

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

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	3 830 Cycle Sculpt- No Class 930 Lower Power Sculpt- No Class 6:00 Zumba-Bonnie	4 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	5 9:00 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	6 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	7 8:30 Cycle Sculpt- No Class 9:30 Lift 45-No Class 11:00 Parent + Me-No Class
9 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	10 830 Cycle Sculpt- No Class 930 Lower Power Sculpt- No Class 6:00 Zumba-Bonnie	11 9:00 Yoga Sculpt-Chip 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	12 9:00 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	13 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	14 8:30 Cycle Sculpt- No Class 9:30 Lift 45-No Class 11:00 Parent + Me-Suki
16 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-No Class 6:30 Synergy-Rachel	17 830 Cycle Sculpt- No Class 930 Lower Power Sculpt- No Class 6:00 Zumba-Bonnie	18 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	19 9:00 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- Suki	20 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	21 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent + Me-Suki
23 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	24 830 Cycle Sculpt- Jannette 930 Lower Power Sculpt- Jannette 6:00 Zumba-Bonnie	25 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	26 9:00 Water Aerobics-Tyler 9:30 Turn Up & Tune Up-Suki 7:00 Cardio Dance- No Class	27 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip	28 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent + Me-Suki
30 9:00 Turn Up & Tune Up-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel					
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

June Aerobics 2025

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
2 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	3 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	4 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	5 5:15 TABATA-Dori	6 5:15 Bootcamp-Dori 9:00 Lift 45-Janette	7 8:30 Bootcamp-Dawn
9 5:15 Bootcamp-No Class 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	10 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	11 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	12 5:15 TABATA-Dori	13 5:15 Bootcamp-No Class 9:00 Lift 45-No Class	14 8:30 Bootcamp-Dawn
16 5:15 Bootcamp-Dori 9:30 Yoga- No Class 6:15 Bootcamp-Dawn	17 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	18 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	19 5:15 TABATA-Dori	20 5:15 Bootcamp-Dori 9:00 Lift 45-Janette	21 8:30 Bootcamp-Dawn
23 5:15 Bootcamp-Dori 9:30 Yoga- No Class 6:15 Bootcamp-Dawn	24 5:15 Lower Body Blast-Dori 6:30 Strech & Flow-Suki	25 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	26 5:15 TABATA-Dori	27 5:15 Bootcamp-Dori 9:00 Lift 45-Janette	28 8:30 Bootcamp-Dawn
30 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn					
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			