

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. A Les Mills program.

HIIT 30 Cycle

30 Minutes of HIIT training on a bike. Freestyle!

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.



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.

Sculpt Flow

A challenging mix of Pilates, Barre and Yoga moves using weights, balls, bands & tubes to strengthen and stretch. 45 minutes.

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 workout designed to improve strength, mobility and mood. Mostly floor-based. All levels.

LM Pilates & Strength

Fusion of LM Pilates and strength training to sculpt, strengthen and lengthen your body. All levels.

Les Mills CORE

30 minutes of functional core strength training. Put midriiffs 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!

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