



FRED SMITH COMPANY

SPORTS CLUB

November Aerobics 2026

Riverwood Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
2 10:15 Chip Fit-Chip	3 8:00 Zumba- Bonnie 6:00 Cardio Sculpt- Janette	4 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	5 9:00 Water Aerobics-Tyler 6:00 Lift 45-Janette	6 10:15 Chip Fit-Chip	7 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
9 10:15 Chip Fit-Chip	10 8:00 Zumba- Bonnie 6:00 Cardio Sculpt- Janette	11 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	12 9:00 Water Aerobics-Tyler 6:00 Lift 45-Janette	13 10:15 Chip Fit-Chip	14 8:30 Cycle Sculpt - No Class 9:30 Lift 45-No Class
16 10:15 Chip Fit-Chip	17 8:00 Zumba- Bonnie 6:00 Cardio Sculpt- Janette	18 8:00 Zumba- Bonnie 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip	19 9:00 Water Aerobics-Tyler 6:00 Lift 45-Janette	20 10:15 Chip Fit-Chip	21 8:30 Cycle Sculpt - No Class 9:30 Lift 45-No Class
23 10:15 Chip Fit-No Class	24 8:00 Zumba- No Class 6:00 Cardio Sculpt- Janette	25 8:00 Zumba- No Class 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-No Class	26 Closed for Thanksgiving	27 10:15 Chip Fit-No Class	28 8:30 Cycle Sculpt Janette 9:30 Lift 45-Janette
30 10:15 Chip Fit-Chip					
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					



FRED SMITH COMPANY

SPORTS CLUB

November Aerobics 2026

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
2 5:15 Bootcamp-Dori 10:00 All Level Yoga-Morgan 12:00 All Level Yoga-Morgan 6:15 Bootcamp-No Class	3 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	4 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	5 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 12:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	6 5:15 Bootcamp-Dori	7 8:30 Bootcamp-Dawn
9 5:15 Bootcamp-Dori 10:00 All Level Yoga-Morgan 12:00 All Level Yoga-Morgan 6:15 Bootcamp-No Class	10 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	11 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	12 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 12:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	13 5:15 Bootcamp-Dori	14 8:30 Bootcamp-Dawn
16 5:15 Bootcamp-Dori 10:00 All Level Yoga-Morgan 12:00 All Level Yoga-Morgan 6:15 Bootcamp-Dawn	17 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	18 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn	19 5:15 TABATA-Dori 10:00 Gentle Yoga-Morgan 12:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	20 5:15 Bootcamp-Dori	21 8:30 Bootcamp-Dawn
23 5:15 Bootcamp-Dori 10:00 All Level Yoga-Morgan 12:00 All Level Yoga-Morgan 6:15 Bootcamp-Dawn	24 5:15 Lower Body Blast-Dori 10:00 All Level Yoga-Morgan 5:30 All Level Yoga-Morgan	25 5:15 Bootcamp-Dori 6:15 Bootcamp-No Class	26 Closed for Thanksgiving	27 5:15 Bootcamp-Dori	28 8:30 Bootcamp-Dawn
30 5:15 Bootcamp-Dori 10:00 All Level Yoga-Morgan 12:00 All Level Yoga-Morgan 6:15 Bootcamp-Dawn					
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					