

**\*\*Reserve your spot for BodyPump or Cycle/Spinning at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096**

## **BODYPUMP\*\***

Challenge all your major muscle groups using light to moderate weights with lots of repetition! An ideal total body workout for anyone looking to get lean and toned!

## **KICKBOXING**

A combination of Martial Arts techniques and fast-paced cardio. Burn calories as you build lean muscle with this fun and challenging workout!

## **BOOTCAMP**

Challenge yourself with this high intensity total body burning workout using various equipment and bodyweight exercises to blast calories! We take this outdoors when the weather is nice!

## **PILATES**

This is a 60 minute class that focuses on strengthening core muscles to promote flexibility and stability.

## **WARRIOR STRENGTH**

This unique class is for all levels and all types who want to sweat and feel their muscles burn! With 30 minutes of Cardio Countdown, 30 minutes of Get Pumped, playlists that literally rock, and original formulas WARRIOR Strength is a one-of-a-kind endorphin rush!

## **WARRIOR RHYTHM**

Fitness-focused with yoga undertones. This class increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

## **SPINNING\*\***

Challenge your body in a variety of energy zones in this exciting Madd Dog indoor performance cycling class.

## **CYCLE\*\***

An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiorespiratory conditioning.

## **SMAC STRENGTH & CARDIO**

Senior or beginner mobility class that includes cardio, strength and stability training. This class is designed to help you burn fat, keep muscles strong and improve bone density.

## **YOGA**

A physical, mental and spiritual practice with the ultimate goal of attaining tranquility in the mind and spirit by moving through various poses and meditation.

## **ZUMBA**

A combination of dance and fitness moves done to a background of exhilarating, international rhythms. This "Latin-inspired dance party" is a terrific way to melt off the pounds!

## **MAX BURN**

The ultimate cardiovascular challenge! A unique blend of high intensity and high energy intervals designed to promote muscular strength and endurance.