

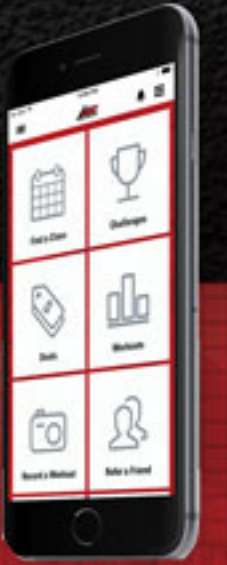
ALLENTOWN, PA

GROUP X CLASSES



VIEW CURRENT CLASS SCHEDULE BY **DOWNLOADING THE MAXX FITNESS APP**

The NEW Maxx Fitness Clubzz app provides class schedules, social media platforms, creation of goals and participation in club challenges. Our app will also allow you to link many of the popular fitness tracking devices and fitness apps on the market. Available Free on iOS App Store or Google Play Store for Android.



MONDAY

- 9:30AM ZUMBA
- 9:30AM **TEAM TRAINING***
- 10:30AM **TEAM TRAINING***
- 10:30AM INSANITY
- 5:30PM **TEAM TRAINING***
- 5:30PM BOOTCAMP
- 6:30PM **TEAM TRAINING***
- 6:30PM REZIST
- 7:30PM ZUMBA TONING

TUESDAY

- 9:30AM **TEAM TRAINING***
- 10:30AM ZUMBA
- 10:30AM **TEAM TRAINING***
- 5:30PM CYCLING
- 5:30PM **TEAM TRAINING***
- 6:30PM ZUMBA
- 7:30PM ZUMBA TONING

WEDNESDAY

- 9:30AM **TEAM TRAINING***
- 9:30AM ZUMBA
- 10:30AM **TEAM TRAINING***
- 10:30AM BODY SCULPT
- 5:30PM **TEAM TRAINING***
- 5:30PM PILATES
- 6:30PM BOOTCAMP
- 7:30PM ZUMBA

THURSDAY

- 9:30AM BOOTCAMP
- 9:30AM **TEAM TRAINING***
- 10:30PM ZUMBA
- 5:30PM KICKBOXING
- 5:30PM **TEAM TRAINING***
- 6:30PM YOGA
- 7:30PM ZUMBA

FRIDAY

- 9:30AM ZUMBA
- 9:30AM **TEAM TRAINING***
- 10:30AM REZIST
- 10:30AM **TEAM TRAINING***
- 5:30PM ZUMBA

SATURDAY

- 8:00AM CYCLING
- 9:00AM PILATES
- 9:00AM ZUMBA TONING
- 9:30AM **TEAM TRAINING***
- 10:30AM **TEAM TRAINING***

SUNDAY

- 8:00AM BODY PUMP
- 9:00AM YOGA
- 10:00AM ZUMBA TONING

RESERVE CLASSES ON OUR WEBSITE. GET CLASS PASS UPON CHECKING INTO THE CLUB. GIVE PASS TO INSTRUCTOR BEFORE CLASS BEGINS. ENJOY YOUR WORKOUT!

CLUB HOURS

MON - THU: 5:00AM - 10:00PM
 FRI: 5:00AM - 9:00PM
 SAT: 7:00AM - 5:00PM
 SUN: 7:00AM - 5:00PM

KIDZZ CLUB HOURS

MON - SAT: 9:00AM - 12:00PM
 MON - THU: 5:00PM - 8:00PM



*TEAM TRAINING sessions are affordable and available to all members.



www.maxxfitnessclubzz.com