

# GROUP EXERCISE CLASS SCHEDULE



# May 2025

SMAC Fitness will be open on Memorial Day, Monday, May 27, from 5am-3pm. Childcare will be available from 9am-12pm, and we'll be offering morning classes only—no evening classes that day. Be sure to check out our specialty classes this month, including Sound Bath on Thursday, May 8 at 6:30pm, Butts and Guts on Saturday, May 10 at 10:30am, Zumba Toning on Saturday, May 17 at 10:30am, and Line Dancing on Saturday, May 24 at 10:30am.

Day	Time	Class	Instructor
MONDAY	9:15A-10:00A	Cycle 45**	Laura Kelly Nay
	9:15A-10:15A	Pump**	
	11:15A-12:15A	SMAC S&C	
	5:15P-6:15P	Pump**	Corrie Jen Corrie/Glori
	5:30P-6:15P	Cycle 45**	
	6:15-7:00P	Step** (5 & 19 Glori, 12 Corrie)	
TUESDAY	5:30A-6:15A	Pump **	Sherry Cassandra Susan/Arielle
	9:15A-10:15A	Cardio & Core	
	10:30A-11:30A	Pilates/Yoga (6 & 20 Pilates, 13 & 27 Yoga)	
	5:15P-6:00P	Kickboxing	Kelly Nay
	6:15P-7:15P	Zumba	
WEDNESDAY	9:15A-10:15A	Pump** (7 & 21 Kelly, 14 & 28 Corrie)	Corrie/Kelly Nay
	11:15A-12:15P	SMAC S&C	
	5:15P-6:00P	Pump** (7 & 21 Corrie, 14 & 28 Kelly)	Corrie/Kelly Jessica S. Jessica B.
	5:30P-6:15P	Cycle 45**	
	6:15P-7:15P	WARRIOR Rhythm	
THURSDAY	9:15A-10:00A	Bootcamp	Jim Susan Dory
	10:15A-11:15A	Pilates	
	11:15A-12:15P	Zumba	
	5:15P-6:00P	WARRIOR Combat	Kelly Arielle
	6:15P-7:15P	Yoga	
FRIDAY	9:15A-10:00A	Cycle 45**	Laura Jessica B. Susan
	9:15A-10:15A	WARRIOR Rhythm	
	11:15A-12:00P	SMAC S&C	
	5:00P-6:00P	Bootcamp	Jim
SATURDAY	8:15A-9:00A	Kickboxing (17 & 31)	Kelly Jen Alt. Instructors Corrie/Glori
	8:15A-9:00A	Max Burn (3, 10 & 24)	
	9:15A-10:00A	Cycle 45** (3 Jessica, 10 Jen, 17 Jessica, 24 Jen, 31 Hillary)	
	9:15A-10:15A	Pump** (3 Kelly, 10 & 17, Glori, 24 & 31 Corrie)	
SUNDAY	No classes		

\*\*Reserve your spot for Pump, Step & Cycle 45 at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096