

# COMPLETEBODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BUTT &amp; GUT</b> Maeve 7:00 am / 45 min	<b>SPIN</b> Imelda 6:30 am / 45 min	<b>BODY SCULPT</b> Maeve 7:00 am / 45 min	<b>BARRE FUSION</b> Jacqueline 7:00 am / 45 min	<b>YOGA VINYASA FLOW</b> Maria (Main Studio) 7:00 am / 45 min		
	<b>BARRE FUSION</b> Maeve 7:00 am / 45 min		<b>SPIN</b> Imelda 7:00 am / 45 min		<b>YOGA VINYASA FLOW</b> Deb (Main Studio) 9:00 am / 1 hour	
<b>YOGA VINYASA FLOW</b> Marina (Upstairs Studio) 12:15 pm / 45 min	<b>SPIN</b> Imelda 12:15 pm / 45 min	<b>YOGA VINYASA FLOW</b> Marina (Upstairs Studio) 12:15 pm / 45 min	<b>SPIN</b> Tony 7:00 am / 45 min	<b>SPIN</b> Imelda 7:00 am / 45 min		
<b>CIRCUIT25</b> Konstantin 12:15 pm / 45 min	<b>BUTI YOGA</b> James (Upstairs Studio) 12:15 pm / 45 min	<b>Pop Up BODY BOUNCE</b> Kiki 12:15 pm / 45 min	<b>ASHTANGA YOGA</b> Caryn (Upstairs Studio) 12:15 pm / 45 min	<b>BODY SCULPT</b> Konstantin 12:15 pm / 45 min	<b>CIRCUIT25</b> Konstantin 12:15 pm / 45 min	
	<b>BODY SCULPT</b> Chantal 12:15 pm / 45 min		<b>CIRCUIT25</b> Kiki 12:15 pm / 45 min			
<b>CORE &amp; STRETCH</b> Konstantin 1:15 pm / 45 min				<b>CORE &amp; STRETCH</b> Marina 1:15 pm / 45 min		<b>YOGA VINYASA FLOW</b> Smita 4:30 pm / 1 hour
<b>SPIN+CORE</b> Toni 1:15 pm / 45 min	<b>BUTT &amp; GUT</b> Chantal 1:15 pm / 45 min	<b>BARRE FUSION</b> Joanna 1:15 pm / 45 min	<b>BARRE FUSION</b> Yung-Li 1:15 pm / 45 min		<p><b>CompleteBody offers a variety of group fitness classes, including HIIT programs like the very popular Circuit25 or Ballet based Barre Fusion. For those looking for a low impact class to engage your core and give you better flexibility, then try out our Pilates, Yoga and Buti Yoga classes. CompleteBody also has Immersive Spin Classes and Zumba to add extra excitement and high-energy to your workouts.</b></p> <p><b>Let us take You to the Next Level</b></p>	
<b>COMPLETE CORE</b> Marvin 5:30 pm / 30 min				<b>Slow Flow &amp; Restore</b> Marina (Main Studio) 5:30 pm / 45 min		
<b>SPIN</b> Toni 6:30 pm / 45 min	<b>CIRCUIT25</b> Chantal 6:00 pm / 45 min	<b>CARDIO BOXING</b> Marvin 6:00 pm / 45 min	<b>BURN</b> Toni 6:00 pm / 45 min			
<b>CARDIO BOXING</b> Marvin 6:30 pm / 45 min	<b>YOGA VINYASA FLOW</b> Smita (Upstairs Studio) 6:30 pm / 1 hour	<b>SPIN</b> Jeff 6:30 pm / 45 min	<b>YOGA VINYASA FLOW</b> Maria (Upstairs Studio) 6:30 pm / 1 hour			
	<b>ZUMBA</b> Guillermo 7:00 pm / 1 hour	<b>BODY SCULPT</b> Chantal 7:00 pm / 45 min	<b>CIRCUIT25</b> Lloyd 7:00 pm / 45 min			
<b>ASHTANGA YOGA</b> Caryn (Upstairs Studio) 7:30 pm / 45 min	<b>SPIN</b> Toni 7:00 pm / 45 min	<b>YOGA VINYASA FLOW</b> Maria (Upstairs Studio) 7:30 pm / 1 hour	<b>SPIN</b> Imelda 7:00 pm / 45 min			

# CLASS DESCRIPTIONS

**Circuit25** – 25 is the magic number. Every session has 25 minutes focused on body-transforming body weight exercises, and another 20 minutes that hit you with cardio, core and a cool down. Your pace, your workout.

**Body Sculpt** - This class combines strength training exercises with cardio intervals to keep the heart rate up and burn calories. Work all major muscles groups through total body moves with dumbbells and kettle bells. Each class ends with a five minute core blast. Great for men and women who want to build strength and endurance in a supportive, high energy environment.

**Burn** – This class keeps your heart rate pumping, and works every major muscle group. Burn body fat and tone muscle, using a variety of equipment and body weight exercises

**Cardio Boxing** – Learn the fundamentals of boxing. The warm up consists of skip-ping, calisthenics and a core workout. You'll then learn the technique of the day, followed by a guided simulation. Note: there is no sparing in this class.

**Complete Core** - A strong core is the foundation of a healthy body! Take this class and challenge yourself, while strengthening your lower back, toning and sculpting your midsection.

**Butt&Gut**– Shape & tighten your glutes & thighs while working to shred fat and sculpt your core. This 45 min strength training workout uses a mix of fitness equipment to transform the lower body.

**Jump Circuit**– This workout consists of multiple stations that target different areas of the body and builds endurance. The trampoline creates a low impact workout yet the level of intensity up to you. ( Sign in is required at front desk)

**Zumba** – a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be “FUN AND EASY TO DO.” The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body

**Barre Fusion** - Uses elements of ballet and Pilates to sculpt a long, lean body. Exercises are done at the barre, on the floor, and on the mat to target every muscle, even ones you never knew you had

**Spin/Spin+Core** - is a high energy 45 minute indoor cycling class led by a motivating instructor and accompanied by the instructor's unique playlist of powerful and energizing music./ +15 min strengthening core workout

**Ashtanga Yoga** - A vigorous, dynamic flowing vinyasa, which connects one posture to another through the breath. The foundation of this movement is the sun salutation.

**YOGA FLOW (Vinyasa)** - An open level alignment driven class to strengthen and open the body. We flow through the postures, linking the breath to movements, encouraging a calm self-awareness and vibrant energy.

**Pilates Mat** - Emphasizes diaphragmatic breathing to strengthen the core and tone the arms and legs. This workout is perfect for those who want a low-impact challenge.

**Yogalates** - Mix the strength and flexibility of yoga with the toning and lengthening of Pilates, and you've got Yogalates! Classes include sun salutations, a series of yoga poses, and Pilates exercises to create firm, lean muscles.

**Yoga/Stretch** - Finish your week right with giving yourself a big dose of TLC, start your weekend bliss with this soothing , yoga class. ZEN FRIDAYS will revitalize and restore your body and will calm your nervous system. We will focus on gentle movement, stretching, breathe awareness and guided meditation . (ZEN FRIDAYS is beginner friendly).

**Buti Yoga** – A soulful blend of power yoga, tribal dance and deep abdominal toning. We train the core using the Spiral Structure technique created by founder Bizzie Gold that transforms the way the body looks and performs almost instantly. Many students say they notice a change in their abdominal structure even during their first class. Bring water.”

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**Notes:** Please advise the instructor if you are pregnant or have any injuries / limitations. Class duration also includes 2-5 minutes transition time. Arrive on time, no one permitted 10 minutes after session begins.

## **The Importance of Eating Before Your Workout**

Whether you eat or don't eat before exercise, research shows the body burns the same amount of fat. However, you can actually cause muscle loss if you regularly work out on an empty stomach. Plus, if you exercise on an empty stomach, you're not giving yourself the fuel you need to power through an intense training session.

## **The Importance of Eating After Your Workout**

During exercise, your body taps the fuel stored in your muscles known as glycogen for energy. After you've cranked out that last rep, your muscles are depleted of their glycogen stores and broken down. Eating (or drinking) something that combines protein and carbohydrates 30 minutes to an hour after your workout re-fills energy stores, builds and repairs your muscles that were broken down, and helps keep your metabolism