

# Max Fitness: 1415 W Dupont Rd

## Group Exercise Schedule

### Morning Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 Cycle Sara (60)	5:30 MaxPump Jen (60)	5:30 Cycle Sara (60)	5:30 Cycle/Strength Jen (60)	5:30 Cycle Sara (60)	8:00 Cycle Tammy (60)
		8:30 Yoga Mary (30)		8:30 Yoga Mary (30)	8:15 Kickboxing Mary (45)	9:00 BodyPump Joy (60)
		9:00 Pilates Mary (60)		9:00 Pilates Mary (60)	9:00 Yoga Mary (45)	9:00 MaxBurn CT (60)
						10:00 Hip-Hop Ian (60)
						11:00 ButiYoga Rotation (60)

### Afternoon/Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 BodyPump Kristi (60)	5:00 BodyPump Joy (60)	5:00 Zumba Angie (60)	5:00 Zumba Angie (60)		12:15 FlowYoga Courtney (60)
	<u>Starting 1/8/18</u> 6:00 Cycle Tammy (60)	6:00 Kickboxing Jessie (60)	6:00 MaxBurn Ian (60)	5:30 Yoga Jackie (60)		
	6:15 MaxBurn Josh (60)	6:00 MaxBurn CT (60)	6:00 RIP(barbell) Kami (60)	6:00 BodyCombat Kami (60)		
	6:30 Hip-Hop Ian (60)	6:00 Cycle Jennifer (60)	7:00 Cycle Jennifer (60)	6:00 MaxBurn Ian (60)		
		7:00 ButiYoga Rotation (60)		7:00 ButiYoga Rotation (60)		

All Group Exercise Classes are included with VIP and Family memberships! Or just drop in for only \$10/class!

Follow us on FaceBook @MaxFitnessFTW  
for updates, adjustments and new classes!

Last Updated 12/27/17

# GROUP EXERCISE CLASS DESCRIPTION

**BODY COMBAT:** A non-contact martial arts inspired class; high energy punch and kick movements to help burn calories and tone your whole body

**BODY PUMP:** Full body barbell workout using light to moderate weight at high repetitions to build strength and lean muscles

**BUTI YOGA:** HIIT power yoga that combines cardio-intensive tribal dance with body sculpting movement; incorporates movements along all planes of motion, not just linear

**CYCLE:** Combines intervals, high intensity, and recovery to build endurance and strength

**CYCLE/STRENGTH:** Mix of Cycling and MaxPump; combines weight training and cardiovascular exercises

**FLOW YOGA:** Faster paced than traditional yoga; utilizes posture and breathing techniques; increases muscle strength, endurance and flexibility, and reduces stress

**HIP HOP:** High-energy choreographed dance routines set every month to achieve weight loss, tone muscles, and increase stamina

**KICKBOXING:** A fusion of boxing, martial arts and aerobics set to music; offers an intense cross-training and total-body workout

**MAXBURN:** Boot camp style workout including circuit and interval training to burn fat and increase strength and agility

**PILATES:** A non-impact strength and flexibility training that improves posture, increases flexibility, circulation and balance and creates inner awareness

**YOGA:** Promotes concentration, health, harmony, and self-awareness to help reduce stress and improve stability with an emphasis on building strength

**ZUMBA:** A dance-cardio mix of low and high intensity moves; improves balance and flexibility along with muscle conditioning