



Bolded Classes indicate a new class or new class time or new instructor!!!

Mon	Tue	Wed	Thu	Fri	Sat
1 9:15 Spinning/Abs*-Jill 7:00 Synergy- Rachel	2 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	3 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	4 8:00 Pilates-Jan 9:15 Body Sculpting-Janette 7:00 Synergy- Rachel	5 9:15 Spinning*- Mary Louise	6 10:15 Synergy-Rachel
8 9:15 Spinning/Abs*-Jill 7:00 Synergy- Rachel	9 8:00 Core Barre-Jan 9:00 Aqua Zumba® -Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	10 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	11 8:00 Pilates-Jan 9:15 Body Sculpting-Janette 7:00 Synergy- Rachel	12 9:15 Spinning*- Mary Louise	13 10:15 Synergy-No Class
15 9:15 Spinning/Abs*- Jill 7:00 Synergy- Rachel	16 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	17 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	18 8:00 Pilates-Jan 9:15 Body Sculpting- Janette 7:00 Synergy- Rachel	19 9:15 Spinning*- Mary Louise	20 10:15 Synergy-Rachel
22 9:15 Spinning/Abs*- No Class 7:00 Synergy- Rachel	23 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	24 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- No class	25 8:00 Pilates-Jan 9:15 Body Sculpting- Janette 7:00 Synergy- Rachel	26 9:15 Spinning*- No Class	27 10:15 Synergy-Rachel
29 9:15 Spinning/Abs*-No Class 7:00 Synergy- Rachel	30 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	<p>(*) Indicates that Sign- Up is Required for Class. Sign- Up for class is available in person at Riverwood Athletic Club 30 minutes prior to the start of class.</p> <p>**MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS. **</p>			



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Mon	Tue	Wed	Thu	Fri	Sat
<p>1 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan</p> <p>6:15 Boot Camp-Dawn</p>	<p>2 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast- Dori</p>	<p>3 5:15 Boot Camp- Dori 9:15 Yoga - Marlie</p> <p>6:00 Zumba® Bonnie</p>	<p>4 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp- Dawn</p>	<p>5 5:15 HIIT-Dawn 9:15 HIIT-Janette</p>	<p>6 9:00 Boot Camp-Dori</p>
<p>8 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan</p> <p>6:15 Boot Camp-Dawn</p>	<p>9 5:15 Pure Strength-Brenda 9:15 Booty Camp-No Class</p> <p>6:30 Body Blast- Dori</p>	<p>10 5:15 Boot Camp- Dori 9:15 Yoga - Marlie</p> <p>6:00 Zumba® Bonnie</p>	<p>11 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp- Dawn</p>	<p>12 5:15 HIIT-Dawn 9:15 HIIT-Janette</p>	<p>13 9:00 Boot Camp-Dawn</p>
<p>15 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan</p> <p>6:15 Boot Camp-Dawn</p>	<p>16 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast- Dori</p>	<p>17 5:15 Boot Camp- Dori 9:15 Yoga - Marlie</p> <p>6:00 Zumba® Bonnie</p>	<p>18 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp- Dawn</p>	<p>19 5:15 HIIT-Dori 9:15 HIIT-Janette</p>	<p>20 9:00 Boot Camp-No Class</p> <p>11:30 NMO*-Toni 12:30 Teen Cert*- Toni</p>
<p>22 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan</p> <p>6:15 Boot Camp-Dori</p>	<p>23 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast- Dori</p>	<p>24 5:15 Boot Camp-Dori 9:15 Yoga - Marlie</p> <p>6:00 Zumba® Bonnie</p>	<p>25 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp- Dori</p>	<p>26 5:15 HIIT-Dori 9:15 HIIT-Janette</p>	<p>27 9:00 Boot Camp-Dori</p>
<p>29 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan</p> <p>6:15 Boot Camp-Dawn</p>	<p>30 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast- Dori</p>				