



FRED SMITH COMPANY

SPORTS CLUB

May Aerobics 2025

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki	2 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	3 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
			7:00 Cardio Dance- No Class		
5 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	6 830 Cycle Sculpt- Jannette 930 Lower Power Sculpt- Jannette 6:00 Zumba-Bonnie	7 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	8 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	9 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	10 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
12 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	13 830 Cycle Sculpt- Jannette 930 Lower Power Sculpt- Jannette 6:00 Zumba-Bonnie	14 9:00 Yoga Sculpt-Chip 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	15 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	16 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	17 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
19 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	20 830 Cycle Sculpt- Jannette 930 Lower Power Sculpt- Jannette 6:00 Zumba-Bonnie	21 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	22 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	23 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	24 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
26 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	27 830 Cycle Sculpt- Jannette 930 Lower Power Sculpt- Jannette 6:00 Zumba-Bonnie	28 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-No Class 6:00 Zumba-Bonnie	29 9:30 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	30 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	31 8:30 Cycle Sculpt No Class 9:30 Lift 45-No Class
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

May Aerobics 2025

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 9:00 Lift 45-Janette 10:00 CBS- Janette	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	6 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	7 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	8 5:15 TABATA-Dori	9 5:15 Bootcamp-Dori 9:00 Lift 45-Janette 10:00 CBS- Janette	10 8:30 Bootcamp-Dawn
12 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	13 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	14 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	15 5:15 TABATA-Dori	16 5:15 Bootcamp-Dori 9:00 Lift 45-Janette 10:00 CBS- Janette	17 8:30 Bootcamp-Dawn
19 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	20 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-No Class	21 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	22 5:15 TABATA-Dori	23 5:15 Bootcamp-Dori 9:00 Lift 45-Janette 10:00 CBS- Janette	24 8:30 Bootcamp-Dawn
26 5:15 Bootcamp-No Class 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	27 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	28 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	29 5:15 TABATA-Dori	30 5:15 Bootcamp-Dori 9:00 Lift 45-No Class 10:00 CBS- No Class	31 8:30 Bootcamp-Dawn
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			