



October Aerobics 2022

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 Lift 45-Janette 10:00 Cycle-Janette
3 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	4 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	5 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	6 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	7 10:15 Chip Fit-Chip	8 9:00 Lift 45-Janette 10:00 Cycle-Janette
10 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	11 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	12 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	13 10:00 Mat Pilates-Jennifer 6:30 Synergy-No Class	14 10:15 Chip Fit-Chip	15 9:00 Lift 45-Janette 10:00 Cycle-Janette
17 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	18 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	19 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	20 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	21 10:15 Chip Fit-Chip	22 9:00 Lift 45-Janette 10:00 Cycle-Janette
24 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	25 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	26 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	27 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	28 10:15 Chip Fit-Chip	29 9:00 Lift 45-Janette 10:00 Cycle-Janette
31 10:15 Chip Fit-Chip 6:30 Synergy-No Class					

**** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP ****



October Aerobics 2022

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Bootcamp-Dawn
3 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	4 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan	5 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	6 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan	7 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	8 8:30 Bootcamp-Dawn
10 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	11 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan	12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	13 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan	14 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	15 8:30 Bootcamp-Dawn
17 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	18 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan	19 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	20 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan	21 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	22 8:30 Bootcamp-Dawn
24 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	25 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan	26 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	27 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan	28 5:15 Bootcamp-Dori 9:15 Booty Camp- Jannette	29 8:30 Bootcamp-Dawn
31 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn					

**** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP ****