

# GROUP EXERCISE CLASS SCHEDULE



# November 2024

We are thrilled to announce that Nay will be leading a Line Dancing class on Saturday, November 9 at 10:30 am! If you've always wanted to learn line dancing, this is your chance to have a blast while mastering the moves. Don't miss out! Also, mark your calendar for our Turkey Burner Step and Sculpt class on Thanksgiving morning, Thursday, November 28 at 9:00 am. This total body workout will combine step, strength, and core exercises, perfect for getting a great sweat in before your Thanksgiving feast!

Thanksgiving Day Hours: 6 am-2 pm. There will be morning classes but no evening classes.

Childcare hours: 9 am-12 pm.

Please note starting in November, the Monday 5:45 am Cycle class is no longer on the schedule due to lack of participation.

Day	Time	Class	Instructor
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 6:15-7:00P	Pump** Cycle 45** Step** (Nov. 4 & 11 Corrie, Nov. 18 & 25 Glori)	Corrie Jen Corrie/Glori
TUESDAY	9:15A-10:15A 5:15P-6:00P 6:15P-7:15P	Cardio & Core Kickboxing Zumba	Cassandra Kelly Nay
	5:45A-6:30A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Jen Corrie/Sherry Nay
WEDNESDAY	5:15P-6:00P 5:30P-6:15P 6:15P-7:15P	Pump** Cycle 45** WARRIOR Rhythm	Corrie/Sherry Jessica S. Jessica B.
	9:15A-10:00A 10:15A-11:15A 5:15P-6:00P 6:15P-7:00P	Bootcamp Pilates WARRIOR Combat Yoga	Jim Susan Kelly Arielle
THURSDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:00P	Cycle 45** WARRIOR Rhythm SMAC S&C	Laura Jessica B. Susan
	5:00P-6:00P	Bootcamp	Jim
SATURDAY	8:15A-9:00A 8:15A-9:00A 9:15A-10:00A 9:15A-10:15A	Kickboxing (Nov 16 & 30) Max Burn (Nov 2, 9, & 23) Cycle 45** (Nov 2 Jessica, 9 Cassandra, 16 Cassandra, 23 Laura, 30 Jimi) Pump** (Nov 2, 9 & 16 Corrie, 23 & 30 Glori)	Kelly Jen Alt. Instructors Corrie/Glori
	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