

STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM			TABATA Christy					
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	360 Chrissie					8:00AM	BODYBALANCE Nekea	
9:00AM				BODYPUMP Judy				
9:30AM		BODYPUMP Jen	360 Mary			9:10AM	BODYCOMBAT Donna	BODYPUMP Vicky
9:45AM					<i>Les Mills CORE</i> Jen	10:15AM	BODYPUMP Jen	
10:15AM				360 Jen				
10:30AM	<i>Les Mills CORE</i> Jen				<i>Strong & Steady</i> Judy J			
10:45AM			<i>Les Mills CORE</i> Jen			11:30AM	BODYSTEP Ashley	
11:00AM		<i>Strong & Steady</i> Donna				12:30PM		ZUMBA Krishna
11:30AM	ZUMBA Masumi			<i>Strong & Steady</i> Ali				
5:30PM		BODYPUMP *5:45 Ashley			BODYPUMP Catherine/Randy			
6:00PM	ZUMBA Denise		BODYPUMP Vicky	BODYPUMP Catherine				
7:00PM		ZUMBA Denise						
7:30PM	HIP HOP DANCE MIXEDFIT Tiffany		ZUMBA Denise	ZUMBA Teryck				

STUDIO II

6:00AM	YOGA Tatiana	MAT PILATES Nekea	BODYBALANCE Nekea	MAT PILATES Nekea	YOGA Tatiana			
9:00AM	Barrelates Deborah	Pilates Flow Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy C
9:30AM			Upbeat Cat			9:15AM	Vinyasa Flow Meghan	
10:30AM	Vinyasa Flow Jess	BODYBALANCE *10:15 Mary		Power Yoga Lisa	Vinyasa Flow Deborah	10:00AM		Vinyasa Flow Judy C
11:00AM			ZUMBA Denise			11:30AM	ZUMBA Teryck	
11:30AM		GENTLE YOGA Judy J						
11:45AM					Yin Yoga *45 Min Deborah			
5:30PM	BODYSTEP Ashley	CORE YOGA Catherine	ZUMBA Krishna	BODYBALANCE *5:35 Mary		5:30PM		BODYBALANCE *starts 9/08 Nekea
6:00PM					ZUMBA Mashari			
6:30PM			STEP *6:35 Barry					
6:45PM		BODYCOMBAT Donna						
7:00PM	BODYBALANCE Lynne			YOGA Judy C				

AQUA - Classes 60 Minute Block

9:30AM				AquaFit Lisa	AquaFit Cat			
10:30AM	AquaFit Lisa							
6:00PM		Aqua Tabata Marlys	AquaHIIT Marlys					
6:30PM	ZUMBA Mashari							
6:45PM				AquaDEEP Marlys				

CYCLE

5:00AM		Cycle Christy		Cycle Christy				
8:30AM			Cycle *45min Melanie		Cycle Traci			
9:15AM				Cycle Chrissie		9:30AM	Cycle Carly	
9:45AM	Sprint Mary							
10:30AM					Sprint Jen	10:30AM		Sprint Mary
4:30PM	Cycle Katie							
5:00PM		Cycle Marlys						
5:30PM			Sprint Mary	Cycle Becca				

C L A S S E S

- 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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