



FRED SMITH COMPANY

SPORTS CLUB

May 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 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	2 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	3 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	4 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	5 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	6 9:00 Lift 45-Janette 10:00 Cycle-Janette
8 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	9 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	10 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	11 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	12 9:00 BootyCamp-No class 10:15 Chip Fit-Chip	13 9:00 Lift 45-Janette 10:00 Cycle-Janette
15 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	16 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	17 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	18 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	19 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	20 9:00 Lift 45-Janette 10:00 Cycle-Janette
22 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	23 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	24 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	25 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:30 Synergy-No Class	26 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	27 9:00 Lift 45-Janette 10:00 Cycle-Janette
29 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-No Class	30 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	31 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

May Aerobics 2023

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
1 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	2 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	3 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	4 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	5 5:15 Bootcamp-Dori	6 8:30 Bootcamp-No Class
8 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	9 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	10 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	11 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	12 5:15 Bootcamp-Dori	13 8:30 Bootcamp-Dawn
15 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	16 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	17 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	18 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	19 5:15 Bootcamp-Dori	20 8:30 Bootcamp-Dawn
22 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	23 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	24 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	25 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	26 5:15 Bootcamp-Dori	27 8:30 Bootcamp-Dawn
29 5:15 Bootcamp-No Class 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	30 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	31 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					