

TOTAL BODY SCULPT WITH CORE

FITNESS FOR ALL LEVELS

MODIFICATIONS AVAILABLE

THESE CLASSES ARE A FULL-CORE WORKOUT TARGETING THE ABS, OBLIQUES, LOWER BACK, PELVIC FLOOR, SPINE, GLUTES, AND DIAPHRAGM.

THEY COMBINE AEROBIC AND STRENGTH CONDITIONING WITHOUT THE USE OF WEIGHTS, INCORPORATING CIRCUIT TRAINING TO ENGAGE ALL MUSCLE GROUPS.

THE SESSIONS INCLUDES CARDIO EXERCISES, BODYWEIGHT MOVEMENTS, AND CONCLUDES WITH ACTIVE STRETCHING.

BENEFITS INCLUDE REDUCED LOWER BACK PAIN, IMPROVED FLEXIBILITY, INCREASED STABILITY, AND BETTER POSTURE.



SHAWNA RUST

WWW.FITEVO.ORG

IN THE PMC CONDOR ROOM

**WEDNESDAYS 12 -1 PM
LOWER BODY + ABS**

**THURSDAYS 10 -11 AM
UPPER BODY + ABS**

**\$10 PER CLASS
BRING A MAT
AND WATER**