

SAUCON VALLEY, 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 CYCLING
- 9:30AM TABATA BOOTCAMP
- 10:00AM **TEAM TRAINING***
- 10:30AM CORE DE FORCE
- 5:30PM TABATA
- 6:00PM **TEAM TRAINING***
- 6:30PM ZUMBA
- 7:30PM YOGA

TUESDAY

- 5:15AM CYCLING
- 9:00AM **TEAM TRAINING***
- 9:30AM BODY SCULPT
- 10:30AM ZUMBA
- 11:30AM YOGA
- 5:30PM ZUMBA TONING
- 6:00PM **TEAM TRAINING***
- 6:30PM BODY SCULPT
- 7:30PM ZUMBA TONING

WEDNESDAY

- 9:30AM **TEAM TRAINING***
- 9:30AM CYCLING
- 9:30AM TABATA
- 10:00AM **TEAM TRAINING***
- 10:30AM ZUMBA
- 5:30PM INSANITY
- 6:00PM **TEAM TRAINING***
- 6:30PM CYCLING
- 6:30PM ZUMBA
- 7:30PM YOGA

THURSDAY

- 5:15AM CYCLING
- 9:30AM REZIST
- 9:00AM **TEAM TRAINING***
- 10:00AM **TEAM TRAINING***
- 10:30AM ZUMBA
- 5:30PM CORE DE FORCE
- 6:00PM **TEAM TRAINING***
- 6:00PM CYCLING
- 6:30PM TABATA BOOTCAMP
- 7:30PM STRONG

FRIDAY

- 9:00AM **TEAM TRAINING***
- 9:30AM CYCLING
- 9:30AM TABATA
- 10:00AM **TEAM TRAINING***
- 10:30AM ZUMBA TONING
- 11:30AM YOGA
- 5:30PM ZUMBA

SATURDAY

- 9:30AM CYCLING
- 9:30AM BARRE
- 10:00AM **TEAM TRAINING***
- 10:30AM TABATA BOOTCAMP
- 11:30AM YOGA

SUNDAY

- 9:00AM CYCLING
- 9:30AM TABATA
- 10:30AM ZUMBA

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