



FRED SMITH COMPANY

SPORTS CLUB

April Aerobics 2025

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00 Zumba-Bonnie	2 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	3 9:30 Water Aerobics-No Class 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	4 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	5 8:30 Cycle Sculpt-No Class 9:30 Lift 45-No Class
7 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	8 6:00 Zumba-Bonnie	9 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	10 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	11 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	12 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
14 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-No Class	15 6:00 Zumba-Bonnie	16 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	17 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	18 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	19 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
21 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	22 6:00 Zumba-Bonnie	23 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	24 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	25 9:00 Turn Up & Tune Up-No Class 10:15 Chip Fit-Chip	26 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
28 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	29 6:00 Zumba-Bonnie	30 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	2 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	3 5:15 TABATA-Dori	4 5:15 Bootcamp-Dori 9:00 Lift 45-No Class 10:00 CBS- No Class	5 8:30 Bootcamp-Dawn
7 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	8 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	9 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	10 5:15 TABATA-Dori	11 5:15 Bootcamp-Dori 9:00 Lift 45-Janette 10:00 CBS- Janette	12 8:30 Bootcamp-Dawn
14 5:15 Bootcamp-No Class 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	15 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	16 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	17 5:15 TABATA-Dori	18 5:15 Bootcamp-No Class 9:00 Lift 45-Janette 10:00 CBS- Janette	19 8:30 Bootcamp-Dawn
21 5:15Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	22 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	23 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	24 5:15 TABATA-Dori	25 5:15 Bootcamp-Dori 9:00 Lift 45-No Class 10:00 CBS- No Class	26 8:30 Bootcamp-Dawn
28 5:15Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	29 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	30 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn			
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			