

MAXIMUM FITNESS 24/7

Membership Discounts for all FCPS Employee's!!

Located in Walkersville Maryland, accessible via MD-26 and MD-194, Maximum Fitness is a veteran owned and operated full service fitness club. Members receive a key job for 24 hour access, which better promotes a NO WAIT time on equipment and accommodates those with busy lifestyles. Maximum Fitness has recently partnered up with the FCHS Football team to lead their strength and conditioning program and would like to extend services by offering the following to all FCPS employees:

- \$0 Enrollment Fee
- \$24.99 Monthly Membership
- Complimentary Personal Training Session
- Free Weekly Group Exercise Classes

Group Exercise Schedule

Mon:	5:30 – 6:15 PM	Barre Mini (Children 8+ or dance experience)
	6:30 – 7:00 PM	Barre Fly (Adults)
	7:00 – 8:00 PM	Zumba
Tue:	7:00 – 8:00 PM	BANG Power Dance
Wed:	6:00 – 7:00 PM	Yoga
	7:00 – 8:00 PM	BANG Power Dance
Thurs:	7:00 – 8:00 PM	BANG Power Dance

Onsite and Offsite Programs

Health and Wellness Workshop: Health and Wellness Coaching is an excellent tool to assist you in progressing down the path of behavior change in order to reach your optimal health. During these coaching sessions, the coach will walk with you through the process of developing and implementing your own personal wellness plan. These plans can address any number of variables related to your personal health and wellness including but not limited to weight loss, nutrition, physical activity, smoking cessation, and stress management. The coaching sessions can be completed either individually or in small groups if addressing similar aspects of health.

Massage and Trigger Point Therapy: Trigger point myotherapy also known as neuromuscular therapy or sometimes massage therapy consists of alternating levels of concentrated pressure on the areas of muscle spasm. Trigger point therapy is not only beneficial for those that are active, but also for individuals with no or irregular physical activity.

One-on-One & Group Training

Rehab training: Total body training, reconditioning and rehabilitation program that incorporates six components of training — flexibility, cardiorespiratory, core, balance, power and strength. This approach is successful in training, reconditioning and rehabilitating elite, college, high school and recreational athletes alike. Rehab training also has proven successful with the general health club population by decreasing body fat, increasing lean muscle mass and improving overall health.

Injury Prevention: Corrective Exercise is one of the most important components of a comprehensive exercise program. Regardless of athletic ability or fitness level, almost every person has some degree of dysfunction that increases the chance for injury. A complete evaluation will be completed to determine any weaknesses and imbalances, so that they can be properly addressed.

Athletic Training: Our Certified Personal Trainers collaborate with medical personnel and develop training programs based on clinical diagnosis. In addition to physical therapy, strength and conditioning, coupled with speed and agility programs often promotes faster recovery. The clinical diagnosis will determine the best program for the client to pursue.

TRX: Consists of exercises that develop strength, balance, flexibility and core stability simultaneously. We focus on push, pull, lunge, rotation, squat, balance and stabilization. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises.

Cross Training: Bored with your exercise program? Hit a plateau? Want to improve health, enhance weight loss, and reduce the risk of injury? Then Cross Training is for you! Cross training is a method that uses different types of exercises from different sports to improve performance and health. This course will incorporate routines from multiple different sport activities that will engage your muscles, challenge your mind, and take your training to a different level!

Hard Core: Time to strengthen that core! Core training offers multiple benefits which include reducing back pain, improving mobility, improving strength, improving posture, sliming the waist line and enhancing performance in all areas of life. This course will challenge and benefit athletes (you have sneakers...you are an athlete) of all levels. Exercise modifications are always provided when needed so all are welcome! Core training is the fountain of youth!

High Intensity Interval Training (HIIT) 101: Turn it up! HIIT is a form of cardiovascular training that alternates bursts of intense exercise with short rest periods. Translation: This is a fast pace, heart pumping thrill ride that will leave you standing in a pool of your own sweat. Studies show that 15 minutes of HIIT burns more calories than jogging on a treadmill for an hour. Plus it is fun!

Circuit Training: Circuit training keeps your heart rate up and targets the whole body for a complete workout! This class consists of short bursts of resistance exercises using only body weight, and/or light to moderate weights with frequent repetitions, followed quickly by another burst of exercises targeting different muscle groups utilizing strength, power, endurance, speed, flexibility, coordination and balance.

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