



FRED SMITH COMPANY

SPORTS CLUB

September Aerobics 2026

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	2 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	3 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	4 10:15 Chip Fit-Chip	5 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
7 10:15 Chip Fit-Chip	8 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	9 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	10 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	11 10:15 Chip Fit-Chip	12 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
14 10:15 Chip Fit-Chip	15 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	16 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	17 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	18 10:15 Chip Fit-Chip	19 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
21 10:15 Chip Fit-Chip	22 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	23 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	24 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -No Class 6:00 Lift 45-Janette	25 9:00 Pilates Sculpt -Suki 10:15 Chip Fit-Chip	26 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
28 10:15 Chip Fit-Chip	29 8:00 Zumba Gold- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	30 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

September 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 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	2 5:15 Bootcamp-Dori 10:00 Mobility for Longevity-Morgan 5:00 Mobility for Longevity-Morgan 6:15 Bootcamp-Dawn	3 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	4 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	5 8:30 Bootcamp-Dawn
7 5:15 Bootcamp-No Class 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-No Class	8 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	9 5:15 Bootcamp-Dori 10:00 Mobility for Longevity-Morgan 5:00 Mobility for Longevity-Morgan 6:15 Bootcamp-Dawn	10 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	11 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	12 8:30 Bootcamp-Dawn
14 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	15 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	16 5:15 Bootcamp-Dori 10:00 Mobility for Longevity-Morgan 5:00 Mobility for Longevity-Morgan 6:15 Bootcamp-Dawn	17 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	18 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	19 8:30 Bootcamp-Dawn
21 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	22 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	23 5:15 Bootcamp-Dori 10:00 Mobility for Longevity-Morgan 5:00 Mobility for Longevity-Morgan 6:15 Bootcamp-Dawn	24 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	25 5:15 Bootcamp-Dori 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica	26 8:30 Bootcamp-Dawn
28 5:15 Bootcamp-No Class 7:30 Lift for Longevity-Erica 8:30 Power and Pulse-Erica 9:30 Full Body Balance-Erica 6:15 Bootcamp-Dawn	29 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-No Class 5:00 All Level Yoga-No Class	30 5:15 Bootcamp-No Class 10:00 Mobility for Longevity-Morgan 5:00 Mobility for Longevity-Morgan 6:15 Bootcamp-Dawn			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					