

# SMAC! SEPTEMBER 2023



RHYTHM & 'RITAS! Warrior Rhythm New Lesson Launch 9/6 @6PM  
 Warrior Combat Certification and Master Trainer Class 9/3 9AM-5PM  
 Old School Boot Camp with Jaime 9/16 @9:15AM

MUDDY PRINCESS @ Wicomico Motor Sports Park 9/10

Labor Day 9/4 Holiday Hours 6AM-2PM

## GROUP EXERCISE CLASS SCHEDULE

<b>MONDAY</b>	9:15A-10:00A	Spinning**	Melissa / Cassandra
	9:15A-10:15A 11:15A-12:15P	BodyPump** Senior SMAC Strength & Cardio	Jill Nay
	5:30P-6:15P 6:00P-7:00P	Spinning** BodyPump**	Jen Corrie
<b>TUESDAY</b>	9:15A-10:15A	Cardio&Core	Cassandra
	5:15P-6:00P 6:15P-7:15P	Kickboxing Zumba	Kelly Glenda
<b>WEDNESDAY</b>	5:30A-6:15A 9:15A-10:00A 9:15A-10:15A 11:15A-12:15A	Spinning** Spinning** BodyPump** Senior SMAC Strength & Cardio	Jaime Michelle Corrie Nay
	5:30P-6:15P 6:15P-7:15P	Cycle** WARRIOR Rhythm	Hillary Rachel
	<b>THURSDAY</b>	9:15A-10:15A 10:15A-11:15A	Bootcamp Pilates
	5:15P-6:00P 6:15P-7:15P	Kickboxing Yoga	Kelly Arielle
<b>FRIDAY</b>	9:15A-10:00A 9:15A-10:15A	Spinning** WARRIOR Rhythm	Michelle Melissa / Jessica
	11:15A-12:00P	SMAC Strength	Susan
	5:00P-5:45P	Bootcamp	Jim
<b>SATURDAY</b>	8:15A-9:00A 8:15A-9:00A 9:15A-10:15A	Warrior Combat (SEP 9, 23) Max Burn (SEP 2, 16, 30) BodyPump** (SEP 2, 9, 23, 30)	Kelly Jen Alternating instructors
	<b>SUNDAY</b>	NO LIVE CLASSES	

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