



AMAX FIT CLASS SCHEDULE

\$10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SS CLASSIC SUE 8:15AM	OSTEOFIT ADRIENNE 8:15 AM	KUNDALINI YOGA 8:15AM	OSTEOFIT ADRIENNE 8:15 AM	MAX DANCE AMANDA 8:15AM	BURN AMANDA 9:00AM	
KICKBOXING ADRIENNE & AMANDA 9:30 AM	TOTAL MAX AMANDA 9:30AM	KICKBOXING ADRIENNE & AMANDA 9:30 AM	TOTAL MAX AMANDA 9:30AM	POWER YOGA ADRIENNE 9:30AM	LIFT ADRIENNE 10:15	
LIFT ADRIENNE 10:30AM	TRX JOYCE 11 AM	LIFT ADRIENNE 10:30AM	TRX JOYCE 11 AM	LIIT JOYCE 10:30AM	STEEL MACE JOYCE 11:30AM	
MOBILITY JOYCE NOON		MOBILITY JOYCE NOON				
COMING IN AUGUST STEEL MACE 4:30 PM	POWER YOGA ADRIENNE 4:30 PM		PILATES SCULPT 4:30PM			
COMING IN AUGUST STEP STRONG ** 5:30 PM	LIFT ADRIENNE 5:30 pm	COMING IN AUGUST STEP STRONG ** 5:30 PM	LIFT ADRIENNE 5:30 pm			
PILATES SCULPT 6:45 PM	TRX JOYCE 6:45PM	LINE DANCING ALTA 6:30PM	TRX JOYCE 6:45PM			

**** STARTS IN AUGUST**

UPDATED: 7/12

More than what's on this schedule! Your membership also includes live virtual classes, on-demand workouts, and the AMAX FIT App. View the latest schedule at amaxfit.com

AMAXFIT.COM

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