

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY	
5:00AM									
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/Leslie	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>LM CORE or PILATES</i> Jen Pilates 2/12&26			11:30AM	BODYSTEP Ashley		
11:00AM		<i>Strong & Steady</i> Kathy				12:30PM		ZUMBA Krishna	
11:30AM	ZUMBA Jean			<i>Strong & Steady</i> Ali					
5:30PM		BODYPUMP *5:45 Ashley	<i>Les Mills PILATES</i> *5:15 Catherine		BODYPUMP Catherine/Randy				
6:00PM	ZUMBA Brandi		BODYPUMP Vicky	BODYPUMP Catherine					
7:15PM		ZUMBA Pennie	ZUMBA Gelasia	ZUMBA Teryck					
7:30PM	<i>HIP HOP DANCE MIXEDFIT</i> Tiffany								
STUDIO II									
6:00AM	YOGA Tatiana	MAT PILATES Nekea	BODYBALANCE Nekea	MAT PILATES Nekea	YOGA Tatiana				
9:00AM	<i>Barrelates</i> Deborah	<i>Pilates Flow</i> Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy C	
9:30AM			iBeat *last class 2/12 Cat			9:15AM	<i>Vinyasa Flow</i> Meghan		
10:30AM	<i>Vinyasa Flow</i> Cameron	BODYBALANCE *10:15 Mary		Power Yoga Cameron	<i>Vinyasa Flow</i> Deborah	10:00AM		<i>Vinyasa Flow</i> Judy C	
11:00AM			ZUMBA Pennie			11:30AM	ZUMBA Teryck		
11:30AM		GENTLE YOGA Judy J							
5:30PM	BODYSTEP Ashley	CORE YOGA Catherine	ZUMBA Krishna	BODYBALANCE *5:35 Mary					
6:00PM					ZUMBA Mashari				
6:30PM			STEP *6:35 Barry						
6:45PM		BODYCOMBAT Donna/Leslie							
7:00PM	BODYBALANCE Lynne			YOGA Judy C					
AQUA - Classes 60 Minute Block									
9:30AM			AquaFit Lisa		AquaFit *last class 2/14 Cat	9:00AM		Aqua Tabata Leslie	
10:30AM	AquaFit Lisa								
6:00PM		Aqua Tabata Marlys							
6:30PM	ZUMBA Mashari			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 Leslie	
4:30PM	Cycle Becca								
5:00PM		Cycle Marlys							
5:30PM			sprint Mary	Cycle Becca					
E T I C L A U S 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				