00AM	YOGA Tatiana	MAT PILATES Nekea	Nekea	MAT PILATES Nekea	YOGA Tatiana	8:00AM	Pilates Reformer \$ Margaret	
9:00AM	<i>Barrelates</i> *9:15am Deborah	<i>Pilates Flow</i> Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA 6/4 & 18 Judy
9:30AM			<i>Barrelates</i> Traci			10:00AM	Vinyasa Flow Chloe	Vinyasa Flow Judy C
10:30AM	Power Yoga Margaret	*10:15 Mary		Vinyasa Flow Heather H	Power Yoga Margaret			
11:00AM			Pennie					
11:30AM		GENTLE YOGA Judy						
11:45AM					<i>Yin Yoga</i> Deborah			
5:30PM	BODYSTEP Ashley	CORE YOGA Catherine	Krishna	*5:35 Mary				
6:00PM					Mashari			
6:30PM			STEP *6:35 Barry					
6:45PM		BODYCOMBAT Leslie				7:00PM		<i>Yoga Night</i> Candlelit Restorative 6/4 Kripalu/Meditation 6/11 & 25
7:00PM	Lynne			YOGA Judy C				
AQUA - Classes 60 Minute Block								
9:00AM						9:00AM		AquaHIIT Leslie
9:30AM	AquaFit Margaret				AquaFit Margaret	9:15AM	<i>Aqua Yoga</i> 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				
E C L A S S E S T E	<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. 				Jennifer Rapchak - Group X Director groupx@resultsfitnessgym.com			