

# 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](http://WWW.FITEVO.ORG)

IN THE PMC CONDOR ROOM

WEDNESDAYS 12 -1 PM  
LOWER BODY + ABS

THURSDAYS 10 - 11AM  
UPPER BODY + ABS

\$10 PER CLASS  
BRING A MAT  
AND WATER