



# FINAL RESULTS FITNESS

• THE HEALTH CLUB •

## ROCK THE LOT WEEK 3

6/22 MON	6/23 TUE	6/24 WED	6/25 THU	6/26 FRI	6/27 SAT	6/28 SUN
8:00 <b>YOGA</b> JENNY	9:15 <b>BODYPUMP</b> JENNIFER	9:15 <b>COMBAT</b> JANINE	8:00 <b>YIN YOGA</b> JENNY	8:00 <b>BODYFLOW</b> MARLA	8:00 <b>BODYCOMBAT</b> JANINE	9:00 <b>BARRE</b> NADINE
9:30 <b>BODYSTEP</b> DENISE			9:30 <b>GRIT</b> JANINE	9:30 <b>SPRINT CYCLE</b> NADINE	9:30 <b>BODYPUMP</b> DENISE	10:30 <b>BODYFLOW</b> JENNY
5:30 <b>BODYPUMP</b> ZACK	5:30 <b>TONE</b> JEN & COURT	5:30 <b>CXWORX</b> MARY	5:30 <b>BODYPUMP</b> TERRY			
7:00 <b>BODYFLOW</b> JIM	7:00 <b>BODYSTEP</b> JILL & CARLY	6:30 <b>BODYJAM</b> JENNY & ZACK	7:00 <b>BODYATTACK</b> ZACK	6:30 <b>BODYPUMP</b> JENNIFER		

### PLEASE SIGN UP AND PAY ONLINE

To comply with CDC guidelines and make sure we don't exceed group size maximums, you must sign up and reserve your spot in class online.

Classes cost \$5 for members and \$10 for guests.

Sign up and pay online at <https://welovefinalresultsfitness.square.site/>

### ALL CLASSES ARE WEATHER PERMITTING

All classes will be held in the parking lot, weather permitting. If it looks like rain or excessive heat, we will cancel class. We will post any weather related cancellations on our website and email at least 30 minutes before any cancelled class.

Any cancelled class fee can be refunded or used for a future class.

### ROCK THE LOT RULES

- Please do not enter the club.
- All participants must maintain social distancing rules.
- Please arrive no more than 15 minutes prior to the scheduled start of class.
- Face masks are not required to take class but are recommended before and after.

**The Smoothie Bar** will be open for curbside pickup before and after class.

Call (267)381-2226 to order smoothies. We will bring them out to you.