



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

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:15 Spinning*- Mary Louise	2 9:00 Cycle & Sculpt* - Janette 10:15 Synergy- Rachel
4 9:15 Spinning/Abs*-Jill 7:00 Synergy- Rachel	5 8:00 Core Barre-Jan 9:00 Aqua Zumba® -Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	6 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	7 8:00 Pilates-Jan 9:15 Body Sculpting-No Class 7:00 Synergy- Rachel	8 9:15 Spinning*- Mary Louise	9 9:00 Cycle & Sculpt* - No Class 10:15 Synergy- Rachel
11 9:15 Spinning/Abs*- Jill 7:00 Synergy- Rachel	12 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	13 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	14 8:00 Pilates-Jan 9:15 Body Sculpting- Janette 7:00 Synergy- No Class	15 9:15 Spinning*- Mary Louise	16 9:00 Cycle & Sculpt* - Janette 10:15 Synergy- Rachel
18 9:15 Spinning/Abs*- No Class 7:00 Synergy- Rachel	19 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	20 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	21 8:00 Pilates-Jan 9:15 Body Sculpting- Janette 7:00 Synergy- Rachel	22 9:15 Spinning*- Mary Louise	23 9:00 Cycle & Sculpt* - Janette 10:15 Synergy- Rachel
25 9:15 Spinning/Abs*- Jill 7:00 Synergy- Rachel	26 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin 6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	27 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin 7:00 All Levels Yoga- Lisa	28 8:00 Pilates-Lynn 9:15 Body Sculpting- Janette 7:00 Synergy- Rachel	<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>	



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

Mon	Tue	Wed	Thu	Fri	Sat
				1 5:15 HIIT-Dawn 9:15 HIIT-Janette	2 9:00 Boot Camp-Dawn
4 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan 6:15 Boot Camp-Dawn	5 5:15 Pure Strength-Brenda 9:15 Booty Camp-No Class 6:30 Body Blast- Dori	6 5:15 Boot Camp- Dori 9:15 Yoga - Marlie 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 9:15 HIIT-No Class	9 9:00 Boot Camp-Dawn
11 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan 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 Yoga - Marlie 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 9:15 HIIT-Janette	16 9:00 Boot Camp-Dawn
18 5:15 Boot Camp-Dori 9:15 Pilates/Barre Fusion- Jan 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 Yoga - Marlie 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 9:15 HIIT-Janette	23 9:00 Boot Camp-Dawn 11:30 NMO*-Toni 12:30 Teen Cert.*-Toni
25 5:15 Boot Camp- Dori 99:15 Pilates/Barre Fusion- Jan 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 Yoga - Marlie 6:00 Zumba® Bonnie	28 5:15 Cardio Core Intervals-Brenda 9:15 TABATA – Brenda 6:15 Boot Camp- Dawn		