



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 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>7:05 Synergy-Rachel</p>	<p>2 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	<p>3 9:00 Cycle & Sculpt*-Janette</p>
<p>5 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>6 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>7 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>7:00 All Levels Yoga- Lisa</p>	<p>8 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>7:05 Synergy-Rachel</p>	<p>9 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	<p>10 9:00 Cycle & Sculpt*-Janette</p>
<p>12 9:15 Spinning/Abs*-No class</p> <p>6:00 Synergy-Rachel</p>	<p>13 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>14 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>7:00 All Levels Yoga- Lisa</p>	<p>15 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>7:05 Synergy-Rachel</p>	<p>16 9:15 Spinning*-Janette 10:15 Spinning*-No Class</p>	<p>17 9:00 Cycle & Sculpt*-Janette</p>
<p>19 9:15 Spinning/Abs*-Mary Louise</p> <p>6:00 Synergy-Rachel</p>	<p>20 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>21 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>7:00 All Levels Yoga- No Class</p>	<p>22 Happy Thanksgiving Closed</p>	<p>23 9:15 Spinning*-Janette 10:15 Spinning*-No Class</p>	<p>24 9:00 Cycle & Sculpt*-No Class</p>
<p>26 9:15 Spinning/Abs*-Jill</p> <p>6:00 Synergy-Rachel</p>	<p>27 8:00 Core Barre-Jan 9:00 Aqua Zumba® - Karrin</p> <p>6:00 Zumba®-Bonnie 7:00 Mat Pilates-Jan</p>	<p>28 9:00 Zumba®-Karrin 10:15 Aqua Zumba® - Karrin</p> <p>7:00 All Levels Yoga-Lisa</p>	<p>29 8:00 Pilates-Jan 9:15 Body Sculpting-Janette</p> <p>7:05 Synergy-Rachel</p>	<p>30 9:15 Spinning*-Janette 10:15 Spinning*-Janette</p>	



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Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 Cardio Core Intervals-Brenda 9:15 TABATA – Brenda 6:15 Boot Camp –Dawn	2 5:15 HIIT- Dawn	3 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
5 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dawn	6 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	7 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	8 5:15 Cardio Core Intervals-Brenda 9:15 TABATA – Brenda 6:15 Boot Camp –Dawn	9 5:15 HIIT- Dawn	10 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
12 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dawn	13 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	14 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	15 5:15 Cardio Core Intervals-Brenda 9:15 TABATA – Brenda 6:15 Boot Camp-Dawn	16 5:15 HIIT- Dawn	17 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
19 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dawn	20 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast - Dori	21 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® No Class	22 Happy Thanksgiving Closed	23 5:15 HIIT- Dawn	24 8:15 Kids Fit (5-9)-Dawn 9:00 Boot Camp- Dawn
26 5:15 Boot Camp-Dori 9:15 Core and Strength-Janette 6:15 Boot Camp-Dawn	27 5:15 Pure Strength-Brenda 9:15 Booty Camp-Janette 6:30 Body Blast – Dori	28 5:15 Boot Camp-Dori 9:15 3-2-1 Janette 6:00 Zumba® Bonnie	29 5:15 Cardio Core Intervals-Brenda 9:15 TABATA - Brenda 6:15 Boot Camp-Dawn	30 5:15 HIIT- Dawn	