

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	360 Chrissie					8:00AM	LESMILLS BODYBALANCE Nekea	
9:00AM				BODYPUMP Karissa		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			360 *10:15 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 gold Jean			Strong & Steady Ali				
12:00PM					ZUMBA Tirsa			
5:30PM	BODY STEP Ashley	BODYPUMP *5:45 Ashley		BODYPUMP Catherine				
6:00PM			BODYPUMP Vicky		ZUMBA Mashari			
6:35PM	ZUMBA Brandi							
7:15PM		ZUMBA Jean	ZUMBA Gelasia	ZUMBA Teryck				
STUDIO II								
6:00AM	YOGA Tatiana	MAT PILATES Nekea	LESMILLS 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	LESMILLS 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	LESMILLS BODYBALANCE *5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		BODY COMBAT Donna/Leslie						
7:00PM	LESMILLS 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	AquaDEEP Marlys		Aqua Tabata 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 Marlys	SPRINT Mary					
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			