

GROUP EXERCISE CLASS SCHEDULE



October 2024

Get ready for an exciting October at SMAC Fitness! We have some fun and engaging classes lined up that you won't want to miss. Kick off the month with our **Pump #5 Release** on **Saturday, October 5 at 9:15 am**. Join instructors Corrie, Glori, Kelly, and Sherry for a strength-packed session. Later in the month, Glori will be leading a special **Spooktacular HIIT class** on **Saturday, October 26 at 10:30 am**, perfect for those looking to combine fitness with some Halloween fun. For our cycling enthusiasts, we have a thrilling **Spook A Thon 60-minute ride** on **Wednesday, October 30** with two instructors, offered at both **9:15 am** (Cassandra & Laura) and **5:30 pm** (Jen & Jessica). Mark your calendars for this fun-filled, spooky month of fitness!

MONDAY	5:45A-6:30A 9:15A-10:00A 9:15A-10:15A 11:15A-12:15P	Cycle 45 ** Cycle 45** Pump** SMAC S&C	Jessica S./Jen 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	5:45A-6:30A 9:15A-10:15A 11:15A-12:15P	Cycle 45** Pump** SMAC S&C	Jessica S./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. Jessica B.
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 (Oct 12 & 26)	Kelly
	8:15A-9:00A	Max Burn (Oct 5 & 19)	Jen
	9:15A-10:00A	Cycle 45** (Oct 5 Jessica, 12 Cassandra, 19 Laura, 26 Jessica)	Alt.
	9:15A-10:15A	Pump**(Oct 5 Instructors, 12 Kelly, 19 Corrie, 26 Glori)	Instructors Alt. Instructors
SUNDAY	No classes		

**Reserve your spot for Pump, Step & Cycle 45 at www.smacfit.com or call us at 301-884-8096