



Athlete Class Schedule

Open to In-Season & Out-of-Season Athletes
Small group setting - limited to 10 participants per class
Led by a certified personal trainer
Increasing Strength, Power, and Performance

3x/week
\$230/Mo

2x/week
\$180/Mo

Middle School Class

High School Class

MON

TUES

WED

THUR

FRI

High School
6:00AM

High School
6:00AM

High School
6:00AM

High School
6:00AM

High School
6:00AM

High School
3:00PM

High School
3:00PM

High School
3:00PM

High School
3:00PM

High School
3:00PM

Middle School
4:00PM

Middle School
4:00PM

Middle School
4:00PM

Middle School
4:00PM

High School
4:00PM

High School
4:00PM

High School
4:00PM

High School
4:00PM

Middle School
5:00PM

Middle School
5:00PM

High School
5:00PM

High School
5:00PM



(717)298-6117



INFO@MAXMTC.COM



WWW.MAXMTC.COM



maximizehealthandfitness