

## CLASS DESCRIPTIONS



®The original barbell class that strengthens your entire body using the best weight-room exercises like squats, presses, lifts and curls.



Full-body workout using dumbbells, bars, resistance bands, steps, balls and body weight exercises. You're sure to feel the burn! All fitness levels.



®Combine elements of various martial arts training. You'll strike, punch, & kick your way through calories to superior cardio fitness.



® Cardio blocks push fat burning systems into high gear. Muscle conditioning tracks shape AND tone your body.

Cycle

45-55 minute duration. Ideal for all fitness levels. This high energy cardio class using music to drive your workout. Bring a towel & water bottle.



30 Minutes of HIIT training on the bike. An advanced ride that can be tailored to your needs.

**Strong & Steady** Specialized for our Active Agers. Use resistance equipment to improve strength & coordination making daily life easier & safer! Seated option.

**LM Functional Strength** Build strength, power, and athleticism in this strength workout

**STEP** For our dedicated step lovers! Mid- to high-level combinations for the advanced stepper!



An exhilarating, effective, easy-to-follow dance fitness-party!



Easy-to-follow low intensity Zumba® choreography that focuses on balance, range of motion and coordination.

**Hip Hop Dance** A perfect blend of explosive dancing and bootcamp inspired toning all to your favorite music!!

AquaFit

Take your workout to the pool! All levels.

AquaTabata

Higher intensity timed intervals of aerobic and strength training in the pool!

AquaDEEP

Take your water workout to the deep end! Use aqua belts for an advanced challenge!

AquaCombat

Strike, kick, and punch in the water for a heart-pumping workout

## RESULTS MIND/BODY PROGRAM



Focused on easy stretching and light strengthening, breath work and relaxation adaptable to any health condition.



A powerful, energetic form of yoga where students move fluidly from one pose to the next while connecting their breathing to movement.

YOGA

All levels. Link movement through postures with breathing. This class will improve flexibility, strength, balance & relaxation.

**Vinyasa Flow** Synchronize breath with movement in a smooth way so that poses run together. Encompasses many types of yoga. All levels.

**Yin Yoga** Hold poses for 3-5 minutes to target the connective tissues of the hips, pelvis and lower spine

**PILATES** The foundation of Pilates, Pilates mat work builds core strength and can transform the way you look and feel.



A combination of Yoga, Tai Chi and Pilates. You'll stand taller, feel stronger, become more flexible and more physically aware.

**Fusion FLOW** A rigorous Yoga Flow followed by a Mat Pilates Flow. Finish with a deep Yin-focused stretch.

**Barrelates** Combine light strength training, Pilates, cardio, and yoga into a high-energy fusion of fun.

**CORE YOGA** Focus on difficult-to-reach muscles to enhance your daily lifestyle and sports performance. Core strength is your base!

**Les Mills PILATES** A 45-minute mind-body workout designed to improve strength, mobility and mood. Mostly floor-based. All levels.

**Les Mills CORE** 30 minutes of functional core strength training. Put midribs and sling muscles to the test! Tube, bands & weight plates add work!

### CLUB HOURS

Monday to Friday 4:30am – 11:00pm

Saturday 7:00am – 9:00pm

Sunday 7:00am – 9:00pm

### CHILDCARE HOURS

Monday 8:30am – 2:30pm/4:00pm-9:00pm

Tuesday-Thursday 8:30am – 2:00pm/4:00pm – 9:00pm

Friday 8:30am – 2:00pm/5:00pm – 8:00pm

Saturday & Sunday 8:00am – 2:00pm



Better Together



Results Fitness has a group exercise program that offers a variety of class options to ensure a well-rounded fitness experience. Let our top-notch instructors motivate you in your fitness journey! Whether you're just starting out or you've been coming for years, the energy of the group is infectious! We recommend you cross-train with a combination of programs to keep your fitness schedule balanced, safe and motivating!

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