



FRED SMITH COMPANY

SPORTS CLUB

January Aerobics 2026

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Water Aerobics-No Class 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- No Class	2 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	3 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
5 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	6 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	7 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	8 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	9 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	10 8:30 Cycle Sculpt No Class 9:30 Lift 45-No Class
12 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	13 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	14 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	15 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	16 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	17 8:30 Cycle Sculpt No Class 9:30 Lift 45-No Class
19 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	20 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	21 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	22 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	23 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	24 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
26 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	27 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	28 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	29 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 7:00 Cardio Dance- Suki	30 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	31 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

January Aerobics 2026

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 TABATA-Dori	2 5:15 Bootcamp-Dori	3 8:30 Bootcamp-
5 5:15 Bootcamp-Dori	6 5:15 Lower Body Blast-Dori	7 5:15 Bootcamp-Dori	8 5:15 TABATA-Dori	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
12 5:15 Bootcamp-Dori	13 5:15 Lower Body Blast-Dori	14 5:15 Bootcamp-Dori	15 5:15 TABATA-Dori	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
19 5:15 Bootcamp-Dori	20 5:15 Lower Body Blast-Dori	21 5:15 Bootcamp-Dori	22 5:15 TABATA-Dori	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
26 5:15 Bootcamp-Dori	27 5:15 Lower Body Blast-Dori	28 5:15 Bootcamp-Dori	29 5:15 TABATA-Dori	30 5:15 Bootcamp-Dori	31 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn	5:45 Pilates Sculpt-Suki 6:30 Yoga Flow- Suki	6:15 Bootcamp-Dawn			
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			