



FRED SMITH COMPANY

SPORTS CLUB

August Aerobics 2025

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	2 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -Suki
4 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	5 6:00 Zumba-Bonnie	6 9:00 Yoga Sculpt-Chip 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	7 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	8 9:00 Pilates Sculpt-No Class 10:15 Chip Fit-Chip	9 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -No Class
11 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	12 6:00 Zumba-Bonnie	13 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	14 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	15 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	16 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -Suki
18 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	19 6:00 Zumba-Bonnie	20 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	21 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	22 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	23 8:30 Cycle Sculpt- No Class 9:30 Lift 45-No Class 11:00 Parent+Me -No Class
25 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	26 6:00 Zumba-Bonnie	27 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	28 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	29 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	30 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -Suki
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			



FRED SMITH COMPANY

SPORTS CLUB

August 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 Bootcamp-Dori	2 8:30 Bootcamp-
4 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	5 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Suki	6 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	7 5:15 TABATA-Dori	8 5:15 Bootcamp-Dori	9 8:30 Bootcamp-Dawn
11 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	12 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Suki	13 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	14 5:15 TABATA-Dori	15 5:15 Bootcamp-Dori	16 8:30 Bootcamp-Dawn
18 5:15 Bootcamp-Dori 9:30 Yoga- No Class 6:15 Bootcamp-Dawn	19 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-Suki	20 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	21 5:15 TABATA-Dori	22 5:15 Bootcamp-Dori	23 8:30 Bootcamp-Dawn
25 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	26 5:15 Lower Body Blast-Dori 6:30 Yoga Flow-No Class	27 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	28 5:15 TABATA-Dori	29 5:15 Bootcamp-Dori	30 8:30 Bootcamp-Dawn
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					