



FRED SMITH COMPANY
SPORTS CLUB

August Aerobics 2023

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 Cycle-No Class 9:15 Lift 40-No Class 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	2 9:00 Yoga Sculpt-Morgan 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	3 10:00 Mat Pilates-Jennifer	4 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	5 9:00 Lift 45-Janette 10:00 Cycle-Janette
7 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-No Class	8 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	9 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	10 10:00 Mat Pilates-Jennifer	11 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	12 9:00 Lift 45-Janette 10:00 Cycle-Janette
14 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	15 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	16 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	17 10:00 Mat Pilates-Jennifer	18 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	19 9:00 Lift 45-Janette 10:00 Cycle-Janette
21 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	22 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	23 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	24 10:00 Mat Pilates-Jennifer	25 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip	26 9:00 Lift 45-Janette 10:00 Cycle-Janette
28 9:00 Cardio Sculpt-Jannette 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	29 8:30 Cycle-Janette 9:15 Lift 40-Janette 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	30 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer	31 10:00 Mat Pilates-No Class		
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	2 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	3 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	4 5:15 Bootcamp-Dori	5 8:30 Bootcamp-Dawn
7 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	8 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	9 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	10 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	11 5:15 Bootcamp-Dori	12 8:30 Bootcamp-Dawn
14 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	15 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	16 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	17 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	18 5:15 Bootcamp-Dori	19 8:30 Bootcamp-Dawn
21 5:15 Bootcamp-Dori 9:30 Yoga Flow-Morgan 6:15 Bootcamp-Dawn	22 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	23 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	24 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan	25 5:15 Bootcamp-Dori	26 8:30 Bootcamp-Dawn
28 5:15 Bootcamp-Dori 9:30 Yoga Flow-Lynn 6:15 Bootcamp-Dawn	29 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Morgan	30 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	31 5:15 TABATA-Dori 6:30 Yoga Flow-Morgan		
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					