



FRED SMITH COMPANY
SPORTS CLUB

December 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 Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	2 9:00 Lift 45-Janette 10:00 Cycle-Janette
4 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	5 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	6 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	7 8:30 Water Aerobics-No Class 10:00 Mat Pilates-Jennifer	8 8:30 Cycle Sculpt-No Class 9:15 BootyCamp- No Class 10:15 Chip Fit-Chip	9 9:00 Lift 45- No Class 10:00 Cycle- No Class
11 10:15 Chip Fit-Chip 5:30 Cardio Sculpt- No Class 6:30 Synergy-Rachel	12 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	13 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	14 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer	15 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	16 9:00 Lift 45-Janette 10:00 Cycle-Janette
18 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	19 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie	20 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	21 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer	22 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	23 9:00 Lift 45-Janette 10:00 Cycle-Janette
25 Closed for Christmas!!!!	26 8:30 Water Aerobics-No Class 10:00 Mat Pilates-No Class 6:00 Zumba-No Class	27 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	28 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-No Class	29 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	30 9:00 Lift 45-Janette 10:00 Cycle-Janette
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 Bootcamp-Dori	2 8:30 Bootcamp-Dawn
4 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	5 5:15 Lower Body Blast-Dori	6 5:15 Bootcamp-Dori	7 5:15 TABATA-Dori	8 5:15 Bootcamp-Dori	9 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn	6:30 Beginners Yoga -Morgan		
11 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	12 5:15 Lower Body Blast-Dori	13 5:15 Bootcamp-Dori	14 5:15 TABATA-Dori	15 5:15 Bootcamp-Dori	16 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn	6:30 Beginners Yoga -Morgan		
18 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	19 5:15 Lower Body Blast-Dori	20 5:15 Bootcamp-Dori	21 5:15 TABATA-Dori	22 5:15 Bootcamp-Dori	23 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn	6:30 Beginners Yoga -Morgan		
25 Closed for Christmas!!!	26 5:15 Lower Body Blast-Dori	27 5:15 Bootcamp-Dori	28 5:15 TABATA-Dori	29 5:15 Bootcamp-Dori	30 8:30 Bootcamp-Dawn
	6:30 Level 1 Yoga -No Class	6:15 Bootcamp-Dawn	6:30 Beginners Yoga -Morgan		
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					