

FINAL RESULTS FITNESS

THE FITNESS CLUB

Classes for 11/22 - 11/28

HAPPY
THANKSGIVING

	Mon 22	Tue 23	Weds 24	Thur 25	Fri 26	Sa 27	Sun 28
8:15	Power Yoga Jenny	Yin Yoga Nadine	Pilates Jenny	Yin Yoga Jenny	BodyFlow Marla	BodyCombat Janine	
9:15	8:15 Tai Chi Betsy Fee for class	Rowing Marla		Rowing Marla		8:45 Sprint Mary	Barre Nadine
9:30	GRIT Janine	BodyPump Jennifer H	BodyCombat Janine	BodyPump Janine & Jennifer	9:20 Tone & Sculpt Nadine	BodyPump Jenny & Zack	
10:00					Sprint Fusion Nadine		Sprint Nadine
10:30	10:30 Silver Sneakers Jenny		10:45 Silver Sneakers Yoga Stretch Jenny				10:15 BodyFlow Jenny
5:30	BodyPump Zack	TONE Jenny	BodyCombat Kim	Thanksgiving Hours : Club Open 8 - 12 •Friday morning Sprint is special Turkey Burner Ride. •Friday Evening BodyPump is Black Friday Black Out class. Wear Black.			
5:30	CORE Nadine						
6:15	TRX Nadine Fee for class						
6:30	Cycle Emile				BodyPump Jennifer		
6:45	BodyFlow Jim & Marla	Yin Yoga Jim					

Please check www.finalresultsfitness.com for the most current schedule.

Class Descriptions

LesMills™ Classes

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! barre™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. (B | A)

BodyAttack™ a high impact, high energy fitness cardio class with moves that get you fit for the sport of life. (| A)

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 | A)

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

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

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

Cardio HIIT - a 45 minute High Intensity Interval Training Cardio party! (I,A)

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

GRIT™ is a 30 min high intensity interval training (HIIT) workout designed to improve strength and build lean muscle. (BIA)

tone™ If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE™ class and you'll tick off a complete workout in 45 minutes. (B | A)

Seniors

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)

Mind Body

Basic Yoga - This class uses introductory postures to teach alignment, awareness & Breath. Perfect for someone new to yoga. (B,I,A)

Power Yoga - More advanced postures, room heated, class time 90 minutes (| A)

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.)

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)

Cycling*

Sprint is a 30 Minute HIIT (high intensity interval training) cycle class. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.. (| A)

Cycle- Take your body and mind on the ride of your life! (BIA)

Rowing*

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)

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