

GROUP EXERCISE CLASS SCHEDULE



July 2024

Our July group fitness schedule is packed with exciting classes, and we're thrilled to announce a special event on Sunday, July 21! Join us for a Sunrise Cycle class from 7:30-8:30 am, held outside (weather permitting; if not, we'll move inside). This class will feature a festive luau theme, adding a fun twist to your morning workout. Sign-ups begin on Friday, July 19, so be sure to reserve your bike early as spots are limited. Don't miss out on this unique opportunity to enjoy an invigorating outdoor ride!

Holiday July 4th Gym Hours 6am-2pm (no evening classes), Childcare 9am-12pm

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**	Corrie Jen Corrie/Glori
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 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Jen Corrie/Sherry 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	Kickboxing (July 6 & 27)	Kelly
	8:15A-9:00A	Max Burn (July 13 & 20)	Jen
	9:15A-10:00A	Cycle 45** (July 6 Jen, 13 Cassandra, 20 Laura, 27 Jessica S.)	Alt. Instructors
	9:15A-10:15A	Pump** (July 6 Corrie, 13 Glori, 20 Corrie, 27 Glori)	Alt. Instructors
SUNDAY	July 21 7:30-8:30A Sunrise Cycle (outdoor class)		

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