

# MAXIMUM

## FITNESS

### Fitness Class Overview

Most fitness classes are free with your gym membership and all exercise classes are designed to help you reach your own personal fitness goals in a fun and energizing environment.

Please let us know if this is your first class with us, and inform us of any limitations you may have. All classes begin with a warm up and end with a cool down.



**GRETA**

*"If I can do it, so can you! Together, we'll make a difference!"*

#### Triple fit

Train for optimum fitness! Classes include a series of core drills, cardio intervals and strength exercises

#### Butt & Gut

That's right, the two areas that often need a little extra attention. Don't worry, this class will ensure your abs are rock solid and you have buns of steel. You'll feel the burn, but love the reward after a month of this gut wrenching class!



**BEAR**

*"Strength does not come from physical capacity, instead it comes from dedication and persistence"*

#### Maximum Muscle

This workout will incorporate a wide variety of strength training exercises to target the whole body. You'll use your body weight, dumbbells, bands, balls, and more to shape your body. We'll crank it up a notch by incorporating cardio bouts between each strength circuit to ensure you'll burn a substantial amount of calories and get your metabolism humming!

#### HIIT me one more time!

This class is filled with non stop cardio drills designed in intervals for optimal caloric burn. Guaranteed to build endurance and burn calories. Bring your water bottle!



**TAMI**

*"Fitness and health should be a way of life, Let me show you how"*

#### Maximum Resistance

Resistance bands combined with circuit training for a well-rounded workout. This class is designed to get your heart pumping and offers a total body workout.



## **Zumba \$\$\$ fee**

ZUMBA® uses a mix of Latin and International music to create a dynamic, exciting, fun and effective cardio workout. ZUMBA® is for all people, ages and fitness levels.

**MELISSA**

*"Let's dance our way to a new lifestyle"*



## **Ab Attack**

Tired of doing the same basic crunches and sit-ups? In this strength training workout, we'll lead you through a variety of exercises designed to work your entire abdominal area. You'll build muscles you never even knew you had, while developing core strength that will support you in a wide variety of activities.

**Vanessa**

*"I love what I do, it's my passion, my goal and my purpose"*

## **hardCORE**

Among other important areas of physical fitness; balance, stability, agility, and core strength are critical in the development of a total functional fitness regime. A completely unique and multi-dimensional training program that strengthens the core (abdominals and back) to support your spine as well as create a foundation to assist in the overall strength of the entire body.

## **Deck of Death**

Are you interested in a conditioning method that is guaranteed to provide variety and intensity? Deck of Death is created by using a distinct deck of playing cards that provides you with a total body (cardio and toning) workout based on the luck of the draw in 60 minutes!

Deck of Death is designed to meet the needs of the beginner exerciser to the workout guru as well as anyone in between.. This workout is fast and fun and the latest craze for people who need a quick and effective workout!

## **Boot Camp (60 minutes) fee \$\$\$\$**

Take your training to the next level!

If you are serious about getting into shape, you need not look any further. Boot Camp will push you to a new level you never thought you could achieve. Remember, just "thinking about it" never got anyone a stronger, sexier, and healthier body. Just do it!

**Classes listed above are Unlimited with Gym Membership or \$10 Drop in!  
Review the Fitness Calendar for the class of your choice**

**DO YOU WANT TO MAKE A CHANGE?**

**ARE YOU READY TO HAVE FUN?**

**ARE YOU READY FOR THE CHALLENGE?**

**Then pick a class and let's get started!**