



SEPTEMBER 2022

LABOR DAY 9/5 GYM HOURS 6AM-2PM

MONDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:15P 5:00P-5:45P 5:00P-5:45P 6:00P-7:00P	Spinning** BodyPump** Senior SMAC Strength & Cardio Yoga Spinning** BodyPump**	Melissa Jill Nay Arielle Jen Corrie
TUESDAY	9:15A-10:15A 5:15P- 6:15P 5:15P-6:15P 6:15P-7:15P	Bootcamp HIIT Bootcamp 9/6, 9/20 Kickboxing 9/13, 9/27 Zumba	Jim Mel Kelly Glenda
WEDNESDAY	9:15A-10:00A 11:15A-12:15A 5:30P-6:15P 6:15P-7:15P	Spinning** Senior SMAC Strength & cardio Cycle** Transform	Michelle Nay Hillary Melissa
THURSDAY	9:15A-10:15A 10:15A-11:15A 5:15P- 6:00P 6:00P- 7:00P	Pilates Bootcamp Spinning** BodyPump**	Susan Jim Melissa Corrie
FRIDAY	9:15A-10:00A 9:15A-10:15A 11:15A-12:00P	Spinning** BodyPump** SMAC Strength	Michelle Corrie Susan
SATURDAY	8:15A-9:15A 9:15A-10:15A	Kickboxing BodyPump**	Kelly/Jen Alternating Instructors
SUNDAY	NO LIVE CLASSES		

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