

MAXIMUM

FITNESS

**OPEN 24 HOURS / 7 DAYS A WEEK
FOR MEMBERS**

STAFF HOURS

MON – THUR – 9:00am - 9:00PM
 FRI – 9:00AM – 6:00PM
 SAT – 10:00AM – 2:00PM

365 FIRST ST & LUMBER AVENUE
 STEINBACH MANITOBA
 P – 204-326-4885

Email: maxfitness@mts.net
 Web: www.maximumfitness.ca

* Gym Contracts * Tanning Contracts
 * Free Training with gym contract * Personal
 Training Available * Variety of Protein and
 Supplements Available

BABYSITTING HOURS



MON – FRI – 9:00AM - 12:00PM

\$1.50 PER CHILD, EACH VISIT
 OR
 \$15.00 PER MONTH, PER CHILD

CLASS SCHEDULES

DECEMBER 2011

CLASS SCHEDULES

SUNDAY	MONDAY CLASSES	TUESDAY CLASSES	WEDNESDAY CLASSES	THURSDAY CLASSES	FRIDAY CLASSES	SATURDAY
<p>Your Fitness Team</p>  <p>VANESSA</p>  <p>TAMI</p>  <p>GRETA</p>	<p>NOTE: NO ZUMBA FOR THE MONTH OF DEC!</p> <p>Deck of Death 10:00a-10:45a <i>Vanessa</i></p> <p>“Maximum Muscle” 5:00p – 6:00p <i>Bear</i></p>  <p>“HIIT Me One More Time” 7:00p – 7:30 p <i>Bear</i></p>	<p> ZUMBA</p> <p>“Triple Fit” 10:00a – 11:00a <i>Greta</i></p> <p></p> <p>“Ab Attack” 12:15p – 12:45p <i>Vanessa</i></p> <p>“Maximum Muscle” 5:00p – 6:00p <i>Bear</i></p>  <p>“HIIT Me One More Time” 7:00p – 7:30p <i>Bear</i></p>	<p> ZUMBA</p> <p>“Maximum Resistance” 9:30a – 10:30a <i>Tami</i></p> <p>“hardCORE” 12:15p – 12:45p <i>Vanessa</i></p> 	<p>NOTE: NO CLASSES DEC 23 -JAN 8 RETURNS JAN 9, 2012!</p> <p>“Butt and Gut” 10:00a – 11:00a <i>Greta</i></p> 	<p>Your Fitness Team</p>  <p>MELISSA</p>  <p>BEAR</p>  <p>PUNISHERS</p>	