

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

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	2 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki	3 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	4 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -No Class
		6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
6 9:00 Pilates Sculpt-No Class 10:15 Chip Fit-Chip	7 9:00 Yoga Flow-Suki	8 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	9 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki	10 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-No Class	11 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -No Class
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
13 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-No Class	14 9:00 Yoga Flow-Suki	15 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	16 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki	17 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	18 8:30 Cycle Sculpt- No Class 9:30 Lift 45-No Class 11:00 Parent+Me -Suki
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
20 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	21 9:00 Yoga Flow-Suki	22 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	23 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki	24 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	25 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette 11:00 Parent+Me -No Class
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
27 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	28 9:00 Yoga Flow-Suki	29 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	30 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki	31 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

October 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 6:15 Bootcamp-Dawn	2 5:15 TABATA-Dori	3 5:15 Bootcamp-Dori	4 8:30 Bootcamp-
6 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	7 5:15 Lower Body Blast-Dori 5:45 Pilates Sculpt-No Class 6:30 Yoga Flow- No Class	8 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	9 5:15 TABATA-Dori	10 5:15 Bootcamp-Dori	11 8:30 Bootcamp-Dawn
13 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	14 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	15 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	16 5:15 TABATA-Dori	17 5:15 Bootcamp-Dori	18 8:30 Bootcamp-No Class
20 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	21 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	22 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	23 5:15 TABATA-Dori	24 5:15 Bootcamp-Dori	25 8:30 Bootcamp-Dawn
27 5:15 Bootcamp-Dori 9:30 Yoga- Morgan 6:15 Bootcamp-Dawn	28 5:15 Lower Body Blast-Dori 5:30 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	29 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	30 5:15 TABATA-Dori	31 5:15 Bootcamp-Dori	
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			