

MAXED OUT! CLASS DESCRIPTION

Maxed Out! is an 8- week progression-style Boot Camp Class. It is 40 Minutes of intense strength and cardiovascular training in a group exercise environment. The progression style allows participants to gradually adapt their muscles to the intensity of the class while decreasing chances of injury. Each week builds on the past week's workout so continuous participation is highly recommended.

Maxed Out! is set-up with functional training style circuits (balance boards, cables, bands etc.). Each circuit will contain anywhere from 8-15 stations based on the size of the class. Participants will spend one minute at each station and will be timed by the instructor. Timed stations allows for the high intensity and heart pounding workouts. Group warm-ups and cool-downs are provided by the instructor to ensure injury prevention.

Maxed Out! is offered as a high and low impact class. The difference is that low impact does not involve jumping or running. It is perfect for someone whose joints can not withstand high intensity workouts.

Qualifications for the class are:

- Must be currently performing 3 days of week of continuous cardiovascular workout for at a minimum of 30 minutes each
- No orthopedic limitations, cardiovascular conditions or chronic illness
- Clearance from physician to workout

Times and days change from season to season so please call for the latest class update.
513-476-7151