

COMPLETEBODY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20/20/20 Geri 9:30 am / 1 hour	ZUMBA Will 9:30 am / 1 hour	MORNING MASH UP Susan 7:00 am / 45 minutes	ZUMBA Josip 9:00 am / 1 hour	ZUMBA Will 9:00 am / 1 hour	BODY SCULPT Geri 10:00 am / 1 hour	PILATES FUSION Zemach 11:00 am / 1 hour
BODY SCULPT Louise 10:30 am / 1 hour	CARDIO LATINO Carlos 10:45 am / 1 hour	20/20/20 Sarah 10:00am / 1 hour	20/20/20 Susan 10:00 am / 1 hour	PILATES FUSION Zemach 10:30 am / 1 hour	20/20/20 Geri 11:00 am / 1 hour	BARRE FUSION Zemach 12:00 pm / 1 hour
	AQUALATES Susan / Pool 11:00 am / 45 minutes	BODY SCULPT Sam 11:00am / 1 hour	WATERWORKS Susan / Pool 11:00 am / 45 minutes	CARDIO LATINO Carlos 11:30 am / 1 hour	AQUA ZUMBA Edmee / Pool 11:15 am / 45 minutes	
			BARRE STRETCH Zemach 11:00 am / 1 hour		PILATES YOGA FUSION Debra 12:00 pm / 1 hour	
CBXT 6:00 pm / 45 minutes	BARRE FUSION Susan 6:00 pm / 45 minutes	BARRE FUSION Jeff 6:00 pm / 45 minutes	CBXT 6:00 pm / 45 minutes		<p>CompleteBody offers a variety of group fitness classes, including HIIT programs like the very popular Bootcamp 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 and Yoga Vinyasa Flow classes. CompleteBody also has Immersive Aqua Classes and Zumba to add extra excitement and high-energy to your workouts.</p> <p>Let us take you to the Next Level</p>	
	YOGA VINYASA FLOW Robin 6:45 pm / 45 minutes	AQUA ZUMBA Celeste / Pool 6:45 pm / 45 minutes				
BOOTCAMP Nikki 7:00 pm / 45 minutes		CBXT 7:00 pm / 45 minutes	YOGA VINYASA FLOW Sarah 7:00 pm / 45 minutes			
AQUA ZUMBA Edmee / Pool 7:30 pm / 45 minutes			ZUMBA Diego 7:45 pm / 1 hour			

CLASS DESCRIPTIONS

Aqualates - All Levels (Pool) (45 min)

This fun aqua class focuses on core strength with Pilates techniques. Water assists students by buoying, yet provides resistance during movement.

Aqua Zumba - All levels (Pool) (45 min)

"Pool Party" describes this Zumba! integrated aqua program that uses Latin music, twisting, shouting and splashing to help you get fit!

Barre Fusion - All Levels

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!

Body Sculpt - All Levels

Focused strength development using weights and body resistance to stabilize joints and increase bone density.

Cardio Salsa - All Levels

Hybrid sculpting class combines hip, Latin cardio moves and strength training for a total body workout!

Cardio Groove - All Levels

A cardio dance inspired calorie burn followed by weight training strength work and core focused floorwork for a total body workout!

CBXT - All levels

Complete Body Cross Training

Our unique circuit, small group training class created by Complete Body to increase RESULTS. 6 stations, 12 different target exercises... 45 minutes to Awesome!

There is an additional charge for this class and sign-ups are requested.

Complete Body Barre/Stretch - All Levels

A combination of weight work strength training, ballet barre strength work and ballet inspired floorwork and the added benefit of a ballet stretch section to finish.

Complete Body Bootcamp - Int/Adv

Strength & cardio interval class using bench, weights and bootcamp style exercises...-kicks your butt!

Core Sculpt - All Levels

Strengthening class with a concentration on core work and synergistic combinations to help stabilize posture and maximize control.

Pilates Fusion - All Levels

A mind-body class focusing on core by using balance, strength and flexibility, integrating specific Pilates training and other strength techniques.

Yoga Vinyasa Flow - All Levels

a more dynamic, challenging yoga that moves quickly from asana to asana and challenges your heart!

Waterworks - All Levels

This aqua class focuses on cardio in the water. It is especially good for anyone with joint issues because the water assists students by buoying, yet provides resistance during movement.

ZUMBA! - All levels

A Latin dance inspired "fitness party" using Latin music and basic Latin moves to amp up your calorie burn.

20/20/20 - All Levels

20 minutes cardio, 20 minutes strength, 20 minutes core= 60 minutes FABULOUS!

Mon - Thurs 5am to 10pm

Friday 5am to 9pm

Sat - Sun 7am to 7pm

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www.completebody.com

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