



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

Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	4	5
7 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	8 6:00 Zumba-Bonnie	9 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	10 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	11	12
14 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	15 6:00 Zumba-Bonnie	16 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	17 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	18	19
21 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	22 6:00 Zumba-Bonnie	23 9:00 Yoga Sculpt-CANCELLED 6:00 Zumba-Bonnie	24 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	25	26
28 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	29 6:00 Zumba-Bonnie	30 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie			
<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.  <b>**MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS. **</b>  <b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b></p>					



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

Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 Butts & Guts-Dori	2 5:15 Bootcamp-Dori  <b>6:15 Bootcamp-Dawn</b>	3 5:15 TABATA-Dori	4 5:15 Butts & Guts-Dori	5 <b>8:30 Bootcamp-Dawn</b>
7 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	8 5:15 Butts & Guts-Dori	9 5:15 Bootcamp-Dori  <b>6:15 Bootcamp-Dawn</b>	10 5:15 TABATA-Dori	11 5:15 Bootcamp-Dori	12 <b>8:30 Bootcamp-Dawn</b>
14 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	15 5:15 Butts & Guts-Dori	16 5:15 Bootcamp-Dori  <b>6:15 Bootcamp-Dawn</b>	17 5:15 TABATA-Dori	18 5:15 Bootcamp-Dori	19 <b>8:30 Bootcamp-Dawn</b>
21 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	22 5:15 Butts & Guts-Dori	23 5:15 Bootcamp-Dori  <b>6:15 Bootcamp-Dawn</b>	24 5:15 TABATA-Dori	25 5:15 Bootcamp-Dori	26 <b>8:30 Bootcamp-Dawn</b>
28 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	29 5:15 Butts & Guts-Dori	30 5:15 Bootcamp-Dori  <b>6:15 Bootcamp-Dawn</b>			
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					