

**Winter
2012**



Results Only TRAINING PHILOSOPHIES

We spend countless hours learning and studying the latest information and exercise protocols to guarantee you have the most up to date and cutting edge information for optimal and highly efficient fat loss. We are confident GROUP training is superior because it provides more accountability and motivation in the most cost effective manner. We are so confident in our system that we encourage you to try 1-2 complimentary sessions.

We have found 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.

Results Only offers multiple levels of participation because we know that time, work, family, and nutrition are constant challenges for everyone and we help you make a healthy lifestyle a priority.

We also believe that while we must be a good fit for you... You also need to be a great fit for Results Only. Not everyone is accepted to join. Come in and fill out an application TODAY!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am Conditioning		5:30am Conditioning		5:30am Conditioning	
7:00am Conditioning		7:00am Conditioning		7:00am Conditioning	7:15am Conditioning
8:15 am Conditioning	8:15am Hybrid Yoga	8:15 am Conditioning	8:15 am Conditioning	8:15 am Conditioning	8:45am Conditioning
9:30 am Conditioning	9:30 am Hybrid Yoga	9:30 am Conditioning	9:30 am Conditioning	9:30 am Conditioning	
←	Semi Private	Training	Appt. →		
5:45pm Conditioning	5:45pm Hybrid Yoga	5:45pm Conditioning	5:45pm Conditioning		
7:00pm Conditioning	7:00pm Conditioning	7:00pm Conditioning	7:00pm Hybrid Yoga		

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