



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.</p> <p>**MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS.</p>		<p>1 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Cardio HIIT- No Class 7:05 All Levels Yoga-No Class</p>	<p>2 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>3 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	<p>4 9:00 Spinning*-Janette</p>
<p>6 9:15 Spinning/Abs*-No Class</p> <p>6:00 Synergy-Rachel</p>	<p>7 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>8 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Cardio HIIT- Janette 7:05 All Levels Yoga-No Class</p>	<p>9 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>10 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	<p>11 9:00 Spinning*-Janette</p>
<p>13 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-No Class</p>	<p>14 8:00 Core Barre-Jan 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>15 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Cardio HIIT- Janette 7:05 All Levels Yoga-Lynn</p>	<p>16 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>17 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	<p>18 9:00 Spinning*-Janette</p>
<p>20 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>21 8:00 Core Barre-Jan 8:30 Aqua Zumba® No Class</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>22 9:00 Zumba®-No Class 10:15 Aqua Zumba® No Class</p> <p>6:00 Cardio HIIT- Janette 7:05 All Levels Yoga-Lynn</p>	<p>23 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Jan 7:05 Synergy-Rachel</p>	<p>24 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	<p>25 9:00 Spinning*-Janette</p> <p>11:30 NMO*-Toni 12:30 Teen Cert.*-Toni</p>
<p>27 9:15 Spinning/Abs*-No class</p> <p>6:00 Synergy-Rachel</p>	<p>28 8:00 Core Barre-Lynn 8:30 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-No Class</p>	<p>29 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>6:00 Cardio HIIT- Janette 7:05 All Levels Yoga-Lisa</p>	<p>30 8:00 Pilates-Lynn 9:15 Body Sculpting-Janette</p> <p>6:00 Core Barre-Lynn 7:05 Synergy-Rachel</p>	<p>31 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	



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Mon	Tue	Wed	Thu	Fri	Sat
		1 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	2 5:15 Cardio Core Intervals-Dori 9:15 TABATA – No Class 6:15 Boot Camp –Janette	3 5:15 HIIT- Dori	4 8:15 Kids Fit (5-9)-Dori 9:00 Boot Camp- Dori
6 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dori	7 5:15 Pure Strength-No Class 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	8 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	9 5:15 Cardio Core Intervals-Dori 9:15 TABATA – No Class 6:15 Boot Camp –Janette	10 5:15 HIIT- No Class	11 8:15 Kids Fit (5-9) -No Class 9:00 Boot Camp-No Class
13 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dawn	14 5:15 Pure Strength-Dawn 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	15 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	16 5:15 Cardio Core Intervals-Dori 9:15 TABATA – No Class 6:15 Boot Camp-Dawn	17 5:15 HIIT- Dawn	18 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
20 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dawn	21 5:15 Pure Strength-Dawn 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	22 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	23 5:15 Cardio Core Intervals-Dori 9:15 TABATA – No Class 6:15 Boot Camp-Dawn	24 5:15 HIIT- Dawn	25 8:15 Kids Fit (5-9)-No Class 9:00 Boot Camp-No Class
27 5:15 Boot Camp-Dori 9:15 Core and Strength- Brenda 6:15 Boot Camp-Dawn	28 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast – Dori	29 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	30 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	31 5:15 HIIT- Dawn	