



# GROUP FITNESS COACHING SCHEDULE

Hours of Operation: Monday - Thursday 5:00am - 8:00pm • Friday 5:00am - 7:00pm • Saturday 7:00am - 1:00pm

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
5:00am	Complete Strength	Metabolic	Complete Strength	Metabolic	Metabolic	—
6:00am	—	—	—	—	—	—
7:00am	—	—	—	—	—	—
8:00am	—	—	—	—	—	Metabolic
9:00am	—	Metabolic	Metabolic	—	Metabolic	—
10:00am	—	—	—	—	—	Complete Strength
11:00am	—	—	—	Metabolic	—	Metabolic
Noon	Metabolic	—	—	—	—	—
4:30pm	Metabolic	—	Metabolic	—	—	—
5:00pm	—	—	—	—	Metabolic	—
6:00pm	Metabolic	Complete Strength	—	Metabolic	—	—
7:00pm	—	—	—	—	—	—

**METABOLIC** - 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/Complete Strength, add a Metabolic group session 1-3 times a week.

**COMPLETE STRENGTH** - Complete Strength 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 Complete Strength group session. Complete Strength 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 Complete Strength group session 1-3 times a week.

**METABOLIC ZONE TRAINING** - 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 Polar 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 Metabolic group sessions are designated as **Metabolic Zone Training!**

*Changing the way fitness is done!*