



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				
	POWER YOGA ADRIENNE 4:30 PM		PILATES SCULPT 4:30PM			
STEP STRONG AMANDA 5:30 PM	LIFT ADRIENNE 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			

MORE THAN WHAT'S ON THIS SCHEDULE!

Your AMAX FIT membership gives you even more ways to work out.
join us in person, stream classes LIVE, access On-Demand workouts,
and train anytime with the AMAX FIT App.
View the latest schedule & book your classes at AMAXFIT.COM.

UPDATED: 9/6



2416 GETZ RD | FORT WAYNE, IN 46804

FIND YOUR PERFECT CLASS

Whether you're looking to build strength, burn calories, improve flexibility, reduce stress, or simply move better, AMAX FIT has a class for you!

KICKBOXING

Combat-inspired cardio that builds strength, endurance, and confidence while delivering an incredible calorie burn.

Perfect For

❤️ Cardio • ⚡ Cardio + Strength • 🔥 High Energy • 😊 Beginner Friendly

MAX DANCE

Dance, sweat, and smile while combining multiple dance styles with strength movements for a fun, full-body workout.

Perfect For

❤️ Cardio • ⚡ Cardio + Strength • 🔥 High Energy • 😊 Beginner Friendly

STEP STRONG (NEW!)

A fun, athletic workout that combines step training, cardio intervals, strength exercises, and functional movement for a total-body workout.

Perfect For

⚡ Cardio + Strength • ❤️ Cardio • 💪 Strength • 🔥 High Energy

LIFT (pump)

Our signature strength training class using barbells and dumbbells to build lean muscle, improve endurance, and increase bone strength.

Perfect For

💪 Strength • 🔥 High Energy • 🦴 Bone Health • 😊 Beginner Friendly

TOTAL MAX

A total-body conditioning workout that combines cardio, strength, endurance, and functional movement into one incredible class.

Perfect For

⚡ Cardio + Strength • ❤️ Cardio • 💪 Strength • 🔥 High Energy

STEEL MACE

An exclusive class to Fort Wayne! Improve functional strength, mobility, grip strength, rotational power, and core stability with the Steel Mace.

Perfect For

💪 Strength • 💪 Core • ⚖️ Balance • 🧘 Flexibility & Mobility • 🔥 High Energy

TRX (Specialty Program)

Suspension training that uses your own body weight to build strength, improve core stability, increase balance, and enhance mobility. Available in person, virtually, or online only.

Perfect For

💪 Strength • 💪 Core • ⚖️ Balance • ⚡ Cardio + Strength •

OsteoFIT

Designed to improve bone health, strength, balance, posture, and mobility in a safe and supportive environment.

Perfect For

🦴 Bone Health • 🌿 Low Impact • ⚖️ Balance • 💪 Strength • 😊 Beginner Friendly

LIIT

Low Impact Interval Training focuses on slow, controlled movements, proper form, and muscle-building through time under tension rather than speed.

Perfect For

💪 Strength • 🌿 Low Impact • 😊 Beginner Friendly • 🦴 Bone Health

MOBILITY & MOVEMENT

One of our most popular classes! Improve mobility, flexibility, balance, and joint health while building functional strength.

Perfect For

🧘 Flexibility & Mobility • ⚖️ Balance • 🌿 Low Impact • 😊 Beginner Friendly • 🦴 Bone Health

SILVERSNEAKERS CLASSIC

A fun, low-impact class designed to increase strength, improve balance, boost flexibility, and enhance mobility using chairs, resistance tubing, hand weights, and bodyweight exercises. Perfect for maintaining independence and staying active.

Perfect For

🦴 Bone Health • ⚖️ Balance • 🌿 Low Impact • 😊 Beginner Friendly • 🧓 Active Aging

POWER YOGA

Combining traditional yoga poses with a vigorous and flowing sequence of movements synced to music. It emphasizes strength, flexibility, balance, and endurance, making it an excellent workout for both the body and mind.

🧘 Flexibility & Mobility • 💪 Strength • ⚖️ Balance

KUNDALINI YOGA

Restore your body and calm your mind through breathwork, meditation, gentle movement, and relaxation.

Perfect For

🧘 Flexibility & Mobility • 🌿 Low Impact • 😊 Beginner Friendly • 😌 Stress Relief

PILATES SCULPT

A full-body Pilates workout using suspension straps, rings, and stability balls to strengthen your core while improving balance, posture, and flexibility.

Perfect For

💪 Core • 🧘 Flexibility • ⚖️ Balance • 💪 Strength • 😊 Beginner Friendly