



FRED SMITH COMPANY

SPORTS CLUB

June Aerobics 2023

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Mat Pilates-No Class 6:30 Synergy-Rachel	2 9:00 BootyCamp-No Class 10:15 Chip Fit-Chip	3 9:00 Lift 45-No Class 10:00 Cycle-No Class
5 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	6 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-No Class 6:00 Zumba-Bonnie	7 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	8 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	9 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	10 9:00 Lift 45-Janette 10:00 Cycle-Janette
12 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	13 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	14 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	15 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	16 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	17 9:00 Lift 45-Janette 10:00 Cycle-Janette
19 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	20 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	21 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	22 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	23 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	24 9:00 Lift 45-Janette 10:00 Cycle-Janette
26 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	27 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	28 9:00 Yoga Sculpt-No Class 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	29 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel	30 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



June 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 TABATA-Dori 6:30 Yoga Flow-No Class	2 5:15 Bootcamp-Dori	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	6 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	7 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	8 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
12 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	13 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	14 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	15 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
19 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	20 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	21 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	22 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
26 5:15 Bootcamp-Dori 9:30 Yoga Flow-No Class 6:15 Bootcamp-Dawn	27 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-No Class	28 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	29 5:15 TABATA-Dori 6:30 Yoga Flow-No Class	30 5:15 Bootcamp-Dori	
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					