



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

Mon	Tue	Wed	Thu	Fri	Sat
<p>(* Indicates that Sign-Up is Required for Class. Sign-Up for class is available in person at Riverwood Athletic Club 30 minutes prior to the start of class. **MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS. **</p>		<p>1 9:00 Zumba@-Karrin 10:15 Aqua Zumba@ - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>2 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 NO CLASS</p>	<p>3 9:00 Spinning*-Jackie</p>	<p>4 9:00 Cardio Tone & Sculpt-Janette</p>
<p>6 9:00 H2O Aerobics-Janette 9:15 NO CLASS</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>7 8:00 Yoga Flow-Jackie 8:30 Aqua Zumba@ - Karrin 9:15 Cardio Sculpt – Jackie</p> <p>6:00 Zumba@-Bonnie 7:00 NO CLASS</p>	<p>8 9:00 Zumba@-Karrin 10:15 Aqua Zumba@ - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>9 8:00 Pilates-Jackie(sub) 9:15 Body Sculpting-Jackie</p> <p>6:00 NO CLASS 7:00 NO CLASS</p>	<p>10 9:00 Spinning*-Jackie</p>	<p>11 9:00 Cardio Tone & Sculpt-Janette</p>
<p>13 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>14 8:00 Pilates-Jackie 8:30 Aqua Zumba@ - Karrin 9:15 Cardio Sculpt – Jackie</p> <p>6:00 Zumba@-Bonnie 7:00 Mat Pilates-Jan</p>	<p>15 9:00 Zumba@-Karrin 10:15 Aqua Zumba@ - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>16 8:00 Pilates-Jan 9:15 Body Sculpting Jackie</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>17 9:00 Spinning*-Jackie</p>	<p>18 9:00 Cardio Tone & Sculpt-Janette</p>
<p>20 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>21 8:00 Yoga Flow-Jackie 8:30 Aqua Zumba@ - Karrin 9:15 Cardio Sculpt – Jackie</p> <p>6:00 Zumba@-Bonnie 7:00 Mat Pilates-Jan</p>	<p>22 9:00 Zumba@-Karrin 10:15 Aqua Zumba@ - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>23 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>24 9:00 Spinning*-Jackie</p>	<p>25 9:00 NO CLASS</p> <p>11:30 NMO*-Toni 12:30 Teen Cert.*-Toni</p>
<p>27 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>28 8:00 Pilates-Jackie 8:30 Aqua Zumba@ - Karrin 9:15 Cardio Sculpt – Jackie</p> <p>6:00 Zumba@-Bonnie 7:00 Mat Pilates-Jan</p>	<p>29 9:00 Zumba@-Karrin 10:15 Aqua Zumba@ - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>30 8:00 Pilates-Jan 9:15 Body Sculpting Jackie</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>31 9:00 Spinning*-Jackie</p>	



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		1 5:15 Boot Camp-Dori 9:15 Cardio Sculpt Jackie 6:00 Zumba® Bonnie	2 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	3 5:15 HIIT-Dawn 9:15 Cardio-Tone-Janette(sub)	4 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
6 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	7 5:15 Pure Strength-Brenda 9:15 CardioDANCE-Tracie 6:30 Body Blast - Dori	8 5:15 Boot Camp-Dori 9:15 3-2-1 Jackie 6:00 Zumba® Bonnie	9 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	10 5:15 HIIT- Dawn 9:15 Cardio-Tone-Tracie	11 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
13 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	14 5:15 Pure Strength-Brenda 9:15 Zumba-Tracie 6:30 Body Blast - Dori	15 5:15 Boot Camp-Dori 9:15 Cardio Sculpt Jackie 6:00 Zumba® Bonnie	16 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	17 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette(sub)	18 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
20 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	21 5:15 Pure Strength-Brenda 9:15 CardioDANCE-Tracie 6:30 Body Blast - Dori	22 5:15 Boot Camp-Dori 9:15 3-2-1 Jackie 6:00 Zumba® Bonnie	23 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	24 5:15 HIIT- Dawn 9:15 Cardio-Tone-Tracie	25 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
27 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	28 5:15 Pure Strength-Brenda 9:15 Zumba-Tracie 6:30 Body Blast - Dori	29 5:15 Boot Camp-Dori 9:15 Cardio Sculpt Jackie 6:00 Zumba® Bonnie	30 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	31 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette(sub)	