



FRED SMITH COMPANY

SPORTS CLUB

November Aerobics 2025

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
3 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	4 9:00 Yoga Flow-Suki 6:00 Zumba-Bonnie	5 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	6 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	7 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	8 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
10 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	11 9:00 Yoga Flow-Suki 6:00 Zumba-Bonnie	12 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	13 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	14 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	15 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
17 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	18 9:00 Yoga Flow-Suki 6:00 Zumba-Bonnie	19 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie	20 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	21 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	22 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
24 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	25 9:00 Yoga Flow-Suki 6:00 Zumba-No Class	26 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-No Class	27 Closed for Thanksgiving	28 9:00 Yoga Flow-Suki 10:15 Chip Fit-No Class	29 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

November Aerobics 2025

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Bootcamp-
3 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	4 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 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
10 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	11 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	13 5:15 TABATA-Dori	14 5:15 Bootcamp-Dori	15 8:30 Bootcamp-Dawn
17 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	18 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	19 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	20 5:15 TABATA-Dori	21 5:15 Bootcamp-Dori	22 8:30 Bootcamp-Dawn
24 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	25 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	26 5:15 Bootcamp-Dori 6:15 Bootcamp-No Class	27 Closed for Thanksgiving	28 5:15 Bootcamp-Dori	29 8:30 Bootcamp-Dawn
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			