



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

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|------------------------------|-----|
| 2 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill 6:00 Synergy-Rachel | 3 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan | 4 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 6:00 Spinning*- Mary | 5 8:00 Pilates-Jan 6:00 Core Barre-Jan | 6 9:15 Spinning*-Janette | 7 |
| 9 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill 6:00 Synergy-Rachel | 10 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan | 11 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 6:00 Spinning*- Mary 7:00 All Levels Yoga- Lisa | 12 8:00 Pilates-Jan 6:00 Core Barre-Jan | 13 9:15 Spinning*-Janette | 14 |
| 16 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill 6:00 Synergy-Rachel | 17 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan | 18 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 6:00 Spinning*- Mary 7:00 All Levels Yoga- Lisa | 19 8:00 Pilates-Jan 6:00 Core Barre-Jan | 20 9:15 Spinning*-Janette | 21 |
| 23 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill 6:00 Synergy-Rachel | 24 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan | 25 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 6:00 Spinning*- Mary 7:00 All Levels Yoga- Lisa | 26 8:00 Pilates-Jan 6:00 Core Barre-Jan | 27 9:15 Spinning*-Janette | 28 |
| 30 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill 6:00 Synergy-Rachel | 31 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin 6:00 Zumba®-NO CLASS 7:00 Mat Pilates-NO CLASS | <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> | | | |



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| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|-------------------------------|--|
| <p>2 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>3 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p> | <p>4 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p> | <p>5 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp -Dawn</p> | <p>6 5:15 HIIT- Dawn</p> | <p>7 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn</p> |
| <p>9 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>10 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p> | <p>11 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p> | <p>12 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp -Dawn</p> | <p>13 5:15 HIIT- Dawn</p> | <p>14 8:15 Kids Fit (5-9) -Dawn 9:00 Boot Camp-Dawn</p> |
| <p>16 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>17 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p> | <p>18 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p> | <p>19 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>20 5:15 HIIT- Dawn</p> | <p>21 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn</p> |
| <p>23 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>24 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p> | <p>25 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p> | <p>26 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>27 5:15 HIIT- Dawn</p> | <p>28 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>30 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda</p> <p>6:15 Boot Camp-Dawn</p> | <p>31 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast – NO CLASS</p> | | | | |