



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

Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Happy New Year</b>	2 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin  <b>7:00 All Levels Yoga- No Class</b>	3 8:00 Pilates-Jan 9:15 Body Sculpting- Janette  7:05 Synergy- Rachel	4 9:15 Spinning*- Mary Louise	5 9:00 Cycle & Sculpt* - Janette <b>10:15 Synergy- Rachel</b>
7 9:15 Spinning/Abs*-Jill  7:00 Synergy- Rachel	8 8:00 Core Barre-Jan 9:00 Aqua Zumba® -Karrin  6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	9 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin  7:00 All Levels Yoga- Lisa	10 8:00 Pilates-Jan 9:15 Body Sculpting-Janette  7:05 Synergy- Rachel	11 9:15 Spinning*- Mary Louise	12 9:00 Cycle & Sculpt* - Janette <b>10:15 Synergy- Rachel</b>
14 9:15 Spinning/Abs*- Jill  7:00 Synergy- Rachel	15 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin  6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	16 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin  7:00 All Levels Yoga- Lisa	17 8:00 Pilates-Jan 9:15 Body Sculpting- Janette  7:05 Synergy- Rachel	18 9:15 Spinning*- Mary Louise	19 9:00 Cycle & Sculpt* - Janette <b>10:15 Synergy- Rachel</b>
21 <b>9:15 Spinning/Abs*- No Class</b>  7:00 Synergy- Rachel	22 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin  6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	23 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin  7:00 All Levels Yoga- Lisa	24 8:00 Pilates-Jan 9:15 Body Sculpting- Janette  7:05 Synergy- Rachel	25 9:15 Spinning*- Mary Louise	26 9:00 Cycle & Sculpt* - Janette <b>10:15 Synergy- Rachel</b>  <b>11:30 NMO*-Toni</b> <b>12:30 Teen Cert.*-Toni</b>
28 9:15 Spinning/Abs*- Jill  7:00 Synergy- Rachel	29 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin  6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan	30 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin  7:00 All Levels Yoga- Lisa	31 8:00 Pilates-Lynn 9:15 Body Sculpting- Janette  7:05 Synergy- Rachel	<p><b>(*) 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.</b></p> <p><b>**MEMBERS CAN ONLY SIGN THEMSELVES UP FOR CLASS.</b></p>	