



ANYTIME FITNESS[®]

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|-------------------------------|---|--|
| 9:15-10:15 AM PILATES JULIE | 9:00-10:00 AM BUILD GPT | 9:15-10:15 AM TONE & BUILD CHRIS | 9:00-10:00 AM BURN GPT | 9:15-10:15 AM TONE & BUILD MICHELE | 8:00-9:00 AM SPIN PIERO |
| 10:15-11:15 AM POWER SPIN JULIE | 9:15-10:15 AM YOGA LINA | | 9:15-10:15 AM YOGA LINA | 10:15-11:15 AM ZUMBA CLAUDIA | 9:00-10:00 AM TONE & BUILD MELISSA |
| | | | | | |
| EVENING CLASSES | | | | | |
| 6:00-7:00 PM BUILD GPT | 6:00-7:00 PM YOGA LINA | | 6:00-7:00 PM BURN GPT | 7:00-8:00 PM SPIN & TONE ANGIE | |
| 6:00-7:00 PM SPIN | 7:00-8:00 PM BURN GPT | 6:00-7:00 PM BUNS & THIGHS MELISSA | | <div style="background-color: #4a4a4a; color: white; padding: 10px; text-align: center;"> <h2>2018 GROUP CLASSES SCHEDULE</h2> <p>GPT - GROUP PERSONAL TRAINING PAID PROGRAM DROP IN AND PACKAGE AVAILABLE</p> <p>IF YOU HAVE ANY QUESTIONS OR FEEDBACK PLEASE CONTACT US AT: ROSE.CAPAROTTA@ANYTIMEFITNESS.COM</p> </div> | |
| 7:00-8:00 PM BUNS & THIGHS MELISSA | 7:00-8:00 PM SPIN SABRINA | 7:00-8:00 PM SPIN ANGIE | | | |
| 8:00-9:00 PM YOGA LINA | 8:00-9:00 PM BUNS & THIGHS SABRINA | 8:00-9:00 PM ZUMBA CLAUDIA | 8:00-9:00 PM YOGA LINA | | |



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MAPLE

GROUP PERSONAL TRAINING

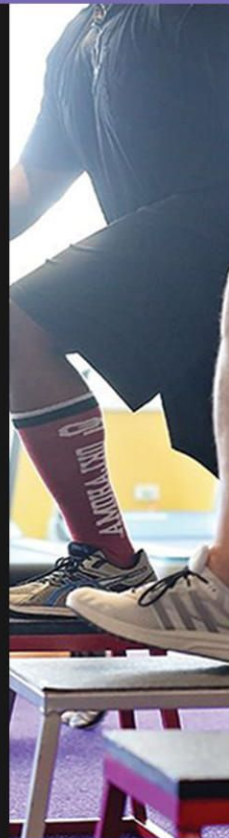
CLASS DESCRIPTIONS

BURN

A WORKOUT FOR ALL LEVELS THAT IS MORE METABOLIC IN NATURE, BUT ALSO PROVIDES FUNCTIONAL, FULL-BODY STRENGTH TRAINING. "MANY PEOPLE STRENGTH TRAIN WITH WEIGHTS, WHILE OTHERS DO CARDIO - SOMEWHERE IN BETWEEN IS BURN. BURN IS THE ULTIMATE FAT LOSS WORKOUT. NOT ONLY WILL YOU BURN UP TO 1,000 CALORIES AN HOUR, BUT YOU WILL CONTINUE TO BURN FAT AND CALORIES UP TO 48 HOURS AFTER YOUR WORKOUT."

BUILD

A WORKOUT FOR ALL LEVELS THAT IS MORE STRENGTH BASED, WITH LOWER REPS AND HIGHER WEIGHT. "WANT TO GET STRONGER, SLIMMER, AND MORE ATHLETIC? WORKING WITH HEAVIER LOADS AND FEWER REPS MEANS MORE STRENGTH, WITHOUT BULK. THIS PROGRAM COMBINES OLD-SCHOOL METHODS AND MODERN SCIENCE TO ACHIEVE BETTER STRENGTH AND CONDITIONING."



SCHEDULE

MONDAYS
BUILD 6:00-7:00PM

TUESDAYS
BUILD 9:00-10:00AM
BURN 7:00-8:00PM

THURSDAYS
BUILD 9:00-10:00AM
BURN 6:00-7:00PM

SIGN UP AT THE CLUB



INQUIRIES

EMAIL: MAPLEON@ANYTIMEFITNESS.COM

TEL: 905-417-2442

Group *Training*

Get started today!

