

Maxwell-Gunter Group Fitness

Class Descriptions

Classes are designed to improve cardiovascular fitness, strength and endurance, flexibility, and body composition.

Total Body: All Fitness Levels

You will find this to be the most exhilarating hour of your day. More than just a physical workout, super energetic and motivating, you'll burn calories and increase fitness with interval drills, hill sprints, and speed.

Zumba: All Fitness Levels A fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps

Flexibility: All Fitness Levels Flexibility training involves low-intensity exercises that increase the total range of motion of a joint or group of joints. Flexibility and balance exercises -- which work stability muscles -- can decrease the chance for muscle imbalances, which can throw off your body movement and open the door to falls and injuries. Flexibility and balance training also can boost sports performance and make accomplishing everyday tasks easier.

H.I.I.T: Bldg. 689 Intermediate/Advanced Fitness Levels Interval training of various As-Many-Rounds-As -Possible (AMRAP), Every -Minute- On-The-Minute (EMOM), Tabata, and many more. The exercises are body and equipment such as kettle bells, dumbbells, slam balls, and box jump This type workout is used to incorporate high intensity cardiovascular training to increase overall muscular strength.

PT Enhancement Strength: All Fitness Levels

HARDCORE is the ultimate abs training class which will help you build a strong core and flat abs.

Tabata: All Fitness Levels

Tabata workouts are short in duration and designed to boost post exercise calorie burn so your metabolism keeps burning more calories long after the exercise is over. Within each workout, you will experience short intervals based on Tabata training that delivers a calorie drenching workout and post metabolic

Reboot: All Fitness Levels Reboot workout designed to get you moving, your arms and legs pumping and your heart thumping.

Free Form: All Fitness Levels

Consist of light weight mobility and cardio based exercises. We will place emphasis on mind-muscle connection throughout our movements to keep the mind and body functioning as fluidly as possible.

Pound Class: All Fitness Levels

POUND is a 45-minute group fitness class that combines cardio, conditioning, and strength training with drumming to achieve a full-body workout, with an emphasis on core, legs, and glutes. Lightly weighted drumsticks engineered specifically for exercising are provided, and the workout is designed for all fitness levels, ages, and genders. Come release your inner Rockstar and pound the stress away. There are no mistakes here, only drum solos!

Indoor Cycling: All Fitness Levels

This class is interval-based training on a stationary bike, scalable for all fitness levels. It combines cardio and endurance in a 45-minute, low impact, calorie crunching session!

Schedules can also be found on www.lifeatthemax.us

Instructors: **SW-Shelby AT-Aretha MB-Michelle RH-Rebecca SM-Shevy JC-Jenny**