



MAXFIT is a members-only bootcamp style workout that mixes traditional body weight exercises with interval and strength training! Nutrition and diet guidance is also included.

SESSIONS

Tuesdays @ 6pm

Wednesdays @ 9:30am

Fridays @ 9:15 am

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NEXT SESSION
START DATES...

get fit... get
MAXFIT

\$88/members
register today
410-734-7300

