

# April 2012 Class Schedule

| Time                  | Sunday | Monday                    | Tuesday                  | Wednesday                 | Thursday                 | Friday                   | Saturday |
|-----------------------|--------|---------------------------|--------------------------|---------------------------|--------------------------|--------------------------|----------|
| 11:45 am<br>– 1:00 pm |        |                           |                          |                           | Fitness Mix<br>w/ Sidney |                          |          |
| 5:00 pm –<br>6:30 pm  |        | Swim School<br>w/ Natalie |                          | Swim School<br>w/ Natalie |                          | Swim School<br>w/Natalie |          |
| 6:45 pm               |        |                           | Training Camp<br>w/ Jeff |                           | Training Camp<br>w/ Jeff |                          |          |
| 7:00 pm               |        | Zumba<br>w/ Sidney        |                          |                           |                          |                          |          |
| 7:30 pm               |        |                           |                          | Boot Camp<br>w/ Jason     |                          |                          |          |

## Class Locations:

**Boot Camp, Fitness Mix, & Zumba are held at Maximum Results Personal Training & Fitness in Boynton Beach**

**Swim School is held at A.D Henderson on the FAU Campus in Boca Ration**

**Training Camp is held at either The Meadow Park or Maximum Results Personal Training & Fitness**

## See Reverse Side for Class Descriptions

*Schedules are subject to change. Please contact Maximum Results for availability information.  
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## Class Descriptions

**Training Camp w/ Jeff:** Maximum Results Training Camp is a group fitness course that takes strength and conditioning techniques used in professional athletics to increase and improve an individual's personal health and fitness level. Class is designed for all fitness levels and abilities.

Cost: 120.00 for 6 weeks (12 consecutive classes) or \$15.00 per Class

***TRAINING CAMP IS HELD AT EITHER THE MEADOWS PARK OR  
MAXIMUM RESULTS PERSONAL TRAINING & FITNESS***

**Zumba w/ Sidney:** Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Cost: \$6.00 per Class

**Fitness Mix w/ Sidney:** Take your basic aerobics class then throw in step, kickboxing, Zumba, body sculpt, abs, Pilates, and stretching and what do you get? A nonstop, sweat filled, fitness party.

Cost: Monthly - \$40.00 for 4 weeks or \$12.00 per class

***FITNESS MIX CLASS SIZE IS LIMITED TO 10 PEOPLE***

**Boot Camp w/ Jason:** Raw Results Pt Boot Camp is a group exercise classes that will help improve your cardiovascular conditioning and muscle endurance through a mixture of strength training, plyometrics, and cardiovascular exercises. The goal of the class is to help improve endurance, and to sculpt and define muscle.

Cost: \$15.00 per class

**Swim School w/ Natalie:** The programs are designed to teach basic water safety, how to swim, proper stroke technique, competitive training, fitness training, and triathlon training, for ages 3 to adult. The philosophy is simple, "Everyone has the right to swim."

Cost: \$40.00 per month (Group Sessions) or \$45.00 for 30 minute private session (please contact for private session)

***SWIM SCHOOL IS HELD AT A.D. HENDERSON UNIVERISTY SCHOOL ON THE FAU BOCA RATON CAMPUS***

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