

STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM	Functional Strength Christy		Functional Strength Christy					
6:00AM		 BODYPUMP Christy		 BODYPUMP Christy				
8:30AM	 Chrissie					8:00AM	 BODYBALANCE Nekea	
9:00AM				 BODYPUMP Karissa		9:10AM	 BODYCOMBAT Donna/Leslie	 BODYPUMP Vicky
9:30AM		 BODYPUMP Jen	 360 Mary					
9:45AM							<i>Les Mills CORE</i> Jen	
10:30AM	<i>Les Mills CORE</i> Jen			 *10:15 Jen	Strong & Steady Judy J	10:15AM	 BODYPUMP Jen	
10:45AM			<i>Les Mills PILATES</i> Jen			11:30AM	 BODYSTEP Ashley	
11:00AM		Strong & Steady Kathy				12:30PM		 ZUMBA Krishna
11:30AM	 Jean			Strong & Steady Ali				
12:00PM					 ZUMBA Tirsa			
5:30PM	 BODYSTEP Ashley	 BODYPUMP *5:45 Ashley		 BODYPUMP Catherine				
6:00PM			 BODYPUMP Vicky		 ZUMBA Mashari			
6:35PM	 Brandi		 ZUMBA Gelasia	 ZUMBA Teryck				
7:15PM		 Jean	 Gelasia	 Teryck				

STUDIO II

6:00AM	 Tatiana	 MAT PILATES Nekea	 BODYBALANCE Nekea	 MAT PILATES Nekea	 Tatiana			
9:00AM	<i>Barrelates</i> Deborah	<i>Pilates Flow</i> Mary		<i>MAT PILATES</i> Renee	<i>MAT PILATES</i> Renee	9:00AM		 CORE YOGA Judy C
9:30AM			<i>FusionFLOW</i> Deborah			9:15AM	<i>Vinyasa Flow</i> Jenny	
10:30AM	<i>Vinyasa Flow</i> Cameron	 *10:15 Mary		<i>Vinyasa Flow</i> Joanna	<i>Vinyasa Flow</i> Deborah	10:00AM		<i>Vinyasa Flow</i> Judy C
11:00AM			 Jean			11:30AM	 Teryck	
11:30AM		 Judy J						
5:30PM	<i>Les Mills PILATES</i> Catherine	 CORE YOGA Catherine	 Krishna	 BODYBALANCE *5:35 Mary				
6:30PM			<i>STEP</i> *6:35 Barry					
6:45PM		 Donna/Leslie						
7:00PM	 Lynne			 Judy C				

AQUA - Classes 60 Minute Block

8:00AM								
9:00AM		 Carla			 Carla	9:00AM		 Leslie
9:30AM			 Lisa					
10:00AM				 Carla				
10:30AM	 Lisa							
5:30PM					 Leslie			
6:30PM	 Mashari	 Marlys		 Marlys				

CYCLE

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

E T C L A Q U S S T E T
 • 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

