








GROUP FITNESS CLASS SCHEDULE 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30am COMPLETE LIFT (UPPER BODY/ABS) ()	7-7:30am (30 min.) COMPLETE CARDIO (Kevin)	6-7am COMPLETE YOGA (Meghan)	7-7:30am (30 min.) COMPLETE CARDIO (Jackie)	9:15-10:15am COMPLETE BOOTCAMP  (Kevin)	8-9am COMPLETE YOGA (Meghan)
9-10am COMPLETE BOOTCAMP  (Jodi)	7:30 - 8am COMPLETE HIIT (Kevin)	9-10am COMPLETE LIFT (UPPER BODY/ABS) (Peter)	7:30 - 8am COMPLETE HIIT (Jackie)	10:25 -11:25am COMPLETE LIFT (LEGS/BUTT/ABS) (Kevin)	9-10am (60 min) COMPLETE CARDIO (Lourdes)
1:00-2:00pm (60 min) COMPLETE CARDIO (Nancy)	9-10am COMPLETE BOOTCAMP  (Suzanne)	10:30-11:30 COMPLETE LIFT (LEGS/BUTT/ABS) (Peter)	9-10am COMPLETE BOOTCAMP  (Suzanne)	4:30pm – 5pm (30 min.) COMPLETE CARDIO (Nancy)	9-10am COMPLETE BOOTCAMP  (Janet)
5:30 – 6:00pm (30 min.) COMPLETE CARDIO (Nancy)	12-1pm COMPLETE YOGA (Krishna)	12:15-12:45pm (30 min.) COMPLETE CARDIO (Peter)	12-1pm COMPLETE YOGA (Krishna)	5 – 5:30pm (30 min.) COMPLETE HIIT (Nancy)	10-11pm COMPLETE LIFT (LEGS/BUTT/ABS) (Janet)
6:00 – 6:30pm (30 min.) COMPLETE HIIT (Nancy)	6:30pm- 7pm COMPLETE CARDIO (Janet)	6:30pm- 7pm COMPLETE CARDIO (Suzanne)	6:30-7:00pm COMPLETE CARDIO (Peter)		
6:30-7:30 COMPLETE BOOTCAMP  (Janet)	7 – 7:30pm COMPLETE HIIT (Janet)	7 – 7:30pm COMPLETE HIIT (Suzanne)	7:30-8:30pm COMPLETE YOGA (Michelle)		
	7:30-8:30pm COMPLETE BOOTCAMP  (Jackie)	7:30-8:30pm COMPLETE BOOTCAMP  (Kevin)			
				Sunday	
				9 - 10:00am (60 min) COMPLETE CARDIO (Lourdes)	10 – 11am COMPLETE LIFT (UPPER BODY/ABS) (Peter)



More details about the classes on back.

Complete™ Cardio - a cardio program with changing intervals of spin, rowing, jump rope and strength circuits. Each circuit is timed and the pace is differentiated for the desired effect of maximum calorie burning. Complete Cardio has 30 minute and 60 minute options to fit into your busy schedule and cater to your fitness level.

Complete™ Bootcamp - a full body circuit that incorporates kettlebells, TRX and bodyweight exercises. Our Boot camp maintains a steady pace to keep your heart rate up while strengthening your entire body and increasing total body functionality. From your delts to your legs to strengthening your core, be prepared to get on all fours and work the entire floor!

Complete™ Yoga - A restorative yoga program to balance your higher intensity training while improving mobility, core strength, flexibility and inner chi! Ohmmm.

Complete™ Lift (legs/butt/abs) or (upper body/abs) - is a lower or upper body strengthening and sculpting workout. We utilize traditional weights, kettlebells, TRX and your body weight while maintaining a steady working pace. Always changing, always working you, from your *pecs* to your *legs*, *butt* to your *core* you will look better and be stronger!

Complete™ HIIT – a 30 minute high intensity interval training workout to increase calorie burning while also strengthening your cardiorespiratory system, annihilating belly fat and working your *complete* body! Our HIIT is guaranteed to increase calorie afterburn; it's 30 minutes for a reason!

Intensity Levels:

All classes are modified for beginner and advanced trainees.