

Maxwell-Gunter Group Fitness

Class Descriptions

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

Spin: 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.

Body Extreme: All Fitness Levels

Body Extreme is a high impact non-stop melting pot of H.I.I.T training, Circuit, Metabolic Conditioning and muscle strengthening workout.

This particular group exercise builds confidence in self. To be stronger than you have ever been before. Designed for you to have more energy throughout your day and to be in the best shape of your life.

H.I.I.T: Bldg. 689 Intermediate/Advanced Fitness Levels

Stands for 'high intensity interval training' This is type of workout is focused on functional based and multi-joint type of exercises with various type of rest-to-work ratios.

This is great for building muscular and cardio.

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 boost.

Strength Stretch & Flexibility: All Fitness Levels

Strength Stretch/ Flexibility helps with daily activities such as getting out of bed, lifting a child, or squatting to pick something up can become more difficult to do. In addition, inadequate flexibility can affect your athletic performance by preventing you from reaching the full potential, strength, and power of your muscles.

Run/Endurance: Intermediate/Advanced Fitness Levels

Run/Endurance acts as an active recovery based workout from the H.I.I.T workouts in which the intensity is reduced. The average distance for the run is 2.5 to 3 miles.

Yoga: All Fitness Levels

Yoga with an emphasis on breath/body movement. We hold poses, but our focus is on the transition between poses and the body control we develop therein.

Schedules can also be found on www.lifeatthemax.us

Instructors: DE-Donna, JH-Josh, MB-Michelle, RH- Rebecca, MS-Melissa, DP-Dwayne, AT- Aretha, KT- Kristin