



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 8:00 Pilates-Jackie (sub) 9:15 Body Sculpting-Jackie</p> <p>6:00 NO CLASS 7:00 Power Yoga-Tiffany</p>	<p>2 9:00 Spinning*-Jackie</p>	<p>3 9:00 Cardio Tone & Sculpt-Janette</p>
<p>5 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>6 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-Tiffany (sub)</p>	<p>7 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>8 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>9 9:00 NO CLASS</p>	<p>10 9:00 Cardio Tone & Sculpt-Janette</p>
<p>12 9:00 H2O Aerobics-Janette 9:15 NO CLASS</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>13 8:00 Pilates-Jackie 8:30 Aqua Zumba® - Karrin 9:15 Cardio Sculpt-Jackie</p> <p>6:00 Zumba®-Bonnie 7:00 NO CLASS</p>	<p>14 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>15 8:00 Pilates-Jackie (sub) 9:15 Body Sculpting-Jackie</p> <p>6:00 NO CLASS 7:00 NO CLASS</p>	<p>16 9:00 Spinning*-Jackie</p>	<p>17 9:00 Cardio Tone & Sculpt-Janette</p>
<p>19 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 NO CLASS</p>	<p>20 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>21 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>22 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 NO CLASS</p>	<p>23 9:00 Spinning*-Jackie</p>	<p>24 9:00 Cardio Tone & Sculpt-Janette</p>
<p>26 9:00 H2O Aerobics-Janette 9:15 NO CLASS</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>27 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>28 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>29 8:00 Pilates-Jan 9:15 Body Sculpting-Jackie</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>30 9:00 Spinning*-Jackie</p>	



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Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	2 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	3 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
5 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	6 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	7 5:15 Boot Camp-Dori 9:15 3-2-1 Jackie 6:00 Zumba® Bonnie	8 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	9 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	10 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
12 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	13 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	14 5:15 Boot Camp-Dori 9:15 Cardio Sculpt Jackie 6:00 Zumba® Bonnie	15 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	16 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	17 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
19 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	20 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	21 5:15 Boot Camp-Dori 9:15 3-2-1 Jackie 6:00 Zumba® Bonnie	22 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	23 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	24 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn 11:30 NMO*-Toni 12:30 Teen Cert.*-Toni
26 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	27 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	28 5:15 Boot Camp-Dori 9:15 Cardio Sculpt Jackie 6:00 Zumba® Bonnie	29 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	30 5:15 HIIT- Dawn 9:15 Cardio-Tone-Janette	