



**FRED SMITH COMPANY**  
SPORTS CLUB

# November 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 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	2 <b>8:30 Water Aerobics-Tyler</b> 10:00 Mat Pilates-Jennifer	3 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	4 9:00 Lift 45-Janette 10:00 Cycle-Janette
6 10:15 Chip Fit-Chip  <b>5:30 Cardio Sculpt-Janette</b> 6:30 Synergy-Rachel	7 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer  6:00 Zumba-Bonnie	8 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	9 <b>8:30 Water Aerobics-Tyler</b> <b>10:00 Mat Pilates-No Class</b>	10 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	11 9:00 Lift 45-Janette 10:00 Cycle-Janette
13 10:15 Chip Fit-Chip  <b>5:30 Cardio Sculpt-Janette</b> 6:30 Synergy-Rachel	14 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer  6:00 Zumba-Bonnie	15 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	16 <b>8:30 Water Aerobics-Tyler</b> 10:00 Mat Pilates-Jennifer	17 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	18 9:00 Lift 45-Janette 10:00 Cycle-Janette
20 10:15 Chip Fit-Chip  <b>5:30 Cardio Sculpt-Janette</b> 6:30 Synergy-Rachel	21 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer  6:00 Zumba-Bonnie	22 9:00 Yoga Sculpt-Lynn <b>10:15 Chip Fit-No Class</b>  <b>6:00 Zumba-No Class</b>	23 <b>Closed for Thanksgiving!!</b>	24 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette <b>10:15 Chip Fit-No Class</b>	25 9:00 Lift 45-Janette 10:00 Cycle-Janette
27 <b>10:15 Chip Fit-No Class</b>  <b>5:30 Cardio Sculpt-Janette</b> 6:30 Synergy-Rachel	28 8:30 Water Aerobics-Tyler 10:00 Mat Pilates-Jennifer  6:00 Zumba-Bonnie	29 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip  6:00 Zumba-Bonnie	30 <b>8:30 Water Aerobics-Tyler</b> 10:00 Mat Pilates-Jennifer		
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					



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

Mon	Tue	Wed	Thu	Fri	Sat
		1 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	2 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	3 5:15 Bootcamp-Dori 9:30 Level 1 Yoga -Morgan	4 8:30 Bootcamp-Dawn
6 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	7 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	8 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	9 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	10 5:15 Bootcamp-Dori 9:30 Level 1 Yoga -Morgan	11 8:30 Bootcamp-Dawn
13 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	14 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	15 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	16 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan	17 5:15 Bootcamp-Dori 9:30 Level 1 Yoga -Morgan	18 8:30 Bootcamp-Dawn
20 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	21 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -Morgan	22 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	23 <b>Closed for Thanksgiving!!</b>	24 5:15 Bootcamp-Dori 9:30 Level 1 Yoga -Morgan	25 8:30 Bootcamp-Dawn
27 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan  6:15 Bootcamp-Dawn	28 5:15 Lower Body Blast-Dori  6:30 Level 1 Yoga -No Class	29 5:15 Bootcamp-Dori  6:15 Bootcamp-Dawn	30 5:15 TABATA-Dori  6:30 Beginners Yoga -Morgan		
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					