



FRED SMITH COMPANY

SPORTS CLUB

August Aerobics 2024

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
			1 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan	2 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	3 9:00 Lift 45-Janette
			6:30 Synergy-No Class		
5 10:15 Chip Fit-Chip	6 8:00 Water Aerobics-Tyler	7 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	8 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan	9 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	10 9:00 Lift 45-Janette
5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	6:30 Synergy-Rachel		
12 10:15 Chip Fit-Chip	13 8:00 Water Aerobics-Tyler	14 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-No Class	15 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan	16 9:00 BootyCamp-Janette 10:15 Chip Fit-No Class	17 9:00 Lift 45-Janette
5:30 Cardio Sculpt-No Class 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	6:30 Synergy-No Class		
19 10:15 Chip Fit-Chip	20 8:00 Water Aerobics-Tyler	21 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	22 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan	23 9:00 BootyCamp-No Class 10:15 Chip Fit-Chip	24 9:00 Lift 45-Janette
5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	6:30 Synergy-Rachel		
26 10:15 Chip Fit-Chip	27 8:00 Water Aerobics-Tyler	28 9:00 Yoga Sculpt-Morgan 10:15 Chip Fit-Chip	29 8:00 Water Aerobics-Tyler 10:00 Yoga Pilates-Morgan	30 9:00 BootyCamp-Janette 10:15 Chip Fit-Chip	31 9:00 Lift 45-Janette
5:30 Cardio Sculpt-Janette 6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	6:30 Synergy-Rachel		
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			



FRED SMITH COMPANY

SPORTS CLUB

August 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 TABATA-Dori	2 5:15 Bootcamp-Dori	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Lynn	6 5:15 Lower Body Blast-Dori	7 5:15 Bootcamp-Dori	8 5:15 TABATA-Dori	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
12 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	13 5:15 Lower Body Blast-Dori	14 5:15 Bootcamp-Dori	15 5:15 TABATA-Dori	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
19 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	20 5:15 Lower Body Blast-Dori	21 5:15 Bootcamp-Dori	22 5:15 TABATA-Dori	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
26 5:15 Bootcamp-Dori 9:30 Beginners Yoga -Morgan	27 5:15 Lower Body Blast-Dori	28 5:15 Bootcamp-Dori	29 5:15 TABATA-Dori	30 5:15 Bootcamp-Dori	31 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	6:30 Level 1 Yoga -Morgan	6:15 Bootcamp-Dawn			
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			