

Rivers Bend Sportsplex Fitness Class Schedule – Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 – 9:00 am			CARDIO SCULPT Julie B			
8:20 – 9:20 am						CARDIO/KICK Lisa
8:30 – 9:30 am					CARDIO SCULPT Julie B	
9:00 – 10:00 am	BOOT CAMP Monica	ABS & ASSETS Monica				
9:30 – 10:30 am						PILATES FUSION Shawna
9:45-10:45 am			YOGA Christine		YOGA Christine	
Evening						
6:30 – 7:30 pm	IRON CIRCUIT Monica			PILATES FUSION Shawna		

Key
Primary Objective
Cardio/ Strength
Toning/ Core/ Balance

Class Descriptions

BOOT CAMP Monica	This class targets all muscle groups through weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. It will build strength, cardiovascular endurance, lean muscle growth, and excess fat loss. All fitness levels are welcome!
IRON CIRCUIT Monica	Build upper and lower body strength and muscle definition with a focus on form. Kettle bells, free weights, TRX, and weighted balls are just a few of the tools used in this class. All fitness levels are welcome!
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 Christine	Mindful movement coupled with proper breathing techniques and holding poses and stretches to wake up the body.
CARDIO SCULPT Julie	A total body workout for both muscular strength and endurance. Continuous movement with a variety of equipment gets the heart rate up for a sweat drenched workout!
PILATES FUSION Shawna	Through standing and mat exercises, we will tone our core (abs, obliques, and back), shoulders, thighs, and gluts. 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!