



# FRED SMITH COMPANY

SPORTS CLUB

# May Aerobics

Riverwood Athletic Club

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

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