



# Team Training Schedule!

Hours of Operation: Monday - Thursday 5:00am - 8:00pm • Friday 5:00am - 7:00pm • Saturday 7:00am - 12:00pm

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:00am	Get Strong	Get Fit	Get Strong	Get Flexible	Get Lean	—
6:00am	—	—	—	—	—	—
7:00am	—	—	—	—	—	—
8:00am	—	Get Flexible	—	—	—	Get Fit
9:00am	Get Lean	Get Fit	Get Lean	—	Get Fit	Get Flexible
10:00am	—	—	—	—	—	—
11:00am	—	—	—	Get Lean	—	Get Lean
Noon	—	—	—	—	—	—
4:30pm	Get Fit	Get Strong	Get Fit	—	Get Fit	—
5:00pm	—	—	—	—	—	—
6:00pm	—	—	—	Get Lean	—	—
7:00pm	—	—	—	—	—	—

**GET FIT!** - At Results Fitness you don't see rows of cardio equipment, like you do at most gyms. We use a much more effective (and a lot more fun) way to do "cardio." Our Metabolic group sessions are our version of a cardio workout. They burn calories, get your metabolism revving, and give you the cardiovascular benefits you are looking for. In the research, interval cardio training has been shown to be the most effective for fat loss. We've taken it up a notch and incorporated exercises in multiple planes of motion, using all kinds of equipment such as the TRX, kettlebells, ropes, sandbags, medicine balls, specialized treadmills and more into an interval-style workout. You'll have a blast and you'll torch fat! In addition to 1-3 strength workouts/Get Strong, add a Get Lean/Get Fit class group session 1-3 times a week.

**GET STRONG!** - Get Strong group sessions are structured to take the place of a full body strength workout. These types of workouts are our #1 priority to burn calories and build lean muscle to boost your metabolism for the long term. These group sessions are in sets of exercises for specific repetitions. You will use weights that are challenging for the set

repetitions. Everyone goes at their own pace, but each week push yourself to lift a little more than you did the week before. If you're one of our Customized Members you should be doing your individualized strength program with a coach. Your strength program was designed specifically for you by our program design team in place of a Get Strong group session. Get Strong group sessions were designed to give our Essentials Members the benefits of a full body strength program. Workout with a coach during a customized session or take a Get Strong group session 1-3 times a week.

**GET LEAN!** -Designed to provide an absolutely individualized program for our Essentials Members. The work to rest periods are specific to you based on your heart rate and recovery. With the use of our Fitmetrix heart rate monitors, our members can truly experience a superior interval training effect that will provide the ultimate fat loss experience! Please ask our front desk which group sessions are designated as **Get Lean Classes!**

CHANGING THE WAY FITNESS IS DONE!