

# RESULTS FITNESS CLASS SCHEDULE

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
			8:30 – 9:15 <b>Cycling Class</b> <i>(Ken)</i>		
9:30 – 10:30 am <b>Silver &amp; Fit</b> <i>(Tim)</i>	8:30 - 9:15 <b>Cycling Class</b> <i>(Ken)</i>		9:30 – 10:30 am <b>Silver &amp; Fit</b> <i>(Tim)</i>		8:00–9:00 am <b>YOGA</b> <i>(Laurie)</i>
	9:30 – 10:30 am <b>Silver &amp; Fit</b> <i>(Jan)</i>		9:45–10:30 am <b>Stretch/ABS</b> <i>(Lorri)</i>	9:30–10:15 am <b>Pilates Stretch &amp; Strengthen</b> <i>(Lavinia)</i>	9:00– 10:00 am <b>ZUMBA</b> <i>(Heather)</i>
10:45–11:45 am <b>SilverSneakers Classic</b> <i>(Lorri)</i>	9:30–10:15 am <b>Stretch</b> <i>(Lavinia)</i>		10:45–11:45 am <b>SilverSneakers Yoga</b> <i>(Lorri)</i>	10:45–11:45 am <b>SilverSneakers Yoga</b> <i>(Lorri)</i>	
12:00 – 1:00 <b>Range of Motion Pool Class</b> <i>(Lorri)</i>	10:45–11:45 am <b>SilverSneakers Yoga</b> <i>(Lorri)</i>	10:45–11:45 am <b>SilverSneakers Classic</b> <i>(Jan)</i>	1:00 – 2:00 <b>Range of Motion Pool Class</b> <i>(Lorri)</i>	12:00 – 1:00 <b>Range of Motion Pool Class</b> <i>(Lorri)</i>	
4:30 – 5 pm <b>Core Class</b> <i>(Doug)</i>	1:00 – 2:00 <b>Range of Motion Pool Class</b> <i>(Lorri)</i>	4:30 – 5 pm <b>Core Class</b> <i>(Doug)</i>	2:15 – 3:15 <b>Circuit Pool Class</b> <i>(Lorri)</i>	4:30 – 5 pm <b>Core Class</b> <i>(Doug)</i>	
5:00 – 6:00 pm <b>Spinning</b> <i>(Ginger)</i>	2:15 – 3:15 <b>Circuit Pool Class</b> <i>(Lorri)</i>		4:00 – 5:00 <b>Circuit Pool Class</b> <i>(Lorri)</i>		
6:00–7:00 pm <b>Strong</b> <i>(Heather)</i>	4:00 – 5:00 <b>Circuit Pool Class</b> <i>(Lorri)</i>	6:00–7:00 pm <b>Strong</b> <i>(Heather)</i>	4:30 – 5:30 <b>Cycling Class</b> <i>(Don)</i>		
	6:15–7:15 pm <b>PI-YO</b> <i>(Laurie)</i>		6:00–7:00 pm <b>Zumba</b> <i>(Angie)</i>		

**As always, classes at RESULTS are free for members, AND with the exception of the pool classes, all classes are open to non-members for \$4.00 and Summit Health employees for \$3.00**

\*There is a limit of 10 spots per pool class so sign up in advance to guarantee your spot.