

FINAL RESULTS FITNESS

• THE HEALTH CLUB •

Schedule Start June 12th

	MON	TUE	WED	THU	FRI	SA	SU
5:45 AM		Cycle* Sue		Cycle* Sue	Cycle* Sue		
8:00 AM	Yoga Jenny	YinYoga Joanna	LesMILLS BODYVIVE 3.1 Jenny	YinYoga Jenny	LesMILLS BODYFLOW Jenny	LesMILLS CXWORX Jenny	
8:00 AM	 ZUMBA fitness Suzie	Classic  Silver Sneakers FITNESS	75 minute Vive / CX Combo	Classic  Silver Sneakers FITNESS		FIGHTnFLOW Jim	
9:00 AM	Party Ride* Suzie				 ZUMBA fitness Suzie	Power Ride* 8:30 Jenny	
9:00 AM	Pilates Marla				Pilates Jenny	LesMILLS BODYFLOW Joanna	
9:15 AM	LesMILLS BODYSTEP ATHLETIC Denise	LesMILLS BODYPUMP Zack	LesMILLS BODYCOMBAT Bethanne	LesMILLS BODYPUMP Denise		LesMILLS BODYPUMP Bethanne	 ZUMBA fitness Suzie
9:15 AM		Rowing* Marla		Rowing* Andrea			
9:30 AM							Yoga Sam
10:00 AM					Power Yoga Joanna	Power Yoga Joanna	
10:00 AM					PartyRide* Suzie		
10:15 AM	LesMILLS CXWORX Denise		Yoga Stretch  Silver Sneakers FITNESS		LesMILLS BODYSTEP ATHLETIC 10:00 Denise	LesMILLS BODYVIVE 3.1 Jenny	LesMILLS BODYFLOW Jane
10:15 AM		LesMILLS BODYFLOW Denise		LesMILLS BODYFLOW Denise			
10:45 AM	Classic  Silver Sneakers FITNESS				Classic  Silver Sneakers FITNESS		LesMILLS BODYPUMP 11:15 Zack
12 NOON	LesMILLS BODYFLOW Joanna	LesMILLS CXWORX Bethanne	LesMILLS BODYPUMP Jennifer	LesMILLS BODYCOMBAT Bethanne			
12 NOON 1:45 XPRESS							
4:30 PM	LesMILLS BODYVIVE 3.1 Jenny	LesMILLS BODYPUMP Jennifer	Pump/Flow Joanna/ Courtney				
5:30 PM	LesMILLS BODYPUMP Zack	Core & Floor Janna	LesMILLS BODYCOMBAT Kim	LesMILLS BODYPUMP Bethanne	LesMILLS BODYCOMBAT Zack		
5:30 PM		Rowing* Marla	Budokon Rachel	LesMILLS BODYFLOW Jim	LesMILLS BODYFLOW Jim		
6:00 PM	LesMILLS CXWORX Bethanne						
6:30 PM	LesMILLS BODYCOMBAT Bethanne	LesMILLS BODYSTEP ATHLETIC Jill and Carly	LesMILLS BODYJAM Zack & Jenny	LesMILLS BODYCOMBAT Jim	LesMILLS BODYPUMP Jennifer		
6:30 PM	Power Yoga April	Basic Yoga Joanna	YinYoga Jim	Yoga Sam			
6:30 PM		Power Ride* Jenny					
7:30 PM	LesMILLS BODYFLOW Jim	LesMILLS BODYCOMBAT Bethanne	LesMILLS BODYFLOW Jane	LesMILLS BODYSTEP ATHLETIC Jill/Carly			

* Pass required. Available from front desk 30 minutes prior to class.





Class Descriptions

LesMills classes have great music and passionate instructors who provide exhilarating workouts that more and more club members are making part of their regular fitness routine. LesMills & Final Results Fitness... it's Fitness Magic!

**LesMills
BODYCOMBAT**

**LesMills
BODYFLOW**

**LesMills
BODYJAM**

**LesMills
BODYPUMP**

**LesMills
BODYSTEP ATHLETIC**

**LesMills
BODYVIVE 3.1**

**LesMills
CXWORX**

BodyCombat is a fiercely energetic program inspired by martial arts will allow you to strike, punch, kick and kata your way through calories to superior cardio fitness. (B I A)

BodyFlow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. (B I A Sr)

BodyJam is the cardio workout where you are free to enjoy the sensation of dance. Each new class will be a different dance experience depending on what's current and hot. (B I A)

BodyPump is the original barbell class that strengthens your entire body. (B I A)

BodyStep will push fat burning into high gear with athletic Step training. Great for your butt & thighs! (B I A)

BodyVive is the Low Impact, Hi Intensity Cardio toning workout we all love from back in the day! (B I A Sr)

CXWorx is a 30 Minute blast of functional core work using resistance tubes & plates to get abs of steel! (I A)

B, Beginner I, Intermediate A, Advanced Sr, Senior

Studio One Classes

- **Bootcamp** - Multi Station Circuit Training Drill Sergeant style! (BIA)
- **Zumba** Fitness classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! Easy to follow, and for any fitness level! Come join the party! (BIASr)
- **Silver Sneakers Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair used for seated and/or standing support. (B Sr)
- **Silver Sneakers YogaStretch** - YogaStretch will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (B Sr)

Inspire Yoga Studio

- The **Budokon** physical practice draws upon ancient & modern yogic and martial arts styles, with focus on precision, alignment and Zen mind. Budokon is the brainchild of Kancho (Founder) Cameron Shayne and the practice was founded in 2000. The word Bu-do-kon translates directly in Japanese as (Bu) Warrior (Do) Way (Kon) Spirit, or Way of the Spiritual Warrior. A yoga background is highly recommended. (IA) * Heated Room
- **Pilates** - Originated by Joseph H. Pilates, his emphasis on precise, concentrated movements by intelligent thought processes leads to lean, firm and sleek muscles, strong abdominals and back, core strength, improved flexibility and overall musculoskeletal balance. (BIA Sr)
- **Yoga** - Developed in India over 5,000 years ago, the word yoga means "to yoke or bind" and is often interpreted as "union". Traditionally, the goal of Yoga is to unite with the Absolute, or the true self, through postures and breathwork. Today, the focus is more on Yoga's practical benefits which can include improved physical fitness, stress control, mental clarity, greater self-understanding and general well-being. The physical postures, known as asana in Sanskrit, enhance muscular strength, coordination, flexibility and agility. People of all ages & abilities can do yoga. (BIA) Heated Room
- **Power Yoga** More advanced postures, room heated to 85 degree, class time 90 minutes
- **Basic Yoga** - This class uses introductory postures to teach alignment, awareness & Breath. Perfect for someone new to yoga. Less heated Room
- **YinYoga** - A quiet, simple and slow paced style of yoga with postures held for longer periods of time to target our deepest tissues of the body, our connective tissues. (BIA SR.)

Cycling Studio

- **Cycle** - Take your body and mind on the ride of your life! (BIA)
- **PowerRide** - 45 minute cycle experience with an emphasis on climbs, core and technique (BIA)
- **PartyRide** - Great Music, great friends & encouraging environment. Can I get a Whoot Whoot! (BI)

Rowing Studio

- **Rowing** - The area's only group rowing studio! A 30 minute non-impact total body conditioning for everyone from the beginner to the advanced athlete (BIA Sr)

* Cycle and rowing classes require participants to pick up a class pass from the front desk. Passes are free and available starting 30 minutes prior to class. You may reserve a class pass for \$3 up to two weeks in advance.