



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

Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>2 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>3 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>4 9:00 Spinning*-Janette</p>	<p>5 9:00 Cardio Tone & Sculpt-Janette</p>
<p>7 9:00 H2O Aerobics-Janette 9:15 No Class</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>8 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>9 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>10 8:00 Pilates-Jan 9:15 No Class</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>11 9:00 Spinning*-Janette</p>	<p>12 9:00 Cardio Tone & Sculpt-Janette</p>
<p>14 9:00 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>15 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>16 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 NO CLASS</p>	<p>17 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>18 9:00 Spinning*-Janette</p>	<p>19 9:00 Cardio Tone & Sculpt-Janette</p>
<p>21 9:00 H2O Aerobics-Janette 9:15 No Class</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>22 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>23 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Janette(sub)</p>	<p>24 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<p>25 9:00 Spinning*-Janette</p>	<p>26 9:00 Cardio Tone & Sculpt-Janette</p>
<p>28 9:00 H2O Aerobics-Janette 9:15 No Class</p> <p>6:00 Synergy-Rachel 7:00 Vinyasa Yoga- Tiffany</p>	<p>29 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>30 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>31 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan 7:00 Power Yoga-Tiffany</p>	<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>	



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Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>2 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>3 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp -Dawn</p>	<p>4 5:15 HIIT- Dawn</p>	<p>5 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn</p>
<p>7 5:15 Boot Camp-Dori 9:15 NO CLASS</p> <p>6:15 Boot Camp-Janette(sub)</p>	<p>8 5:15 Pure Strength-Dori(sub) 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>9 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>10 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp -Dori(sub)</p>	<p>11 5:15 HIIT- Dawn</p>	<p>12 8:15 Kids Fit (5-9)-Brenda(sub) 9:00 Boot Camp-Brenda(sub)</p>
<p>14 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Janette(sub)</p>	<p>15 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>16 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>17 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>18 5:15 HIIT- Dawn</p>	<p>19 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn</p>
<p>21 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>22 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>23 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>24 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>25 5:15 HIIT- Dawn</p>	<p>26 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn</p> <p>11:30 NMO*-Toni 12:30 Teen Cert.*-Toni</p>
<p>28 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>29 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>30 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>31 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p>		