

# Max Fitness Group Exercise Schedule - Augusta



	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
GX Studio	5:30am	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>					
	9:00am		ZUMBA		ZUMBA		8:45am	Cycle/ <b>RPM</b>	
	10:00am	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	10:00am	<b>LES MILLS BODYPUMP</b>	
	10:30am						11:00am		
	5:00pm		<b>LES MILLS RPM</b>						
	5:30pm	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS RPM</b>		<b>LES MILLS BODYPUMP</b>	3:00PM		ZUMBA
	6:00pm		<b>LES MILLS BODYSTEP</b>		<b>LES MILLS BODYCOMBAT</b>				
	6:45pm	ZUMBA		ZUMBA		ZUMBA			
	7:00pm		<b>X TREME HIP-HOP STEP</b>						

Rev.7/22

Schedule is subject to change



A total body workout that uses light weights and high repetitions to burn calories, shape and tone your entire body, increase core strength and improve bone health. Our instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! Burn up to 400 calories in class.



This energizing step workout makes you feel liberated and alive. Using a height-adjustable step and some moves on, over, and around the step, you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone the body. You can burn up to 540 calories.



A high-energy martial-arts inspired workout that is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have blast and feel like a champ. You can burn up to 570 calories while punching and kicking your way to fitness.



A new generation yoga class that will improve your mind, your body and your life. It is ideal for anyone and everyone. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You can burn up to 350 calories in a class.



A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Draw on the group's energy and find your rhythm in the music. 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!



Zumba classes are "fitness parties" that blend upbeat world rhythms with easy to follow choreography for a total-body workout that feels like a celebration. Fanatics achieve long term benefits while experiencing an absolute blast!



It is a revamp of traditional step aerobics with routines set to new and old school Hip Hop and R&B. It just makes you want to get up and move while getting a great workout and burning calories. It is suitable for all fitness levels - you can go as easy or as hard as you like, be prepared to get pushed to your limits.

# MaxFitness

270 Bobby Jones Expwy, #130  
Augusta, GA 30907

706/396-4653

## CLUB HOURS

Open 24 hours Monday-Sunday

## KIDZ ZONE HOURS

Monday-Friday 8:00am -12:00pm; 4:00pm - 8:00pm

Saturday 8:00am - 12:00pm

Sunday 2:00pm - 6:00pm