

## Maximum Fitness Group Exercise

[www.maximumfitnessclubs.com](http://www.maximumfitnessclubs.com)

Effective Date 2/27/2012

4850 Stack Blvd F1

Melbourne, FL 32901

### Spring Schedule

321-952-0888

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00 <b>Group Cycle</b> Robyn	8:30-9:30 <b>Pilates</b> Karen	8:30-9:30 <b>Yoga</b> Karen	8:30-9:30 <b>Cycle Circuit</b> Robyn	8:30-9:15 <b>Group Cycle</b> Robyn	8:30-9:30 <b>Boot Camp/Muscle Fit*</b> Jeff
10:00-11:00 <b>Sculpt</b> Robyn	9:30-10:30 <b>Zumba</b> Millie	9:30-10:30 <b>Zumba</b> Millie	9:30-10:30 <b>Yoga/Pilates Blend</b> Robyn	9:15-10:00 <b>Muscle Fit</b> Robyn	9:30-10:30 <b>Group Cycle</b> Jeff
11:15-12:15 <b>SilverSneakers-MSROM</b> Karen	11:15-12:15 <b>Zumba Gold (Beginner)</b> Christina	11:15-12:15 <b>SilverSneakers-Cardio Fit</b> Karen	10:30-11:30 <b>Zumba</b> Millie	10:00-11:00 <b>Zumba</b> Millie	10:30-11:30 <b>Zumba</b> Millie
12:30-1:30 <b>SilverSneakers-Cardio Fit</b> Karen	1:30-2:30 <b>Senior Fit</b> Karen			11:15-12:15 <b>SilverSneakers-MSRO</b> Karen	<b>Club Hours:</b> Monday- Friday 5:00am to 9:30pm Saturday 7:00am to 7:00pm Sunday 8:00am to 6:00pm <b>Kids Club Hours:</b> Monday- Saturday 8:30-11:30 am Monday- Friday 4:30-7:30 pm
5:15-6:15 <b>Yoga</b> Karen	5:00-5:45 <b>TAG</b> Erica	4:30-5:30 <b>Pilates</b> Karen		5:15-6:15 <b>Yoga/Pilates Blend</b> Karen	
6:15-7:00 <b>Group Cycle</b> Jeff	5:45-6:30 <b>Sculpt</b> Erica	5:30-6:30 <b>Zumba</b> Millie	5:30-6:30 <b>Muscle Fit</b> Jeff		
7:00-7:45 <b>Kickboxing</b> Jeff	6:30-7:30 <b>Zumba</b> Millie	6:30-7:30 <b>Group Cycle</b> Tammy	6:30-7:30 <b>Kickboxing/Cycle*</b> Jeff		

**SilverSneaker Classes: MSROM (Muscle Strength Range of Motion) and Cardio Fit Silver**

\* **Kickboxing: 1st and 3rd Thursday/Cycle: 2nd and 4th Thursday**

\* **Boot Camp: 1st and 3rd Saturday/Muscle Fit : 2nd and 4th Saturday**

#### GROUP FUNCTIONAL TRAINING (GFT)

Monday and Wednesday: 9:00 -10:00 am

Tuesday and Thursday 6:30-7:30 pm