

Starts Monday August 10, 2020.

FINAL RESULTS FITNESS

• THE HEALTH CLUB •

Interactive Group Exercise Schedule for the week starting August 10, 2020.

This schedule contains new links to ZOOM classes. Links from previous schedules will not work even if the class is the same.

• Reservations suggested for all classes. Members click on the purple button to reserve for free.

To reserve your spot in any class
[CLICK HERE](#)

• GREEN means class will be held outside with unlimited attendance weather permitting. [Guests can purchase Outside classes here](#). If the real feel temperature is 85 or more or there is a threat of rain, the class will be moved indoors. Reserve only if you are willing to attend if it is moved indoors.

•  ZOOM classes allow members and non members to take classes from home. Members just click on the class name on the schedule to take you to ZOOM and log in 5 minutes before class. [Guests can purchase ZOOM classes and packages here](#).

	Mon	Tue	Wed	Thur	Fri	Sa	Su
8:15	Yoga Jenny Outside 	Tai Chi Betsy \$10 fee	Pilates Jenny 	Yin Yoga Jenny 	BodyFlow Marla Outside	BodyCombat Janine	
9:15		Rowing Marla					Barre Nadine 
9:30	BodyStep Denise	BodyPump Jennifer	BodyCombat Janine Outside	BodyPump Denise	Barre Nadine 	BodyPump Denise	
10:00					Sprint Nadine		Sprint Nadine
10:30			10:45 Silver Sneakers Yoga Jenny 		Silver Sneakers Classic Jenny 		BodyFlow Jenny Outside 
5:30	BodyPump Zack Outside	Tone Jenny Outside	BodyCombat Kim Outside	BodyPump Terry			
6:15	Cycle Emile		Sprint Mary				
6:30	TRX Nadine fee for class				BodyPump Jennifer Outside		
7:00	BodyFlow Marla	BodyStep Jill & Carly Outside	BodyJam Zack & Jenny	BodyAttack Zack Outside			

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 I A)

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

BodyCombat™ is a fiercely energetic program is 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)

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

Grit™ is a 30 min high intensity interval training (HIIT) workout designed to improve strength and build lean muscle. (B I A)

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.. (I A)

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 I A)

Zumba Fitness classes feature exotic rhythms set to high-energy Latin and international beats. Easy to follow, and for any fitness level! Come join the party! (B I A Sr)

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

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*

Basic Yoga - This class uses introductory postures to teach alignment, awareness & Breath. Perfect for someone new to yoga. *Less heated Room*

Power Yoga - More advanced postures, room heated to 85 degree, class time 90 minutes (I 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.. (I 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)