



# FRED SMITH COMPANY

SPORTS CLUB

# November Aerobics 2022

Riverwood Athletic Club

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

| Mon                                                          | Tue                                                       | Wed                                                                                                                               | Thu                                                                                        | Fri                                  | Sat                                               |
|--------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------------------|
|                                                              | 1<br>10:00 Mat Pilates-Jennifer<br><br>6:00 Zumba-Bonnie  | 2<br>9:00 Yoga Sculpt-Lynn<br>10:15 Chip Fit-Chip<br><br>6:00 Zumba-Bonnie<br><b>7:00 Pilates+Stretch-Jennifer</b>                | 3<br>10:00 Mat Pilates-Jennifer<br><br>6:30 Synergy-Rachel                                 | 4<br>10:15 Chip Fit-Chip             | 5<br>9:00 Lift 45-Janette<br>10:00 Cycle-Janette  |
| 7<br>10:15 Chip Fit-Chip<br><br>6:30 Synergy-Rachel          | 8<br>10:00 Mat Pilates-Jennifer<br><br>6:00 Zumba-Bonnie  | 9<br>9:00 Yoga Sculpt-Lynn<br>10:15 Chip Fit-Chip<br><br>6:00 Zumba-Bonnie<br><b>7:00 Pilates+Stretch-Jennifer</b>                | 10<br>10:00 Mat Pilates-Jennifer<br><br>6:30 Synergy-Rachel                                | 11<br>10:15 Chip Fit-Chip            | 12<br>9:00 Lift 45-Janette<br>10:00 Cycle-Janette |
| 14<br>10:15 Chip Fit-Chip<br><br>6:30 Synergy-Rachel         | 15<br>10:00 Mat Pilates-Jennifer<br><br>6:00 Zumba-Bonnie | 16<br>9:00 Yoga Sculpt-Lynn<br>10:15 Chip Fit-Chip<br><br>6:00 Zumba-Bonnie<br><b>7:00 Pilates+Stretch-Jennifer</b>               | 17<br>10:00 Mat Pilates-Jennifer<br><br>6:30 Synergy-Rachel                                | 18<br>10:15 Chip Fit-Chip            | 19<br>9:00 Lift 45-Janette<br>10:00 Cycle-Janette |
| 21<br>10:15 Chip Fit-Chip<br><br>6:30 Synergy-Rachel         | 22<br>10:00 Mat Pilates-Jennifer<br><br>6:00 Zumba-Bonnie | 23<br>9:00 Yoga Sculpt-Lynn<br><b>10:15 Chip Fit-No Class</b><br><br>6:00 Zumba-No Class<br><b>7:00 Pilates+Stretch- No Class</b> | 24<br><b><u>No Class</u></b><br><b><u>Gym Closed for</u></b><br><b><u>Thanksgiving</u></b> | 25<br><b>10:15 Chip Fit-No Class</b> | 26<br>9:00 Lift 45-Janette<br>10:00 Cycle-Janette |
| 28<br>10:15 Chip Fit-Chip<br><br>6:30 Synergy-Rachel         | 29<br>10:00 Mat Pilates-Jennifer<br><br>6:00 Zumba-Bonnie | 30<br>9:00 Yoga Sculpt-Lynn<br>10:15 Chip Fit-Chip<br><br>6:00 Zumba-Bonnie<br><b>7:00 Pilates+Stretch-Jennifer</b>               |                                                                                            |                                      |                                                   |
| <b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b> |                                                           |                                                                                                                                   |                                                                                            |                                      |                                                   |



# FRED SMITH COMPANY

SPORTS CLUB

# November Aerobics 2022

LionsGate Athletic Club

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

| Mon                                                                         | Tue                                                           | Wed                                                           | Thu                                                                                            | Fri                                                   | Sat                      |
|-----------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------|
|                                                                             | 1<br>5:15 Lower Body Blast-Dori<br><br>6:15 Yoga Flow-Morgan  | 2<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn             | 3<br>5:15 TABATA-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Yoga Flow- Morgan                   | 4<br>5:15 Bootcamp-Dori<br>9:15 Booty Camp- Jannette  | 5<br>8:30 Bootcamp-Dawn  |
| 7<br>5:15 Bootcamp-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Bootcamp-Dawn  | 8<br>5:15 Lower Body Blast-Dori<br><br>6:15 Yoga Flow-Morgan  | 9<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn             | 10<br>5:15 TABATA-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Yoga Flow- Morgan                  | 11<br>5:15 Bootcamp-Dori<br>9:15 Booty Camp- Jannette | 12<br>8:30 Bootcamp-Dawn |
| 14<br>5:15 Bootcamp-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Bootcamp-Dawn | 15<br>5:15 Lower Body Blast-Dori<br><br>6:15 Yoga Flow-Morgan | 16<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn            | 17<br>5:15 TABATA-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Yoga Flow- Morgan                  | 18<br>5:15 Bootcamp-Dori<br>9:15 Booty Camp- Jannette | 19<br>8:30 Bootcamp-Dawn |
| 21<br>5:15 Bootcamp-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Bootcamp-Dawn | 22<br>5:15 Lower Body Blast-Dori<br><br>6:15 Yoga Flow-Morgan | 23<br>5:15 Bootcamp-Dori<br><br><b>6:15 Bootcamp-No Class</b> | 24<br><br><b><u>No Class</u></b><br><b><u>Gym Closed for</u></b><br><b><u>Thanksgiving</u></b> | 25<br>5:15 Bootcamp-Dori<br>9:15 Booty Camp- Jannette | 26<br>8:30 Bootcamp-Dawn |
| 28<br>5:15 Bootcamp-Dori<br>9:15 Yoga Flow-Morgan<br><br>6:15 Bootcamp-Dawn | 29<br>5:15 Lower Body Blast-Dori<br><br>6:15 Yoga Flow-Morgan | 30<br>5:15 Bootcamp-Dori<br><br>6:15 Bootcamp-Dawn            |                                                                                                |                                                       |                          |
|                                                                             |                                                               | <b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>  |                                                                                                |                                                       |                          |