



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	Xtreme Hip Hop Step Patricia	Yoga Ursula	Zumba Julia
10:30 AM	Yoga Ursula	Zumba Jennifer A	Yoga Barre Fusion Ursula	Cardio Dance Raina	Zumba Terri	
<p>Cardio Mix This class combines blocks of strength and cardio moves. Your heart rates stays elevated to help you blast fat, boost your metabolism, and burn calories.</p> <p>RIPPED It is a combination of different kind of cardio including kick boxing with abs and cooldown at the end.</p> <p>Step and Pump An interval class that mixes step aerobics and strength training in one incredible workout!</p> <p>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!</p> <p>High Fitness Blast of cardio fitness for aerobic and anaerobic threshold every time so come prepared to get your cardio on!</p> <p>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!</p> <p>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!</p> <p>Yoga Barre Fusion Class focuses on strength, power and flexibility. A practice using light hand weights, ball, barre, etc.</p> <p>Yoga Class focuses on strength, power, and flexibility!</p> <p>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.</p> <p>Ride and Rip This class combines spin and strength training for the ultimate full-body workout!</p> <p>Strength & Fluidity Help improve your balance and core strength with big movements. A combination of pilates, ballet, and low impact cardio.</p> <p>Turbo Kick Is a high energy class that features cardio kickboxing combinations and body-sculpting dance moves choreographed challenge that's a unique blend of total body cardio and strength/core work.</p> <p>Xtreme Hip Hop Step A step aerobic fitness movement created by certified group and personal trainers to combine step, aerobics and fun to upbeat hip hop music to provide an intense and super fun workout.</p>						
5:00 PM	Turbo Kick Amber					
5:30 PM	Pure Strength Amber	Xtreme Hip Hop Step Patricia	Triple Chisel Julia	Step-N-Pump Amber		
6:30 PM	Zumba Jennifer A.	Yoga Ursula FB LIVE ONLY	Zumba Lisa			
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 -----

We are always open to feed back GROUPX CO-COORDINATORS: Raina Lopez & Amber Shutts, MANAGER: Denese Overhulse

 Live classes.

Facebook: Results Fitness for Women Rockwall Group Fitness Girls

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.