

Maximum Fitness Clubs

www.maximumfitnessclubs.com

Hours: Mon-Fri 5:00 am-9:30pm

Saturday 7am - 7 pm

Sunday 10am - 6 pm

Fall Schedule

Effective

October 18,2010

Group Exercise

4850 Stack Blvd

Melbourne Location

Phone 321-952-0888

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|------------------------------------|--|--|--------------------------------------|-------------------------------------|
| 9:00-10:00 Group Cycling Robyn | 9:30-10:30 Zumba Millie | 8:30-9:30 Yoga Karen | 8:30-9:30 Pilates Margarite | 9:00-10:00 Group Cycling Robyn | 8:30-9:30 Boot Camp Jeff |
| 10:00-11:00 Sculpt Robyn | | 9:30-10:30 Group Cycling Jeff | 9:30-10:00 Ab Attack Margarite | 10:00-11:00 Muscle Fit Robyn | 9:30-10:30 Group Cycling Jeff |
| 5:30-6:30 Group Cycling Jeff | 5:30-6:15 Buns and Abs Tammy | 5:30-6:30 Muscle Fit Jeff | 10:00-11:00 Zumba Millie | | |
| 6:30-7:30 Kick Boxing Jeff | 6:15-7:00 Awesome Arms Tammy | 6:30-7:30 Yoga/Pilates Blend Karen | 5:30-6:30 Kick Boxing Jeff | | |
| | | | 6:30-7:30 Group Cycling Jeff | | |

Group Exercise

Phone 321-951-3707

160 Malabar Road

Palm Bay Location

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------------------------|-------------------------------|--------------------------------------|-------------------------------|-------------------------------|
| 9:00-10:00 SilverSneakers Karen | | 9:30-10:30 Zumba Millie | 9:00-10:00 SilverSneaker Karen | 9:30-10:30 Zumba Millie | 8:30-9:30 Pilates Karen |
| | | | | | 9:30-10:30 Zumba Millie |
| 5:30-6:30 Cardio Blast Tammy | 5:30-6:30 Pilates Fusion Karen | 5:30-6:30 Chisel Tammy | 6:00-7:00 Pilates Karen | 6:00-7:00 Salsa Robert | |
| 6:30-7:30 Yoga/Pilates Karen | 6:30-7:30 Zumba Millie | 6:30-7:30 Zumba Millie | | 7:00-8:00 Zumba Tiffany | |
| SilverSneakers: Muscle Strength and Range of Movement | | | | | |