



FRED SMITH COMPANY

SPORTS CLUB

October 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-Tyler 9:30 Pilates Sculpt -No Class	2 10:15 Chip Fit-Chip	3 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
			6:00 Lift 45-Janette		
5 10:15 Chip Fit-Chip	6 8:00 Zumba- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	7 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	8 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	9 10:15 Chip Fit-No Class	10 8:30 Cycle Sculpt-No Class 9:30 Lift 45-No Class
12 10:15 Chip Fit-Chip	13 8:00 Zumba- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	14 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	15 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	16 10:15 Chip Fit-Chip	17 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
19 10:15 Chip Fit-Chip	20 8:00 Zumba- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	21 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	22 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -No Class 6:00 Lift 45-Janette	23 10:15 Chip Fit-Chip	24 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
26 10:15 Chip Fit-Chip	27 8:00 Zumba- Bonnie 9:30 Pilates Sculpt -Suki 6:00 Cardio Sculpt- Janette	28 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	29 9:00 Water Aerobics-Tyler 9:30 Pilates Sculpt -Suki 6:00 Lift 45-Janette	30 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

October 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 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	2 5:15 Bootcamp-Dori	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dori 6:15 Bootcamp-No Class	6 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	7 5:15 Bootcamp-Dori 5:00 Strength & Stretch-Morgan 6:15 Bootcamp-Dawn	8 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
12 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	13 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	14 5:15 Bootcamp-Dori 5:00 Strength & Stretch-Morgan 6:15 Bootcamp-Dawn	15 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
19 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	20 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:00 All Level Yoga-Morgan	21 5:15 Bootcamp-Dori 5:00 Strength & Stretch-Morgan 6:15 Bootcamp-Dawn	22 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
26 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	27 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-No Class 5:00 All Level Yoga-No Class	28 5:15 Bootcamp-Dori 5:00 Strength & Stretch-Morgan 6:15 Bootcamp-Dawn	29 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 5:00 All Level Yoga-Morgan	30 5:15 Bootcamp-Dori	31 8:30 Bootcamp-Dawn
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					