



COMPLETE

by COMPLETEBODY

Class Schedule SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM (45 Min) Body Sculpt Gustavo		9:00 AM (45 Min) Pilates Mat Miriam	9:00 AM (45 Min) CBXT Gustavo	10:00 AM (45 Min) Strong Core Miriam		
						12:00 PM (45 Min) Pilates Mat Christina
5:30 PM (45 Min) Trampoline Jump Jeanne	5:30 PM (45 Min) Pilates Mat Christina		6:00 PM (45 Min) Booty Pump Yana			
6:30 PM (45 Min) Strong Core Jeanne	6:30 PM (45 Min) Zumba Shanice	6:30 PM (45 Min) Boxing (boxing studio) Ricky	6:45 PM (45 Min) Barbell Strength Yana		Scan to schedule your next class	

BOOTY PUMP

Lower Body workout, using Resistance Bands.

You can bring your own Band if you have one, if not, we will provide.

This class focused on your Glutes, Hamstrings and Hip abduction Muscles.

BARBELL STRENGTH

Is a Barbell workout for anyone looking to get lean, toned and fit –fast. Using light to moderate weights with lots of repetitions, Barbell Strength class gives you a total body workout. 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!

VINYASA FLOW YOGA

Vinyasa Flow yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom, and fluidity in the body and mind.

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.

TRAMPOLINE JUMP

Can help you develop better balance, coordination, and motor skills. These exercises target your back, core, and leg muscles. You'll also work your arms, neck, and glutes. Research shows that trampolining has a positive effect on bone health, and it may help improve bone density and strength.

STRONG CORE

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

ZUMBA

Dances inspired "Fitness party" using an amazing music and moves to burn your calories.

BOXING

includes an intense cardio warm up and array of hybrid exercises. Boxing, Kickboxing, and Mix Martial Art maneuvers are collectively intermingled with high intensity interval training of dynamic circuits, bodyweight exercises, and core work as well

BURN

High-intensity interval training (HIIT) workouts are a popular kind of exercise that involve exerting your maximum energy during short periods of time. HIIT workouts require you bursts of high-intensity strength and cardio exercises followed by brief

periods of recovery.

PILATES MAT (all levels)

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

BODY SCULPT

This class can be a great place to build strength and work on muscle mass. We use weights like Dumbbells and Barbells for this class.

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 workout on an empty stomach.

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 min 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.