

## River's Bend Sportsplex Fitness Class Schedule – **OCTOBER 2023**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:20 – 9:20 am						<b>CARDIO/KICK</b> Lisa
9:30 – 10:30 am						<b>PILATES FUSION</b> Shawna
9:00 – 10:00 am	<b>SCULPT &amp; BURN</b> Monica	<b>ABS &amp; ASSETS</b> Monica	<b>SCULPT &amp; BURN</b> Monica		<b>SCULPT &amp; BURN</b> Shawna	
10:00 – 11:00 am	<b>Yoga</b> Carol		<b>Yoga</b> Carol			
Evening						
6:30 – 7:30 pm				<b>PILATES FUSION</b> Shawna <b>OCTOBER ONLY</b>		
6:50-7:30	<b>FIT IN FORTY!</b> Shawna					

### Class Descriptions

<b>SCULPT AND BURN</b> 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!
<b>FIT IN FORTY!</b> Shawna	Join us for this jam-packed workout. Heavier weights and fewer reps to maximize your results in minimum time. Strengthen and tone <b>in just forty minutes!!</b>
<b>ABS &amp; ASSETS</b> 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!
<b>YOGA</b> Carol	Mindful movement coupled with proper breathing techniques and holding poses and stretches to wake up the body.
<b>PILATES FUSION</b> 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.
<b>CARDIO/KICK</b> Lisa	Start your day with a class that uses various techniques to keep you excited about getting fit!