

COMPLETEBODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BUTT & GUT Maeve 7:00 am / 45 min	SPIN Imelda 7:00 am / 45 min	BODY SCULPT Maeve 7:00 am / 45 min	LES MILLS BODYPUMP Lloyd 7:00 am / 1 hour	YOGA VINYASA FLOW Maria (Main Studio) 7:00 am / 45 min		
	BARRE FUSION Maeve 7:00 am / 45 min		BARRE FUSION Jacqueline (Upstairs Studio) 7:00 am / 45 min		YOGA VINYASA FLOW Deb (Main Studio) 9:00 am / 1 hour	
YOGA VINYASA FLOW Marina (Upstairs Studio) 12:15 pm / 45 min	SPIN Imelda 12:15 pm / 45 min	YOGA VINYASA FLOW Marina (Upstairs Studio) 12:15 pm / 45 min	SPIN Tony 12:15 pm / 45 min	SPIN Imelda 12:15 pm / 45 min		
LES MILLS BODYPUMP Konstantin 12:15 pm / 45 min	BUTI YOGA James (Upstairs Studio) 12:15 pm / 45 min	LES MILLS BODYPUMP Candice 12:15 pm / 45 min	ASHTANGA YOGA Caryn (Upstairs Studio) 12:15 pm / 45 min	BODY SCULPT Konstantin 12:15 pm / 45 min	LES MILLS BODYPUMP Dima 12:15 pm / 1 hour	
	BODY SCULPT Chantal 12:15 pm / 45 min		CIRCUIT25 HIIT Kiki 12:15 pm / 45 min			
CORE & STRETCH Konstantin 1:15 pm / 45 min				CORE & STRETCH Marina 1:15 pm / 45 min		YOGA VINYASA FLOW Smita 4:30 pm / 1 hour
SPIN+CORE Toni 1:15 pm / 45 min	BUTT & GUT Chantal 1:15 pm / 45 min	BARRE FUSION Joanna 1:15 pm / 45 min	BARRE FUSION Yung-Li 1:15 pm / 45 min		<p>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.</p> <p>Let us take You to the Next Level</p>	
COMPLETE CORE Marvin (Upstairs Studio) 5:30 pm / 30 min		LES MILLS BODYCOMBAT Dima 5:30 pm / 1 hour	BURN Toni 6:00 pm / 45 min	LES MILLS BODYPUMP Yana 5:30 pm / 45 min		
LES MILLS BODYPUMP Dima 5:30 pm / 45 min	CIRCUIT25 HIIT Chantal 6:00 pm / 45 min	LES MILLS BODYPUMP Dima 6:30 pm / 1 hour	YOGA VINYASA FLOW Maria (Upstairs Studio) 6:00 pm / 1 hour			
CARDIO BOXING Marvin 6:30 pm / 45 min	YOGA VINYASA FLOW Smita (Upstairs Studio) 6:30 pm / 1 hour	SPIN Jeff 6:30 pm / 45 min	SPIN Imelda 6:30 pm / 45 min			
SPIN Toni 6:30 pm / 45 min	ZUMBA Guillermo 7:00 pm / 1 hour					
ASHTANGA YOGA Caryn (Upstairs Studio) 6:30 pm / 45 min	SPIN Toni 7:00 pm / 45 min	YOGA VINYASA FLOW Maria (Upstairs Studio) 7:30 pm / 1 hour	LES MILLS BODYPUMP Lloyd 7:00 pm / 1 hour			

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 for all major muscles groups through total body move with dumbbells and kettlebells. 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 for 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 skipping, 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.

BODY PUMP – is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories**. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

BODY COMBAT – is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories** in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

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.

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.”

CORE & STRETCH -Mix of exercises that build a strong core, toned abs and improve your joints mobility and full body flexibility and range of motion.

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 the 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 refills energy stores, builds and repairs your muscles that were broken down, and helps keep your metabolism burning strong.