

River's Bend Sportsplex Fitness Class Schedule – Fall 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:20 – 9:20 am						CARDIO/KICK Lisa
9:00 – 10:00 am	SCULPT & BURN Monica	ABS & ASSETS Monica	SCULPT & BURN Monica		SCULPT & BURN Shawna	
9:30 – 10:30 am						PILATES FUSION Shawna
10:00 – 11:00 am	Yoga Carol		Yoga Carol			
Evening						
6:30 – 7:30 pm	IRON CIRCUIT Monica		PILATES FUSION Shawna			

Class Descriptions

SCULPT AND BURN NEW! Monica/ Shawna	NEW! 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!
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 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.

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CARDIO/KICK Lisa	Start your day with a class that uses various techniques to keep you excited about getting fit!
WATER AEROBICS Monica/Shawna	Low impact but high energy workout that gets your heart rate up and body toned while splashing in the pool! Get ready for a fun, invigorating hour of a workout like none other. Wear your sunscreen!