



FRED SMITH COMPANY

SPORTS CLUB

March Aerobics 2021

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
1 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	2 6:00 Zumba-Bonnie	3 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	4 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	5	6
8 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	9 6:00 Zumba-Bonnie	10 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	11 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	12	13
15 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	16 6:00 Zumba-Bonnie	17 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	18 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	19	20
22 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	23 6:00 Zumba-Bonnie	24 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	25 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	26	27
29 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	30 6:00 Zumba-Bonnie	31 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie			
		NO Nursery At This Time ** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			



FRED SMITH COMPANY

SPORTS CLUB

March Aerobics 2021

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
1 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	2 5:15 Butts & Guts-Dori	3 5:15 Bootcamp-Dori	4 5:15 TABATA-Brenda 6:15 Bootcamp-Dawn	5 5:15 Bootcamp-Dori	6 9:00 Bootcamp-Dawn
8 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	9 5:15 Butts & Guts-Dori	10 5:15 Bootcamp-Dori	11 5:15 TABATA-Brenda 6:15 Bootcamp-Dawn	12 5:15 Bootcamp-Dori	13 9:00 Bootcamp-Dawn
15 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	16 5:15 Butts & Guts-Dori	17 5:15 Bootcamp-Dori	18 5:15 TABATA-Brenda 6:15 Bootcamp-Dawn	19 5:15 Bootcamp-Dori	20 9:00 Bootcamp-Dawn
22 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	23 5:15 Butts & Guts-Dori	24 5:15 Bootcamp-Dori	25 5:15 TABATA-Brenda 6:15 Bootcamp-Dawn	26 5:15 Bootcamp-Dori	27 9:00 Bootcamp-Dawn
29 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	30 5:15 Butts & Guts-Dori	31 5:15 Bootcamp-Dori			
		NO Nursery At This Time ** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			