

GROUP EXERCISE CLASS SCHEDULE

SMAC!



**April
2024**

Join us on Saturday, April 6th at 10:30 am for an invigorating Kick it, Step it, Lift it class led by Corrie & Kelly. This one-hour session combines kickboxing, step, and pump for an intense workout you won't want to miss. Also, Erick Walker is back to teach kickboxing on April 25 @ 5pm! We are thrilled to welcome Sherry Smith-Schmitt and Jessica Sequenzia to our instructor staff! Sherry will be leading Pump classes, while Jessica will be teaching Cycle 45 classes. Let's give them both a warm welcome to the team!

MONDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Cassandra Kelly Nay
	5:15P-6:15P 5:30P-6:15P	Pump** Cycle 45**	Corrie Jen
TUESDAY	9:15A-10:15A	Cardio & Core	Cassandra
	5:15P-6:00P 6:15P-7:15P	Kickboxing Zumba	Kelly Nay
WEDNESDAY	5:30A-6:15A 9:15A-10:15A 9:15A-10:00A 11:15A-12:15P	Cycle 45** Pump** Cycle 45** SMAC S&C	Jen Corrie/Sherry Jimi Nay
	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** Cycle 45** WARRIOR Rhythm	Corrie/Sherry Jessica S. Rachel
THURSDAY	9:15A-10:00A 10:15A-11:15A	Bootcamp Pilates	Jim Susan
	5:15P-6:00P 6:15P-7:00P	WARRIOR Combat Yoga	Kelly Arielle
FRIDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P	Cycle 45** WARRIOR Rhythm SMAC S&C	Laura Jessica B. Susan
	5:00P-6:00P	Bootcamp	Jim
SATURDAY	8:15A-9:00A	WARRIOR Combat (April 6 & 13)	Kelly
	8:15A-9:00A	Max Burn (April 20 & 27)	Jen
	9:15A-10:00A	Cycle 45** (April 6 Cassandra, 13 Jessica S., 20 Laura, 27 Jen)	Alt. Instructors
	9:15A-10:15A	Pump** (April 6 & 20 Corrie, 13 & 27 Glori)	Alt. Corrie & Glori
SUNDAY	No classes		

**Reserve your spot for Pump & Cycle45 at www.smacfit.com or call us at 301-884-8096