

## 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.

**Functional Strength** Build athleticism and power in this full-body strength class. All levels. 45 minutes.

**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.

**AquaFit**

Take your resistance and cardio 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.

**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 in  
2026



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!

7770 Richmond Hwy  
Alexandria, VA 22306  
(703) 360-1400  
www.resultsfitnessgym.com