

River's Bend Sportsplex Fitness Class Schedule – **Beginning November 22, 2023**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:20 – 9:20 am						CARDIO/KICK Lisa
9:30 – 10:30 am						PILATES FUSION Shawna
9:00 – 10:00 am	SCULPT & BURN Monica	ABS & ASSETS Monica	SCULPT & BURN Monica		SCULPT & BURN Shawna	
10:00 – 11:00 am	Yoga Carol		Yoga Carol			
Evening						
6:30 – 7:30 pm			PILATES FUSION Shawna Starting 11/22			
6:30-7:10 pm	FIT IN FORTY! Shawna					

Class Descriptions

SCULPT AND BURN Monica/ Shawna	Raise your heart rate while building strong & lean muscle. Boost your metabolism and promote fat loss through weighted and resistance exercises that are low impact on the joints. Varied weights and modifications for all fitness levels!
FIT IN FORTY! Shawna	Join us for this jam-packed workout. Heavier weights and fewer reps to maximize your results in minimum time. Strengthen and tone in just forty minutes!!
ABS & ASSETS Monica	Utilize precise movements with focus on form and technique. This non cardio based class features a variety of exercise combinations that target, you guessed it - your belly, butt, and thighs. All fitness levels are welcome!
YOGA Carol	Mindful movement coupled with proper breathing techniques and holding poses and stretches to wake up the body.
PILATES FUSION Shawna	Through standing and mat exercises, we will tone our core (abs, obliques, and back), shoulders, thighs, and glutes. Class is low-impact and utilizes body weight, balance, stability balls, and other tools to provide a workout that will be beneficial to any fitness level.
CARDIO/KICK Lisa	Start your day with a class that uses various techniques to keep you excited about getting fit!