

Group Fitness Schedule

www.resultstx.com

Results Fitness is open 5am-10pm, 7 days a week, 365 days a year!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM	Zumba					TBD
9:00AM		Yoga	Butts & Guts	Yoga	Zumba	
9:30AM	ABC					Chisel
10:00AM			Rusty Caboose		Yoga Stretch	
5:15*PM (45 Mins)	Boxing	Arms & Abs	TBD	Butts & Guts		Results Fitness For Women
6:00PM	Chisel		TBD			
7:00PM	Zumba		Burn It!			

Mind/Body/Core Classes: *Yoga* includes a focus on flexibility, strengthening your core, lengthening muscles, balance and posture.

Muscular Endurance Classes: *Chisel & ABC (arms butt core)*, will be total body conditioning for strength, endurance and power. *Arms & Abs and Butts & Guts* will be isolated focus on the upper or lower body using various weights, balls and bands.

Combination Classes: Get some cardio and a bit of strength training using free weights. *Burn It!* will be a P.E. inspired class of drills & interval training. *Boxing* - Is a class focused on the beginning of an actual Boxing studio training regime. Proper movement and cardio moves.

RESULTS TRAINING

GROUP PERSONAL TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
9:00 AM				8:30 Gravity		Team Training	Team Training
9:30AM	Gravity		Gravity			Gravity	
10:00 AM		Team Training		Team Training			Gravity
10:15 AM	Gravity		Gravity				
12:00PM							
4:30PM							
6:00PM	Team Training	SSGT Gravity	SSGT Team Training	SSGT Gravity			
7:00PM		Team Training		Team Training			

Shara Gonzales
General Manager
&
Wellness Director
shara@resultstx.com

Team Training: At a maximum of 12 people ,you will experience high energy, great music and motivation while performing a full body metabolic workout with a personal trainer.

SSGT-30 - Specialized Small group training 30: This class is a 30 Minute introduction to the smaller group personal training environment. It is designed to give you a specialized program for your specific needs.

Specialized Small Group Training (SSGT): At a maximum of 2-4, people you will share the cost of a personal trainer and receive specialized programming for your needs in a more intimate setting.

Gravity: These machines will help you become stronger within the realm of your own body weight. Perfect for anyone who wants to become stronger, tone and even lose weight.



RESULTS
FITNESS for WOMEN

