



FRED SMITH COMPANY

SPORTS CLUB

August Aerobics 2026

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
3 10:15 Chip Fit-Chip	4 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	5 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	6 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	7 10:15 Chip Fit-Chip	8 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
10 10:15 Chip Fit-Chip	11 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	12 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Chip 10:15 Chip Fit-Chip	13 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	14 10:15 Chip Fit-Chip	15 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
17 10:15 Chip Fit-Chip	18 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	19 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	20 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	21 10:15 Chip Fit-Chip	22 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
24 10:15 Chip Fit-Chip	25 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	26 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	27 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	28 10:15 Chip Fit-Chip	29 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
31 10:15 Chip Fit-Chip		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			



FRED SMITH COMPANY

SPORTS CLUB

August Aerobics 2026

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Bootcamp-No Class
3 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-No Class	4 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	5 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	6 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan	7 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	8 8:30 Bootcamp-Dawn
10 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-Dawn	11 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	13 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan	14 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	15 8:30 Bootcamp-Dawn
17 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-Dawn	18 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	19 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	20 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan	21 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	22 8:30 Bootcamp-Dawn
24 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-Dawn	25 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-No Class 5:00 All Level Yoga-No Class	26 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	27 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan	28 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	29 8:30 Bootcamp-Dawn
31 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-Dawn			** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **		