



FRED SMITH COMPANY

SPORTS CLUB

December 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 9:00 Yoga Flow-Suki	3 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	4 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki	5 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	6 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
8 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	9 9:00 Yoga Flow-Suki	10 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	11 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki	12 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	13 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
15 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	16 9:00 Yoga Flow-Suki	17 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	18 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki	19 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	20 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-Bonnie	7:00 Cardio Dance- Suki		
22 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	23 9:00 Yoga Flow-Suki	24 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-No Class	25	26 9:00 Yoga Flow-No Class 10:15 Chip Fit-No Class	27 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-No Class			
29 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip	30 9:00 Yoga Flow-Suki	31 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip			
6:30 Synergy-Rachel	6:00 Zumba-Bonnie	6:00 Zumba-No Class			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

December 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 5:15 Lower Body Blast-Dori	3 5:15 Bootcamp-Dori	4 5:15 TABATA-Dori	5 5:15 Bootcamp-Dori	6 8:30 Bootcamp-
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
8 5:15 Bootcamp-Dori	9 5:15 Lower Body Blast-Dori	10 5:15 Bootcamp-Dori	11 5:15 TABATA-Dori	12 5:15 Bootcamp-Dori	13 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
15 5:15 Bootcamp-Dori	16 5:15 Lower Body Blast-Dori	17 5:15 Bootcamp-Dori	18 5:15 TABATA-Dori	19 5:15 Bootcamp-Dori	20 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
22 5:15 Bootcamp-Dori	23 5:15 Lower Body Blast-Dori	24 5:15 Bootcamp-Dori	25	26 5:15 Bootcamp-No Class	27 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-No Class			
29 5:15 Bootcamp-Dori	30 5:15 Lower Body Blast-Dori	31 5:15 Bootcamp-Dori			
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-No Class			
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			