

GROUP EXERCISE CLASS SCHEDULE



November

2023

NEW SPIN CLASS TUESDAYS 5:30PM!
THANKSGIVING DAY GYM HOURS 6AM-2PM

MONDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P 5:30P-6:15P 6:00P-7:00P	Cycle 45 ** BodyPump** Senior SMAC Strength & Cardio Cycle 45** BodyPump**	Cassandra Jill Nay Jen Corrie
TUESDAY	9:15A-10:15A 5:15P-6:00P 5:30P - 6:15P 6:15P-7:15P	Cardio & Core Kickboxing Cycle 45 ** Zumba	Cassandra Kelly Jimi Nay
WEDNESDAY	5:30A-6:15A 9:15A-10:15A 11:15A-12:15A 5:30P-6:15P 6:15P-7:15P	Cycle 45** BodyPump** Senior SMAC Strength & Cardio Cycle 45** WARRIOR Rhythm	Jaime Corrie Nay Hillary Rachel
THURSDAY	9:15A-10:15A 10:15A-11:15A 5:15P-6:00P 6:15P- 7:00P	Bootcamp Pilates Warrior Combat Yoga	Jim Susan Kelly Arielle
FRIDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P 5:00P-5:45P	Cycle 45** WARRIOR Rhythm SMAC Strength Bootcamp	Laura Jessica Susan Jim
SATURDAY	8:15A-9:00A 8:15A-9:00A 9:15A-10:15A	WARRIOR Combat (Nov 4,18) Max Burn (Nov 11,25) BodyPump**	Kelly Jen Alt. Corrie & Glori
SUNDAY	NO LIVE CLASSES		

**Reserve your spot for BodyPump or Cycle/Spinning at www.smacfit.com or call us at 301-884-8096