

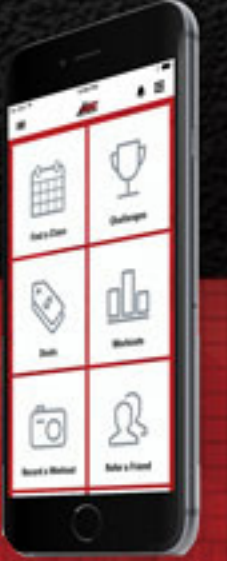
BETHLEHEM, PA

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

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

TUESDAY

- 9:00AM **TEAM TRAINING***
- 9:30AM TABATA BOOTCAMP
- 9:30AM CYCLING
- 10:30AM ZUMBA
- 5:00PM **TEAM TRAINING***
- 5:30PM CYCLING
- 5:30PM CORE DE FORCE
- 6:30PM **TEAM TRAINING***
- 6:30PM BOOTCAMP
- 7:30PM BARRE
- 8:50PM ZUMBA

WEDNESDAY

- 5:30AM CYCLING
- 9:00AM **TEAM TRAINING***
- 9:30AM REZIST
- 9:30AM CYCLING
- 10:30AM YOGA
- 5:00PM **TEAM TRAINING***
- 5:30PM CYCLING
- 5:30PM BODYSCULPT
- 6:30PM **TEAM TRAINING***
- 6:30PM ZUMBA TONING
- 7:30PM ZUMBA

THURSDAY

- 9:00AM **TEAM TRAINING***
- 9:30AM BODY SCULPT
- 9:30AM CYCLING
- 10:30AM PILATES
- 5:00PM **TEAM TRAINING***
- 5:30PM CYCLING
- 5:30PM KICKBOXING
- 6:30PM ZUMBA
- 7:30PM YOGA
- 8:50PM ZUMBA

FRIDAY

- 5:30AM CYCLING
- 9:00AM **TEAM TRAINING***
- 9:30AM REZIST
- 9:30AM CYCLING
- 10:00AM **TEAM TRAINING***
- 10:30AM ZUMBA

SATURDAY

- 9:00AM **TEAM TRAINING***
- 9:30AM REZIST
- 9:30AM CYCLING
- 10:00AM **TEAM TRAINING***
- 10:30AM ZUMBA

SUNDAY

- 9:30AM TABATA
- 9:30AM CYCLING
- 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 - 8:30PM



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



www.maxxfitnessclubzz.com