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

GROUP TRAINING SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
5:15 AM						
8:45 AM	Small Group with Jenn	Small Group with Jenn	Small Group with Jenn	Small Group Amy	Small Group Tara	
9:30 AM	Boxing with Jenn	Boxing with Jenn		Boxing with Jenn		Small Group with Jenn
5:30 PM	Boxing / Small Group with Jenn	Small Group Tara	Small Group Tara	Boxing / Small Group with Jenn		

RF45: (Small Group Training 2-8 women) Developed by an exercise physiologist, RF45 is the fastest, most effective workout to achieve noticeable results. Every workout is designed to increase strength, build stamina, and burn body fat.

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Boxing: Utilizes the basics and fundamentals of a boxer's workout to strengthen your arms, legs, back, and core. Each workout is empowering and fun.

MANAGER: Denese Overhulse

GROUPX CO-COORDINATORS: Raina Mcillwain & Amber Shutts