

## River's Bend Sportsplex Fitness Class Schedule – SUMMER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 – 9:20 am					
8:30 – 9:30 am					
9:00 – 10:00 am	<b>SCULPT &amp; BURN</b> Monica		<b>SCULPT &amp; BURN</b> Monica		<b>SCULPT &amp; BURN</b> Shawna
9:45 – 10:45 am		<b>WATER AEROBICS</b> Monica		<b>WATER AEROBICS</b> Monica	
10:00 – 11:00 am	<b>Yoga</b> Carol		<b>Yoga</b> Carol		
Evening					
6:30 – 7:30 pm	<b>FIT IN FORTY</b> Shawna		<b>PILATES FUSION</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 with 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 minutes. Tone in just forty minutes!!
<b>ABS &amp; ASSETS</b> Monica	Utilize precise movements with focus on form and technique to maximize results. This non cardio based workout uses exercise combinations that target, you guessed it - our 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 work 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. This low impact and utilizes 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!
<b>WATER AEROBICS</b> Monica/Shawna	Low impact but high energy workout that gets your heart rate up and body toned while splashing in the pool. An invigorating hour of a workout like none other. Wear your sunscreen!

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