

# 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

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

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9:30AM **MAXX CYCLING** Kristen

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10:30AM ZUMBA Karen

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5:30PM **MAXX CYCLING** Greg

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5:30PM ZUMBA Karen

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6:30PM YOGA Jennifer

## TUESDAY

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

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9:30AM ZUMBA Karen

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

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

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

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6:30PM ZUMBA Lisa G

## WEDNESDAY

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

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

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10:30AM PILATES Karen

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

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5:30PM **MAXX CYCLING** Greg

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6:30PM RESIST-A-BALL Donna

## THURSDAY

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

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9:00AM Barre Emily

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

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6:00PM ZUMBA Kim C

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

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7:30PM YOGA Jen

## FRIDAY

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

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9:00AM **MAXX CYCLING** Kristen

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10:30AM ZUMBA TONING Karen

## SATURDAY

8:00AM **MOVEIT**  
TEAM TRAINING\* Tyler

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9:00AM **MAXX CYCLING** Lisa

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

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10:00AM TABATA Jennifer

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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