

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 6:30	Cardio Combo (Kate)	Yoga (Sheila)	Cardio Combo (Kate)	Yoga (Sheila)	Trim -n Tone (Courtney)	
9:00 10:00	Beginner Pilates (Kate)		Beginner Pilates (Kate)		Beginner Pilates (Kate)	Cardio Combo (tba)
10:00 11:00						Pilates/ Yoga (tba)
<b>AM</b>						
<b>PM</b>						
12:05 12:50	Cardio Kickboxing (Germaine)	Pilates (Kate)	Trim -n Tone (Germaine)	Pilates/ Yoga (Kate)	Cardio Combo (Germaine)	
4:15 5:15		Beginner Pilates (Angela)		Beginner Pilates (Angela)		
5:30 6:30	Yoga (Jean)	Intermediate Pilates (Kate)	Yoga (Jean)	Intermediate Pilates (Sheila)		
6:30 7:30	Beginner Pilates (Reyne)		Beginner Pilates (Shannon)			

### Class Prices

**\$34 month (40-15% discount)**

\*all class packages include Saturdays, space permitting - must sign up

### Classes are geared towards all fitness levels

**Cardio Combo:** This is a great cardiovascular workout that is sure to keep you motivated and having fun by combining kickboxing, step, floor aerobics, and a variety of other cardiovascular activities.

**Cardio Kickboxing:** This is a great total body workout that will help relieve stress while getting your whole body into shape. Kick, punch, and box your way to a healthier body and have fun doing it.

**Yoga:** Through proper breathing techniques, energizing postures, and muscle movements you are sure to build muscles strength and flexibility. A great way to awaken your senses and at the same time relax the mind.

**Trim-N-Tone:** This class is a great combination of cardiovascular and total body strength conditioning . A perfect workout to keep your heart rate up while toning and strengthening your muscles.

**Beginner Pilates:** Do you want core strength? Then this is the class for you! A fresh approach towards strengthening core muscles, developing flexibility, and energizing your body. You will be pleased to feel and see your body transform.

**Pilates/Yoga:** Come for this great combination of Pilates and Yoga geared towards improving strength, flexibility, and body awareness. You will feel refreshed after each class.

**Step:** A great cardiovascular and strength training workout using a step for total body conditioning. This fun upbeat class will keep you motivated and is perfect for any stepper.

Please refrain from wearing street shoes in the studio.



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The only thing that matters... Results.