

# GROUP EXERCISE CLASS SCHEDULE



# May 2024

We have a few changes to our May class schedule: Thursday, May 2 at 6:15PM, Susan will be leading a Pilates class in place of Yoga. Thursday, May 16 at 10:15AM, Warrior Rhythm will take the place of Pilates. Additionally, we have a special Step class on Saturday, May 4 at 10:30AM. Join Susan for a fun and energetic step class! Be sure to sign up to reserve your spot.

Day	Time	Class	Instructor
MONDAY	9:15A-10:00A	Cycle 45**	Cassandra
	9:15A-10:15A	Pump**	Kelly
	11:15A-12:15P	SMAC S&C	Nay
	5:15P-6:15P	Pump**	Corrie
	5:30P-6:15P	Cycle 45**	Jen
TUESDAY	9:15A-10:15A	Cardio & Core	Cassandra
	5:15P-6:00P	Kickboxing	Kelly
	6:15P-7:15P	Zumba	Nay
WEDNESDAY	5:30A-6:15A	Cycle 45**	Jen
	9:15A-10:15A	Pump**	Corrie/Sherry
	9:15A-10:00A	Cycle 45**	Jimi
	11:15A-12:15P	SMAC S&C	Nay
	5:15P-6:00P	Pump**	Corrie/Sherry
	5:30P-6:15P	Cycle 45**	Jessica S.
	6:15P-7:15P	WARRIOR Rhythm	Rachel
THURSDAY	9:15A-10:00A	Bootcamp	Jim
	10:15A-11:15A	Pilates	Susan
	5:15P-6:00P	WARRIOR Combat	Kelly
	6:15P-7:00P	Yoga	Arielle
FRIDAY	9:15A-10:00A	Cycle 45**	Laura
	9:15A-10:15A	WARRIOR Rhythm	Jessica B.
	11:15A-12:15P	SMAC S&C	Susan
	5:00P-6:00P	Bootcamp	Jim
SATURDAY	8:15A-9:00A	Kickboxing (May 4 & 18)	Kelly
	8:15A-9:00A	Max Burn (May 11 & 25)	Jen
	9:15A-10:00A	Cycle 45** (May 4 Jimi, 11 Cassandra, 18 Laura, 25 Jessica S.)	Alt. Instructors
	9:15A-10:15A	Pump** (May 4 Kelly, 11 Glori, 18 Corrie, 25 Sherry)	Alt. Instructors
SUNDAY	No classes		

\*\*Reserve your spot for Pump & Cycle45 at [www.smacfit.com](http://www.smacfit.com) or call us at 301-884-8096