



FRED SMITH COMPANY

SPORTS CLUB

June 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 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:30 Synergy-Rachel	2 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	3 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Chip 10:15 Chip Fit-Chip	4 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-No Class	5 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	6 8:30 Cycle Sculpt No Class 9:30 Lift 45-No Class
8 9:00 Pilates Sculpt-No Class 10:15 Chip Fit-Chip 6:00 Cardio Sculpt -Jannette	9 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-No Class	10 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Chip 10:15 Chip Fit-Chip	11 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -No Class 6:00 Lift 45-Janette	12 9:00 Yoga Flow-No Class 10:15 Chip Fit-Chip	13 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
15 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:00 Cardio Sculpt -Jannette	16 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	17 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	18 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-No Class	19 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	20 8:30 Cycle Sculpt No Class 9:30 Lift 45-No Class
22 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:00 Cardio Sculpt -Jannette	23 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki	24 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	25 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	26 9:00 Yoga Flow-Suki 10:15 Chip Fit-Chip	27 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
29 9:00 Pilates Sculpt-Suki 10:15 Chip Fit-Chip 6:00 Cardio Sculpt -Jannette	30 8:00 Zumba Gold- Bonnie 9:00 Yoga Flow-Suki				
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



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Mon	Tue	Wed	Thu	Fri	Sat
1 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	2 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	3 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	4 5:15 TABATA-Dori	5 5:15 Bootcamp-Dori	6 8:30 Bootcamp-
8 5:15 Bootcamp-No Class 6:15 Bootcamp-Dawn	9 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- No Class	10 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	11 5:15 TABATA-Dori	12 5:15 Bootcamp-Dori	13 8:30 Bootcamp-Dawn
15 5:15 Bootcamp-No Class 6:15 Bootcamp-Dawn	16 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	17 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	18 5:15 TABATA-Dori	19 5:15 Bootcamp-No Class	20 8:30 Bootcamp-No Class
22 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	23 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki	24 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	25 5:15 TABATA-Dori	26 5:15 Bootcamp-Dori	27 8:30 Bootcamp-Dawn
29 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	30 5:15 Lower Body Blast-Dori 6:00 Pilates +Yoga- Suki				
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					