

GROUP FITNESS CLASS SCHEDULE

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

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.

Cardio Rebounder - Trampoline your way through a total body cardio/core/sculpt workout emphasizing the entire body while preserving your joints from impact!

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!

30 & 60 min. variations available.

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!

Complete™ Stretch & Roll – a unique 45 minute low intensity mobility & flexibility class. We'll take you through movements that increase mobility, then perform deep compression within your muscles using foam rollers and finally release your muscles entirely through static and PNF stretching.

Intensity Levels:

All classes are modified for beginner and advanced trainees.

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