



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

Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9:15 Spinning/Abs*-NO CLASS</p> <p>6:00 Synergy-Rachel</p>	<p>2 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>3 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary 7:05 All Levels Yoga- Lisa</p>	<p>4 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>5 9:15 Spinning*-Janette</p>	<p>6</p>
<p>8 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>9 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>10 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary 7:05 All Levels Yoga- Lisa</p>	<p>11 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>12 9:15 Spinning*-Janette</p>	<p>13</p>
<p>15 9:15 Spinning/Abs*-Janette</p> <p>6:00 Synergy-Rachel</p>	<p>16 8:00 Core Barre-Jan 8:30 Aqua Zumba® Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>17 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary 7:05 All Levels Yoga- Lisa</p>	<p>18 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>19 9:15 Spinning*-Janette</p>	<p>20</p>
<p>22 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>23 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>24 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary 7:05 All Levels Yoga- Lisa</p>	<p>25 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>26 9:15 Spinning*-Janette</p>	<p>27</p>
<p>29 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>30 8:00 Core Barre-Jan 8:30 Aqua Zumba® Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>31 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Spinning*- Mary 7:05 All Levels Yoga- Lisa</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>		



FRED SMITH COMPANY

SPORTS CLUB

JANUARY AEROBICS

LionsGate Athletic Club

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

Mon	Tue	Wed	Thu	Fri	Sat
<p>1 5:15 Boot Camp-NO CLASS 9:15 Core and Strength-Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>2 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>3 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>4 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp –Dawn</p>	<p>5 5:15 HIIT- Dawn</p>	<p>6 8:15 Kids Fit (5-9) -Dawn 9:00 Boot Camp-Dawn</p>
<p>8 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>9 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>10 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>11 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>12 5:15 HIIT- Dawn</p>	<p>13 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn</p>
<p>15 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>16 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast - Dori</p>	<p>17 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>18 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>19 5:15 HIIT- Dawn</p>	<p>20 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn</p>
<p>22 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>23 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast – Dori</p>	<p>24 5:15 Boot Camp-Dori 9:15 3-2-1 Janette</p> <p>6:00 Zumba® Bonnie</p>	<p>25 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>26 5:15 HIIT- Dawn</p>	<p>27 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp-Dawn</p>
<p>29 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda</p> <p>6:15 Boot Camp-Dawn</p>	<p>30 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette</p> <p>6:30 Body Blast – Dori</p>	<p>31</p>			