



# FRED SMITH COMPANY

SPORTS CLUB

# February Aerobics 2026

Riverwood Athletic Club

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

| Mon                                                                                         | Tue                                                  | Wed                                                                                        | Thu                                                                                         | Fri                                                         | Sat                                                                     |
|---------------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------|
| 2<br>9:00 Pilates Sculpt-Suki<br><b>10:15 Chip Fit-No Class</b><br><br>6:30 Synergy-Rachel  | 3<br>8:00 Zumba Gold- Bonnie<br>9:00 Yoga Flow-Suki  | 4<br><b>8:00 Zumba- Bonnie</b><br>9:00 Yoga Sculpt-Lynn<br><b>10:15 Chip Fit-No Class</b>  | 5<br>9:00 Water Aerobics-Tyler<br>9:30 Pilates Sculpt -Suki<br><br>7:00 Cardio Dance- Suki  | 6<br>9:00 Yoga Flow-Suki<br><b>10:15 Chip Fit-No Class</b>  | 7<br>8:30 Cycle Sculpt Janette<br>9:30 Lift 45-Janette                  |
| 9<br>9:00 Pilates Sculpt-Suki<br><b>10:15 Chip Fit-No Class</b><br><br>6:30 Synergy-Rachel  | 10<br>8:00 Zumba Gold- Bonnie<br>9:00 Yoga Flow-Suki | 11<br><b>8:00 Zumba- Bonnie</b><br>9:00 Yoga Sculpt-Lynn<br><b>10:15 Chip Fit-No Class</b> | 12<br>9:00 Water Aerobics-Tyler<br>9:30 Pilates Sculpt -Suki<br><br>7:00 Cardio Dance- Suki | 13<br>9:00 Yoga Flow-Suki<br><b>10:15 Chip Fit-No Class</b> | 14<br><b>8:30 Cycle Sculpt No Class</b><br><b>9:30 Lift 45-No Class</b> |
| 16<br>9:00 Pilates Sculpt-Suki<br><b>10:15 Chip Fit-No Class</b><br><br>6:30 Synergy-Rachel | 17<br>8:00 Zumba Gold- Bonnie<br>9:00 Yoga Flow-Suki | 18<br><b>8:00 Zumba- Bonnie</b><br>9:00 Yoga Sculpt-Lynn<br><b>10:15 Chip Fit-No Class</b> | 19<br>9:00 Water Aerobics-Tyler<br>9:30 Pilates Sculpt -Suki<br><br>7:00 Cardio Dance- Suki | 20<br>9:00 Yoga Flow-Suki<br><b>10:15 Chip Fit-No Class</b> | 21<br>8:30 Cycle Sculpt Janette<br>9:30 Lift 45-Janette                 |
| 23<br>9:00 Pilates Sculpt-Suki<br>10:15 Chip Fit-Chip<br><br>6:30 Synergy-Rachel            | 24<br>8:00 Zumba Gold- Bonnie<br>9:00 Yoga Flow-Suki | 25<br><b>8:00 Zumba- Bonnie</b><br>9:00 Yoga Sculpt-Lynn<br>10:15 Chip Fit-Chip            | 26<br>9:00 Water Aerobics-Tyler<br>9:30 Pilates Sculpt -Suki<br><br>7:00 Cardio Dance- Suki | 27<br>9:00 Yoga Flow-Suki<br>10:15 Chip Fit-Chip            | 28<br>8:30 Cycle Sculpt Janette<br>9:30 Lift 45-Janette                 |
|                                                                                             |                                                      |                                                                                            |                                                                                             |                                                             |                                                                         |
|                                                                                             |                                                      | <b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>                               |                                                                                             |                                                             |                                                                         |



# FRED SMITH COMPANY

SPORTS CLUB

# February Aerobics 2026

LionsGate Athletic Club

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

| Mon                      | Tue                                              | Wed                                                          | Thu                    | Fri                      | Sat                          |
|--------------------------|--------------------------------------------------|--------------------------------------------------------------|------------------------|--------------------------|------------------------------|
| 2<br>5:15 Bootcamp-Dori  | 3<br>5:15 Lower Body Blast-Dori                  | 4<br>5:15 Bootcamp-Dori                                      | 5<br>5:15 TABATA-Dori  | 6<br>5:15 Bootcamp-Dori  | 7<br>8:30 Bootcamp-          |
| 6:15 Bootcamp-Dawn       | 5:45 Pilates Sculpt-Suki<br>6:30 Yoga Flow- Suki | 6:15 Bootcamp-Dawn                                           |                        |                          |                              |
| 9<br>5:15 Bootcamp-Dori  | 10<br>5:15 Lower Body Blast-Dori                 | 11<br>5:15 Bootcamp-Dori                                     | 12<br>5:15 TABATA-Dori | 13<br>5:15 Bootcamp-Dori | 14<br>8:30 Bootcamp-Dawn     |
| 6:15 Bootcamp-Dawn       | 5:45 Pilates Sculpt-Suki<br>6:30 Yoga Flow- Suki | 6:15 Bootcamp-Dawn                                           |                        |                          |                              |
| 16<br>5:15 Bootcamp-Dori | 17<br>5:15 Lower Body Blast-Dori                 | 18<br>5:15 Bootcamp-Dori                                     | 19<br>5:15 TABATA-Dori | 20<br>5:15 Bootcamp-Dori | 21<br>8:30 Bootcamp-Dawn     |
| 6:15 Bootcamp-Dawn       | 5:45 Pilates Sculpt-Suki<br>6:30 Yoga Flow- Suki | 6:15 Bootcamp-Dawn                                           |                        |                          |                              |
| 23<br>5:15 Bootcamp-Dori | 24<br>5:15 Lower Body Blast-Dori                 | 25<br>5:15 Bootcamp-Dori                                     | 26<br>5:15 TABATA-Dori | 27<br>5:15 Bootcamp-Dori | 28<br>8:30 Bootcamp-No Class |
| 6:15 Bootcamp-Dawn       | 5:45 Pilates Sculpt-Suki<br>6:30 Yoga Flow- Suki | 6:15 Bootcamp-Dawn                                           |                        |                          |                              |
|                          |                                                  |                                                              |                        |                          |                              |
|                          |                                                  | <b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b> |                        |                          |                              |