

## CYCLING ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15A		<b>Sprint</b> Terina		<b>RPM</b> Ali	
9:15A	<b>sprint</b> Kat				<b>sprint</b> Vicky
12:15P		<b>RPM</b> Aylin			<b>sprint</b> Kat
5:30P	<b>sprint</b> Sam		<b>sprint</b> Sam		
6:15P	<b>RPM</b> Sam	<b>sprint</b> Nancy	<b>RPM</b> Sam	<b>sprint</b> Vicky	

## WEEKEND SCHEDULE

	Saturday	Sunday
8:30A	<b>RPM</b> Erik	
9:30A	<b>sprint</b> Erik	
2:00P		

## GROUP FITNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15A	<b>BODYPUMP</b> Ali		<b>BODYPUMP</b> Terina		<b>BODYSTEP</b> Katie
8:30A	<b>CORE</b> Brooke				<b>CORE</b> Jaime
9:15A	<b>BODYCOMBAT</b> Brooke	<b>BODYPUMP</b> Kat	<b>ZUMBA</b> Kristi	<b>BODYPUMP</b> Brooke G.	<b>BODYSTEP</b> Jaime
10:15A		<b>BODYSTEP</b> Brooke		<b>BODYFLOW</b> Kat	<b>ZUMBA</b> Kristi
11:15A					
12:15P	<b>BODYPUMP</b> Jaime		<b>CORE</b> Jaime	<b>BODYPUMP</b> Ali	
4:30P	<b>BODYSTEP</b> Katie		<b>BODYPUMP</b> Katie		
5:30P	<b>BODYPUMP</b> Katherine	<b>BODYCOMBAT</b> Aylin		<b>BODYSTEP</b> Katie	
5:45P			<b>CORE</b> Terina		
6:30P	<b>BODYCOMBAT</b> Nancy	<b>BODYPUMP</b> Candace L.	<b>ZUMBA</b> Aylin	<b>BODYPUMP</b> Aylin	<b>ZUMBA</b> Laura
7:30P	<b>BODYFLOW</b> Melissa	<b>ZUMBA</b> Leida		<b>MIXEDFIT</b> Leida	

## WEEKEND SCHEDULE

	Saturday	Sunday
8:30A	<b>BODYPUMP</b> Lauren S.	
9:30A	<b>BODYCOMBAT</b> Nancy	
10:30A		
3:00P		<b>BODYFLOW</b> Tina
4:00P		<b>ZUMBA</b> A & K



**BODYPUMP™** is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you get a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.



**RPM™** is a group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!



**BASIC STEPPING**, just like walking up and down stairs, is at the heart of **BODYSTEP™** - a full-body cardio workout to really tone your butt and thighs.



**BODYCOMBAT™** is a high-energy martial-arts inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\*\* in a class. No experience needed. Learn moves from karate, taekwondo, boxing, muay thai, capoeira and kung fu. Release stress, have a blast and feel like a champ Bring your best fighter attitude and leave inhibitions at the door.



**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



Exercising muscles around the core, **CORE** provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do. All the moves in CORE have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers and hip, butt and lower back exercises.



**LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.



The cardio craze! Cardio dance fitness workout along with great energetic music, fantastic choreography and an array of Latin steps such as Meringue, Salsa, Reggaeton, Cumbia, Mambo and much more. **DANCE YOUR WAY TO FITNESS!**



Discover this people inspired fitness program that is a mix of explosive dancing and boot camp toning! Lose yourself dancing to some of our favorite songs on the radio. Our choreography is repetitive and easy to follow. Join the MIXXEDFIT TRIBE!

**MaxFitness®**

**3049 Tower Road  
Columbus, GA 31909  
706.221.1204**

**CLUB HOURS**

Open 24 hours from Mon 5am – Friday 9pm  
Saturday 8am–6pm  
Sunday 10am–5pm

**KIDZ CLUB HOURS**

Monday - Thursday 8:15am–1:30pm; 4:00pm–8:30pm  
Friday 8:00am–1:00pm; 4:00pm–7:30pm  
Saturday 8:15am–1:00pm | Sunday 1:00pm–5:00pm