

STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM			BANDS & BALLS Christy					
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	360 Chrissie					8:00AM	LES MILLS BODYBALANCE Nekea	
9:00AM				BODYPUMP Judy		9:10AM	BODY COMBAT Donna/Leslie	BODYPUMP Vicky
9:30AM		BODYPUMP Jen	360 Mary					
9:45AM					Les Mills CORE Jen			
10:30AM	Les Mills CORE Jen			*10:15 360 Jen	Strong & Steady Judy J	10:15AM	BODYPUMP Jen	
10:45AM			Les Mills PILATES Jen			11:30AM	BODY STEP Ashley	
11:00AM		Strong & Steady Kathy				12:30PM		ZUMBA Krishna
11:30AM	ZUMBA Jean			Strong & Steady Ali				
12:00PM					ZUMBA Tirsa			
5:30PM	BODY STEP Ashley	BODYPUMP *5:45 Ashley						
6:00PM			BODYPUMP Vicky	BODYPUMP Catherine	ZUMBA Mashari			
6:45PM	ZUMBA Brandi							
7:15PM			ZUMBA Gelasia	ZUMBA Teryck				
7:30PM		HIP HOP DANCE MIXEDFIT Tiffany						

STUDIO II

6:00AM	YOGA Tatiana	MAT PILATES Nekea	LES MILLS 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			FusionFLOW Deborah			9:15AM	Vinyasa Flow Jenny	
10:30AM	Vinyasa Flow Cameron	LES MILLS BODYBALANCE *10:15 Mary		Vinyasa Flow Joanna	Vinyasa Flow Deborah	10:00AM		Vinyasa Flow Judy C
11:00AM			ZUMBA Jean			11:30AM	ZUMBA Teryck	
11:30AM		GENTLE YOGA Judy J						
5:30PM	Les Mills PILATES Catherine	CORE YOGA Catherine	ZUMBA Krishna	LES MILLS BODYBALANCE *5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		BODY COMBAT Donna/Leslie						
7:00PM	LES MILLS BODYBALANCE Lynne			YOGA Judy C				

AQUA - Classes 60 Minute Block

8:00AM								
9:00AM		AquaCombat Carla			AquaHIIT Carla	9:00AM		Aqua Tabata Leslie
9:30AM			AquaFit Lisa					
10:00AM				AquaFit Carla				
10:30AM	AquaFit Lisa							
5:30PM					AquaHIIT Leslie			
6:30PM	ZUMBA Mashari	Aqua Tabata Marlys		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	10:00AM		HIIT 30 Cycle Leslie
4:30PM	Cycle Becca							
5:30PM		Cycle Team	sprint Mary					

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- 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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