



THE STUDIOS

GROUP FITNESS CLASS SCHEDULE

130 RHODES STREET
NEW ROCHELLE, NY 10801
914-636-1004
WWW.PINEBROOKFITNESS.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 9:45am COMPLETE LIFT (UPPER BODY/ABS) (Michelle)	6:15am- 7am (45 min) STRENGTH +CARDIO (Damien)	9:15-10:15am COMPLETE LIFT (LEGS/BUTT/ABS) (Peter)	9:00-9:45am (45 min) COMPLETE YOGA (Telisha)	9 - 10am COMPLETE BOOTCAMP (Andrew)	9-30 - 10:30am (60 min) COMPLETE CARDIO (Damien)
6:30-7:30pm COMPLETE LIFT (UPPER BODY/ABS) (Andrew)	9 - 10am COMPLETE BOOTCAMP (Andrew)	6:30-7:30pm COMPLETE LIFT (LOWER BODY/ABS) (Andrew)	10:15-11:00am (45 min) KB BOOT CAMP (Peter)		10:30am – 11am (30 min) COMPLETE HIIT (Damien)
7:30-8:30pm COMPLETE YOGA (Kristina)	5:30- 5:45pm (15 min) ULTRA-HIIT (Peter)	7:45 - 8:45pm COMPLETE YOGA (Telisha)	6:30-7:00pm (30 min) COMPLETE CARDIO 30 (Damien)		11:00am – 12pm COMPLETE YOGA (Damien)
	6pm- 6:45pm (45 min) KB BOOT CAMP (Peter)		7:00 – 7:30pm (30 min) GUTS & BUTTS 30 (LEGS/BUTT/ABS) (Damien)		
	7:30 - 8:30pm COMPLETE YOGA (Noel)		7:30-8:30pm CORE POWER YOGA (Damien)		
					Sunday
					10:30 – 11:30am (60 min) COMPLETE BODY LIFT (Damien)
					11:30am – 12pm (30 min) FAMILY FIT FUN (Damien)

FUNCTIONAL ROOM HOURS:
MON, WED, FRI 9AM-9PM | TUES 7AM - 9PM
THURS 7:45AM – 9PM | SAT, SUN 9AM-3PM

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. 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.

ULTRA HIIT – a full body, super quick, high intensity workout that will get your heart pumping and your muscles burning. It may only be for 15 minutes but the after burn will last for 24 hours or more!

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!

CORE Power Yoga – : A challenging yet fun yoga flow that strengthens the abdominal muscles and builds endurance. Peacefully ending with a long deep relaxation in Savasana..

Strength +Cardio – Strength exercises with core, rowing and cycling all integrated into a high paced class. Workout your muscles and heart alike!

Guts & Butts - A 30 minute sculpting class focusing primarily on your butt and core for that Kardashian look. 😊

Intensity Levels:

All classes are modified for beginner and advanced trainees.