



FRED SMITH COMPANY

SPORTS CLUB

September 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-No Class 10:15 Chip Fit-No Class 6:30 Synergy-No Class	2 6:00 Zumba-Bonnie	3 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	4 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	5 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	6 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -No Class
8 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	9 6:00 Zumba-Bonnie	10 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	11 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	12 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	13 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -Suki
15 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	16 9:00 Yoga Flow-Suki 6:00 Zumba-Bonnie	17 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	18 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- No Class	19 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	20 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -No Class
22 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	23 9:00 Yoga Flow-Suki 6:00 Zumba-Bonnie	24 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	25 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- No Class	26 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	27 8:30 Cycle Sculpt- No Class 9:30 Lift 45-No Class 11:00 Parent+Me -No Class
29 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	30 9:00 Yoga Flow-Suki 6:00 Zumba-Bonnie				
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			



FRED SMITH COMPANY

SPORTS CLUB

September 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-No Class 9:30 Yoga- No Class 6:15 Bootcamp-Dawn	2 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	3 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	4 5:15 TABATA-Dori	5 5:15 Bootcamp-Dori	6 8:30 Bootcamp-
8 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	9 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	10 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	11 5:15 TABATA-Dori	12 5:15 Bootcamp-Dori	13 8:30 Bootcamp-Dawn
15 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	16 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	17 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	18 5:15 TABATA-Dori	19 5:15 Bootcamp-Dori	20 8:30 Bootcamp-Dawn
22 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	23 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	24 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	25 5:15 TABATA-Dori	26 5:15 Bootcamp-Dori	27 8:30 Bootcamp-Dawn
29 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	30 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki				
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			