



Results Fitness for Women is open 5:00 AM to 10:00 PM, 7 days a week, 365 days a year!

GROUPX SCHEDULE						
HR	MON	TUES	WED	THURS	FRI	SAT
8:30 AM	Cardio Mix Tara	RIPPED Robyn	High Fitness Morgan	Pure Strength Jennifer	Ride and Rip Jennifer	Triple Chisel Jennifer
9:30 AM	Pure Strength Tara	Strength & Fluidity Raina	Zumba Gold Terri	Yoga Rosanna	Yoga Ursula	Zumba Julia
10:30 AM	Yoga Ursula	Zumba Jennifer A	Yoga Barre Fusion Ursula	Cardio Dance Raina	Zumba Terri	
5:00 PM	Turbo Kick Amber					
5:30 PM	Pure Strength Amber	Cardio Sculpt Wendy	Triple Chisel Tara	Step-N-Pump Amber		
6:30 PM	Zumba Jennifer A.	Yoga Ursula FB LIVE ONLY	Zumba Lisa Smith			
Child Care	8:00-11:30 AM 4:30-8:00 PM	8:00-11:30 AM 4:30-8:00 PM	8:00-11:30 AM 4:30-8:00 PM	8:00-11:30 AM 4:30-8:00 PM	8:00-11:30 AM -----	8:00-12:00 PM -----

Cardio Mix
 This class combines blocks of strength training and cardio moves. Your heart rate stays elevated to help you blast fat, boost your metabolism, and burn calories. Step and Pump
 An interval class that mixes step aerobics and strength training in one incredible workout!

RIPPED
 It is a combination of different kind of cardio including kick boxing with abs and cooldown at the end.

High Fitness
 Blast of cardio fitness for aerobic and anaerobic threshold every time so come prepared to get your cardio on!

Pure Strength
 Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Uses a variety of weight training equipment to change the shape of your body - no muscle gets neglected!

Ride and Rip
 This class combines spin and strength training for the ultimate full-body workout!

Triple Chisel
 Three dynamite formats packed into one intense class! If you are somebody that likes variety, this is a combination of strength, cardio and core - but every week will be a surprise!

Strength & Fluidity
 Help improve your balance and core strength with big movements. A combination of pilates, ballet, and low impact cardio.

Zumba
 Dance class combines high energy and motivating music. Unique moves and combinations will make you feel like you are partying on the dance floor!

Yoga Barre Fusion
 Class focuses on strength, power and flexibility. A practice using light hand weights, ball, barre, etc.

Yoga
 Class focuses on strength, power, and flexibility!

Cardio Dance
 Is utilizing different types of dance to exercise your body, to achieve a target heart rate, increasing metabolic rate, burning calories, and improving stamina.

Cardio Sculpt
 Work all muscle groups with a variety of strengthening and cardio exercises for ALL-LEVELS. This athletic-based sculpting class tones upper and lower body using resistance including hand weights, body bars, dumbbells, kettlebells and your own body weight.

We are always open to feed back GROUPX CO-COORDINATORS: Raina Lopez & Amber Shutts.

 Live classes.

Private Facebook: Results Fitness for Women Rockwall Group Fitness Girls
Public Facebook: Results Fitness for Women Rockwall

Non Members welcome during staffed hours: **Mondays through Thursdays:** 8:00 a.m. to 8:00 pm **Fridays** 8:00 to 6:00 p.m. **Saturdays** 8:00 to 12:00 p.m.