



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 9:15 Spinning*-Janette</p>	<p>2 9:00 Cardio Tone & Sculpt-Janette</p>
<p>4 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-No Class</p> <p>6:00 Synergy-Rachel</p>	<p>5 8:00 Core Barre-No Class 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>6 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>7 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan</p>	<p>8 9:15 Spinning*-Janette</p>	<p>9 9:00 Cardio Tone & Sculpt-Janette</p>
<p>11 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>12 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>13 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>14 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan</p>	<p>15 9:15 Spinning*-No Class</p>	<p>16 9:00 Cardio Tone & Sculpt-No Class</p>
<p>18 9:15 H2O Aerobics-No Class 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>19 8:00 Core Barre-Jan 8:30 Aqua Zumba® No Class</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>20 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>21 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan</p>	<p>22 9:15 Spinning*-Janette</p>	<p>23 9:00 Cardio Tone & Sculpt-Janette</p>
<p>25 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>26 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>27 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary</p>	<p>28 8:00 Pilates-Jan 9:15 Core Barre-Jan</p> <p>6:00 Core Barre-Jan</p>	<p>29 9:15 Spinning*-Janette</p>	<p>30 9:00 Cardio Tone & Sculpt-Janette</p> <p>11:30 NMO*-Toni 12:30 Teen Cert.*-Toni</p>



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Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 HIIT- Dawn	2 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
4 5:15 Boot Camp-Dawn (sub) 9:15 Core and Strength-No Class 6:15 Boot Camp-Dawn	5 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	6 5:15 Boot Camp-Dori 9:15 3-2-1 No Class 6:00 Zumba® Bonnie	7 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp –Dawn	8 5:15 HIIT- Dawn	9 8:15 Kids Fit (5-9) -Dawn 9:00 Boot Camp-Dawn
11 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	12 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	13 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	14 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	15 5:15 HIIT- Dawn	16 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
18 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	19 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	20 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	21 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	22 5:15 HIIT- Dawn	23 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn
25 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 6:15 Boot Camp-Dawn	26 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	27 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	28 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	29 5:15 HIIT- Dawn	30 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn