














2011 FALL CLASS SCHEDULE

longevity **max** fitness

CLUB HOURS: Mon-Thu 4am – 10pm, Fridays 4:am – 9pm Weekends: Sat/Sun 8am – 5pm

CHILDCARE HOURS: Mon-Thu: 8:30a-11:30a, 5p-7:30p Fri: 8:30a-11:30a, (5p-7p starting 4/22) Sat: 8:30a-11:30a

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:30am						8:30am – 10:00am MORNING AFTER FAT BLASTER 1 1/2hr Cardio Class	
9:00am	FAT BLASTER Hi-Lo Aerobics Paula	KICKBOXING Kickboxing with Bags Valerie	FAT BLASTER Hi-Lo Aerobics Paula	KICKBOXING Kickboxing with Bags Valerie	FAT BLASTER Hi-Lo Aerobics Paula		
10:00am	CORE & MORE Strength & Toning Paula	YOGA + Yoga + Pilates Rose	CORE & MORE Strength & Toning Paula	YOGA + Yoga + Pilates Rose	STRENGTH & ABS Valerie	POWER YOGA Ashtanga Shannon 10am - 12am DEFENSIVE TACTICS Ray Sims	
11:00am	SENIOR AEROBICS Low Impact Aerobics & Toning with Pam		SENIOR AEROBICS Low Impact Aerobics & Toning with Pam		SENIOR AEROBICS Low Impact Aerobics & Toning with Pam	Boot Camp Room	
5:30pm	X- KICKBOXING Cardio Kick with Bags & Bands Steve	KICKBOXING Cardio/Conditioning Steve	X- KICKBOXING Cardio Kick with Bags & Bands Steve	KICKBOXING Cardio/Conditioning Steve	 Check in to Places to get Deals & SAVE!	 Home of:   COME TRY IT FREE 7:00PM-8:30PM  CAPOEIRA Brazilian Martial Arts \$ Kicking, Sparring, Stretching, Acrobatics & Self Defense Techniques Xodo Vero Beach Capoeira  Brazilian Martial Arts Learn More about Vero Beach Capoeira at www.verobeachcapoeiraabada.com	
6:30pm	 Latin Dance Aerobics Lena	EXTREME STEP Step Training Paula Boot Camp Room	POWER YOGA Ashtanga Shannon	 Latin Dance Aerobics Lena	EXTREME STEP Step Training Paula Boot Camp Room		POWER YOGA Ashtanga Shannon
7:30pm	NEW CAPOEIRA KIDS! \$	 DEFENSIVE TACTICS Self Defense Training Class Ray Sims	NEW CAPOEIRA KIDS! \$	 Like FACEBOOK! @LongevityFitness	NEW CAPOEIRA KIDS! \$		NEW CAPOEIRA KIDS! \$
8:00pm	 CAPOEIRA Brazilian Martial Arts \$ Xodo Vero Beach Capoeira		 CAPOEIRA Brazilian Martial Arts \$ Xodo Vero Beach Capoeira		 CAPOEIRA Brazilian Martial Arts \$ Kicking, Sparring, Stretching, Acrobatics & Self Defense Techniques		
NEW! Capoeira Kids is a children's Brazilian martial arts class. Monday from 7:30 & Fridays 6:30pm. Kids will learn the history of capoeira, Portugues, acrobatics, self defense and music. For kids of all ages, boys or girls at any physical ability, no experience necessary. The class will be \$40 per month. Look for Capoeira Vero Beach on Facebook!							

\$ = Paid program. First visit is FREE. Ask for details on all our programs.

LONGEVITY MAX: 778-PUMP (7867) - 970 14TH Lane Vero Beach, FL 32960 (Behind Outback Steakhouse)

www.Longevity-max.com