



FRED SMITH COMPANY
SPORTS CLUB

January Aerobics 2023

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 6:30 Synergy-Rachel | 3 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie | 4 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer | 5 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel | 6 9:00 BootyCamp-Jannette 10:15 Chip Fit-Chip | 7 9:00 Lift 45-Janette 10:00 Cycle-Janette |
| 9 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 10 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie | 11 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer | 12 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel | 13 9:00 BootyCamp -No Class 10:15 Chip Fit-Chip | 14 9:00 Lift 45-Janette 10:00 Cycle-Janette |
| 16 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 17 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie | 18 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer | 19 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel | 20 9:00 BootyCamp -No Class 10:15 Chip Fit-Chip | 21 9:00 Lift 45-Janette 10:00 Cycle-Janette |
| 23 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 24 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie | 25 9:00 Yoga Sculpt-Lynn 10:15 Chip Fit-Chip 6:00 Zumba-Bonnie 7:00 Pilates + Stretch-Jennifer | 26 10:00 Mat Pilates-Jennifer 6:30 Synergy-Rachel | 27 9:00 BootyCamp -Jannette 10:15 Chip Fit-Chip | 28 9:00 Lift 45-Janette 10:00 Cycle-Janette |
| 30 10:15 Chip Fit-Chip 6:30 Synergy-Rachel | 31 10:00 Mat Pilates-Jennifer 6:00 Zumba-Bonnie | | | | |
| ** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP ** | | | | | |



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| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--------------------------|--------------------------|
| 2 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn | 3 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan | 4 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn | 5 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan | 6 5:15 Bootcamp-Dori | 7 8:30 Bootcamp-Dawn |
| 9 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn | 10 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan | 11 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn | 12 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan | 13 5:15 Bootcamp-Dori | 14 8:30 Bootcamp-Dawn |
| 16 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn | 17 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan | 18 5:15 Bootcamp-Dori 6:15 Bootcamp-Dawn | 19 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow- Morgan | 20 5:15 Bootcamp-Dori | 21 8:30 Bootcamp-Dawn |
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| 30 5:15 Bootcamp-Dori 9:15 Yoga Flow-Morgan 6:15 Bootcamp-Dawn | 31 5:15 Lower Body Blast-Dori 6:15 Yoga Flow-Morgan | | | | |
| ** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP ** | | | | | |