

WINTER FITNESS FUN

- Beginning: Monday 15TH OCTOBER
- Ending: Saturday 22ND NOVEMBER
- Duration: 6 Weeks

For Booking & Enquiries:

- JMC: 07761682732
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COACHING STAFF

John Mc Mahon
Johnnie Mc Kee

J MAX TRAINING OPTIONS

-FEMALE TOTAL BODY BLITZ - Total Body High Intensity - Metabolic Resistance Training. Key to Fat Loss.	Maximum 16 People In Group
-FEMALE STRENGTH - Individually Programmed: Strength Training, Fat Loss, Body Toning, Body Shaping.	Maximum 16 People In Group
-MALE STRENGTH & CONDITIONING - Individually Programmed: Muscle Building, Strength Training, Fat Loss.	Maximum 16 People In Group
-MIXED GROUP TRAINING - Individually Programmed: Female & Male: Strength Training, Fat Loss, Body Toning, Body Shaping, Muscle Building*	Maximum 20 People In Group
NEW *BOXING & FITNESS – Mixed Group Training. *AFTER SCHOOLS STRENGTH & FITNESS – Mixed Training. Must be 14+ *50 & FIT – Mixed Group Training.	Maximum 16 People In Group

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GROUP	TIME	GRUP	TIME	GROUP	TIME	GROUP
		6.15Am-7.00Am	Female Total Body Blitz	6.15Am-7.00Am	Female Strength	6.15Am-7.00Am	Female Total Body Blitz	6.15Am-7.00Am	Female Strength	8.00Am-9.00Am	Female Strength		
		7.00Am-8.00Am	Male Strength & Conditioning	3.30Pm-4.30Pm	*NEW* After Schools Strength & Fitness	7.00Am-8.00Am	Male Strength & Conditioning			9.00Am-10.00Am	Female Total Body Blitz		
		9.15Am-10.00Am	Female Total Body Blitz			9.15Am-10.00Am	Female Total Body Blitz	9.15Am-10.00Am	*NEW* 50 & FIT	10.00Am-11.15Am	Male Strength & Conditioning		
6.00Pm-6.45Pm	Female Total Body Blitz	6.15Pm-7.15Pm	Female Strength	6.30Pm-7.45Pm	Mixed Group Training	6.00Pm-6.45Pm	Female Total Body Blitz	6.30Pm-7.45Pm	Mixed Group Training				
6.45Pm-7.30Pm	Female Total Body Blitz	7.15Pm-8.30Pm	Male Strength & Conditioning			6.45Pm-7.30Pm	Female Total Body Blitz						
8.00Pm-9.00Pm	*NEW* Boxing & Fitness	8.30Pm-9.30Pm	Mixed Group Training			7.30Pm-8.45Pm	Male Strength & Conditioning						

CLOSED