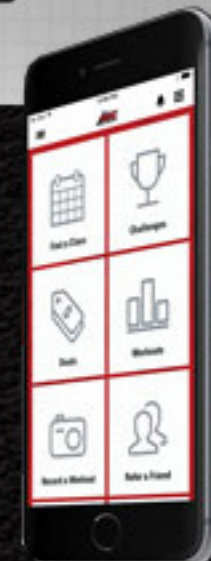


GROUPX CLASSES



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

- 5:00AM **MAXX CYCLING** Lisa
- 6:00AM **MOVEIT TEAM TRAINING*** Kristen
- 8:00AM **MOVEIT TEAM TRAINING*** Kristen
- 9:30AM **MAXX CYCLING** Kristen
- 10:30AM ZUMBA Karen
- 5:30PM **MAXX CYCLING** Greg
- 5:30PM ZUMBA Karen
- 6:30PM YOGA Jennifer

TUESDAY

- 6:00AM **MOVEIT TEAM TRAINING*** Tyler
- 8:00AM **MOVEIT TEAM TRAINING*** Kristen
- 9:30AM ZUMBA Karen
- 10:30AM **LES MILLS BODY PUMP** Karen
- 5:30PM **LES MILLS BODYCOMBAT** Karen
- 6:30PM ZUMBA Lisa G

WEDNESDAY

- 5:00AM **MAXX CYCLING** Lisa
- 6:00AM **MOVEIT TEAM TRAINING*** Kristen
- 8:00AM **MOVEIT TEAM TRAINING*** Kristen
- 9:00AM **LES MILLS BODY PUMP** Kristen
- 10:30AM PILATES Karen
- 5:30PM **LES MILLS BODY PUMP** Karen
- 5:30PM **MAXX CYCLING** Greg
- 6:30PM RESIST-A-BALL Donna

THURSDAY

- 6:00AM **MOVEIT TEAM TRAINING*** Tyler
- 8:00AM **MOVEIT TEAM TRAINING*** Kristen
- 9:00AM Barre Emily
- 10:30AM **LES MILLS BODY PUMP** Karen
- 6:00PM ZUMBA Lisa G
- 7:30PM YOGA Jen

FRIDAY

- 6:00AM **MOVEIT TEAM TRAINING*** Kristen
- 8:00AM **MOVEIT TEAM TRAINING*** Kristen
- 9:00AM **MAXX CYCLING** Kristen
- 10:30AM ZUMBA TONING Karen

SATURDAY

- 8:00AM **MOVEIT TEAM TRAINING*** Tyler
- 9:00AM **MAXX CYCLING** Lisa
- 9:00AM **LES MILLS BODYCOMBAT** Kristen
- 10:00AM TABATA Jennifer
- 11:00AM ZUMBA Karen

SUNDAY

- 9:00AM **MAXX CYCLING** Greg
- 10:00AM ZUMBA Kim

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 - 8:00PM



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



www.maxxfitnessclubzz.com