



RESULTS ONLY

Fitness and Catalyst Coaching

Winter 2010
SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 Conditioning		5:30 Conditioning		5:30 Conditioning	7:15 Conditioning
8:15 Conditioning	8:15 Conditioning	8:15 Conditioning	8:15 Conditioning	8:15 Conditioning	8:45 Conditioning
9:30 Conditioning	9:30 Conditioning	9:30 Conditioning	9:30 Conditioning	9:30 Conditioning	Sunday Yoga 8:45
←	Personal	Training by	Appt. →		
4:30 Teen Training		4:30 Teen Training			
5:45 Conditioning	5:45 Conditioning	5:45 Conditioning	5:45 Conditioning		

Results Only TRAINING PHILOSOPHIES

The Results Only staff spends countless hours learning and studying the latest information to ensure our clients have cutting edge information for optimal fat loss.

A group training environment is the perfect way to blend strength, flexibility, and cardiovascular training in the shortest amount of time possible while surrounding yourself with the social support necessary to succeed.

Many clients start with personal training to develop skills to personalize the group training environment. All appointments are scheduled in advanced.

Results Only offers multiple levels of commitment with no long term contracts.

You know that time, work, family and nutrition are always a challenge for you and this is the perfect opportunity for you to make those changes.

Not everyone is accepted to join. Come in and fill out an application TODAY!



First time users: Try us out. Complimentary group training session with advanced notice. Participants must arrive 15 minutes early.

**For questions and information call 800.647.1951 or bobby@resultsonly.com
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