



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-Canceled	2	3
5 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	6 6:00 Zumba-Bonnie	7 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	8 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	9	10
12 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	13 6:00 Zumba-Bonnie	14 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	15 11:00 Chip Fit-Chip 7:00 Synergy-Canceled	16	17
19 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	20 6:00 Zumba-Bonnie	21 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	22 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	23	24
26 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	27 6:00 Zumba-Bonnie	28 9:00 Yoga Sculpt-Lynn 6:00 Zumba-Bonnie	29 11:00 Chip Fit-Chip 7:00 Synergy-Rachel	30	31
<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. **MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS. ** ** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</p>					



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

Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 TABATA-Dori	2 5:15 Butts & Guts-Dori	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dawn	6 5:15 Butts & Guts-Dawn	7 5:15 Bootcamp-Dawn	8 5:15 TABATA-Dori	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
12 5:15 Bootcamp-Dori	13 5:15 Butts & Guts-Dori	14 5:15 Bootcamp-Dori	15 5:15 TABATA-Dori	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
19 5:15 Bootcamp-Dori	20 5:15 Butts & Guts-Dori	21 5:15 Bootcamp-Dori	22 5:15 TABATA-Dori	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
26 5:15 Bootcamp-Dori	27 5:15 Butts & Guts-Dori	28 5:15 Bootcamp-Dori	29 5:15 TABATA-Dori	30 5:15 Bootcamp-Dori	31 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					