

# FINAL RESULTS FITNESS

• THE HEALTH CLUB •

Winter  
2020  
V01232020

Starts January 20, 2020. Please check [www.finalresultsfitness.com](http://www.finalresultsfitness.com) for updates and winter storm modifications.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45		<b>Cycle*</b> Sue	<b>BodyCombat</b> 5:30 am Liz	<b>Cycle*</b> Sue	<b>Cycle*</b> Sue		
8:00	<b>Yoga</b> Jenny	<b>Yin Yoga</b> Gena	<b>Tone</b> Courtney	<b>Yin Yoga</b> Jenny	<b>BodyFlow</b> Marla	<b>CXWORX</b> Jenny	
8:00	<b>Dance Party</b> Zack	<b>SilverSneakers</b> Classic		<b>SilverSneakers</b> Classic	<b>Dance Party</b> Jenny	<b>BodyCombat</b> 8:15 Janine	
8:30						<b>Sprint*</b> Mary	
9:00	<b>Pilates</b> Marla				<b>Pilates</b> Jenny	<b>BodyFlow</b> Jenny	<b>Cycle*</b> Nadine
9:15	<b>CardioBlast</b> Janine	<b>BodyPump</b> Denise	<b>BodyCombat</b> Janine	<b>BodyPump</b> Denise	9:00 <b>BodyStep Xpress</b> Courtney	<b>BodyPump</b> Denise	<b>Free Style Barre</b> 9:30 Nadine
9:15		<b>Rowing*</b> Marla		<b>Rowing*</b> Marla			
9:30					<b>Sprint*</b> Nadine		<b>Yoga</b> Sam
10:00		<b>Cycle*</b> 10:30 Janine			<b>Free Style Barre</b> Nadine		
10:15	<b>SilverSneakers</b> Classic	<b>BodyFlow</b> Denise	<b>SilverSneakers</b> Yoga Stretch	<b>BodyFlow</b> Denise	<b>SilverSneakers</b> Classic	<b>GRIT</b> Austin	<b>BodyFlow</b> Jenny
12:00 45 min	<b>GRIT</b> Courtney	<b>Rowing*</b> Janine	<b>BodyPump</b> Jennifer	<b>BodyCombat</b> Janine	<b>GRIT</b> Janine		<b>BodyPump</b> 11:15 Zack
4:30	<b>BodyAttack</b> Liz	<b>BodyPump</b> Jennifer					
5:30	<b>BodyPump</b> Zack	<b>Tone</b> Jenny	<b>BodyCombat</b> Kim	<b>BodyPump</b> Terri			
5:30	<b>LesMills Barre</b> Jenny		<b>TRX</b> Small Group Training * Additional Fee	<b>BodyFlow</b> Jim			
6:00	<b>CXWORX</b> Jenny	<b>6:15 Pilates</b> Jenny					
6:30	<b>BodyCombat</b> Sam	<b>BodyStep</b> Jill & Carly	<b>BodyJam</b> Zack & Jenny	<b>GRIT</b> Courtney	<b>BodyPump</b> Jennifer		
6:30	<b>Sprint*</b> Mary						
6:30	<b>Power Yoga</b> April	<b>Basic Yoga</b> Jen G	<b>YinYoga</b> Jim	<b>Yoga</b> Sam			
7:30	<b>BodyFlow</b> Jim & Marla		<b>BodyFlow</b> Jenny	<b>LesMills Barre</b> 7:00 Jackie			

**Schedule Key**

- Studio 1
- Studio 2
- Studio 3
- Cycle Studio

\* 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.

# Class Descriptions

## Group Exercise 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!

**Les Mills 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 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)

**Cardio Blast** Start with heart pumping fun, add some strength & core work and your heart rate is sure to take off. (BIA)

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

**Dance Party** - Dance like nobody's watching. A fun and energetic combination of dance styles. (BIA)

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

**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)

## 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\*- 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)**