



FRED SMITH COMPANY

SPORTS CLUB

APRIL AEROBICS

Riverwood Athletic Club

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.</p> <p>**MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS. **</p>					<p>1 9:00 Cardio Tone & Sculpt-Janette</p>
<p>3 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>4 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>5 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Janette (sub)</p>	<p>6 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 NO CLASS</p>	<p>7 9:00 Spinning*-Jackie</p>	<p>8 9:00 NO CLASS</p>
<p>10 9:00 NO CLASS 9:15 NO CLASS</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>11 8:00 Pilates-Jan (sub) 8:30 Aqua Zumba® - Karrin 9:15 NO CLASS</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>12 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 NO CLASS</p>	<p>13 8:00 Pilates-Jan 9:15 NO CLASS</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>14 9:00 NO CLASS</p>	<p>15 9:00 Cardio Tone & Sculpt-Janette</p>
<p>17 9:00 H2O Aerobics-Janette 9:15 NO CLASS</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>18 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>19 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>20 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 NO CLASS</p>	<p>21 9:00 Spinning*-Jackie</p>	<p>22 9:00 Cardio Tone & Sculpt-Janette</p>
<p>24 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>25 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>26 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>27 8:00 Pilates-Jan 9:15 Body Sculpting Jackie</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>28 9:00 NO CLASS</p>	<p>29 9:00 Cardio Tone & Sculpt-Janette</p>



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Mon	Tue	Wed	Thu	Fri	Sat
					1 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
3 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	4 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	5 5:15 Boot Camp-Dori 9:15 3-2-1 Jackie 6:00 Zumba® Bonnie	6 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	7 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	8 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
10 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	11 5:15 Pure Strength-Brenda 9:15 NO CLASS 6:30 Body Blast - Dori	12 5:15 Boot Camp-Dori 9:15 NO CLASS 6:00 Zumba® Bonnie	13 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	14 5:15 HIIT- Dawn 9:15 NO CLASS	15 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
17 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	18 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	19 5:15 Boot Camp-Dori 9:15 3-2-1 Jackie 6:00 Zumba® Bonnie	20 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	21 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	22 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn 11:30 NMO*-Toni 12:30 Teen Cert.*-Toni
24 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	25 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	26 5:15 Boot Camp-Dori 9:15 Cardio Sculpt Jackie 6:00 Zumba® Bonnie	27 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	28 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	29 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn