




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</p> |
| <p>4 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p> | <p>5 8:00 Core Barre-Jan 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 7:00 All Levels Yoga- Lisa</p> | <p>7 8:00 Pilates-Jan</p> <p>6:00 Core Barre-Jan</p> | <p>8 9:15 Spinning*-Janette</p> | <p>9</p> |
| <p>11 9:15 H2O Aerobics-Janette</p> <p>*9:15 Bike to Bethlehem*-Jill *10:15 Bike to Bethlehem*-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 7:00 All Levels Yoga- Lisa</p> | <p>14 8:00 Pilates-Jan</p> <p>6:00 Core Barre-No Class</p> | <p>15 9:15 Spinning*-Janette</p> | <p>16</p> |
| <p>18 9:15 H2O Aerobics-Janette 9:15 Spinning/Abs*-No Class</p> <p>6:00 Synergy-Rachel</p> | <p>19 8:00 Core Barre-Jan 8:30 Aqua Zumba® Karrin</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*- No Class 7:00 All Levels Yoga- Lisa</p> | <p>21 8:00 Pilates-Jan</p> <p>6:00 Core Barre-Jan</p> | <p>22 9:15 Spinning*-Janette</p> | <p>*JOIN US, Dec. 11th for BIKE TO BETHLEHEM as we follow Mary and Joseph's journey to Bethlehem. We will have pictures, a commentary and Christmas music to follow them through the difficult and beautiful terrain.</p> |
| <p>25</p>  | <p>26 8:00 Core Barre-No Class 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-No Class</p> | <p>27 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- No Class 7:00 All Levels Yoga- Lisa</p> | <p>28 8:00 Pilates-Jan</p> <p>6:00 Core Barre-Jan</p> | <p>29 9:15 Spinning*-Janette</p> | |



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| | | | | 1 5:15 HIIT- Dawn | 2 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn |
| 4 5:15 Boot Camp-Dori 9:15 Core and Strength-Brenda 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 Janette 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 |
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| 25  | 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 |