

# GROUP FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 9:45am <b>COMPLETE LIFT</b> (UPPER BODY/ABS) (Damien) 	7am – 7:55am <b>COMPLETE CARDIO</b> (Nikki) 	9:15-10:15am <b>COMPLETE LIFT</b> (LEGS/BUTT/ABS) (Peter) 	9:00-9:45am (45 min) <b>TRX CORE &amp; YOGA HYBRID</b> (Damien) 	9:15-10:15am <b>COMPLETE BOOTCAMP</b> (Cassandra) 	9-10am (60 min) <b>COMPLETE CARDIO</b> (Nikki) 
10:15- 10:45pm (30 min) <b>COMPLETE MOBILITY</b> (Peter) 	9:15-10:15am <b>COMPLETE BOOTCAMP</b> (Cassandra) 	10:20-10:50:am (30 min) <b>COMPLETE HIIT</b> (Peter) 	10:15-11:00am (45 min) <b>KB BOOTCAMP</b> (Peter) 	10:25 -11:25am <b>COMPLETE LIFT</b> (LEGS/BUTT/ABS) (Cassandra) 	10:30am – 11am (30 min) <b>COMPLETE HIIT</b> (Damien) 
6:15-7:15pm <b>COMPLETE LIFT</b> (LOWER BODY/ABS) (Damien) 	6:15pm- 7:00pm (45 min) <b>KB BOOTCAMP</b> (Peter) 	6:30 – 7:30pm <b>COMPLETE LIFT</b> (UPPER BODY/ABS) (Damien) 	6:30-7:00pm (30 min) <b>COMPLETE CARDIO 30</b> (Nancy) 	4:30pm – 5pm (30 min.) <b>COMPLETE CARDIO 30</b> (Akeem) 	11:00am – 12pm <b>COMPLETE YOGA</b> (Damien) 
7:15-8:15pm <b>COMPLETE YOGA</b> (Damien) 	7:15 - 8:15pm <b>COMPLETE YOGA</b> (Noel) 	7:30-8:30pm <b>TRX CORE &amp; YOGA HYBRID</b> (Damien) 	7:00 – 7:30pm (30 min) <b>COMPLETE LIFT 30</b> (LEGS/BUTT/ABS) (Nancy) 	5 – 6:00 pm (60 min.) <b>COMPLETE BODY LIFT</b> (Akeem) 	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"><b>Sunday</b></div> 9 - 10am (60 min) <b>COMPLETE CARDIO</b> (Damien) 
			7:30-8:30pm <b>COMPLETE YOGA</b> (Damien) 		10am – 11am <b>COMPLETE BOOTCAMP</b> (Damien) 

**FUNCTIONAL ROOM HOURS:**  
 MON, WED, FRI 9AM-9PM | TUES 7AM - 9PM  
 THURS 7:45AM – 9PM | SAT, SUN 9AM -2PM

**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. Each trainer has a different take on the class so try them all!

**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™ Body Lift** – Is a fast paced lift program that will work your entire body while burning tons of calories both during and after your workout. Get stronger & leaner with our Complete Body Lift workout.

**KB Bootcamp**– a full body circuit that incorporates the use of kettlebells more-so than our Complete Bootcamp. The emphasis of bodyweight exercises and kettlebells will ensure greater functional strength and mobility while burning tons of calories!

**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™ Mobility**– a unique 30 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.

**TRX™ Core & Yoga** - TRX for Yoga suspension training makes advanced poses more accessible by eliminating any fear of falling, & boosting essential core strength. The TRX will enable you to move into poses you wouldn't normally be able to.

#### Intensity Levels:

All classes are modified for beginner and advanced trainees.