FRED SMITH COMPANY
SPORTS CLUB

April Aerobics 2023

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 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	4 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-No Class 6:00 Zumba-Bonnie	5 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-No Class	6 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	7 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	8 9:00 Lift 45-No Class 10:00 Cycle-No Class
10 9:00 Cardio No Class 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	11 8:30 Cycle-No Class 9:15 Lift 40-No Class 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	12 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	13 8:30 Cycle-No Class 9:15 Lift 40-No Class 10:00 Mat Pilates-No Class 6:30 Synergy-Rachel	14 9:00 BootyCamp-No Class 10:15 Chip Fit-Chip	15 9:00 Lift 45-No Class 10:00 Cycle-No Class
17 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	18 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	19 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	20 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	21 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	22 9:00 Lift 45-Janette 10:00 Cycle-Janette
24 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	25 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	26 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	27 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	28 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	29 9:00 Lift 45-Janette 10:00 Cycle-Janette
		**** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP ****			

FRED SMITH COMPANY
SPORTS CLUB

April Aerobics 2023

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 9:30 Yoga Flow-No Class 6:15 Bootcamp-Dawn	4 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	5 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	6 5:15 TABATA-Dori 9:30 Yoga Flow-No Class 6:30 Yoga Flow-No Class	7 5:15 Bootcamp-Dori	8 8:30 Bootcamp-Dawn
10 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	11 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	13 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	14 5:15 Bootcamp-Dori	15 8:30 Bootcamp-Dawn
17 5:15Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	18 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	19 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	20 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	21 5:15 Bootcamp-Dori	22 8:30 Bootcamp-Dawn
24 5:15Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	25 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	26 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	27 5:15 TABATA-Dori 9:30 Yoga Flow-Morgan 6:30 Yoga Flow-Morgan	28 5:15 Bootcamp-Dori	29 8:30 Bootcamp-Dawn
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			