



FRED SMITH COMPANY
SPORTS CLUB

April Aerobics 2024

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
1 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-No Class 6:30 Synergy-Rachel	2 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 6:00 Zumba-Bonnie	3 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	4 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 7:00 Synergy-Rachel	5 8:30 Cycle Sculpt-No Class 9:15 BootyCamp- No Class 10:15 Chip Fit-Chip	6 9:00 Lift 45- No Class 10:00 Cycle-No Class
8 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	9 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 6:00 Zumba-Bonnie	10 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	11 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 7:00 Synergy-Rachel	12 8:30 Cycle Sculpt-No Class 9:15 BootyCamp-No Class 10:15 Chip Fit-Chip	13 9:00 Lift 45-Janette 10:00 Cycle-Janette
15 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	16 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 6:00 Zumba-Bonnie	17 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	18 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 7:00 Synergy-Rachel	19 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	20 9:00 Lift 45-No Class 10:00 Cycle-No Class
22 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	23 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 6:00 Zumba-Bonnie	24 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	25 10:00 Mat Pilates-Jennifer 12:15 Water Aerobics-Tyler 7:00 Synergy-Rachel	26 8:30 Cycle Sculpt-Janette 9:15 BootyCamp-Janette 10:15 Chip Fit-Chip	27 9:00 Lift 45-Janette 10:00 Cycle-Janette
29 10:15 Chip Fit-Chip 5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	30 10:00 Mat Pilates-No Class 12:15 Water Aerobics-Tyler 6:00 Zumba-Bonnie				
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



April Aerobics 2024

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 Beginners Yoga -Morgan	2 5:15 Lower Body Blast-Dori	3 5:15 Bootcamp-Dori	4 5:15 TABATA-Dori	5 5:15 Bootcamp-Dori	6 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
8 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	9 5:15 Lower Body Blast-Dori	10 5:15 Bootcamp-Dori	11 5:15 TABATA-Dori	12 5:15 Bootcamp-Dori	13 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
15 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	16 5:15 Lower Body Blast-Dori	17 5:15 Bootcamp-Dori	18 5:15 TABATA-Dori	19 5:15 Bootcamp-Dori	20 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
22 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	23 5:15 Lower Body Blast-Dori	24 5:15 Bootcamp-Dori	25 5:15 TABATA-Dori	26 5:15 Bootcamp-Dori	27 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
29 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	30 5:15 Lower Body Blast-Dori				
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan				
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					