

# GROUP FITNESS CLASS SCHEDULE

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|--|---|
| 9:00 – 9:45am<br><b>COMPLETE LIFT</b><br>(UPPER BODY/ABS)<br>(Michelle)  | 9:00 - 9:45am<br><b>COMPLETE BOOTCAMP</b> <br>(Nancy)             | 9:15-10:15am<br><b>COMPLETE LIFT</b><br>(LEGS/BUTT/ABS)<br>(Peter)     | 9:00-9:45am (45 min)<br><b>TRX BOOTCAMP</b><br>(Michelle)                          | 9:00-9:45am (45 min)<br><b>COMPLETE BOOTCAMP</b> <br>(Michelle) | 9:30 - 10:30am (60 min)<br><b>COMPLETE CARDIO</b> <br>(Nikki)      |
| 6:30-7:30pm<br><b>COMPLETE LIFT</b><br>(LOWER BODY/ABS)<br>(Damien)      | 5:15- 5:45pm (30 min)<br><b>MOBILITY FOR CLIMBERS</b><br>(Peter)  | 6:30 – 7:30pm<br><b>COMPLETE LIFT</b><br>(UPPER BODY/ABS)<br>(Damien)  | 10:15-11:00am (45 min)<br><b>KB BOOTCAMP</b> <br>(Peter)                           | 4:30pm – 5pm (30 min.)<br><b>COMPLETE CARDIO 30</b> <br>(Nancy) | 10:30am – 11am (30 min)<br><b>COMPLETE HIIT</b> <br>(Damien)       |
| 7:30-8:30pm<br><b>COMPLETE YOGA</b> <br>(Damien)                         | 6pm- 6:45pm (45 min)<br><b>CLIMB FIT</b> <br>(Peter)              | 7:30-8:30pm<br><b>COMPLETE YOGA</b> <br>(Damien)                       | 6:30-7:00pm (30 min)<br><b>COMPLETE CARDIO 30</b> <br>(Damien)                     | 5 – 6 pm (60 min.)<br><b>COMPLETE BODY LIFT</b> <br>(Nancy)     | 11:00am – 12pm<br><b>COMPLETE YOGA</b> <br>(Damien)                |
|   | 7:15 - 8:15pm<br><b>COMPLETE YOGA</b> <br>(Noel)                 |   | 7:00 – 7:30pm (30 min)<br><b>COMPLETE LIFT 30</b><br>(LEGS/BUTT/ABS)<br>(Damien)  |  |   |
|   |  |   | 7:30-8:30pm<br><b>COMPLETE YOGA</b> <br>(Damien)                                 |  |   |
| <b>Sunday</b>   |  |   |   |  |   |
|   |  |   |   |  | 10:30 – 11:30am (60 min)<br><b>COMPLETE BODY LIFT</b> <br>(Nancy) |
|   |  |   |   |  | 11:30am – 12pm (30 min)<br><b>CARDIO PLYO</b><br>(Nancy)  |
|   |  |   |   |  | 12pm – 12:30pm (30 min)<br><b>FAMILY FIT FUN</b><br>(Nancy)   |

**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.

**Climb Fit**– a full body circuit that incorporates the use of our campus board & hang board, kettlebells, steel clubs & bodyweight to improve your climbing strength & endurance.

**Family Fit Fun** - Fun for all the family with fitness meant to be with your partner, your child, or just with you and the trainer. There are bands, stretching, and sport like activities to build concentration and competition in a friendly manner. Children as young as 5 are welcome.

**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!

**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!

**Mobility for Climbers (M4L)** – a quick but effective movement oriented class to improve mobility and endurance within your hips, shoulders and spine. Reach new heights with this mobility program.

**Cardio Plyo** - Using trampolines, jumping jacks, and any high thrust movements to get the heart rate up, but also find stability and agility in interval exercises. Some core, rowing and cycling will be woven through the class with box hurdles to help you hop into a stronger and healthy you.

**TRX Boot Camp** – a full body circuit that incorporates the use of bands, TRX and bodyweight exercises. Our Boot camp revs up your heart rate while strengthening your entire body and increasing total body functionality. *Burn, baby, burn!*

#### Intensity Levels:

All classes are modified for beginner and advanced trainees.