

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

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

8:00AM **MOVEIT**
TEAM TRAINING* Kristen

9:30AM ZUMBA Karen

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

5:30PM **LES MILLS BODYCOMBAT** Karen

6:00PM **MOVEIT**
TEAM TRAINING* Tyler

6:30PM ZUMBA Lisa G

WEDNESDAY

6:00AM **MOVEIT**
TEAM TRAINING* Kristen

8:00AM **MOVEIT**
TEAM TRAINING* Kristen

9:00AM **LES MILLS BODYPUMP** Kristen

10:30AM PILATES Karen

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

5:30PM **MAXX CYCLING** Greg

6:30PM RESIST-A-BALL Donna

THURSDAY

8:00AM **MOVEIT**
TEAM TRAINING* Kristen

9:00AM Barre Emily

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

6:00PM ZUMBA Lisa G

6:00PM **MOVEIT**
TEAM TRAINING* Tyler

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

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