

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

- 5:15AM **MOVEIT**
TEAM TRAINING* Lisa

- 6:15AM **MOVEIT**
TEAM TRAINING* Lisa

- 8:00AM **MOVEIT**
TEAM TRAINING* Lisa/Kristen D

- 9:30AM **CYCLING** Taylor

- 5:30PM **MAXX CYCLE** Heather

- 6:00PM **MOVEIT**
TEAM TRAINING* Katie

- 6:30PM **TABATA** Sheila

TUESDAY

- 5:15AM **MOVEIT**
TEAM TRAINING* Katie

- 5:15AM **MAXX CYCLE** Lisa

- 8:00AM **MOVEIT**
TEAM TRAINING* Lisa/Kristen D

- 9:30AM **ZUMBA** Lisa G

- 10:30AM **LES MILLS**
BODYPUMP Karen

- 5:30PM **BODY SCULPT** Sheila

- 6:00PM **MOVEIT**
TEAM TRAINING* Danielle

- 6:00PM **CYCLING** Taylor

WEDNESDAY

- 5:15AM **MOVEIT**
TEAM TRAINING* Lisa

- 6:15AM **MOVEIT**
TEAM TRAINING* Lisa

- 8:00AM **MOVEIT**
TEAM TRAINING* Lisa/Kristen D

- 9:30AM **ZUMBA** Lisa G

- 10:30AM **PILATES** Karen

- 5:30PM **LES MILLS**
BODYPUMP Karen

- 6:00PM **MOVEIT**
TEAM TRAINING* Ric

- 6:00PM **MAXX CYCLE** Heather

- 6:30PM **TABATA** Donna

THURSDAY

- 5:15AM **MAXX CYCLE** Lisa

- 5:15AM **MOVEIT**
TEAM TRAINING* Katie

- 8:00AM **MOVEIT**
TEAM TRAINING* Lisa/Kristen D

- 10:30AM **LES MILLS**
BODYPUMP Karen

- 6:00PM **ZUMBA** Lisa G

- 6:00PM **MOVEIT**
TEAM TRAINING* Danielle

FRIDAY

- 5:15AM **MOVEIT**
TEAM TRAINING* Lisa

- 6:15AM **MOVEIT**
TEAM TRAINING* Lisa

- 8:30AM **MAXX CYCLE** Kristen

- 10:30AM **ZUMBA TONING** Karen

SATURDAY

- 8:00AM **MOVEIT**
TEAM TRAINING* Lisa

- 8:30AM **MAXX CYCLE** Heather

- 9:00AM **MOVEIT**
TEAM TRAINING* Lisa

- 9:00AM **KICKBOXING** Sheila

- 10:00AM **YOGA** Jennifer

- 11:00AM **ZUMBA** KAREN

SUNDAY

- 9:30AM **BARRE** Loron

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: 4:00AM - 10:00PM
 FRI: 4:00AM - 9:00PM
 SAT: 7:00AM - 7:00PM
 SUN: 7:00AM - 7:00PM

KIDZZ CLUB HOURS

MON - SAT: 9:00AM - 12:00PM
 MON - THU: 5:00PM - 8:30PM



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



www.maxxfitnessclubzz.com